



# Activities Report

## 2016/17

Resource Centre for Primary Health Care (RECPHEC) is a non-profit making, non-partisan people's organisation that believes on empowered/ organized and self-reliant communities, which are sensitive to rights and responsibility and have full control over their health and development needs.

RECPHEC is committed to assist the community initiatives towards ensuring equality/ equity, accessibility and affordability in realising the goal of *Health for All Nepal!*: promoting the rights of the people and fostering meaningful partnership at all levels.



### RECPHEC

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Resource Centre for Primary Health Care



*Health for All Nepali!*

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**1<sup>st</sup> January 2016-15<sup>th</sup> July 2017**

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## Executive Director's Note

*I am very pleased to present the activity report for the last one and half years. We all are aware that RECPHEC is publishing its "Annual Report" covering January to December each year, but in order to meet the statutory requirement of presenting annual and financial report for the fiscal year period, this report covers January 2016 to July 2017. From the following year the report will be published as per fiscal year of the country.*

*It is worthwhile to mention here that this year, Nepal has successfully completed local level elections of Municipalities and village councils. The national record of more than 70% votes cast, with a peaceful environment demonstrates the peoples' commitment to take the country towards political stability. It is to be noted here that Nepal now has elected representatives at the local level almost after two decades. This unpredicted success means that by January 2018, Nepal will have elected a local, provincial and national government as per our new constitution.*

*During this period of the last eighteen months, Nepal has also made remarkable headway in the health sector. The government commitment to provide selective free services to non-communicable diseases, the formulation of the Nepal Health Policy 2017, the Ayurved and Complementary Health Policy, and the Alcohol Policy are some of the initiatives taken by this government in this regard.*

*Coming back to RECPHEC, this period has been one of the most productive periods of its historical development. The success of having our own office building at Thasikhel, Lalitpur has paved the way towards self sustenance. The government decision of making Kathmandu Valley a 'No Horn' area is a success of our continuous advocacy for the last 6 years. The collective efforts towards making Thamel tourist areas a vehicle free zone are taking shape. Hopefully the collective efforts of the Traffic Police, Thamel Tourism Development Council and Civil Society will give a positive result in this regard. The appointment of a RECPHEC representative in drafting the Alcohol Policy, Alcohol Control and Regulation Law and Ayurved and Complimentary Health Policy and the recognition of our centre as a Focal institution for information and documentation by the Ministry of Education, are some of the examples of the recognition of RECPHEC by the State.*

*Our efforts of working closely with the Health Rights and Tobacco Control (HRTC) Networks of 58 districts has been further strengthened. The successful organization of female representatives of HRTC Network's two day training on Cancer Prevention and Early Detection in technical collaboration with B.P. Koirala Cancer Hospital has further strengthened our awareness campaign. RECPHEC has also been successful in establishing a working relationship with all Trade Unions including interaction at the Trade Union Congress on Occupational Health & Safety Issues. In order to provide evidence based advocacy RECPHEC shared the outcome of its field study report on the "Occupational Health Hazards among Labourers in the Kathmandu*



Valley" to all concerned civil society representatives, including representatives of different Trade Unions. RECPHEC is committed to continue its advocacy campaign for labour centric policy on Occupational Health & Safety.

This organization, being the Coordinator of the Civil Society forum for Goal #3 (Health) of the Sustainable Development Goals, has been active in coordinating Community Based Organizations for this purpose.. Its contribution in setting national targets, organization of a National Consultative meetings and participation in various consultative meetings organized by the NGO Federation and National Planning Commission are some of the efforts being made in this regard. Additionally, our contribution in Eco-city World Summit 2017 at Melbourne, HABITAT III Prep. Com at Surabaya, Indonesia and HABITAT III Conference at Quito, Ecuador are some of the examples of our global networking for solidarity.

RECPHEC, being the national secretariat of Peoples Health Movement, has successfully organized "The Struggle for Health in South Asia-An Alternative Thinking for Solutions" in collaboration with International Peoples Health University. This eight day event has provided a forum for health and development professionals on different dimensions of public health at the local and global level.

Despite of all these achievements, RECPHEC could not complete some of the activities planned for this period. The three phases of local election and unexpected delay in counting the votes for the election result affected our program activities for almost four months but this process has now been completed with the elected local government, with whom RECPHEC will be working on different issues.

In a nutshell, our journey of achieving people's universal access to health is still an unfinished agenda. The aggressive market forces of the private sector and the unstable governance of the State resulting in weak implementation processes, have aggravated the problem. RECPHEC hopes that with the elected people's representatives at the national, provincial and local level will certainly help in achieving our goal. For this, our partnership with donor communities, state and non-state sector plays a vital role. In this context, RECPHEC feels pride and privilege to have a continued partnership with Bread for the World, Germany and HealthBridge, Canada. The cooperation received from the Ministry of Health and Ministry of Education with like-minded NGOs and Civil Societies are highly acknowledged.

The year 2017-18 will be more challenging but comes with multiple opportunities, and RECPHEC hopes to move forward to achieve its goal with kind cooperation from our partner organizations and all other stake holders.

*In human solidarity*

**Shanta Lall Mulmi,**  
Executive Director

July, 2017



# Advocacy Networking and Partnership

Advocacy has remained one of the strategies of RECPHEC's activities and plays an important role in bringing out the underlying issues related to people's health and drawn the attention of policy makers, service providers and the general public. The evidence based policy advocacy has been used as one of the tools to revise government policy, and also replicate or expand the scope of successful practices of RECPHEC.

RECPHEC has been successful in broadening partnerships and networks at the national as well as international level for the people's health rights agenda. Partnership and networking also plays a part in making advocacy work at different levels. The Health Rights and Tobacco Control (HRTC) District Network and Peoples Health Movement (PHM) are a central component of networking. Similarly, partnerships will be established at international, national and community level to advocate for and implement activities to ensure people's health rights. RECPHEC has been able to raise the flag on different national and global forums, keeping "People's Right to Health" at the centre stage of all regional and global campaigns.

Over the last few years this organization has been able to establish national, regional and global network. The Health Rights and Tobacco Control Network in 58 districts of Nepal, its affiliation with NGO Federation as Coordinator of Sustainable Goal # 3, member organization of South Asia Association of Poverty Eradication (SAAPE), South Asia Primary Health Innovation Network, Framework Convention Alliance, Peoples Health Movement are some of the example of national, South Asia regional and global network.

**Workshop on Building on the Movement for Health South Asia, South East Asia and Asia Pacific Regions:** Mr. Shanta Lal Mulmi participated in the workshop on Building on the Movement for Health South Asia, South East Asia and Asia Pacific Regions from 26-29<sup>th</sup> April 2016 at Sri Lanka organized



*PHM Regional Meeting at Colombo on April, 2016*

by Peoples Health Movement (PHM) in collaboration with PHM Sri Lanka and Sarvadaya, Sri Lanka. There was a presentation and discussion on the research study conducted by PHM on "Civil Society Contribution to Health for All". Mr. Shanta Lal Mulmi presented a

paper on "People's Health Movement: One and half decade of Journey".

PHM is a people's health movement and is an outcome of the Peoples Health Assembly 2000, whose role is to advocate, lobby and pressurize the government on People's Health Rights.

RECPHEC participation in 3rd Conference of The Union, SEAR

**The 3rd Conference of the Union-South East Asian Region (SEAR):** Mr. Shanta Lal Mulmi participated on The 3rd Conference of the Union-South East Asian



*RECPHEC participation in 3rd Conference of The Union, SEAR*



Region (SEAR) from 26th-27th May, 2016. Mr. Shanta Lal Mulmi presented a paper on Adult and Child Health Tobacco National Pressure Group against TB. He also chaired one of the session. The conference was inaugurated by Rt. Hon'ble Vice President Mr. Nanda Bahadur Pun at Hotel Yak and Yeti, Kathmandu.

**3rd Session of the Preparatory Committee of HABITAT III:** RECPHEC had a privilege to participate in the PrepCom for HABITAT III held in Surabaya, Indonesia from 25-27th July 2016. Mr. Shanta Lal Mulmi from RECPHEC participated this meeting as a partner organization of HealthBridge, Canada. During this international gathering, he played two roles: one was lobbying with the Nepali government delegate and secondly, participating in different discussion forums and events. He also gave separate presentations on Public Spaces and Civil Society in the aftermath of



*Habitat III Prepcom III at Surabaya on July 2016*

the Nepal Earthquake, Street vendors and City Resiliency and also on KTM Walks. In the meeting, Mr. Mulmi got the opportunity for networking with different organizations. This has become ground work to play civil society role in United Nations Conference on Housing and Sustainable Urban Development (HABITAT III) to be held in Quito, Ecuador from 17-20th October 2016.

**WALK 21 Conferences:** Ms. Kamana Manandhar, Program Officer, Urban Health participated in the WALK 21 Conferences held at Hong Kong from 3-7 October 2016. She presented on RECPHEC's initiation to redesign and reclaim certain public spaces in Kathmandu called courtyards with the help of local groups, community and youth volunteers. The conference focused on new trends and innovations to create and promote walking with infrastructural developments and policies to support the same.



*RECPHEC participation in Walk21 Conference at Hongkong*

**3rd UN Conference on Housing and Sustainable Urban Development (Habitat III):** Mr. Shanta Lal Mulmi, Executive Director of RECPHEC attended Habitat III conference in Quito, Ecuador from October 17-20 2016. During the international conference, Mr. Mulmi gave separate presentations on "Ktm walks" organized by Ecocity Builders on US state Department. He also contributed as a volunteer in the Healthbridge Exhibition stall. Prior to this conference, he also participated in preparatory meeting at Surabaya, Indonesia. In this conference, Mr. Mulmi, stepped in front and volunteered to visit the city with officials from



*HABITAT III Conference at Quito, 2016*

Kathmandu Valley Development Authority. During the city tour, Mr. Mulmi highlighted the possibility of turning Kathmandu Valley into a pedestrian friendly zone and also regulating vehicles in core areas with the officials.

**Seventh Session of the Conference of the Parties (COP7):** Mr. Mulmi participated on the Seventh Session of the Conference of the Parties (COP7) to the World Health Organization Framework Convention on Tobacco Control (WHO FCTC) from November 7-



*Participation at FCTC COP 7 at New Delhi*

12, 2016 in Delhi. He also participated on FCA pre-COP meeting on 6th November, 2016. It has been good opportunity to have interaction with FCA members and brief on the present status of Tobacco Control in Nepal. It was very disappointment to mention here that Nepal being one of the key implementer of FCTC was absent in this very important forum. This is the first time the participation of Nepal government delegate was missing in the WHO FCTC conference of Parties meeting.

**Struggle for Health in South Asia:** People's Health Movement (PHM) is a movement of grassroots health activists, civil society organizations and academic institutions from around the world to improve the "health for all". International People's Health University (IPHU) is PHM's main educational and research program. A training program on "The Struggle for Health in South Asia-An Alternative Thinking for Solutions" jointly organized by Peoples Health National Coordination Committee (PHM Nepal) and International Peoples Health University (IPHU) successfully conducted a short educational course to introduce alternative frameworks on public health



*The Struggle for Health in South Asia-An Alternative Thinking for Solutions Group Photo*

from November 22-29, 2016 at Marshyangdi Hotel, Kathmandu, Nepal. Founding director of School of Public Health at University of the Western Cape, Prof. David Sanders along with other renowned professors and experienced health activists run this course, first of its kind ever held in Nepal. Participants from Sri Lanka, Bangladesh, Pakistan, India and Nepal actively participated during the course. All together 41 participants (national and international) participated the training. It was 8-days long training facilitated by Dr. Amit Sengupta, PHM from India. Trade and Health; Conflict and Social Transformation; Health workforce crises: situation, trends, migration and possible solutions; Primary Health Care systems and UHC: History, Evolution and Revitalization; People's Right to Health and Equity in Health; Globalization and Health; The Struggle for Health; Gender Approach to Health; Social Determinants of Health; Implementing primary health care necessitates integration of clinical care and public health; and finally Health Profession Education: Issues, Challenges and way forward were the presentations which were presented by different experts in the relevant sectors. Participants went for field visit at Manamohan Memorial Community Hospital, Pharping.

**22<sup>nd</sup> Annual General Meeting of NFN and National Civil Society Conference:** Mr. Shanta Lal Mulmi participated on the 22nd Annual General Meeting and National Civil Society Conference from 13-14 December 2016 organized by NGO Federation of Nepal. NGOs, CSOs and their networks have been contributing significantly to peace, good governance, democracy, development, social awareness and the human rights sector in Nepal. This meeting requested the Nepal government to establish effective partnership



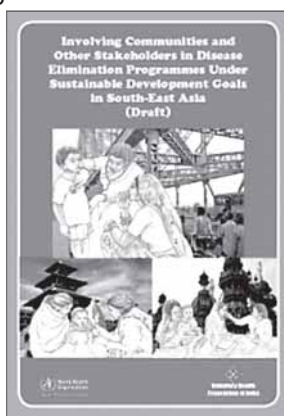
*Mr. Mulmi in Civil Society Conference*





with NGOs, reduce dependency of social sector development on foreign aid, and integrate inside the development and budget framework of government. It further requested the government to mobilize organized and educated human resources associated with NGOs and CSOs in the development process. Mr. Mulmi as advisor to NGO Federation gave his remarks in the Inaugural Session. The AGM was inaugurated by Rt. Hon'ble Vice President Mr. Nanda Bahadur Pun.

**South Asian Health Report:** Mr. Shanta Lall Mulmi participated on the Roundtable Meeting on “How to effectively involve communities and other stakeholders in Disease Elimination Program under Sustainable Development Goals in South-East Asia” organized by the Voluntary Health Association of India on 13th January 2017. Mr. Shanta Lall Mulmi presented a paper on the Importance of Community Initiative in Improving Health Outcome. During this meeting, the South Asian Health Report was released and presented to the WHO.



*South Asian Health Report*



*PHM Meeting at Dhaka*



*Signature Campaign*

Chancellor of Gono University and Board Member of PHM Dr. Qasem Chowdhury. During this visit, he had extensive discussion with PHM Bangladesh Chapter members on contemporary health issues.

