



Annual Report

2017/18

RECPHEC

Resource Centre for Primary Health Care

ANNUAL REPORT

2017/2018

Annual Report 2017/2018

RECPHEC

Resource Centre for Primary Health Care

G.P.O. Box: 117, Thasikhel, Lalitpur-5, Nepal

Tel: +977 01 5008010, 5008015, 5008031

E-mail: recphec@info.com.np, website: www.recphec.org.np

E-library : <http://elibrary-recphec.org.np>

Table of Contents

Executive Director's Note	
Advocacy, Network & Partnership	1
People's Right to Health	4
Health Rights & Tobacco Control District Network: Efforts of making collective voice	7
Urban Health Promotions: Making a livable City	12
Indigenous Health Promotions	17
Outreach Program	19
Information & Documentation Unit	28
Development Communication/Publication	31
Balance Sheet	32
Income & Expenditure Statement	33
Chart Showing Income & Expenditure	34
Organization Profile	35
RECPHEC Publications	36

Executive Director's Note

This year has been the historical year of Political transition in Nepal. More than two decades of local units without elected representative had affected development initiatives at local level. The success of bringing Tarai (Southern Plain area) based political parties to the main political stream and successfully conducting local, Provincial and national parliamentary election have stepped into the another milestone of Political stability in Nepal. The credit goes to the then Prime Minister for his leadership and negotiation skill. The union of Nepal Communist Party (UML) and Nepal Communist Party (centre) into one party has got peoples strong mandate in these elections and hence the chairperson of recently united Nepal Community Party has been unanimously elected new Prime Minister of Nepal. In this period of 5 months of the new popularly elected government, people could not experienced any positive outcome but the drafting of Right to Food and Food sovereignty, Right to Education and Public Health Services bills are some of the positive efforts made by the elected government in line with the constitutional provision.

The global world has witnessed humanitarian crisis with the internal conflict in the Middle East including Syria, Iraq, Palestine and massive inflow of Rohingya refugees of Myanmar to Bangladesh but on the other hand the beginning of North-South Korea dialogue has given a deem ray of hope for peaceful settlement in this continent. In the health sector, the aggressive marketing & promotion of private health services and weakening of State health services have further given additional burden to the common people. This has also aggravated the disparity in peoples access to health. The Sustainable Development Goal has tried to address this disparity with the slogan of "No one left behind". In order to have expected outcome, Nepal came with the national indicators. But resource mobilization and absence of clear road map to achieve these indicators are still a challenge for Nepal.

Regarding resource mobilization, it had been productive year fir RECPHEC. We have been able to sign agreement with Bread for the World, Germany for another 3 years. We are very much grateful to the Bread for the World for entrusting us as a long-term development partner in Nepal. Our partnership with HealthBridge, Canada has been instrumental in addressing Urban health issues. RECPHEC highly value the support provided by these international organizations.

Coming back to RECPHEC, with learnings from more than two decades of continue advocacy for peoples right to health, RECPHEC came with a very ambitious program of publishing "Health Rights Year Book" by April 2019. For this, Health Rights & Tobacco Control Network of 59 districts have been mobilized and collecting case studies of 'denial of health services' as an effort of making universal access to State health services. This book will also document the exemplary work done by State health institutions at local level.

At the national level, as a member of National Alcohol Policy Alliance, RECPHEC has got privilege of making contribution in drafting Alcohol Policy and Alcohol Control and Regulation Law coordinated by the Ministry of Health. It is disappointing to note that with the change of government, these two-draft bills which were endorsed by the then government are lying under the table without any further action. It is hoped that these two bills will be

presented to the parliament as soonest possible. Our efforts of making draft for Advertisement Policy to control Junk food could not be materialized but our advocacy will continue for our national policy intervention. It is also to be noted here that Ayurveda & Complimentary Health Policy has been drafted and we are making hard effort to endorse this policy by the government.

With regards to our global and regional networking, RECPHEC has been able to further strengthen through our participation in different global forum. The Ecocity World Summit at Melbourne, The Second International Conference on NCDs at Sharjah, The World Conference on Tobacco or Health at Cape Town South Africa, The Global Festival of Action on SDG at Born, Germany, The World Urban Forum at Kuala Lumpur, Malaysia are some of the international events of our active participation. We have been successful in putting our voice in these international events. In addition, my visit to Bread for the World, Head Office Berlin and opportunity to give presentation on "Role of RECPHEC in the context of Socio-Political Development of Nepal" has further strengthen our partnership. At the country level, RECPHEC feel privileged of having working relationship with additional organizations like LDC Watch International Coordinating Office, South Asia Alliance for Poverty Alleviation (SAAPE) and Swatantrata Abhiyan Nepal.