**Exchange Program:** Mr. Shanta Lall Mulmi, Executive Director went for exchange program at WBB



*Session with WBB Team*

Trust from 12-19th January 2017. Mr. Mulmi presented a paper on NGO Governance and Accountability to all WBB staff which was followed by interaction. Good Governance, Transparency and Accountability to the people are key to NGO development. During his stay in Bangladesh, he had opportunity to meet Dr. Zafrullah Chowdhury of Gono Sasthaya Kendra & Former Vice

**HealthBridge Partner's Regional Meeting:** A regional meeting of partner organization of HealthBridge was conducted in Bangalore from 30 January-01 February 2017. In the meeting, all of the partner organizations from India (5-cities), Bangladesh and Nepal (RECPHEC) shared project activities, success stories, learning and planning for the next phase. This meeting provided an opportunity to learn the experiences from each other. The RECPHEC team also got the opportunity to participate in Bangalore Cycle Day program and Active and Safe Roots to School (ASRTS) program. Ms. Kamana Manandhar and Ms. Tina Gorkhali from of RECPHEC participated in this regional meeting.

**Visit to VHAI, Sikkim:** With the invitation of Voluntary Association of Sikkim Mr. Shanta Lall Mulmi visited Sikkim from 16th to 22nd April, 2017. During his visit, he had extensive discussion with the VHA-S team. This district level network organization is heavily



*Session with VHA-Sikkim on April 2017*

involved in providing training to government and NGO on Social Audit and Financial Accountability under government of Sikkim's Financial Assistance. Besides, it also publishes lots of IEC materials. Since most of their publications are in Nepali language it covers more than 70% of State population.

During his visit, he also had meeting with Dr. Bimal Rai, Mission Director and his colleagues of Health Care Human Services and Family Welfare of the Ministry of Health and get acquainted with State Health Services of Sikkim. It is worthwhile to mention here that the capital city of Sikkim, Gangtok is Noise Pollution Free Area and promotes only organic products.



*Meeting with Mission Director, Dr. Bimal Rai*

**Asia-Pacific Civil Society Forum on Sustainable Development (CSO Forum):** Sustainable development has been the subject of considerable global discussions over the past 3-decades. The new



*Asia Pacific CSO Forum on SDG, Bangkok, March 26-28, 2017*

framework is composed of 17-goals & 169-targets will guide the global efforts to fight inequality, poverty & tackle the impact of climate change & environmental crises over the next 15-years. The call for Development Justice still continues in the current struggles to determine how the 2030 will be carried out at the regional & national levels. In the on-going global process of implementing the SDGs & the post-2015 development agenda, the regional commissions of the UNs are mandated to feed regional perspectives into the global implementation process through regional preparatory meetings. For this, Mr. Shanta Lal Mulmi participated on the Asia-Pacific Civil Society Forum on Sustainable Development (CSO Forum) organized by Asia Pacific Forum on Women, Law & Development & other civil society partners in collaboration with the UNs Economic & Social Commission for Asia & the Pacific (ESCAP) & the UNs Environment in Bangkok, Thailand from 26-28 March 2017. □



*Mr. Mulmi in SDG session*

# People's Right to Health

Realizing People's Right to Health is a main area of advocacy for RECPHEC. It has been involved in this issue through different program interventions, which can be categorized broadly into the following areas: Policy Advocacy to the state, lobbying and advocacy to Legislative members including leading political parties, mass awareness campaigns at district and community level, media mobilization, networking with like-minded NGOs for collective action and active participation in regional and global campaign are some of the on-going initiatives. RECPHEC's role in the Millennium Development Goals (MDGs), Universal Health Coverage, and now to the Sustainable Development Goals (SDGs), including district level monitoring of free health and maternal services are some of the major advocacy interventions of RECPHEC.

## **Role of Civil Society in Effective Implementation of SDG 3:**

There has been concerted effort in making the globe a just, equitable society enjoying the "Right to live". For this, the United Nations and its member countries came with the MDGs for 15 years which started in 2000 AD. These MDGs have set the foundation for the SDGs which aim to be achieved by 2030. The UN Conference of June 2012 in Rio de Janeiro discussed Sustainable Development followed by the formulation of a Working Group on 19 July 2014. The Intergovernmental Negotiations on Post 2015 Development Agenda began in January 2015 and concluded in August 2015. The final document with the title "Transforming the World: the 2030 Agenda for Sustainable Development" has adopted at the UN Summit in September 2015 with the commitment to resolve to free the human race from the tyranny of poverty. The 17 Sustainable Development Goals and 169 targets demonstrate the scale and ambition of this new universal agenda and these goals have to be

achieved by 2030. With these objectives, RECPHEC, being the coordinator for the SDG Forum, organized National Consultation on Role of Non-State Sector in the Effective Implementation of SDG 3 and 6 at Alpha House, New Baneshwor on 6th March, 2016.

Dr. Rajendra B.C. Consultant gave a presentation on "Sustainable Development Goals and its Health, Water and Sanitation targets" which was followed by comments from Mr. Mainali. The National Coordinator, LDC Watch Mr. Gauri Pradhan gave a presentation on "Role of Civil Society in Transitional Society" which was commented on by human right activist Mr. Charan Prasai. Dr. Baburam Marasini from Ministry of Health shared the government perspective on SDG implementation through his presentation entitled "Role of Government in Effective Implementation of SDGs". The commentator was Dr. Badri Raj Pandey. Lastly the Chairperson of Health Task Force of Association of International Agencies Ms. Nirmala Sharma presented on "Role of International NGOs in Effective Implementation of SDGs". Mr. Surya Bahadur Thapa, Chairperson of FSCN was the commentator. The consultation was participated by a total of 70 participants representing NGOs, CSOs and media.



*National Consultation on Role of Civil Society on SDG Goal no. 3 & 6*

## **Interaction Session on Social Health Security (Insurance Scheme):**

The article 35 of the Constitution of Nepal has clearly defined people's right to health. The government of Nepal has been providing free essential and maternal health services throughout the country, and as a result, some health indicators



have shown improvement in the past two decades. In addition, to improve the health of people and to implement Universal Health Coverage in the country, the government of Nepal has recently introduced the Social Health Security Insurance Scheme in the country. At present there are three pilot districts where the scheme has started. However, since this is a new concept, people have questions regarding its role and effectiveness and whether this scheme provides health benefit to every members of the family or whether the scheme will actually help poor, marginalized people



*Interaction Session on Social Health Security*

from the communities. Against this background, National Consultation was organized on 17th July 2016. A total of 39-representatives from NGOs, Civil Society, Media and staff of RECPHEC participated in the meeting.

Mr. Shanta Lal Mulmi, Executive Director, shared that RECPHEC has been advocating on people's right to health issues. So, it is necessary to widen knowledge on the Social Health Security Scheme that has been introduced in 3-districts. Mr. Mulmi also shared that the interaction program will highlight 3 major presentations from the perspective of public health, political and government which will provide opportunity to learn about the scheme. Mr. Sharad Raj Onta, Deputy Dean from Institute of Medicine presented a paper on Health for All Nepali: a search for options. Mr. Pradip Paudel, Central Member, Nepali Congress presented a paper on Social Health Security Program: Peoples concept and perception. Mr. Pranay Upadhyay, Head, Public Health Office presented a paper on Nepal's Health Policy and Social Health Security Program.

**Consultative Meeting on Oral Health:** Oral diseases have a significant impact on the health of people



*Participants at Consultative Meeting on Oral Health*

including children and adults. According to WHO, "oral health is a state of being free from chronic mouth and facial pain, oral and throat cancer, oral sores, birth defects such as cleft lip and palate, periodontal disease, tooth decay and tooth loss and other diseases and disorders that affect the oral cavity." Unhealthy diet, tobacco use, harmful alcohol use and poor oral hygiene are considered as key risk factors of oral disease. Similarly, accessibility, education and quality care are significant contributing factors in improving oral health among people. Oral health is an important public health in Nepal. Efforts are made to promote dental health issues; however, still lots of work need to be put up to advocate on the issue. In this regard, a consultation meeting was organized on 9th August 2016 in RECPHEC office to identify advocacy issues as a collective effort including an awareness raising campaign strategy. Total of 28-people representing government, non-government, civil society and media participated in the meeting.

Mr. Shanta Lal Mulmi, Executive Director, RECPHEC, shared that RECPHEC has been working on health rights issues at the national and international forum and also added that RECPHEC has not advocated on oral health issue till now as oral health has not come within RECPHEC strategy. However, he added that with few meetings with representatives from Jevaia International Pokhara and citing oral health as an important public health problem in Nepal, it was decided to organize a consultation meeting to identify advocacy issues on oral health and strategies to work together to address the issue.

Prof. Dr. Shaili Pradhan, Chief, National Oral Health Focal Point, shared her presentation on National Oral Health Policy. Mr. Aamod Shrestha and Ms. Laura





Spera, from Jevaia International Pokhara, jointly shared their presentation on Rural Dentistry: Rights- Based Model for Nepal's Health Care System. Ms. Aparna Bhatra presented her paper on Childhood Oral Health and Nutrition. Dr. Bijay Tamang from Health and Development Society Nepal gave his presentation on Training Health Workers in Rural Dentistry.

**Alcohol Policy:** Mr. Shanta Lal Mulmi (RECPHEC) as a founding member of Nepal Alcohol Policy Alliance (NAPA) joined the team and submitted the memorandum on Alcohol Policy to Ministry of Health. In response the peoples voice, Ministry of Health Constituted multi-state holder Alcohol Policy drafting committee including civil society representation. Mr. Mulmi was appointed as member of drafting committee from civil society "NAPA" along with CWIN representatives. This multi-stakeholder (inter-ministerial) and civil society drafting committee submitted the Alcohol Policy (draft) to the Ministry and Health Ministry is in the process getting approval from the cabinet. On the basis of this policy the drafting committee also prepared a draft "Alcohol Control and Regulation Law" and submitted to the Ministry. This will be one of the historical milestones if the Parliament endorses it. The main salient features are: Total ban in advertisement, promotion and sponsorship; Alcohol can only be sold by licensed shop for certain hours; All the alcohol bottles will have at least 75% health warnings. If this long awaited law is passed by the



NAPA delegation to MoH

parliament and implemented, Nepal will be first in the world to introduce a 75% pack warning; Alcohol will not be used in government programs; Alcohol cannot be sold in public places including heritage sites, educational institutions, sports complexes, etc. The delay in implementation of the Alcohol Policy is a glaring example of Industry Interference. A The strong

solidarity of anti-alcohol advocates is much more needed to counter these interferences.

**Press Meet:** Canadian Cancer Society has published the International Status Report on Cigarette Packaging Health Warnings during the seventh session of the Conference of Parties (COP 7) held at Noida, India from 7th till 12th November 2016. The conference is represented by WHO FCTC's 180 parties which included government and non-government organizations. According to the report there has been tremendous progress internationally in implementing package health warnings, with many countries increasing warning size, and more countries requiring



Press Meet held at RECPHEC Office

pictorial warnings. Similarly, according to the status report, out of 105 countries worldwide Nepal is ranked as the top most country with the largest warning requirement in the world at 90%package at the front and at the back. This global recognition has brought name and pride to the country. In addition, in 2015 the government of Nepal was bestowed with the Bloomberg Philanthropies Award for Global Tobacco Control, an international award for setting a requirement



News published in different National Dailies

for tobacco manufacturers, for its work in warning people about the dangers of tobacco smoke. The award was collected by the then Health Minister Mr. Khaga Raj Adhikari last year at the World Conference on Tobacco or Health at Abu Dhabi.

In May 2015, the government of Nepal made it mandatory for tobacco companies to devote at least 90% area on product covers to pictorial health warnings depicting the hazards of tobacco consumption. However in reality the tobacco products found in Nepal do not have 90% pictorial warnings as instructed. While the tobacco products imported from foreign countries have 90% warning, the others do not follow the trend, with the products manufactured in Nepal have still 75% pictorial health warnings instead of 90%. This shows that there has been a huge gap in implementation and monitoring from the concerned authorities.

The status report published by Canadian Cancer Society shows that Vanuatu will implement 90% pictorial warning in 2017. Similarly India and Thailand are tied for third requiring 85% pictorial warnings. India, however, has not implemented 85% pictorial warnings due to its legal complication. Australia, Sri Lanka and Uruguay are ranked 5th and 6th respectively whereas Brunei, Canada, Laos and Myanmar are ranked 8th in the list. Canada was the first country to implement pictorial warnings in 2001.

Since 2001 Nepal has been actively participating in the conference. However this year there were no representatives from the government side which has raised lots of questions on Nepal's commitment to the FCTC. In order to raise these concerns RECPHEC organized "Press Briefing Session" on 11th November 2016. The sessions were participated by the total of 20 media representatives. Mr. Shanta Lal Mulmi, Executive Director of RECPHEC, and Dr. Prakash Regmi represented civil society in this COP 7. On one hand the conference echoed the need for improving tobacco control worldwide; on the other hand, the absence of government representatives at the conference raised a few eyebrows.

**Occupational health and safety (OHS); New Agenda of RECPHEC:** According to International Labor Organization (ILO) around two million people die from work related accidents and diseases annually.



*Dissemination Seminar on Occupational health and safety*

An estimated 160 million people suffer from work related diseases worldwide. There are an estimated 270 million fatal and non-fatal work related accidents per year. Migration for foreign employment has become a major source of income for many Nepalese. Every year thousands of people migrate to foreign countries with hope of better jobs and opportunities. However occupational health and safety is a major concern about migrant laborers especially working in countries such as Qatar, Saudi Arabia, UAE, and Kuwait. Similarly the workforce in Nepal is mostly engaged in informal sectors like agriculture and industries. The working environment differs according to the nature of works. The work environment does not meet even the basic necessary safety standard. In Nepal it is estimated that approximately 20,000 workers suffers from work related accidents.

Understanding the issue RECPHEC initiated and organized meetings with Trade Unions including International Trade Union for further program development. The meeting was organized in February 2017 with members of JTUCC and Trade Union activists. Similarly RECPHEC conducted rapid study on occupational health hazards among laborers in Kathmandu valley.

On 30th August 2016, RECPHEC organized dissemination seminar on its rapid study on occupational health hazards among laborers in Kathmandu valley. The study was conducted only within Kathmandu valley covering four trades; carpet, garment, metal works (grill) and construction.

During the dissemination, Mr. Jeevan Lohani, Team Leader of rapid study team, highlighted that the occupational health hazards exist widely. There are



health effects related to the occupation largely for the working class labour who work in the informal sector. Although the workers are aware about basic health risks of the work, they were not aware in detail and the risks are underestimated. Workers mostly suffered from problems related to vision, respiratory diseases and injuries.

Mr. Shanta Lal Mulmi Mulmi shared that occupational health and safety (OHS) has been a neglected issue especially among laborers working in carpet, chemical as well as garment industry. He also added that the seminar was organized to understand the status of OHS in Nepal and the issues regarding healthy working environment, health hazard and the compensation policy to families of victims. Mr. Mulmi added that the research was limited to KTM valley

and urged all the participants to identify the issues and put collective efforts to advocate in the long run and work in greater scenario which will be helpful in formulating Occupational Health and Safety Policy.