Despite of continue efforts of civil societies including RECPHEC, the country has been experiencing new challenge in health. The alarming situation of NCDs with very week implementation of Tobacco Control Law and lack of Policy and Law to control aggressive marketing and promotion of Alcohol have contributed to additional health risks. Besides the lack of Policies on Junk Food advertisement, Occupational Health & Safety, Pedestrian Rights and Road safety are some of the areas of RECPHEC's concern for future advocacy. The weak implementation of Social Security (Health Insurance) scheme could not give expected result. RECPHEC will focus these areas of concern in the coming years.

RECPHEC believes that Policy advocacy has to be complimented with peoples socio-economic empowerment. For this, we are working directly with the people of Gorkha, Saptari and Udaypur districts through "Outreach programme". Since last 4 years, the people of Gorkha have been heavily involved in Post Earthquake rehabilitation and reconstruction, our partner organization of Gorkha TMUC has shifted its outreach program to the remote area of Lalitpur district and now working with the disadvantaged and marginalized communities of this area for their socio-economic empowerment.

Lastly, we acknowledge with hearty thanks to all our well wishers, network members, Ministry of Health and Ministry of Education, Media and community people for their technical support, help, cooperation and partnership for collective action.

Thank you all!

In human solidarity

18th August 2018



Shanta Lal Mulmi
Executive Director

Advocacy Networking and Partnership

Advocacy, Network & Partnership

RECPHEC has been one of the active partners on Global Health issues. This year, it has contributed specifically on Tobacco, Health, Ecocity & Sustainable Development Goals. For this, its participation to different global & regional forum has been widely acclaimed. It has further strengthened our solidarity & network for collective action.

Ecocity World Summit: Mr. Shanta Lal Mulmi, Executive Director of RECPHEC participated on the Ecocity World Summit held at Melbourne, Australia from 12-14 July, 2017. Mr. Mulmi presented a paper on “Peoples Initiative in Protecting Heritage Sites of Kathmandu: Post Earthquake Reconstruction Process”. Nearly 1000-



Participation at Ecocity World Summit 2017 at Melbourne
(with Ms. Kirstin Miller, Executive Director, Ecocity Builders)

delegates from over 30-countries delivered & engaged with over 300-presentations on many conceptual & practical aspects of sustainable urbanism & the sheer number of ideas, debates & collaborations that were generated at the summit both in & out of sessions. Finally, the Summit created long lasting friendships between local & international delegates. The next Ecocity World Summit will be held on Vancouver in 2019.

BftW Partner Consultation on Health: Bread for the World organized Partner Consultation on Health from 3-6 October 2017 at Bangalore to facilitate mutual learning & exchange on approaches & good practices in health among partner organizations to strengthen networking among partner organizations, to increase the



BftW Partner Consultation on Health at Bangalore

effectiveness & quality of project & lobby & advocacy work on health & to facilitate partner organization's input into the future Health Policy of Bread for the World. Mr. Shanta Lal Mulmi participated on this workshop & presented a paper on “Human Resources for Health in the Context of Nepal”. During this meeting, Mr. Mulmi referred to RECPHEC's new initiative in publishing national report on “Health Right Violation Case Study”.

2nd Global NCD Alliance Forum: 2nd Global NCD Alliance Forum held from 9-11 December 2017 at Sharjah UAE with the theme “Stepping up the pace on NCDs: making 2018 count” with the aim of amplifying the voices of the next generation & those affected by NCDs. 350-delegates from 68-countries, including a diverse representation of NCD, health & development civil society, leading experts & academics as well as youth & people living with NCDs participated in this forum. This was conceived as a prime opportunity to unite & mobilize NCD



Participation at Second Global NCD Alliance Forum at
Sharjah, UAE

civil society & build links with key health & development stakeholders a head of the 2018 UN High-level Meeting on NCDs. The Forum built consensus on advocacy priorities for the UN HLM & furthered the 2015 Sharjah Declaration on NCDs by building capacity to advocate for change & fostering partnerships across the civil society network of national & regional NCD alliances & with stakeholders across sustainable development. Mr. Shanta Lall Mulmi participated on this workshop.

World Urban Forum: Ms. Kamana Manandhar participated in the international conference held at Kuala Lumpur, Malaysia from 7-13th February 2018. She also participated in Health Bridge partners meeting organized on 9th February 2018. In the meeting all the representatives of partner's organization all around the world of Healthbridge gave a brief presentation about



World Urban Forum at Kuala Lumpur, Malaysia on 2018

their work in their respective country. Ms. Manandhar shared her experience in working for vehicle free street in Thamel & future plan to work in public space & her efforts to make policy interventions.

17th WCTOH Conference: The 17th World Conference on Tobacco or Health (WCTOH) was organized from 7th-9th March, 2018 at Cape Town, South Africa. In view of its long association with Tobacco Control Movement, RECPHEC was represented by ED, Mr. Shanta Lall Mulmi in this conference. The participants of the WCTOH conference call upon the government to develop the plan by 2021 for phasing out the sale of



Mr. Shanta Lall Mulmi with the organizer Chief of WCTOH



Corner Meeting at WCTOH Conference

tobacco products in the declaration. It also calls on governments to unite with civil society to stop tobacco industry interference & accelerate implementation of the WHO FCTC using a whole of government approach & the Parties to the WHO FCTC to integrate gender-based data collection & reporting into Party reports to the Conference of the Parties on their implementation of the WHO FCTC by COP9.

Global Festival of Action SDG: The Global Festival of Action for Sustainable Development was held at Bonn, Germany from 21st-23rd March, 2018. This event was organized by the UN SDG Action Campaign, with the support of the Federal Ministry for Economic Cooperation & Development (BMZ) of Germany. The Global Festival of Ideas planned to catalyze that revolution by bringing



Global Festival of Action on Sustainable Development held from 21-23 March 2018 at Bonn, Germany

together leading thinkers, policy-makers, civil society & activists. The Global Festival of Action for Sustainable Development is the world's most inspiring SDG event to celebrate, empower, and connect the global community driving Action for the Sustainable Development Goals. Over 1,500-participants participated in this program. Over 50-interactive sessions featured, focusing on 5-core thematic areas: Innovative approaches,

communicating the SDGs, citizen engagement, multi-stakeholder engagement, mobilizing action. Mr. Shanta Lal Mulmi represented RECPHEC in this global festival.

Bread for the World Office Visit: After participating in the Global Festival of Action for Sustainable Development held at Bonn, Mr. Shanta Lal Mulmi visited BftW Office at Berlin, on 26th March, 2018. During his visit, he presented on “Role of RECPHEC in the Context of Socio-Political Development of Nepal” to the BftW team followed by question & answer. During his visit, he had the opportunity to meet Ms. Anna Cavazzini, Referentin Nachhaltige Entwicklungsziele of Policy department & discussed on BftW role in forth coming High Level Political Forum on Sustainable Development Goal to be held at

□□



Bread for the World Office visit at Berlin, Germany on 26 March 2018 (with Ms. Maria Fiedler, Project Officer, South Asia Unit, BftW)

UN Head Quarter from 9-19 July, 2018. All partner organizations & Bread for the World team members congratulated RECPHEC for this initiative.

People's Right to Health

Nepal's Interim Constitution 2007 addresses health as a fundamental right. The constitutional provision has set the platform for commencement of free health service program in Nepal. The new National Health Policy 2014 aims to devise different strategies to effectively implement Universal Health Coverage. Though the concept of human right based approach has been integrated in different health development policies & plans, health system still faces different challenges in materializing health as a human right.

Realizing people's right to health, RECPHEC has been involved in this issue through different program intervention. It can be categorized broadly into Networking with like-minded NGOs for collective action & active participation in regional & global campaign; Policy Advocacy to the state, lobby & advocacy to Legislative Members including leading political parties, mass awareness campaign at district level; Awareness Raising & Capacity Building at the community level; and Raising Voice through media mobilization are some of the on-going initiatives.

RECPHEC's role in MDG, Universal Health Coverage, Sustainable Development Goal including district level monitoring of Free Health & Maternal Services are some of the major intervention of RECPHEC. One of the main agenda of RECPHEC for coming year is publication of Health Right Year Book by April 2019. For this, we are collecting health right violation case studies good practices & innovations and identification of advocacy issues to the state.

Central Level Activities

2nd Oral Health Workshop: To continue the efforts of promoting dental care in rural areas, RECPHEC in association with JEVAIA organized "Peoples Access to Oral Health in Rural Nepal: Problems, Efforts & Achievements" on 10th August 2017. 33-people



Second Consultative meeting on Oral Health held on 10 August 2018

participated from Nepal Dental Association, government, Ayurveda, academia, media & other professionals. Ms. Laura Spero & Mr. Aamod Shrestha, Jevaia Foundation Building presented a paper on oral health workforce in rural Nepal. Dr. Sadhana Parajuli, Lecturer, Tribhuvan University presented a paper on oral health in context

of rural Nepal, Dr. Situ Shrestha, PhD Orthodontics, Nepal Dental Association presented an experience sharing, & finally Dr. Baburam Marasini presented a paper on oral health policy in Nepal: Government perspective.