The participants shared that earlier the issue of OHS was limited to industries only, but today there are lots of factors which affect the health of the people such as air pollution, pesticides, private industries etc. It was shared that to counter the raising issues of OHS, all the related stakeholders were requested to disseminate their knowledge and tools to other communities regarding safety and protective measures.

As a follow up to this consultation, RECPHEC organized meetings of all Trade Union representatives to formulate advocacy agenda for the government. □

# Health Rights and Tobacco Control District Network

The Health Rights and Tobacco Control District Network (HRTC) was formed as voluntary network with committed health advocates to pressurize concerned authorities to address health rights in general, and tobacco issues in particular, across various parts of the country. Over the years, this network has played a significant role in advocating issues related to public health. These issues include strengthening health system monitoring to improve health service delivery from district health institutions, compiling case stories on accessing the right to health especially for pregnant women, coordinating with district stakeholders to organize national campaigns, and raising public awareness campaigns at community level.

With its formation, the HRTC district network has built positive rapport with health post personnel to improve service delivery, especially to community people. The district network has aligned with district health offices to address issues related to improvement of health services at the health post. Similarly, the HRTC network has undertaken different activities such as interaction program on VDC budget allocation on health, organized various events such as World No Tobacco Day and World Cancer Day in coordination with district based stakeholders.

In 2016 a new HRTC network was formed in Bhojpur district, bringing the total number of HRTC district network to 58. Others include Sunsari, Morang, Jhapa, Illam, Dhankuta, Sankhuwasabha, Panchthar, Tehrathum, Siraha, Saptari, Udaypur, Bara, Parsa, Mahottari, Sarlahi, Bhojpur, Dhanusha, Rautahat, Makwanpur, Kavrepalanchowk, Bhaktapur, Rupandehi, Kapilvastu, Argakhanchi, Nawalparasi, Gulmi, Palpa, Lamjung, Tanahu, Chitawan, Dhading, Gorkha, Parbat, Syangja, Myagdi, Baglung, Kaski, Banke, Bardiya, Kalikot, Jajarkot, Salyan, Surkhet, Dailekh, Jumla, Mugu, Dang, Achham, Doti, Kailali, Darchula, Bajura, Bajhang, Dadeldhura, Baitadi, Kanchapur, Khotang and Sindhuli districts. During this period HRTC district network organized the following programme successfully apart from its regular access to health services monitoring at district level state health services.

**World Cancer Day Celebration:** The Sustainable Development Goals have set targets of reducing premature deaths from cancers and other non-communicable diseases. Risk factors that contribute to non-communicable diseases such as cancer are unhealthy diets, physical inactivity, exposure to tobacco smoke and the effects of harmful use of alcohol. Treatment for CVDs, diabetes, chronic respiratory diseases and cancer is expensive and there is lack of awareness which has led to rise of various diseases in Nepal. Use of pesticides, the consumption of junk food, alcohol, tobacco and physical inactivity are some of the significant factors. Public health awareness on the risk factors, symptoms of diseases and other ways to prevent these diseases is significant in controlling NCDs. For this, 58-HRTC districts organized different programs such as at the school



*Interaction programme during World Cancer Day in Saptari*

level interaction program, fund raising events, discussion programs, and rallies organized in cooperation with district public health office, district





administrative office, health post, Nepal Cancer Relief Society, hospitals and schools on World Cancer Day 2016. During these events, local health experts, members of health posts, network coordinators as well as school teachers shared valuable information on cancer and shared the need for raising awareness on risk factors without delay. With the alarming rise of cancer cases in the country, network districts have urged all the concerned authorities to continue the advocacy on cancer awareness program in the district.

**Tobacco Use and Its Effect on Pregnancy:** An interaction program on tobacco use and its effect of pregnant women was organized in 10-HRTC districts (Banke, Kanchanpur, Bhaktapur, Saptari, Myagdi, Dhankuta, Darchula, Palpa, Surkhet and Tanahu) in May 2016 to share knowledge on the harmful effect of tobacco smoke on the health of pregnant women; to share information to participants on the hazardous effects of tobacco smoke to unborn child and to improve service delivery at health posts by the HRTC



*HRTC district representative interacting with community woman in Banke district*

district network. The HRTC district network organized 2-separate interaction program in 2-VDCs respectively. Pregnant women, their spouses and other family members attended the meeting. Brochures were published and distributed in the meeting. Pregnant women were shared a presentation on the harmful effects of second hand smoke to unborn children. After the meeting, they committed to stop smoking and to raise awareness on the effects of indirect smoking.

**Assessment of Rational Use of Medicines on Essential and Maternal Health in Selected VDCs/HPs:** 10-HRTC districts, with support from RECPHEC, conducted an assessment of the rational use of

medicines on essential and maternal health, to know the status of the rational use of medicines in 2016. The main objectives of the activity were; to learn about the practice of medicine prescription at health post; to learn about the practice of dispensing medicines at health post or medicine shops; to know the knowledge of patients on use of medicines while receiving counseling as well administering. Information was compiled on the basis of a structured questionnaire. Separate questions were asked to doctor/prescriber, dispenser and patient at 2-VDCs respectively in each district.

From the assessment, it was learned that prescribers communicate with patients using simple, easy and understandable language. They give information regarding the health condition of patients and prescribe medicine according to their need. According to cases, they ask their patients to come back for follow up. Similarly, dispensers shared that they give medicines to patients according to prescription. While giving medicines they explain the necessary information regarding dose form, quantity and time table, number of days as well as the need for taking precaution if they see any side effects after taking the medicines. From the survey, it was learned that patients try their best to understand the situation of health condition through their visit to health post. While most of the patients shared that they adhere to the instructions, others fail to comply due to varied reasons. From the assessment it was also observed that in most of the health post, there is not enough stock of medicines. There is also lack of free medicines as per the recommendation of government. During assessment some of the issues identified were lack of commitment from patients on the use of antibiotics, lack of money for not continuing medicines by the patients, and lack of medicines at health posts.

**National Training Workshop on Sexual and Reproductive Health in the Context of Women's Right to Health:** RECPHEC organized 2-days training workshop on Sexual Reproductive health in context of women's health from 3<sup>rd</sup>-4<sup>th</sup> February 2017 at SAP Falcha, Kathmandu. The main objectives of the training were; to understand the problems in Sexual and Reproductive Health and ongoing initiatives and Sexual and Reproductive Health Rights; to identify gaps and problems on these issues at the community level; develop an action plan to be delivered in the community



to raise awareness in these issues. Dr. Punya Paudel, Senior Consultant GYN/OBS, Family Health Division, Department of Health Services, Dr. Sarita Dangol, MD Ayurveda, Ms. Saloni Singh, Executive Director,



*Participants at National Training Workshop on Sexual & Reproductive Health in the context of Women's Right to Health*

DidiBahini, Dr. Tirtha Rana, Public Health Physician and Nutritionist, Dr. Bimala Lakhey, Consultant Obstetrics and Gynecologist and Ms. Ashwini Rana, Consultant Family Planning Association Nepal, Mr. Purna Duwal, RECPHEC gave separate presentations on women's health especially on sexual and reproductive health and rights and issues.

A 2-days training workshop was held, reflecting the health rights of women in Nepal. While the government has provided free health services including free maternal health services to pregnant women across the country, community people are still deprived of the services. Lack of quality services, lack of proper counseling, lack of education among women and her family were recognized as existing problems throughout the country. Based on presentations and discussion, it was identified that all of the districts have similar gaps and problems in relation to reproductive and health rights. It was learned that the participants can collect case stories on the availability of free health services including reproductive rights with respect to government's policy. Since, this is a continuous effort, it is expected that participants will play an active role in addressing the reproductive and health rights of young and adult women in the community through training and sharing knowledge. This training programme was participated by a total of 28 women from 27 HRTC District Network.

**Training of Trainers on Cancer Prevention and Screening:** RECPHEC organized 2-days Training on Trainers on Cancer Prevention and Screening to district representatives on cancer prevention and screening



*Participants from different districts on Training of Trainers on Cancer Prevention & Screening*

in Kathmandu from 23<sup>rd</sup>-24<sup>th</sup> March 2017 to give new trainers the background knowledge, skills and practical experience on cancer prevention and screening to provide communities that care training and technical assistance to communities. District coordinators, school teachers, and female network volunteers from 13-HRTC district networks participated in this program. These participants were selected for their separate roles in the communities including bringing up issues of cancer as well as organizing district level meetings, encouraging students and taking initiative in introducing chapters on NCD in schools, as well as working closely with health posts and community to raise awareness on cancer. The participants were undertaken pre-test before the presentations.

Mr. Kishore Kumar Pradhananga, Chief, Cancer Prevention and Control Research Centre, BPK Memorial Cancer Hospital, Bharatpur, Chitwan, Dr. K. P. Ms. Sharmila Neupane, Nurse, BPK Memorial Cancer Hospital, Chitwan, Dr. Smriti Mulmi, Radiologist, Kathmandu Medical College Hospital and Dr. Hari Prasad Pokharel, Naturopathy and Yoga gave presentations on different aspects of cancer. Additionally Mr. Pradhananga and Ms. Neupane also demonstrated and helped the participants in conducting cancer screening of mouth and breast respectively. After the 2-days session a post-test was conducted to see the level of knowledge among participants. They were asked to evaluate their test by themselves. In the post-test, participants shared that they gained better knowledge about cancer and its preventive and treatment aspects. In the training participants learned about different factors influencing cancer. They have committed to take up the issue at district level, raise awareness on cancer, and motivate



people to take up preventive measures, as well as influence schools to put include education to children on cancer.

**Campaign on Mero Barsha 2074:** With an objective to improve the state of health problems and challenge people to adapt healthy lifestyles, the Ministry of Health unveiled a national campaign to embed preventive measures in health care and encourage people to opt for healthy practices. The year-long campaign of the Health Ministry focused on promoting healthy behavior

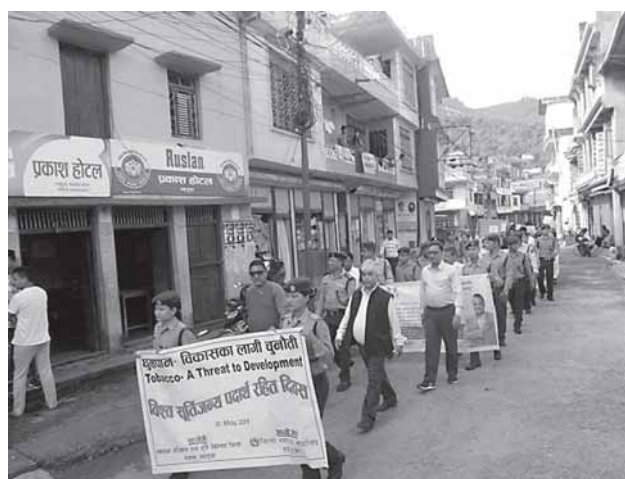


*Interaction programme on Mero Barsha 2074 held in Gorkha*

across the country. The campaign called Mero Barsha 2074, launched on Nepali new year (April 14, 2017), with the theme "Ma Swastha Mero Desh Swastha" (I am healthy, my country healthy) will urge people to adopt 5-key healthy behaviors; reducing alcohol intake, reducing and quitting intake of tobacco and tobacco related products, promoting regular exercise, eating healthy and nutritious foods, and having routine health check-ups.

HRTC networks, in cooperation with health posts, district hospitals, public health offices, stakeholders and community people have organized various programs (such as signature campaign, installation of hoarding board) to campaign on Mero Barsha 2074 in the month of April 2017. During the program, discussion took place on communicable diseases and its preventive measures. Representatives from district police, Metropolitan Office, District hospital, political parties, media and the community participated in the program. Participants committed to promoting a healthy lifestyle to reduce the risk of diseases as well as to put pressure on political parties to implement strict laws to promote health of people. More than 200-participants were present in various events organized in 7-different HRTC districts.

**World No Tobacco Day:** All HRTC network districts have been playing a significant role in raising awareness and advocating on tobacco control issues for many years. Thus, to continue the efforts this year too all of the network districts, with support from RECPHEC, worked together with district health offices and other like-minded organizations to celebrate World No Tobacco Day 2017 by organizing various events (Interaction meetings, discussion program, street drama, monitoring visit and mass rallies). The main aims of the program were; to spread awareness on



*Nepal Police and other participants during rally to mark World No Tobacco Day and Mero Barsha 2074 in Syangja*

the harmful effects of tobacco on individuals and their families; demonstrate how individuals can contribute to making a sustainable, tobacco free world, either by committing to never taking up tobacco products, or by quitting the habit. Representatives from network, DHO, DPHO, DAO, hospitals, VDCs, newly elected mayor, media people and community people were present in different events. Each district saw the participation of more than 50-people including both men and women.

**Public Hearing Event:** HRTC networks in Kanchanpur, Darchula, Myagdi, Palpa participated in local public hearing events in their respective VDCs. These events were organized in July/August 2016 and May 2017 respectively. District network Palpa supported Nagarik Sachetana Kendra in organizing public hearing events in Somadhi and Bhuvanpokhari VDC respectively. A total of 45-people (M=11, F=34) participated in Ward. no. 4 of Somadhi VDC and 50-people (M=13, F=37) in Bhuvanpokhari VDC representing members of health post, VDC, Nagarik





Sachetana Kendra, female community health volunteers and other community members. In Myagdi, public hearing events were organized in Kuhu VDC and Pulachaur VDC on 10th June and 2th August 2016 respectively. Representatives of health posts, local stakeholders, VDC representatives, community members including female community health volunteers participated in this program. HRTC district network Darchula participated in a public hearing event organized in Darchula district (Dethala VDC and Shikhar VDC). 80-people were present including District public health office, health post, NGOs, INGOs, civil society and other related stakeholders in public hearing program organized in Kanchanpur.

During different public hearing events, community members expressed their unhappiness about not getting regular medicines at health posts at times. They shared that the lack of essential medicines available at health posts, puts them in a difficult situation. Regarding this, the chief of health post obliged to address the issues and shared that effort will be made to improve services offered at the health post. Health post official shared information on the services provided by health post. It was also suggested that community members have a right to information on free health services and if they have any issues concerning the services, they are suggested to bring them to concerned authorities.

**Public Service Announcement to Encourage Pregnant Women to Visit Health Centers for Free Health Services:**

The Government of Nepal has provided facilities to pregnant women in order to improve maternal health. However, lack of information and knowledge is one of the key reasons for women not visiting health centers for health care services. Despite free health services provided by the government for 4-antenatal cares (ANC) visits and for institutional delivery, women are still hesitant to go and take the services. Awareness on ANC incentives and delivery incentive is necessary to encourage women to assess the free health services provided by the government. Hence, it is necessary to convey the message to women in the community to use the available services. Thus, a public service announcement was aired in 2016/2017 for a period of 1-6 months with an aim to encourage pregnant women to visit health centers for 4-ANC checkups and an institutional delivery in 10-HRTC network districts, in coordination with local FM station. The radio jingle shared information about the government incentives for pregnant women. From the program, the community women and their families learned about free health services under the safe motherhood program. They have contacted female health volunteers for further information. The number of pregnant women visiting the health post has been significantly increased in Palpa district, where women are increasingly visiting health centers for free health services and receiving incentives as per the government policy. □



# Urban Health Promotions: Efforts in making a City livable

More than half of the world's population lives in towns and cities. Much of this urbanization will unfold in Africa and Asia, bringing huge social, economic and environmental transformations. Urbanization leads to a new era of well-being, resource efficiency and economic growth. But cities are also home to high concentrations of energy consumption and commercial viability in cost of health and environment vulnerability. Developing countries, like Nepal is facing many challenges as a result of increasing urbanization.

Non communicable disease (NCDs) has become a emerging threat to public health. The health of the Nepali population is greatly affected by the state of its cities. In cities, the trend is ensuring that the city is supportive of motorized vehicles rather than pedestrians. Evidence of this can be found when looking at both the state of the non-motorized transportation (NMT) environment and at the budgets allocated to NMT. Public transportation options are poorly coordinated and there is a serious lack of routes in Kathmandu. According to a recent report more than 500-motorbikes are sold every month in Kathmandu only. Poor public transportation facility and risks for pedestrians in the city is encouraging the purchase of more private vehicles. Data from the Department of Transportation Management show that 1-million new vehicles were registered in the country within the last four and half years alone. 10-years ago, in the fiscal year 2006/2007, there were only 626,174 vehicles registered in Nepal. By the fiscal year 2012/13 the number had surged to 10.5 million. Parks and public spaces are poorly managed and are under constant threat of privatization. Other than this, the factors contributing to NCDs are food choices. People are switching from fruits and vegetables to processed foods high in fat, sugar and salt.

RECPHEC, with a vision of ensuring people's rights to health, has been working constantly on public health issues during the last 2-decades. It has been working on urban health issues like noise pollution, campaigning against polythene bags, vehicle regulated zone, pedestrian rights, junk food advertisement, open spaces and recently on public market spaces. In addition, Health Right and Tobacco Control Network in 57-districts has also been advocating on these issues. RECPHEC is continuing "Ktm walks" campaign to promote open streets along with rights of pedestrians. Pedestrian rights issue has been addressed through public support, campaign and policy level workshops and meetings. The public markets in Kathmandu are also being threatened by modern concept of cities with super markets marginalizing small scale traders. This concept not only decreases easy and affordable accessibility to healthy food but also risk local vendors from their business.

## Access to Healthy Transportation

**Pedestrian Rights Campaign:** Since, we are promoting walking and cycling it is important to advocate for the infrastructure that encourages people to walk and cycle simultaneously. The recent development related to transportation in Kathmandu is clearly promoting motorized transportation. The issue of inclusion of sidewalks, having a standard form of sidewalks, zebra crossings where necessary with

traffic amenities and an increased number of overhead bridges are the focus of our advocacy.

**College Interaction Program:** RECPHEC organized an interaction program with K and K college students on pedestrian rights. A video presentation was shown on the situation of Kathmandu from the perspective of pedestrians, which included information about the importance of non-motorised transportation with successful international examples.

*Interaction Program with K & K College Students*

**Debate Program:** A debate program amongst student of various colleges of Kathmandu on "Which is better for pedestrians; Zebra crossing or Overhead Bridges" was organized. Lot of concerns about the safety of pedestrians while using zebra crossing were raised. It draws our attention to the current situation of zebra crossing which is little still risky for pedestrians.

*Debate Competition*

**Public Demonstration:** 3-short satirical videos were prepared to showcase the difficulties a pedestrian has to face while using zebra crossings. These videos were shown in meeting conducted with Traffic office and local communities and was shared through YouTube. Volunteers in costume of a mythological hero helped general public to cross the road in Bagbazaar and Jawalakhel areas.

**Public Demonstration:** A Public Awareness Campaign in collaboration with Nepal Scout team was organized at Singhadurbar on pedestrian rights. During the campaign the scout team distributed 1500-copies of publication materials on zebra crossings published by RECPHEC in collaboration with Metropolitan Traffic Police Division on pedestrian rights.

*Zebra Crossing Campaign at Ratnapark**Public Demonstration on Zebra Crossing*

**Public Campaign:** A Public campaign was organized in Basantapur area to create interest amongst the general public about the rights of pedestrians. Mr Shanta Lal Mulmi Executive Director RECPHEC, Mr. Sabin Pradhan, DSP of Metropolitan Traffic Office Department, Mr. Ranjan Lal Shrestha Commissioner of Nepal Scout, and Mr. Ganapati Lal Shrestha, representative of local community and activist participated in the campaign. Mr. Mulmi raised the current situation of developments that emphasizes on

*Respect Pedestrian Rights Campaign at Basantapur*



motorized transportation rather than non-motorised transportation. He shared that the current situation of the city for walking is very challenging especially to groups such as senior citizens and differently able people. It is high time to advocate for a city which is walking friendly. 1000 signatures were collected during



*Human Chain at Respect Pedestrian Rights Campaign at Basantapur*

this program and RECPHC is planning to collect 10,000 signatures and submit it to government. The main agenda forwarded from this campaign was inclusive footpaths; discourage overhead bridges and maintain and increase safe zebra crossings. We also distributed 500-publication materials during this campaign on zebra crossing.

**World Environment day/Campaign for Clean Air Rights (Maskmandu):** In 2016, RECPHEC, as a partner organization, collaboratively supported the conducting of a campaign against increasing air pollution along with other likeminded organizations and volunteer groups. Thus, on the occasion of World Environment Day, a public demonstration showing the affects of air pollution was organized and a written



*Public Demonstration on Maskmandu*

petition was submitted to the Prime Minister's office. Another Maskmandu campaign was organized again on 20th January 2017 as "MASKMANDU 2.0". This campaign was able to garner attention through its media coverage. The campaign started with rally from Lagankhel chowk to Jawalakhel with slogan to improve air quality. After the rally there was a public discussion. It was very encouraging to see students and youth participation.

**Publication of Awareness Materials:** RECPHEC published a brochure on safety in zebra crossing submitted it to Traffic Department. Traffic Department has agreed to be associated with the materials and also would help in our campaigns.



*Zebra Crossing Advocacy IEC materials in association with Traffic Police*

## Access to Healthy Food

**Restricting advertising of junk food:** A series of field studies has been undertaken to understand the urban food habit behaviors and media coverage of junk food products in Nepal. These studies included information that depicts the misleading nature of advertisement in Nepali media. We also conducted a review study of policies addressing the issue. We are planning a number of national level workshops and discussion meetings with respective stakeholders to discuss further on these issues. On the basis of studies conducted by RECPHEC, the Consumer Forum along with other individuals has filed a case against junk food advertisement in the Supreme Court. The Supreme Court has ordered the respective government authorities to prepare guidelines to regulate junk food advertisement in Nepali media. Since RECPHEC has been working and lobbying on this issue, the Press Council has appointed Advocate Jaya Prasad Poudel (Associate of RECPHEC) as their main consultant to draft guidelines.

## Open and Green Space/Parks and Playgrounds

In Nepal, especially in Kathmandu, traditionally the city was designed in such a way that every residential settlement had a common open space. These spaces were used for different purposes such





as interaction places for senior citizens, religious and cultural events, resting places, etc. But over the years, the urbanization pattern of the Kathmandu Valley has been rapid and haphazard. High rise buildings have replaced the traditional housing system. These changes have challenged not only on the way of living but to community itself. Lack of open space such as parks, gardens, playgrounds has meant that people are more likely to stay indoors, especially children and elder citizens.

In our effort to reclaim the already existing public space, especially re-designing courtyards, for the community and not for parking purposes, we have worked with 3-communities with courtyards, however, because the government is laying the water pipes for Melamchi water we again monitored those areas and found some rework needs to be done. Apart from that, we approached new communities such as Hepunani, which agreed to remove parking from the spot and utilize the public space. Sankata club in Tebahal area



*Reviving Hepunani courtyard*

was facing problems due to vehicles intruding the alleys designed for people to walk. The area is now vehicle free. Another community of the core area Maru has also agreed to create a vehicle free ally in one part of their area.

**Core Group Meeting:** RECPHEC organized a core group meeting on 16<sup>th</sup> December 2016 to inform and discuss about RECPHEC's initiation to advocate for pedestrians rights. RECPHEC shared the activities update and planning for the next phase. Core group members suggested that we should go to Department of Roads and look for other organizations working in this issue. Representative from KMC and LSMPC also invited us for a meeting to discuss this further and explore the possibility to collaborate.

#### **National Consultation on "The Role of Civil Societies in implementing SDG Goal no 11":**

RECPHEC organized a national consultation on SDG Goal number 11 "Make Cities and Human Settlement Safe, Inclusive, Resilient and Sustainable".



*National Consultation on Air pollution, a joint effort of RECPHEC and Nepal Health Research Council (NHRC)*

Out of all 17 SDGs, RECPHEC being a coordinator of Health Thematic group of Nepal Civil Society Forum would like to draw the attention of all the sector on Goal number 11 "Make Cities and Human Settlement Safe, Inclusive, Resilient and Sustainable". The 2030 Agenda for Social Development has become a guiding principal to address these issues at national, regional and global level. Civil society being one of the key players in this regard, a consultative meeting has been organized with the following objective to orient on the genesis of Sustainable Development Goals with special focus to Goal # 11: Making Cities and Human



*6 Municipality representatives at National Consultation*

Settlement Safe, Inclusive, Resilient and Sustainable, discuss the role of the government in line with National Policy and Constitutional provisions and to identify the role of National and International Non-Government Organization. This was held on 7<sup>th</sup> September 2016.

**Noise Pollution:** Nepal has banned the use of fire crackers to avoid any mishaps during Tihar celebrations. The ban imposes restrictions on import, trading and use of fireworks, crackers and sparklers





during the 5-day festival which began from 21 October 2016, a statement from the home ministry said. The statement has asked guardians to ensure their wards stay away from fireworks, adding that those found violating the ban will have to face punishment. Police stepped up security to ensure that illegal and dangerous fireworks were not used in the Kathmandu Valley during the festival. More than 3,000 police officers, both in uniform and civilians, were deployed to prevent any untoward incidents and give people a sense of security in Kathmandu, while around 800 police personnel were present in Lalitpur and Bhaktapur each. Security personnel kept a vigil on the outskirts of the Valley, mainly at major entry points, to curb illegal imports of explosive materials and firecrackers in the run-up to Tihar. Officials said they have stepped up checks at Thankot, Farping, Jagati and Sitapaila.



News Clippings on Banning Fire Crackers on occasion of Tihar

All vehicles passing through entry points were subject to security checks. Police also launched a public awareness program on harmful effects of illegal and dangerous fireworks. However, no firecrackers have been seized so far. Anyone caught with firecrackers

containing high explosive substance will be charged under the Explosive Act, SP Bishwo Raj Pokharel warned. Police said no one will be allowed to smuggle, distribute, sell and use firecrackers.

In this context, RECPHEC organized a press meet and urged all to be cautious while blasting explosive substances as firecrackers during the festivals like Dipawali and Chhath as they are hazardous to human health and the environment. There is a risk that the smoke of such firecrackers could infect the lungs, cause cancer and heart attack. Mr. Shanta Lal Mulmi explained the harmful effects which could adversely impact human's mind and lungs, and can pollute the air. The emission of harmful gases such as sulphur dioxide, carbon dioxide and carbon monoxide from the burning firecrackers could cause lung cancer and chronic bronchitis. RECPHEC has also urged the government to monitor the import, production and usage of such explosive substances blasted for fun and frolic during the festivals. Its news was published in number of newspapers both paper and electronic media as a result, the blasting of firecrackers during Dipawali and Chhath was massively decreased. The government of Nepal finally from 14th April 2017 banned "Horn" in Kathmandu Valley. This is also one of the outcomes of RECPHEC to make the city Noise Pollution free. For the last 5 years, RECPHEC has been continuously launching "Mass Awareness" campaigns to control honking by the two and four wheelers. It had also distributed "Noise Meter" to traffic police of Kathmandu Valley, published poster, pamphlets and stickers and widely distributed thought high school students. Monitored noise level is major city intersections and mobilized media to make this issue "Public Internet". □

# Indigenous Health Promotion

Recognizing RECPHECs involvement in the area, the, Ministry of Education (MoE), proposed RECPHEC in Library Master Plan and Library Automation documents as a focal point Traditional Health Information Centre.

## **Ayurveda and Complimentary Health Policy, 2073:**

Ms. Chandra Kiran Shrestha participated in a consultative meeting organized by Ministry of Health (MoH) to discuss on Ayurveda and Complimentary Health Policy, 2073, with the final draft document prepared by MoH on 21st February, 2017 in Kirtipur, Kathmandu. She provided written feedback on Ayurveda and Complimentary Health Policy, 2073 document regarding collection information, preservation, conservation, promotion of indigenous knowledge and skills, archiving of documents,



*Ayurveda and Complimentary Health Policy, 2073,  
National Consultative Meeting*

intellectual property rights etc. MoH reviewed the Ayurveda Health Policy, 2052 (1995) and developed a new National Ayurveda and Complimentary health policy, 2073 (2017).

## **Indigenous Health Practitioners (IHP) Convention:**

The Information and Documentation Unit organized the 2nd National Convention on Indigenous health practitioners from 31<sup>st</sup> March to 1<sup>st</sup> April 2017 at RECPHEC to discuss knowledge, experiences, problems and suggestions of IHP participants of 1<sup>st</sup> Convention 2068; to enhance knowledge and capacity building of IHP on rational practices and use of traditional medicine; documentation of knowledge and skills of indigenous health practices; the present Ayurveda and complimentary health policy 2073 for



*2nd National Convention on Indigenous Health Practitioners*

recognition of traditional practices. 88 representatives (58-male and 30-female) participated from 27 districts.