2nd National Consultation on SDG Goal-3: The second national consultation on role of state & non-state sector in effective implementation of SDG Goal-3 was organized on 22 December 2017 at Kathmandu to discuss the role of the government, national & international non-government organizations in implementing SDG-3. The key note presentation was on "Status of SDG in Nepal" by Dr. Kiran Rupakheti, National Planning Commission;



Second National Consultation on SDG Goal # 3

2nd presentation was on “Role of State in Meeting Sustainable Development Goal with special focus to Health” by Dr. Dipendra Raman Joshi, Ministry of Health; 3rd presentation was on “The Present Status of SDG in Nepal: Civil Society Efforts” by Mr. Daya Sagar Shrestha, NFN; 4th presentation was on Role of INGO by Ms. Nirmala Sharma, Association of International NGOs & 5th presentation was on “Global Campaign on Right to Health: Journey from Alma Ata to SDG” by Prof. Dr. Sharad Onta, Chairperson RECPHEC. This National Consultation once again calls for collective action.

WASH Program SDG Workshop: On 27 February 2018 a consultative meeting on Drinking Water, Sanitation & SDG was organized jointly with Panchawati Rural Development Centre (PRDC) & Nepal Community Reconstruction Program (NCRP). Mr. Shanta Lal Mulmi presented the paper on “Drinking Water & Sanitation on SDG” in the consultative meeting. This meeting concluded with the formation of National WASH NGOs Federation for collective action on water & sanitation.

National Consultation Meeting on Rational Use of Medicines: RECPHEC, in technical collaboration with DDA, organized national consultation on rational use of drugs on 2nd March 2018. A total of 35-people participated in this meeting. They represented government bodies, NGOs, research centers; media etc. 5-separate presentations were made during the meeting including rational use of allopathic medicines & Ayurvedic medicines. Mr. Narayan Dhakal, Chief, DDA presented a paper on “Rational Use of Medicine: Policy & Implementation”.



National Consultation Meeting on Rational Use of Medicine held on 2 March 2018

Similarly, Dr. Basudev Upadhyaya, Director, Dept of Ayurveda presented on “Practices in Herbal & Ayurvedic medicine”, Mr. Shanta Lal Mulmi on “Rational Use of Medicine: Consumer Perspective”, Dr. Devi Prasai, Health Economist on “Medicine Price & Rational Use”, Dr. Anjani

Kumar Jha, NHRC on “Rational Use of Medicine in practice or not: Research Development Perspective” & Dr. Sameer Dixit on “Anti-microbial Resistance: Emerging Current Situation”.

The presentations were made in view from research perspective, consumer perspective, policy, cost implication as well as continuing situation analysis & recommendation. This workshop has been able to assess the present status of irrational practice of medicine, pathological and radiological tests & its health & economic impact. The meeting identified the gaps to improve & manage rational use of medicines by establishing coordination among government, non-government & private organizations. Presence of representatives of government, civil & research organizations was significant in raising issues of promoting rational use of medicines in Nepal. It was concluded that close room discussion will be organized by RECPHEC to identify & address the most important issue rather than discussing on different issues.

National Consultation on Roles & Responsibilities of Private Sector in Public Services in achieving SDGs:

This National Consultation was organized on 30 May 2018 with joint effort from RECPHEC, LDC Watch & South Asia Alliance for Poverty Eradication (SAAPE). 66-persons



National Consultation Meeting on Roles & Responsibilities of Private Sector in Public Services in achieving SDGs

(Male-45, Female-21) representing government, private sector, consumer forums, civil society organizations & media participated in this program. The consultation was focused particularly on public services, such as health, education, water & sanitation, energy, food, & transportation sectors. It aimed at holding meaningful discussions on the ways to have a fruitful cooperation among the government, CSOs & private sector for the quality & timely delivery of public services in line with the relevant SDGs 3, 4, 6, 7, 8, 9 with an emphasis on

SDG-17 that stresses on the need for revitalized partnership among the governments, civil society, private sector, the United Nations system & other actors for mobilizing all available resources.

The Declaration reaffirmed the primary obligation of the government in attaining the SDGs & called on the private sector & the CSOs to provide constant support to the government for the same. It also asked the private sector to fill in the investment gap to achieve the goals of 2030 Agenda. The Declaration also urged all business companies & private sector to align their operations & strategies with ten universally accepted sustainability principles on human rights, labor, environment & anti-corruption, & to act in support of SDGs. Meanwhile, it called on the private sector to use its Corporate Social Responsibility (CSR) activities with the objective of maintaining a balance between people, planet & profit.