Mr. Shanta Lal Mulmi, Executive Director of RECPHEC, Mr. Madhu Bajra Bajracharya, and Mr. Narayan Prasad Dhakal, Dept. of Drug Administration, MoH provided valuable remarks. Likewise, Mr. Jyoti Baniya, Chairperson of the Consumer Forum and Dr. Vasu Dev Upadhyaya, Director General, Department of Ayurveda, MoH provided information during the session. Ms Chandra Kiran Shrestha, presented the paper "A Glimpse of 1<sup>st</sup> IHP Convention 2068". Mr. Manjib Shakya presented a paper on "Health Policy and Traditional Healers" Professional and Its Challenges". Dr. Shyam Mani Adhikari, Chief, Dang Ayurveda Campus and Mahendra Sanskrit University presented a paper on "Medicinal Plants and Rational Use of Indigenous Health Practices". On the first day different information on rational use of medicinal plants and traditional practices were presented from different districts.

Participants were divided into six groups to give their feedbacks and scope of work. The groups were as:

1. Inheritance knowledge (at least 3 generations)
2. Medicinal plants and herbs
3. Himali treatment (Anchi)
4. Terai Region treatment (Tharus, Chaudhari, Gurubaa, Jharfuk)



5. Spiritual healing (Jharfuk, Jokhana, Dhaami, Deumaa and Deubaa)
6. Special cure of diseases: (Snake bites, nerves, lep)

The groups were given as their role, government role and civil society's role. After the group work and presentation, a declaration (Memorandum) was prepared which was delivered by Mr. Shanta Lal Mulmi. Participants provided valuable suggestions for the way forward.

**Information Dissemination on TSM:** A press conference was organized on April 4 to disseminate the declaration (manifesto) of Indigenous Health Practitioners of 2nd National Convention organized from 31 March-1 April 2017. 12-journalists/media people participated in this conference. The Chairperson, Vice Chairperson, Additional Secretary of Indigenous Health Practitioners and Trade Association were involved as facilitators. Likewise, Senior Consultant and Board member of RECPEHC Dr. Sarita Shrestha and



*Press Meet on 2nd National Convention on Indigenous Health Practitioners*

RECPEHC staff participated in the program. Mr. Shanta Lal Mulmi read the Manifesto to the journalists. About 30-main issues were identified by participants, including:

- Preserve the knowledge and skill of traditional system of medicine
- Advocate at government level on traditional system of medicine
- Include and amend the traditional system of medicine for the rights of health workers
- Advocate to prioritize traditional system of medicine as other health services.
- Collect data to maintain traditional system of medicine for the rights of health workers.
- To advocate on the illegal export of traditional medicine in suppressed groups who are working on traditional medicine.

3-daily national newspapers and 15-electronic media covered news, feature articles on indigenous health practices and system. This news helped to alert government officials.

**National Consultative Meeting:** A national consultative meeting was organized by the National Ayurveda Research and Training Center (NARTC), Kirtipur on 4<sup>th</sup> June 2017 to have dialogues between the institutions working in related fields, Inter-institutional networking and collaboration on different areas (herbs/medicinal plants; traditional medicine, classical codified knowledge, manuscripts; indigenous biotechnology) and also the collection of inventive and innovative steps for IPR which could contribute the nation to maximum extent. Ms Chandra Kiran Shrestha from RECPEHC, participated and presented a paper on "RECPEHC's Priority Area to Support Ayurveda and Indigenous Health Practice System in



*Group Photo NARTC Consultative Meeting at Kirtipur, June 2017*

Nepal". The paper consists of strategy and activities on Ayurveda and complimentary health or traditional health services activities conducted by RECPEHC. 100-posters on curative and preventive home remedies were disseminated in this program.

### **Management information updated and Publication and documentaries developed:**

- RECPEHC developed 30-min documentary on 2- Indigenous Health Practitioners.
- Ms Chandra Kiran Shrestha has written an article on Ayurveda and complimentary health services and the role of RECPEHC and published in Souvenir of Dilli Raman Kalyani Memorial Library (DRKM) in 2017 June.
- Collection and management of a total of 20-documents, books, articles and some rare personal documents of traditional treatment. □



# Outreach Program

The Outreach Program has always been an integral part of RECPHEC's work. As well as providing much-needed health programs to the people who most need them, the outreach program allows RECPHEC to keep abreast of the very real issues that are facing people in these regional and remote areas. This close contact with people on the ground has enabled RECPHEC to have a very real knowledge of these issues, which then in turn enables effective advocacy.

RECPHEC has been working with the people of Udayapur: Basaha Ward 7 and 8, Rampur VDC Ward 5, Tapeswori VDC Ward 3 and 4 and at Saptari: Kanchanrup Municipality Ward 6 and 10, Saptkoshi Municipality Ward 2 Shiddipur to address health and development issues through empowering the rural communities. Some of the outcomes of this outreach program include: the encouragement of women to participate in collective saving and empowering women to utilize the credit facility with low interest available through saving groups; awareness has been raised amongst rural communities for better health behavior and sanitation; better reproductive health services have been provided through community health facilitators, who have been encouraged to refer patients to the nearest health post; people have been encouraged to generate income through skill trainings; public health posts and its service delivery mechanism at community level have been strengthened; and local NGOs/ CBOs have been mobilized. RECPHEC advocates for women and deprived communities to get organized in order to assert their rights. Due to the massive relief, rehabilitation and reconstruction programme at Gorkha district, RECPHEC's outreach programme has been linked with this Post Earthquake activities.

## Document Cases on Right to Health Violation 10-cases:

2-orientation programs were organized to journalists on the right to health, including case study writing and documentation to representatives of CBOs in Saptari District. 6-journalists were assigned to collect the cases on health rights violations in different areas of Saptari. Among them, 1-case study on right to health violation in Kanchanrup health post was published in Green Madesh Daily newspaper of Saptari district on June 28, 2016.



News Clippings

## Training on Right to Health and Organizing their Claim/Advocacy to Representatives of CBOs:

A 2-day workshop on the right to health was organized to the representatives of different CBOs of Udayapur and Saptari. 111-representatives of 15-CBOs participated and discussed on the right to health issues. They were oriented on government services to the Nepalese citizens, and free services provided by the government

to women and children. Emerging health issues in field areas were also discussed. After the workshop, Women's Farmer Groups of Kanchanrup Municipality,



Training to CBOs on right to health at Phattepur

Saptakoshi Municipality, Tapeswori VDC, Rampur VDC and Beltar-Basaha Municipality simultaneously claimed their rights and demanded that the VDC budget should be transparent on Free Maternal Health care services, immunization program, skill development trainings for adolescents, etc.

## Interaction Meetings to Inform and Influence VDC and Health Post Personnel:

RECPHEC Fattepur organized 4-interaction programs between VDC



*Interaction Program between Health Seekers and Health Service Providers at Tapeshwori*

personnel, the health post in-charge and clients in March 2016 at Siddhipur, Ghoghanpur, Basaha and Tapeshwori respectively. In the interaction program, the health in-charge provided detailed information about the available services at the health post, pharmacy services, emergency and first aid treatment, annual programs of the health posts, and people asked the questions then after. The marginalized people of Tapeshwori were encouraged to claim their health rights.

**Public Hearing:** RECPHEC supported the organization of a public hearing program on March 2016 at Piprapurwa, Saptari on the issues of people's rights to health and sanitation. In had the participation of the local community, local journalists, RECPHEC



*Public Hearing at Phattepur*

representatives, VDC personnel and health in-charge. Through this public hearing, people got information about the various services of the health post, there was a forum for people to state their problems, and people were benefited by knowing the municipality's subsidies for the public sanitation.

**Refresher Training to FCHVs in Coordination with DHO:** A 2-day refresher training was held targeting 24-Female Community Health Volunteers (FCHVs) in different places: 9-FCHVs from Basaha; 6-FCHVs from Fattepur; 9-FCHVs from Ghoghanpur. FCHVs were



*Refresher training to Community Female Health Volunteer at Ghoghanpur*

informed on the people's health rights and the health services. Volunteers were encouraged for effective performance in rural areas and providing high quality health services to the people.

**Orientation on Alcohol, Tobacco to School Students:** RECPHEC Fattepur provided orientation to the 20-different schools about smoking and tobacco in Udayapur and Saptari. The sale of tobacco and cigarettes is strictly banned in the compound of the schools. Students were aware about it and they also encouraged their families to become tobacco free. The students group against the Tobacco and Alcohol has already formed in each of the 20-schools.

**Women's Health Education:** RECPHEC has been performing various activities related to public health issues in the different rural areas of Saptari and



*A session on Women's Health for community women*





Udayapur districts. The main objective of the program is to provide health education, awareness to women's groups, saving and credit groups and a monthly adolescent group at Piprapurwa-6, Ghoghanpur-10, Tapeswroi. Orienting and counseling to pregnant women for regular health check up in health institutions and a healthy diet along with pre-natal, post natal and maternal health are the main tasks in these areas.

### Rallies and Observing Different International Days including Social Issues Workshop and Rallies:

**World No Tobacco Day** was celebrated on 31 May by organizing mass rallies and discussion forums at Udaypur and Saptari districts with school children in coordination with health posts. Youths were massively mobilized for the tobacco control program.



*Women & children participating in World No Tobacco Day 2017*

On March 2017 RECPHEC field office organized a mass rally against the dowry system in Siddhipur, Saptari. 154-people participated in the rally program, among them 90% were women. The rally started from the Siddhipur Chowk and headed to Fattepur, Sakhubani, Prasaha and ended at RECPHEC training center spot Tinkunechowk. "Let's eliminate dowry from our society" was the main slogan of the rally. The pressure group has been established against the dowry system.

### WASH and Healthy Home Campaign

**a. Support for Toilet Construction:** 500-households (HH) were provided pan set, cement and pipes at Kanchanrup and Saptakoshi municipality and the remaining infrastructure was supported by the municipalities 200-sets in Kanchanrup and 300-sets in Saptakoshi municipalities. Siddhipur and Fattepur VDCs, and now a Saptakoshi Municipality of Saptari district were all announced Open Defecation Free zones in 2017.



*Support for Toilet Construction in coordination with Municipalities*

**b. Support for Drinking Water:** 20-tube wells were supported for different groups of the Musahar community, farmers groups, women groups' health post, Saptakoshi Municipality (Resource Centre) and Youth club. Due to this, there is easy access of drinking water to marginalized community people.



*Installation of Drinking Water Tube well at Saptakoshi*

**c. Smokeless Stove:** Installations of improved smokeless stoves are promoted in order to reduce pressure on forest and fuel wood and to reduce



*Smokeless stove being used by the community people*





health effects of indoor smoke, with active participation of the local community. 200-smokeless stoves were installed in Beltar Basaha Municipality: 76 in ward-1 and 59 in ward-8. Out of 30-family, 29 are using the smokeless stoves in Shikharpur. Hence, Shikharpur, Chaudandi of Udayapur district community declared Indoor Air Pollution Free Area from March 2017.

**Improvement of Nutritional Status of the Community:** In the farmers' field schools (FFS) program, community people are encouraged to carry out many experiments on their fields. FFS is a place to learn new things focusing on learning by doing method. In this program, the facilitator demonstrates soil systems, soil conservation, soil fertility improvement practices, soil erosion study, understanding insects, water holding capacity, crop diseases and nutrient uptake. These topics were all covered extensively. Through these FFS



38 days baby rice plant by using SRI method in Tapeswori

programs, several farmers in the field have gone back to traditional farming practices. The main objective of an FFS program is to emphasize holistic crop and pest management. FFS has 5 basic objectives: grow a healthy crop; conserve natural enemies of crop pests; conduct regular field



Rice Plantation Day celebration by Farmers

observations; make farmers competent in their own field and reduce production costs. FFS is generally carried out on trial plots that become a laboratory for various experiments and observations. Outstanding farmers from these FFS could be selected and re-trained to act as Farmer Trainers to further take the newly acquired knowledge and skills to others in their community.

From 2015, RECPHEC has been initiating FFS sessions in different outreach areas focusing on Integrated Pest Management. 86-farmers applied the SRI method for rice plantation and 8-farmers applied the SWI method for wheat plantation. SRI orientation training was provided to 34-farmers of Siddhipur, Basaha, Piprapurwa and Goghanpur. The 6-series of Farmer Field School (FFS) sessions were conducted regarding the method of increasing the productivity of land and water with limited available resources. The farmers were trained to plant the seedling plants in spaced wider apart and in a square pattern along with the use of organic fertilizer to enhance soil fertility. The government focal person of agriculture, JTA, regularly monitors and provides technical suggestions where necessary in SRI field. It was noted that through this SRI method, the rice production has increased than before.

**e. Kitchen Gardening:** The farmers were oriented new methods of vegetation i.e. unseasonal vegetables farming in their fields. The technical inputs from JTA were often provided for solving the problem of different kinds of vegetable diseases. It has developed good coordination with government for providing vegetable seeds to farmers group in optimal price.



Tomato farming by Santosh Chaudhary in Tapeswori

**Publication of RECPHEC Kosheli Bi-yearly Newsletter:**

500-copies RECPHEC Kosheli Bi-yearly newsletters issue-24 and 25 were published and distributed to related stakeholders and community groups. These materials are used for awareness rising at community level and capacity development and advocacy on the people centered policy decision at central level.



**Skill Development Training:** 15-ethnic adolescents were provided skill development training on Sewing and Tailoring at Beltar-Basaha Municipality in coordination with Laliguras Saving and Co. Group on February for 3 months. These trainings have helped the girls to be self employed.



*Skill Development Training in Siddhipur*

**Resource Centre Management Training:** Resource Centre (RC) was established in Siddhipur district on March 2015. It is run by 8-different women's groups and 1-adolescent group. In order to operate it smoothly, RECPHEC organized 3-days training on Basic Resource Centre/ Library Management Training at Fattepur, Saptari from May 2016. Ms. Chandra Kiran Shrestha, Senior Program Officer and Mr. Samiul Hassan Shajib, along with FK Volunteers conducted



*Saptari library training community hall*

the training using a participatory approach. 75-books were purchased as per community needs for the Community Resource Centre.