The Consultation was successful in igniting a constructive debate on the role of private sector in public service delivery in line with the 2030 Agenda. The crux of the discussion was that it is the primary responsibility of the state in providing public services to the citizens. Private sector has a role to support the government in its ambition to achieve the SDGs by 2030. It must put in necessary resources, mainly finance & expertise, in the public service sectors adhering to an appropriate balance between profit, planet & people. Public service should not be turned into an all-in-all profit-making business area. Meanwhile, the CSOs can perform the role of a watchdog, & promote accountability, transparency & good governance practices with regards to the implementation of the SDGs ensuring consumer rights under the broad framework of human rights.

Consultative Session on Social Health Security Scheme:

The consultative session on Social Health Security Scheme was organized on 27 June 2018 at RECPHEC Office, Thasikhel, Lalitpur. The key representatives: Dr. Kedar Baral, Dr. Bharat Pradhan, Mr. Charan Prasai, Raghu



Consultation Session on Social Health Security Scheme on 27 June 2018

Mainali, Yogesh Dhakal, Dr. Sujan Marahatta & others participated in the program. Prof. Dr. Sharad Raj Onta presented the keynote presentation on “Health Insurance with concerns of equity in health”. The lively discussion has pressurized us to discuss these issues in wider forum.

NAPA Meeting: The series of meeting of Nepal Alcohol Policy Alliance (NAPA) was organized on December 20, 2017 & January 19, 2018 in order to organize the



Nepal Alcohol Policy Alliance (NAPA) meeting

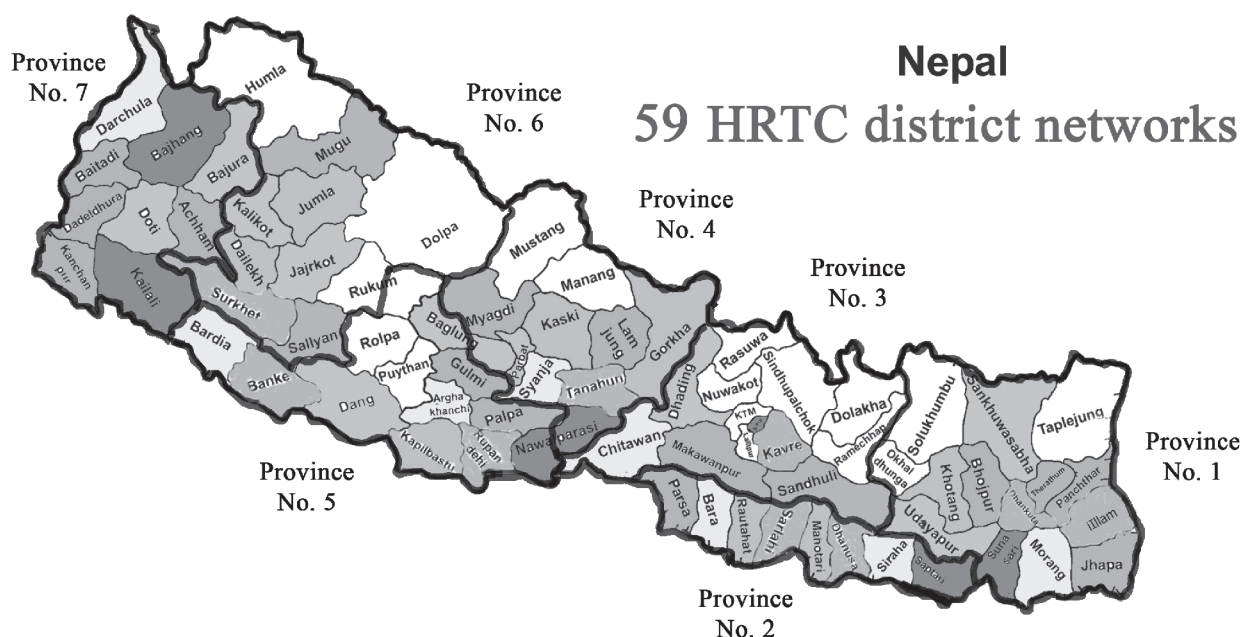
National Policy Dialogue on “Religious & Alcohol” on February 14, 2018. Mr. Shanta Lal Mulmi presented a paper on “Alcohol Policy in the Context of Nepal”. This is one of the unique conferences where all the religious leaders Hindu, Muslim, Christian, Buddhist have presented their papers on “Alcohol & Religion”. There was collective voice that no religion encourages “Alcohol Consumption”.