**RECPHEC Training Centre Building Construction:**

A RECPHEC training center is being established in Tinkunehowk, Siddhipur, Saptakoshi Municipality. The local community has provided 1-kattha land to the RECPHEC for making its own training center. In March



*RECPHEC Training Centre at Tinkunehowk, Satari*

2017 RECPHEC cleaned and compounded the land by bamboos. The mapping and inauguration for the construction of the training centre building has already completed. Building construction is in the process. RECPHEC is also going to support to make the old citizen park in the Tinkunehowk on just east side of the building. □

# South to South Voluntary Exchange Program: Inter country Learning Experience

The South-to-South Exchange Program is funded by FK Norway under FK South-to-South Exchange scheme. This South-to-South Exchange Program is initiated to develop new ties between South Asian NGOs working in the field of primary health and environment through exchange of knowledge and skills. It aims to strengthen and enhance the capacities of participating NGOs in the areas of research, advocacy, field activities and fundraising techniques, and networking capacity building. Further, this project will pave the way for stronger understanding and cultural solidarity amongst the South Asian NGOs. RECPHEC Nepal—coordinating partner for this partnership consists of 5-organizations from 5-different countries namely: Work for Better Bangladesh Trust WBB Trust, Bangladesh, Daliyon Ka Dagariya, India, Myittar Resource Foundation, Myanmar. This year, 5-participants were exchange:

Participants	Sending Organization	Host	Departure to Host	Home Coming
Ms. Sanam Shanker	RECPHEC	DKD	July 2015	Aug 2016
Mr. Aminul Islam Sujon	WBB	RECPHEC	July 2015	Aug 2016
Ms. Shrijana Bhatta	RECPHEC	DKD	July 2015	Aug 2016
Mr. Samiul Hassan	WBB	RECPHEC	July 2015	Aug 2016
Mr. Nyan Kyaw Lin	MRF	WBB	July 2015	Aug 2016

**Preparatory Course:** The preparatory course was organized by FK in Bangkok around end of July 29 to 1st week August each year. All the 5-participants from 5- partner countries attended the prep-course before they started their exchange program with the partner



*FK Volunteers at Bangkok Seminar*

representatives. Sessions on different issues like safety and security, results/progress reporting, finance, burning issues, learning in partnership, what works and what doesn't and feedback and also news from FK on changes in Norwegian Development policy was discussed during Partner Course at Bangkok.

**Homecoming Seminar:** Home coming seminar was attended by all 4-participants to share their one year's learning and experience with FK representatives in August 2016.

**Monitoring Visits:** Ms. Rosy Adhikari went for monitoring visit to WBB and DKD. The proposal for next phase was submitted to FK but unfortunately it was not approved. Work related issues of participant were discussed during monitoring visits by coordinating partner representative to individual partner country.



*Visit of FK former Director at RECPHEC Office*





**FK Partners Meeting:** Mr. Shanta Lall Mulmi, of RECPHEC and Ms. Rosy Adhikari, FK Coordinator participated, FK Partners Meeting on June 16, 2017. The meeting discussed on the country specific issues regarding FK Fellow's Exchange program which was followed by FK Fellow Alumni Meeting. FK former Director Ms. Nita Kapoor and Erling Hess Johnsen visited RECPHEC Office on June 17, 2016. Mr. Mulmi gave a presentation and discussed on further collaboration with FK Norway

#### **Most Significant Changes through FK Volunteers Program**

- A research wing has been established in WBB.
- Farmers Field School has been established in 3-districts of Nepal
- A social media unit has been established under a media section.
- NCD activities in Sri Lanka are being conducted.
- An information and communication unit has been established in MRF, Myanmar
- A follow-up noise pollution campaign organized in Dehradun India.
- Initiation of R and R project in a small scale in RECPHEC

# Information and Documentation Unit

Information plays a vital role for both personal and community development. There are endless amounts of information scattered all over the world. However, the information that is not available at the time when it is needed is not considered as information. Therefore information should be collected and managed in a proper way for easy access, such as information management by are source centre/library.

RECPHEC's Information and Documentation Unit has provided an information management system for many years, mostly focusing on physical publications, and provided a space where people could come and sit and utilize the resources. However, with the onset of Information and Communication Technology (ICT) becoming a part of life, and the publishing of documents as electronic versions, RECPHEC has begun to upgrade to a digital library.

**Orientation Program on Complimentary Health System:** The Unit organized an orientation program on Energy healing works on 17 March 2016 at RECPHEC which focused on reducing the negative energy through universal energy, feeling universal love and getting light to heal the person. A total of 22-participants participated in this program representing different organizations. 2-resource persons from the USA facilitated the program. A similar program for Librarians on to managing stress was conducted,



*Orientation program on complimentary health system*

which was replicated by RECPHEC at a program on March 25, 2016 at RECPHEC Meeting hall for 19- library and information professionals.

**Support to Establish Resource Centre:** RECPHEC supported the establishment of a Resource Centre in Saptari District, Siddipur VDC ward no 2 in 2016, in coordination with local groups, in order to empower community people to improve their life style and health.

It is targeted at deprived women, children, adolescents and community people, health personnel, planners, consumers, and development workers. Local people



*Establishment of Resource Centre at Saptari*

can gain knowledge and improve their health and family through information on topics such as the value and importance of nutrition and nutritious food, timely vaccination, hygiene, health rights and how to improve health situation and life style. This place can be used as meeting point for discussion. Mr. Shanta Lal Mulmi, Executive Director inaugurated the resource center and handed over a computer, printer, furniture, books and other library materials.

**Training Workshop on HINARI Program:** HINARI was launched in January 2002 for "free access" countries, areas and territories. It's an online portal to access information on health and related social sciences coordinated by WHO and Yale University. Currently, more than 5600 registered institutions are involved, and it includes up to 13,000-journals/29,000-



Training Workshop on HINARI Program

books/70-other information resources/170 publisher's partners. RECPHEC is also a member of HINARI. RECPHEC and Nepal Library Association jointly conducted a training workshop on HINARI Program on 31st March 2016 at RECPHEC office to develop skills and update knowledge of health librarians to disseminate health information and access of HINARI Program. 20-librarian (10-female and 10-male) representing different health, agriculture and environment Institutions/Organizations actively participated in the training. Mr. Uttam Ratna Shaky, DoH, KIST Medical College; Ms Gita Thapa, President, Nepal Library Association (NLA) and Mr. Chandra Bhusan Yadav, Librarian/Information Officer provided training on R4L HINARI Program. Priority was given to health librarians who were not involved in HINARI training previously. Librarians from the agriculture and environment sector was also included. The course was divided into 3-sessions: 1st: R4L HINARI, AGORA, OARE, ARDI, Plumbed and Other medical literature.

**Basic Training in Resource Centre/ Library Management at Community Level:** The IDU organized 3-days training on Basic resource centre/ library management training at RECPHEC Field Office, Fattepur, Saptari from May 24-26 2016 to provide



Saptakoshi Library Training

technical support to manage the Community Resource Centre. The training was provided to 6-volunteers from different women community groups and one adolescent group, whom initiated to establish the Community Resource Centre at Siddhipur. Ms. Chandra Kiran Shrestha and Mr. Samiul Hassan Shajib from central office conducted the training. RECPHEC provided an additional 75-books to the Community Resource Centre.

### Orientation on Resource Center Management for Community Level:

The Unit also provides capacity building on resource center management to like-minded organizations. 2-days orientation was given in basic resource centre management for community level to 2-staffs of Jagaran Nepal, an NGO advocate for women.

### "Computers in Libraries: Libraries with New Ideas and Technology":

RECPHEC, Library Development Forum and Nepal Library Foundation, Nepal jointly organized "Computers in Libraries: libraries with new ideas and technology" on 28<sup>th</sup> August 2016 to mark



Computers in Libraries: libraries with new ideas and technology

9th Library day. Mr. Ganesh Shah and Chairperson of Nepal Library Foundation inaugurated the conference. Mr. Ramesh Bhusal chaired the inauguration session. Mr. Yadab Niraula, Chief of Nepal National Library (NNL) gave a keynote speech in the conference. A total of 12-papers were presented in different themes by experts and professionals. Ms Chandra Kiran Shrestha presented a paper on "Community involvement: A case of Siddhipur Resource Centre". 82-participants representing different organizations actively participated in this program. Ms Indira Dali, a senior librarian and a Coordinator of Library Development Documents Committee of Ministry of Education (MoE) gave concluding remarks.





**Support for Resource Centre:** RECPHEC supported Ratan Jyoti Community Library in Bharte VDC, Lamjung which was established in 2014 (2071 B.S) to provide information to community people to educate, capacity building and platform for sharing. RECPHEC provided computer, books and library materials to upgrade the library on 28th August 2016 to mark 9th Library day. This community library provides services to students, teachers, community people, social workers, children and women. Users have increased from 50 to 225 users monthly. RECPHEC further supported with more other books on June 2017 to this community library.

**9th Library Day 2016:** The 9th Library Day National ceremony was held on 31st August, 2016 at the Russian Culture Centre of Science and Culture with the slogan Libraries for Life Long Education. The Honorable Minister of Education, Mr. Dhani Ram Paudel inaugurated the program as a chief guest. As call upon of Ministry of Education to all libraries, librarians and related stake holders to celebrate 9th Library Day, to show solidarity we also actively participated in different activities: preparatory meetings, press meet, workshops, conducted conferences, rally. The Senior Program Officer Ms



9th Library day procession from NLA

Chandra Kiran Shrestha, was appointed a member of Publication sub-committee who contributed different tasks. The article titled "Role of RECPHEC in library and information management" was contributed for 9th Library Day souvenir. The article presented a picture of information management and contribution to information seekers. Library day was also celebrated in Saptari, Udaypur, Gorkha, Lamjung, Mugu, Dhankuta, Kapilbastu, Kavrepalanchok, Parsa districts, who organized different programs such as rally, poem competition interaction program etc. to celebrate the day.

**Publication:** "An experience of a Resource Centre" an article written by Ms. Chandra Kiran Shrestha Senior Program Officer was published on 9th Library Day Souvenir by the Ministry of Education (MoE). The souvenir was released by the Honorable Education Minister Mr. DR Khanal on August 31, 2016 in Kathmandu. The Resource Centre's activities news was also published in NNL Newsletter published by Nepal National Library in 2-issues in the year 2016 and 2017.

**Discussion Program on MoE Documents:** RECPHEC, Library Development Forum and Nepal Library Foundation, Nepal jointly organized a discussion program on 14 September 2016 on draft version of National Book policy, Library Master Plan and Library Automation prepared by Ministry of



Discussion program on MoE documents

Education. 32-participants representing different organizations actively participated and gave their valuable suggestions. The 3-documents were released by Honorable Minister Mr. Dhani Ram Poudel (DK Poudel), Minister of Education on the occasion of 9th Library Day Program on 31 August 2016 to collect public opinion and feedback from different stake holders. The consultants/coordinators were invited and collected feedback which was used by the MoE to amendment in the main documents. The MoE provided RECPHEC an appreciation letter for conducting the program.

**International Children Day:** RECPHEC's partner organization Aadharbhit Srot Kendra tatha pustakalaya, Siddhipur, Saptari jointly organized a debate on "Importance of International Children's Day" at Govardhan High School in Fatepur on September 14, 2016. 20-students class from 1-8, in 2-groups took part in the contest. 80-participants; teachers,



*International children library day at Saptari*

student's community leaders and community people total people were there to observe and participated in the debate. The contestants were provided educational materials as prizes to 3-students. This kind of program was conducted for the first time in that area on that day.

**Training on Basic Management of Resource Centre/Library:** RECPHEC organized 6-days Basic on Resource Centre/Library Management Training to HRTC District Network members representing 18-different districts from September 21-26 2016. Total 21-trainees (12-female and 9-male) actively participated in the training and committed to manage their Resource Center or library once they got back to their home town. The main objectives of the training were to develop skills and strengthen and update existing resource centre/library at community or districts; to prepare and motivate to establish and able



*Community RC training*

to manage resource centre/library as community needs. 14- Resource person took the classes with practical work. The course was divided into 21-classes. Participants were also taken to Tribeni Community Library and Resource Centre, Bhimdhunga and Community Children Development Library. 10-trainees have already started community resource centre and own in-house resource centre.

**To Mark International Human Rights Day and 8th Human Rights National Magna Meet 2016:** The Information and Documentation Unit actively participated in a book exhibition organized by 8th Human Rights National Magna Meet on 11th December 2016 to educate and raise awareness of health rights. RECPHEC disseminated and distributed



*Book Exhibition at 8th Magna Meet*

its publications on health rights information as brochures, posters and newsletters, pamphlets etc. More than 2000 people observed our stall.

**Resource Centre update and management:** RECPHEC is a pioneer organization among NGOs to start a digital library. This year, upgraded version programs were updated for the Resource Centre digital library software programs. Similarly, the sites were also updated as [www.elibrary-recphec.org.np](http://www.elibrary-recphec.org.np) for full text (e-library) and [www.elibrary-recphec.org.np/library](http://www.elibrary-recphec.org.np/library) for online catalog. 550-external and internal users visited physically and online users were about 6000.60-new monographs were added. For cataloguing we use PMB software for online catalog and RS program is used for non-book materials as newsletters, IEC materials, paper clippings which can access full text in online.

**Interaction Program on LIS:** Ministry of Education, RECPHEC and Nepal Library Association jointly organized an Interaction program on "Knowledge and experiences sharing program on LIS issues" on 17th January 2017 at RECPHEC. The objectives of the program were: to share knowledge and experiences gained from participating in different national/ international conferences and training workshops; and to build capacity of information professionals to strengthen the network among the library and information professionals. 32-participants participated



*Knowledge and experiences sharing program on LIS issues*

in the program representing government libraries, academic institutions, and public and community libraries including different NGOs resource centers. 6-papers were presented on this program.

The role of information in women's empowerment and its future perspective was presented by Ms Chandra Kiran Shrestha, RECPHEC behalf from NLA. The program was concluded by Mr. Yadab Chandra Niraula, Under Secretary and Coordinator of Library Coordination Section and Ministry of Education with valuable suggestions. He added that this kind of program must be conducted periodically. During the

meeting the role of International Federation of Library Association was also shared.

**Orientation on Basic Resource Center Management for Community Level:** A two days orientation on basic resource centre management for community level to 2-staffs of Jagaran Nepal an NGO advocate for women were provided by Ms. Chandra Kiran Shrestha from RECPHEC.

**Clearing House Services:** The main aim of the Clearing House Services is to facilitate social marketing. The Unit has been providing this service since 1997. 20-books were sold to Room to Read on June 2017. We have generated NRs. 43,958 by selling our publications Bhalakusari and Women's Health newsletters and other some other books/materials to different organizations. In October 2016, 750 copies of Bhalakusari and Women's Health were sold to Fairmed, an INGO. Later, they subscribed to both newsletters for 150-copies each issue for a year (2017). Besides that for health education and information RECPHEC distributed its publications freely in different forums. □



# Development Communication/Publication

RECPHEC has been publishing the health newsletter Bhalakusari bi-monthly and Women's health tri-monthly since 1989. RECPHEC has also been publishing different advocacy and IEC materials on different health issues. The main purpose is to provide user-friendly information on health, gender and development issues and women's rights at the community level through its different communication channels. These materials are used for awareness raising at the community level and capacity development and advocacy for people centered policy decisions at the central level. It is circulated in primary health care, Health Post and development units in 75-districts of Nepal. It is primarily distributed to District Health Offices, NGOs, INGOs network and the Women's Development Sector. It is also mailed to service providers and other interested persons and circulated in literacy classes. It has been established as a most effective and credible health source newsletter. It has been noted that health workers had relatively better access to the newsletters which also served as tool for their continuous education.