Health Rights & Tobacco Control District Network: Efforts of making collective voice

Health Rights and Tobacco Control District (HRTC) was formed as a voluntary basis in the year 2005 to pressurize concerned government agencies specially to create awareness among the rural community about health rights & tobacco control issues including addressing legal & advocacy needs to effective implementation of Tobacco Control Regulation law. Since then, the networks have been playing significant roles in advocating on different public health issues. These include strengthening health system, monitoring in improving health service delivery from district health institutions, compiling cases stories on health rights violation, coordinating with district-based stakeholders in organizing campaigns to raise awareness on non-communicable disease, organizing local level media interaction in addressing issues on free health services etc. Since its formation, HRTC networks are now expanded to 59-districts across all 7 provinces of the country:

Province	District Networks
1.	Khotang, Udaypur, Sunsari, Morang, Jhapa, Ilam, Dhankuta, Sankhuwasabha, Panchthar, Tehrathum, Bhojpur
2.	Siraha, Saptari, Bara, Parsa, Mahottari, Sarlahi, Dhanusha, Rautahat,
3.	Chitawan, Makwanpur, Kavrepalanchowk, Bhaktapur, Dhading, Sindhuli, Lalitpur,
4.	Nawalparasi (half), Tanahu, Syangja, Lamjung, Gorkha, Kaski, Myagdi, Parbat, Baglung (half),
5.	Rupandehi, Kapilvastu, Gulmi, Arghakhanchi, Palpa, Bardia, Banke, Dang
6.	Surkhet, Jajarkot, Dailekh, Kalikot, Jumla, Mugu, Salyan,
7.	Kanchanpur, Kailali, Doti, Achham, Dadeldhura, Darchula, Bajhang, Bajura, Baitadi.



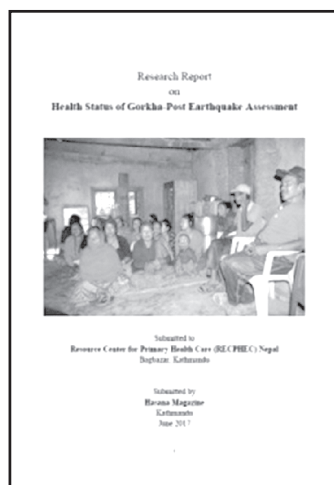
Province wise 59- HRTC District Networks

This year, HRTC district network conducted activities such as organizing local level media interaction to raise awareness about health rights of women & new mothers, delegation visit at district level to submit memorandum on addressing the issue of pregnant women & new mothers in getting timely free health services. Similarly, HRTC district network also continued promoting health campaigns to raise awareness on issues including NCD through public service announcement. RECPHEC also conducted research in Gorkha district to understand the health status of people of Gorkha after 2015 earthquake. Additionally, RECPHEC also organized various capacity building training programs at district, provincial & national level to HRTC district coordinators & focal persons on compiling health rights violation case stories with an aim of publishing health rights violation year book by April 2019.

RECPHEC is committed to prepare & publish health rights year book 2076 to understand the status of health rights violation faced by community people in accessing free health services. In this regard, RECPHEC has organized district, provincial & central level orientation, training and consultation program respectively for the members of HRTC networks of 59-districts. The involvement of 59-HRTC networks is expected to bring forth pertinent issues of health rights violation faced by people in the community.

Health Status of Gorkha: Post Earthquake Assessment:

The 25 April 2015 earthquake (7.8 in Richter scale) & frequent & significant aftershocks aggravated the weak public health situation that existed in earthquake affected districts in Nepal. More than 8000-people lost their lives & more than 22,000-people were injured. Besides, according to WHO, 446-public health facilities & 16-private facilities were completely destroyed, whereas a total of 765-health facilities was partially damaged. Out of 14-districts, Gorkha was one of the highly affected districts. Due to death & injuries of many people & damages caused to lives of many people in the earthquake affected areas, public health has been a key issue in the rescue & recovery stage including rehabilitation stage. Considering, the fragile state



A Study Report on Health Status of Gorkha

of the district with possibility of outbreak of diseases, a research was 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 & Taple VDC) after the earthquake & the involvement of government, NGOs & INGOs in addressing them. The research was conducted between April & June 2017. The data was collected through structured questionnaire, focus group discussion & in-depth interviews.

The major findings of the study showed that most prevailing diseases people suffered before the earthquake were asthma, cough, chest pain, breathing problem among elderly, ulcer, uterine prolapse among women. During & after the earthquake people suffered from physical injuries, & there have been cases of communicable diseases such as diarrhea, pneumonia, viral fever, cough & cold & jaundice. Further, mental illnesses such as stress, anxiety have been experienced by higher number of people particularly school going children & pregnant women. During recovery stage, a majority of people have received support from NGOs & INGOs apart from the government. The health needs of the people were addressed by these organizations at various capacities. Research concluded that emergency medicines & management of immediate health check-ups should be prioritized during crisis situation such as earthquake. They demanded such health care services should be made accessible to all irrespective of caste & background. Similarly, awareness program & preparedness training should be organized to raise awareness on the risk of outbreak of diseases & its management. Research also showed that reconstruction of health post in Ghairung & Taple VDC with necessary equipment's & furnishing has helped the local community members to assess the health services easily.

Local Level Media Interaction & Delegation at District Level to Raise Awareness about Health Rights of Pregnant Women & New Mothers: In two decades, Nepal has managed to halve the number of women dying during childbirth. Data shows the number of deaths per 100,000 live births in Nepal dropped from 539 in 1996 to 190 in 2014 as per WHO, UNICEF & UNFPA. Major contributions are recognized as long term investments by government of Nepal (together with partners) in expanding safe motherhood interventions, family planning counseling & safe abortion care, HIV & AIDS & service delivery with strong support from female community health volunteers & civil society organizations. However, despite the improvement, Nepal still has challenge to meet the SDG goal of bringing maternal death to 70 per 100,000 by

2030. Women in the community still face challenges of assessing services due to various circumstances. Moreover, women themselves are still hesitant to go to the nearest health facility for health check-ups due to cultural & other social norms. Different factors such as lack of proper knowledge, poor resources & facilities at district-based health institutions as well as lack of timely referral are some of the factors which still are prevalent in the community.

10-HRTC districts documented cases on health right issues of women in their communities. Each district documented cases addressing health rights of pregnant women & new mothers. Out of 40-cases, 45% showed there is significant improvement of services in maternal health care in health posts with availability of health care providers, free iron tablets, free vaccination as well as supportive staff. However, 55% showed that although there are free health services, new mothers were denied incentives as per government policy. These cases included pregnant women who although visited health centers for mandatory antenatal check-ups as well as for delivery, they were not provided incentives on time as well as many were denied too. Others included pregnant women who preferred to go for health check-ups in private hospitals rather than government run health institutions despite their poor economic background. Women preferred to pay self for health services owing to facilities at private hospitals. Similarly, lack of follow up & motivation by community health volunteers & health post staff were also found for their irregular visits.

Highlighting the existing situation in communities, HRTC district network organized local level media interaction to put pressure to concerned parties to raise the issues at local level. Journalists representing different local, district based media houses attended the interaction meeting to discuss on issues raised during cases compiled. They promised to highlight the issues continuously at district level. Moreover, HRTC district network led a delegation team at district public health office (DPHO) to handover the memorandum to chief of DPHO addressing challenges of pregnant women & new mothers in assessing free health services. District public health officers from districts acknowledged that free health services under safe motherhood program are monitored effectively & ensured that they will address the issues closely.

Raise Awareness on Non-Communicable Disease through Media Campaign (local FM station): On January 2016, the world officially began implementation of the 2030 agenda for sustainable development- the plan of action based on 17-sustainable development goals

(SDGs)- to address urgent global challenges over the next 15-years. This agenda is a road map for people & the planet that will build on the success of the Millennium Development Goals & ensure sustainable social & economic progress worldwide. Out of 17-SDGs, SDG 3 aims to ensure healthy lives & promote well-being for all at all ages by improving reproductive, maternal & child health, ending the epidemics of major communicable diseases, reducing non- communicable & environmental diseases, achieving universal health coverage, as well as ensuring access to safe, affordable & effective medicines & vaccines for all. The 2030 agenda for sustainable development recognizes non-communicable diseases (NCDs) as a major challenge for sustainable development. NCDs including heart disease, stroke, cancer, diabetes & chronic lung disease are collectively responsible for almost 70% of all deaths worldwide. Almost three quarters of all NCDs deaths & 82% of the 16-million people who died prematurely or before reaching 70-years of age, occur in low & middle-income countries. The rise of NCDs is primarily recognized due to four major risk factors- tobacco use, physical inactivity, the harmful use of alcohol & unhealthy diets. The epidemic of NCDs poses devastating health consequences for individuals, families & communities as well as overall health systems.

Thus, considering the need of highlighting the rising threat posed by NCDs, it was deemed necessary to continue the effort of raising awareness on preventive measures regarding NCD. 10-HRTC districts played radio jingle through local community radio to disseminate information on non-communicable diseases (NCDs) between January & March 2018. For this, agreement was signed between district network & local radio channel. As per agreement, the jingle was played for one-month between January & March 2018. Contents of the jingle were focused on promoting healthy lifestyle measures to decrease the risk of NCD. Few districts prepared jingle in local language. Through the message community people including men, women, & school going children discussed & visited local health centers in their vicinity to learn more about diseases & free health services. Nepal has seen increasing burden of NCDs (especially cancer, diabetes, CVDs), thus the public service announcement on promoting healthy lifestyle was significant in increasing awareness among large population.