**Bhalakusari:** Bhalakusari is an attempt to communicate and to empower the front line health workers. It provides information on current trends of health and diseases and changing practices of disease' treatment techniques and continuing education materials for health workers.



*Bhalakusari Newsletter*

It provides information on current trends of health and diseases and changing practices of disease's treatment technique and familiarizes the new issues on health as continuing education materials for health workers. It also serves the public providing health-related information and issues. During this period a total of 6 issues have been published and disseminated.

**Mahila Swasthya:** The women's health news letters are focused on the women's health and rights issues. It mainly focus on gender, women's health and rights of women for active and conscious participation in social economic, cultural and political decision making and participation at the local and national level. This quality newsletter has been successful in publishing 4 issues on Gender & Women's Health.

RECPHEC is proud because many informal education facilitators are using Bhalakushari, as reference material in their Teaching/learning activities. Both of these resources are used for awareness raising at community level and capacity development and advocacy for people centered policy decision at central level.



*Women's Health Newsletter*

The Development Communication unit of RECPHEC came with the following IEC materials to advocate the policy makers on to aware the people at grassroots.

- a. **Wall Poster on "Health as a Basic Right of the People":** This wall poster contains Constitutional Provisions under Article 35 and WHO commitment with International Government on Socio-Economic and Cultural Right. The poster also informs on the basics of Health Right of people.
- b. **Brochure:** RECPHEC has been able to produce three separate brochures one on Tobacco Free Schools and our Role informing health hazards of Tobacco and Second Hand Smoking and practical tips to quit tobacco. The second brochure was on the Non Communicable Disease.



**NCD Brochure:** Non-Communicable Disease is a new emerging disease in Nepal. More than 60% of the death are caused by NCD specially cardio vascular, Diabetic, Cancer and COPD. In order to make people aware on NCD, RECPHEC published Brochure on NCD giving information on its causes and preventive measures.



### Women's Right to Health:

Nepali Women are more active in raising their voices. But they don't know exactly what are women's Right to Health. So RECPHEC Published Brochure for grassroots people and NGO Activist on Women's Right to Health. It includes global trend of women's right to health and Nepali Practice. As well as what role can civil societies play realizing right to health. The

brochure also includes Women's Right to Health provision in new constitution of Nepal.

### Tobacco Free School:

Tobacco use generally begins during adolescence and continues through adulthood sustained by addiction. Recent trends indicate an earlier age of initiation and rising smoking prevalence rates among children and adolescents. In recent years many health agencies have called for concerted action against tobacco use among young people. RECPHEC continue its regular programs to make Tobacco free School. The brochure calls all specially

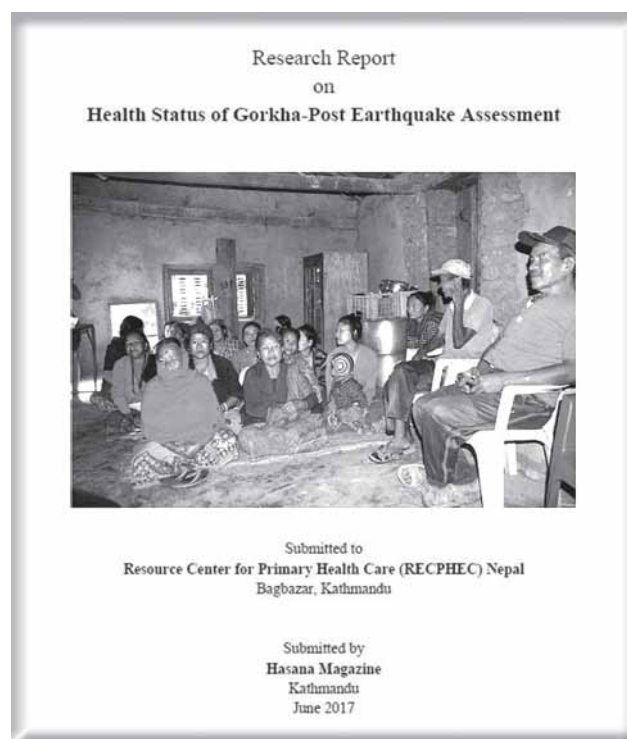
teachers and students to make their school as Tobacco Free Zone. It also gives information on health hazards of tobacco use and also provides practical tip to quit tobacco. □



# Research on Health Status of Gorkha-Post Earthquake Assessment

The 25 April 2015 earthquake (7.8 in Richter scale) and frequent and significant aftershocks aggravated the weak public health situation that existed in earthquake affected districts in Nepal. More than 8000 people lost their lives and more than 22,000 people were injured. 446 public health facilities and 16 private facilities were completely destroyed, where as a total of 765 health facilities were partially damaged (WHO, 2015). Out of 14 districts, Gorkha is one of the highly affected districts where the epicenter of the major earthquake, Barpak VDC, was situated. Due to death of many people and damages caused to lives of many people in the earthquake affected areas, public health has been a key issue in the rescue and recovery stage, and it still continues in the rehabilitation stage. Considering the fragile state of the district with possibility of outbreak of suffering including diseases, a research study has been conducted to understand the health status of people of Gorkha especially post earthquake. The research looked particularly at the state of health of people in Gorkha district (especially in Bungkot, Ghairung and Taple VDC) after the earthquake and the involvement of government, NGOs and INGOs in addressing them.

The research results show that in Gorkha, the most prevailing diseases people suffered before the earthquake were asthma, cough, chest pain, breathing problem among elderly, ulcer, uterine prolapse among others. After the earthquake the situation of health condition was shifted. During and after the earthquake people suffered from physical injuries, and there have been cases of communicable diseases such as diarrhea, pneumonia, viral fever, cough and cold and jaundice. Further, mental illnesses such as stress, anxiety have been experienced by higher number of people particularly the school going children and pregnant women. During recovery stage, a majority of people have received support from NGOs and INGOs apart from the government. The health needs of the people were addressed by these organizations at various capacities. However, a number of people are



*Research Report*

yet to have access to health services. Many people shared that emergency medicines and management of immediate health check-ups should be prioritized during crisis situation such as the earthquake. They demanded such health care services should be made accessible to all irrespective of caste and ethnic background. Similarly, awareness programme and preparedness training should be organized to raise awareness on the risk of outbreak of diseases and its management. Moreover, as two years have passed since the earthquake, people are slowly overcoming from the consequences of earthquake. However, the mental trauma still prevails. Thus accordingly they require attention, counseling and treatment. Furthermore research also shows that reconstruction of health post in Ghairung and Taple VDC with necessary equipments and furnishing has helped the local community members to assess the health services easily. □

*(Detail report is available on request)*



# Mid Term Evaluation

RECPHEC conducted an external mid-term evaluation with the financial support from BTFW to update & drive project implementation for the remaining period of one year in technical collaboration with Research Supplements Group (RSG), an agency specialized in monitoring & evaluation, conduct the mid-term evaluation of the project & interventions.

The main purpose of the mid-term review was to assess the progress made by the project towards its target till the second year of implementation, & to identify priorities for rest of the project period. The specific objectives of the midterm review were to: assess whether the project has been able remain on track to achieve its set objectives; identify & document key achievements, implementation issues, & lessons learned so far; suggest strategies & options to ensure successful completion & transition of the project to new phase; identify some key areas of future intervention

## Here are some of the achievements recorded in the Evaluation Report as follows:

- Majority of the households in the outreach area (90%) had knowledge of the health services provided by the health post. Almost all reported access to the health facility.
- RECPHEC also contributed to build awareness among women & households on existing government services, especially local level policy applications.
- The project has been influential in empowering HRTC for volunteerism. HRTC networks worked to ensure communication between people & health facility.
- RECPHEC's effort has been instrumental to sensitize the policy environment on NCD, alcohol control & junk food. As a result, there are policy
- improvements in tobacco control, alcohol control, non-communicable disease, & junk food.
- RECPHEC has been able to bring in GESI sensitivity in all of its programs & in agency. RECPHEC has continued publishing newsletter on women's health for many years. The agency has also maintained gender balance in its staff structure.
- RECPHEC is part of various national & international health rights movement. It has also been successful in the national level campaigns outside Nepal in Rishikesh India to implemented noise-free campaign in 2016.
- One of the remarkable shifts of RECPHEC's role in present context has been digitalization of its resource center. RECPHEC continue to benefit many student & researchers through its resources & also continue publish Bhalakushari & Women's Health targeting frontline health workers. □

*(Detail report is available on request)*

# Efforts towards Financial Sustainability: RECPHEC moves to its own Building



*RECPHEC's Own Building at Thasikhel, Lalitpur-5*

With the contribution and support of RECPHEC members and staff for the last two decades finally RECPHEC has been able to own its own building at Thasikhel, Lalitpur. The building has total of 7 Aana (2,395.75 sq. ft.) with new store room, meeting hall and eight rooms with 3 toilets & Bath and Kitchen. It has parking spaces for 4 wheelers and few two wheelers. It is worth mentioning here that all staff made hard efforts for more than two weeks in shifting the office from Bagbazar to new building located at Thasikhel. Hence, we have been able to save approximately Rs. 800,000 (Eight Hundred Thousand) per annum. An Open House was organized on July 6, 2017 inviting RECPHEC Board Members, Ministry of Health representatives, like-minded NGO representatives and media persons. A total of 51 dignities including formal State Health Minister visited new office and offered best wishes.



*Open House Day of RECPHEC, July 6, 2017*



Date	Name & Address	Tel. No.	Comments
1st July 2017	Prof. Shanta Lall	985178593	
2nd July 2017	Shanta Bhandari	985178593	
3rd July 2017	Shanta Bhandari	985178593	
4th July 2017	Shanta Bhandari	985178593	
5th July 2017	Shanta Bhandari	985178593	
6th July 2017	Shanta Bhandari	985178593	
7th July 2017	Shanta Bhandari	985178593	
8th July 2017	Shanta Bhandari	985178593	
9th July 2017	Shanta Bhandari	985178593	
10th July 2017	Shanta Bhandari	985178593	
11th July 2017	Shanta Bhandari	985178593	
12th July 2017	Shanta Bhandari	985178593	
13th July 2017	Shanta Bhandari	985178593	
14th July 2017	Shanta Bhandari	985178593	
15th July 2017	Shanta Bhandari	985178593	
16th July 2017	Shanta Bhandari	985178593	
17th July 2017	Shanta Bhandari	985178593	
18th July 2017	Shanta Bhandari	985178593	
19th July 2017	Shanta Bhandari	985178593	
20th July 2017	Shanta Bhandari	985178593	
21st July 2017	Shanta Bhandari	985178593	
22nd July 2017	Shanta Bhandari	985178593	
23rd July 2017	Shanta Bhandari	985178593	
24th July 2017	Shanta Bhandari	985178593	
25th July 2017	Shanta Bhandari	985178593	
26th July 2017	Shanta Bhandari	985178593	
27th July 2017	Shanta Bhandari	985178593	
28th July 2017	Shanta Bhandari	985178593	
29th July 2017	Shanta Bhandari	985178593	
30th July 2017	Shanta Bhandari	985178593	

Visitors Book Record on Open House Day

### Here are some of the expressions made by the visitors:

- Grand Congratulation Shanta Lall sir and all team- Gopal Lamsal, Chairperson, NGO Federation
- Congratulation! It's a true contribution to the health rights movement- Bal Krishna Kattel, OXFAM
- Very Well and Peaceful Palace- Champa Kumari Gurung
- Congratulation!!! for new home- Dr. Anusuya Joshi, PhD
- Congratulations for new home very <sup>22</sup> great job- Padmini Pradhananga (Khyaju) Treasurer, Transparency International
- Congratulations and best of luck- Gregory Reinhardt
- Good for future growth- Dr. Babu Ram Marasini
- Congratulation, To build a New Building, Wish you best wishes- Suddarshan Shakya, Treasurer, NATA
- Office in very good location. Congratulation for the RECPEHC for it's own building- Govind Bahadur Shrestha, Water Aid-Nepal □
- Congratulations!! for a landmark achievement. Kudos to Shantaji- Dr. Mahesh k. Maskey
- Congrats!!! Finally got it- Prof. Sharad Onta, Board Member of RECPEHC



# Balance Sheet

Resource Centre for Primary Health Care (RECPHEC)  
Balance Sheet  
As at July 15, 2017

Previous Year	Liabilities	Sch.	Current Year	Previous Year	Assets	Sch.	Current Year
2,879,658.91	Current Liabilities	1	3,659,111.97	1,381,264.92	Fixed assets	3	24,313,479.36
339,475.00	BFTW		858,647.00				
2,540,183.91	Other fund		2,800,464.97				
	Funds:				Current assets		
18,584,239.65	Restricted Funds:	2	4,787,871.52	8,705,784.70	Account Receivable	4	952,676.25
6,728,837.62	BFTW		3,186,481.43				
11,855,402.03	Other donors		1,601,410.09				
	Capital fund	3	608,446.86	38,091,668.43	Cash & Bank	5	12,296,478.63
748,102.53			608,446.86	6,523,717.62	BFTW		3,532,933.18
	General Fund		28,507,203.90	31,567,950.81	Others		8,763,545.45
25,966,716.97	Opening balance						
	Add Net Surplus		2,540,486.93				
48,178,718.06	Total		37,562,634.26	48,178,718.05	Total		37,562,634.26

Notes to account

7

Schedule 1- 5 & Note to Account (Schedule-7) form integral part of this Balance Sheet.

As per our report even date

*Kashi Nath*  
Kashi Nath Marahatta  
Accountant



For N. Amatya & Co.  
Chartered Accountants

Date: 18 SEP 2017

# Income & Expenditure Statement

Resource Centre for Primary Health Care (RCPHC)  
Income & Expenditure Statement  
For The Period from July 16, 2016 to July 15, 2017

Previous Year	Expenditure	Sch.	Current year	Previous Year	Income	Sch.	Current year
23,851,151.52	<u>Expenditure</u>		21,801,192.01	23,851,151.52	<u>Specific Income</u>		21,801,192.01
14,950,308.66	BFTW	2	15,231,832.44	14,950,308.66	BFTW	2	15,231,832.44
8,900,842.86	Other Donors	2	6,569,359.57	8,900,842.86	Other donors	2	6,569,359.57
862,584.62	<u>General Fund Expenses</u>		474,822.75	3,337,628.95	<u>General Income</u>		3,015,309.68
135,649.62	Depreciation & Other cost		194,814.57	882,124.43	Interest Income		697,077.18
726,945.00	General expenses		280,008.18	2,455,504.52	Other Income	6	2,318,232.50
2,475,034.33	expenditure transfer to Balance		2,540,486.93				
27,188,780.47	<u>Total</u>		24,816,501.69	27,188,780.47	<u>Total</u>		24,816,501.69

Schedule 2, 6 & Notes to Account (Schedule-7) form integral part of this income statement.

As per report even date

*Kashi Nath*  
Kashi Nath Marahatta  
Accountant



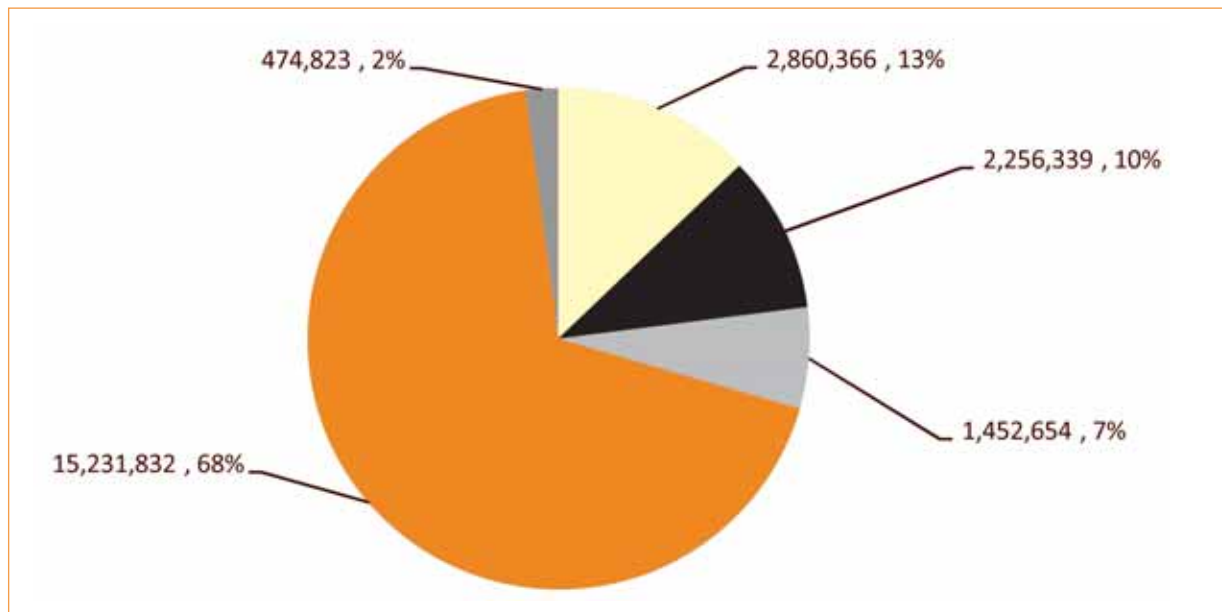
*Shanta Lal Mulmi*  
Shanta Lal Mulmi  
Executive Director



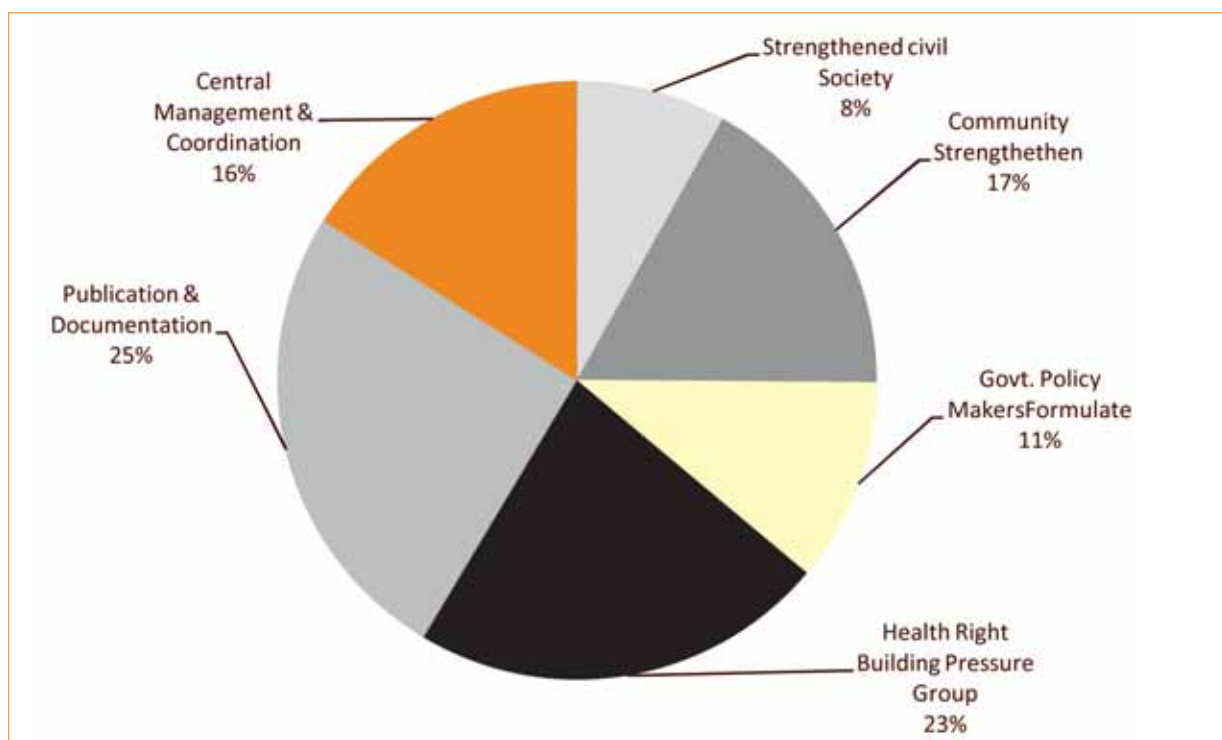
*Manish Amatya*  
CA Manish Amatya  
Partner  
For N. Amatya & Co.  
Chartered Accountants  
Date: 18 Sep 2017

# Chart Showing Income & Expenditure

## Income from Different Sources



## Expenditure Details





# Organizational Profile

## Executive Board

1.	Prof. Dr. Sharad Raj Onta	Chairperson
2.	Mr. Mahesh Sharma	Treasurer
3.	Ms. Aparna Bhatta	Member
4.	Dr. Sarita Shrestha	Member
5.	Ms. Sita Gurung	Member
6.	Ms. Nirmala Sharma	Member
7.	Dr. Shree Krishna Shrestha	Member
8.	Ms. Mana Rai	Member
9.	Dr. Jitendra Pariyar	Member
10.	Mr. Shanta Lall Mulmi	General Secretary
11.	Prof. Dr. Mathura P. Shrestha	Member (Immediate Past-President)

## Supporting Staff

1.	Mr. Shanta Lall Mulmi	Executive Director
2.	Ms. Chandra Kiran Shrestha	Senior Program Officer
3.	Ms. Reetu Pradhan	Senior Program Officer
4.	Mr. Purna Bhakta Duwal	Development Communication Officer
5.	Ms. Kamana Manandhar	Program Officer
6.	Ms. Tina Gorkhali	Program Officer
7.	Ms. Manjushree Maharjan	EDs Secretary/Outreach Program
8.	Mr. Kashi Nath Marahatta	Accountant
9.	Ms. Padhamabati Pradhan	Asst. Admin and Finance Officer
10.	Ms. Srijana Bhatta	Library Assistant
11.	Ms. Rojina Shrestha	Receptionists/Admin Assistant
12.	Mr. Buddha Ghalan	Driver/Mechanic
13.	Mr. Shyam Lama	Office Assistant
14.	Ms. Mahili Basnet	Office Helper
15.	Ms. Ram Maya Thapa Magar	Office Helper
16.	Mr. Prakash Magranti	Office Helper/Night Guard

# RECPHEC Publications

## Monographs

- Use of Medicine (Nepali)
- Tobacco Use and Its impacts (Nepali)
- Sugar: Causes of Various Health problems (Nepali)
- Risk Mitigation of HIV Infection and AIDS (Nepali).
- Better Care Elderly (Nepali)
- Bibliography on Drugs
- Soft drinks (Nepali)
- Annotated Bibliography on Traditional System of Medicine
- Bidi
- Gurkha
- Home based care and support

## Field Study/Research Reports

- Status of health in Nepal (hard & paper cover)
- Health in Nepal: Realities and Challenge
- Environment Degradation and its Impact on Health of Bhutanese Refugees
- Tobacco Consumption in Nepal
- Situation of Alcohol Production in Nepal
- Situational Analysis and KAP Study in the areas covered by PPM of HIV/AIDS Program
- Communicating drug information with consumer through Pictograms
- Tobacco Use and Lung Cancer: Case Studies from Nepal
- Tobacco Users in Sathighar Palanchowk- Bhagawati VDC, Women's Studies Program, PK Campus and RECPHEC, 2003
- Alcohol Abuse and Its Link with Domestic Violence from Gender Perspective, Women's Studies Program, PK Campus and RECPHEC, 2003
- Tobacco Consumption by Women and Its Impact on their Reproductive Health in Taukhel VDC, Women's Studies Program, PK Campus and RECPHEC, 2003
- The Impact of Media on Tobacco Smoking: A Gender Perspective in Badikhel VDC of Lalitpur, Women's Studies Program, PK Campus and RECPHEC, 2004
- Relationship between Mothers' Tobacco using Habit and Child's Birth Weight and Infant Morbidity, Women's Studies Program, PK Campus and RECPHEC, 2005
- Perception of Girls' Towards the Use of Tobacco: Women's Studies Program, PK Campus and RECPHEC, 2005
- Ayurveda Research Report

- Role of Ayurveda in Sustaining Health Services
- Urban Food Habit
- The Effectiveness of Female Community Health Volunteers (FCHVs)
- Irrational Practice of Diagnostic tests
- Effectiveness and Access of Free Maternal Care Services Targeted to Reproductive Age •Women in Government Hospital of Kathmandu: A Case Study of Maternal Hospital, Thapathali
- Availability and Access of the Essential Health Care Services (EHCS) in the Village

## Field Study/Research Reports in 2014

- A synthesis report on National and International policies/plans for promoting walking and protecting pedestrian rights
- Study on Media Coverage of Junk Food & Its Content Analysis in Print Media, Billboards & Radio
- Study on legal provisions of Nepal in the context of Junk Food
- Study on Vegetable Market Mapping in Kathmandu Metro Politan City

## Newsletters

- Bhalakusari (Bimonthly)
- Mahila Swasthya (Quarterly)
- RECPHEC Koseli (Half yearly)

## Leaflets

- Ten Questions on AIDS
- Some Points about Medicine that Consumer should know
- How to Prevent from Kala-azar
- How to Prevent from Snake bite
- Charter of Peoples; Health 2000
- The Declaration of 2nd Peoples Health Assembly, 2005
- Bebahar Sanhita: Tobacco related
- Khainika Barema Atti Kharo Tathyaharu
- Dhumrahit Watabaranma Bachna Paune Adhikar Samuhik
- Handsout of Tobacco & Tobacco Law
- Free Health & Maternal Health
- No Horn
- No Plastic
- Information for Migrant Worker about HIV
- Avoid Alcohol
- Tobacco Control Law Implement



- Passive Smoking
- Uterine Prolapse
- NCD
- Kathmandu Walk
- Peoples Health Right
- Womens Right to Health
- Smoke free School & our Initiatives

#### **Abhiyanbata Hunchha Yoo Sakar**

- Effects of Chewing Tobacco

#### **Stickers**

- AIDS: Think before you choose your sex partner
- Tobacco: Your heart might be burning this way
- Children's want: Tobacco-free Future
- Don't Use Tobacco while Driving

#### **Posters**

- AIDS Bata Bachau ra Bachaao
- Gender and Women's Health
- No Alcohol Please
- Making the Voices of Unheard Heard: PHA
- Rational Use of Drug: Vitamin
- Are these All Medicine Necessary for Us?
- Points to Remember while Buying Medicine
- Points to Remember while Taking Medicine
- Points to Remember while Consulting a Doctor
- Doctor do not let Drug Companies Rub your Brain
- Doctor are you Updated with the Latest Banned Drugs
- Doctor, you can Prevent Anti-Microbial Resistance through Rational Prescription of Anti-Microbial Drugs
- Tobacco Awareness in 5 Languages
- Tobacco is Second causes of Death in World
- Use of Tobacco Becomes Poverty not only of Individual but Family and Nation
- Which Health Problem and Disease could Born using of Tobacco
- No Tobacco Please
- Vehicle Regulation
- Free Health Service
- Use of Herbs
- Save your child from Cigarette
- Peoples Health Right

#### **Books**

- Rationale use of Drug
- Indigineous Health System
- Tobacco Control Law (In seven regional language)
- Posters
- Don't use Polythene Bag

- Maternity Health Service
- Free Health Service
- Non-communicable Disease

#### **Workshop Reports**

- Antibiotic in Poultry Farming: An Issue of Public Concern, 2014
- Interaction on Progressive Tax Increases in Tobacco Products, 2014
- National Workshop on Utilization of Health Tax Fund, 2014
- Indigenous Health Practices in Nepal & its Legal Challenge, 2014
- National Workshop on Ayurved and Traditional Health System in National Health Policy, 2014
- District and VDC Level Workshop on Farmer Field School, Gorkha, 2014
- Government Policy and Civil Society Initiative in the Control of Polythene Bag
- Human Resource for Health: Current Situation, Prospects & Challenges
- Field Study Dissemination Workshop on Free Health Care, Maternity Care Services & Role of Female Community Health Volunteers in Nepal
- Dissemination Workshop on "Urban Food Habits and Its Effect on Health"
- National Workshop on Health Rights & Tobacco Control District Network
- Advocacy Workshop for Noise Pollution Policy in Nepal
- National Workshop on Rational Use of Medicine and Medical Diagnostic in Nepal
- Workshop on Agenda Setting for Third Peoples Health Assembly
- Workshop on Water Supply Management Status in Kathmandu Valley
- Workshop on "Orientation Program for Media"
- Workshop report on "People's Health Rights and Government Health Planning"
- Workshop report on "Traditional Health System"

#### **Stickers**

- No Horn in Nepali & Hindi
- Noise Pollution
- Zebra Crossing

#### **Comic**

- Dilmaya ko Katha

#### **Information Kit**

- Advocacy Kit for Political Parties on Progressive Tobacco Tax, 2014
- Advocacy Kit about Free Health Service for CA Member