Health Rights Violation Year Book: A New Initiative

RECPHEC after working for more than two decades that it is very necessary to have "Universal Access" to State health services. There have been quite of number of

cases reported on denial of State health services. Hence, it has been decided to mobilize all its HRTC Network members in documenting health right violation case study. RECPEHC has organized series of training, orientation, national conference, meetings on health rights violation issues at central, provincial & district level. The main objective of these meetings is to prepare & publish health rights violation year book 2019 to understand the status of violation faced by community people in assessing health rights. As part of the project, RECPEHC conducted a series of activities from September 2017 till April 2018.

Training of Trainers on Health Rights Violation Case Study:

On September 12-13, 2017 RECPEHC conducted 2-days Training of Trainers (TOT) on preparing health rights violation case study. 5-staff of RECPEHC & 6-representatives from 6-provinces participated in the training. Five experts on human right & health rights gave separate presentation on right to health as well as realizing health right of people in the context of health respectively. The main objectives of TOT were: 1) To discuss on human rights broadly including socio cultural, economic & political rights, 2) To understand different components of health rights, 3) To understand the basics of health rights violation, 4) To prepare district based



TOT on Health Rights Violation Case Study

health rights violation reporting format & 5) To capacitate RECPEHC staff in analyzing the report. Experts from health & human rights gave separate presentations on day-1 & day-2 respectively.

Mr. Bishnu Pukar Shrestha, human rights activist, shared information on right to health in which he highlighted issues regarding humans & their rights. Mr. Charan Prasai gave presentation on realizing health right of people in the context of human right in Nepal. Dr. Baburam Marasini shared his presentation on health service delivery & human right promotion in Nepal. Mr. Jhalak Sharma, CEO of District Public Health Office, Lalitpur highlighted his presentation on health care delivery system & structure of health in Nepal. Similarly, Mr. Bijay Raj Gautam & Mr. Madan Paudel from INSEC shared about reporting format where the cases are documented.

District Level Orientation Program on Right to Health Violation:

After the TOT on health rights violation, orientation program on right to health violation case story was organized in 48-districts in October & November 2017. These districts include Province-1: Morang, Dhankuta, Jhapa, Ilam, Sunsari, Tehrathum, Sankhuwasava, Bhojpur; Province-2: Saptari, Siraha, Udayapur, Dhanusha, Mahottari, Sarlahi, Rautahat, Bara, Morang; Province-4:



District Level Orientation Program on Right to Health Violation

Kaski, Parbat, Baglung, Myagdi, Syangja, Tanahu, Lamjung, Gorkha, Dhading; Province-5: (Rupandehi, Kapilvastu, Arghakhanchi, Gulmi, Palpa, Nawalparasi, Dang, Bardia, Banke; Province-6: Humla, Mugu, Kalikot, Dailekh, Sukhet), Province-7: Kanchapur, Dadeldhura, Kailali, Darchula, Baitadi, Bajhang, Doti, Bajura, Achham.

Ms. Chandra Kiran Shrestha, Mr. Purna Duwal, Ms. Kamana Manandhar, Ms. Tina Gorkhali, Ms. Manjushree Maharjan & Ms. Reetu Pradhan, from RECPEHC & Mr. Hukum Dahal, Mr. Madan Katawal, Mr. Hari Prasad Poudel, Mr. D. B. khati, Mr. Chandra Datta Hamal & Mr. Krishna Singh Deupa, Provincial Coordinators went to facilitate the program.

HRTC network members, representatives from different media houses & district public health officer (DPHO) along with RECPEHC program officers attended the orientation program in respective districts. Discussion on free health services, status of health system in the district, reporting format on documenting health rights violation cases took place in the meeting. District consultation gave opportunity to understand that many issues on health rights were similar in many districts. Hence, all the network members, journalists as well as district public health officers showed their support in documenting health rights cases including both good practices as well as violation cases. In addition, network members shared that thorough training should be organized to their coordinators for identifying & documenting health rights violation case stories.

National Conference on Health Rights Violation Case Study:

Considering the demand & the need of providing detail orientation on case story preparation by district

network, RECPHEC conducted 2-days National Conference of Health Rights & Tobacco Control District Network on Health Rights Violation Case Study from 18-19 December 2017 in Kathmandu. The conference was participated by 107-members from 54-HRTC network districts. During the conference, Ms. Chandra Kiran Shrestha, Senior Program Officer from RECPHEC gave overview of district level orientation program that took place in 48-districts. Similarly, 5-separate presentations were shared by human & health human right experts: Mr. Bhogendra Raj Dotel from MoH on government effort in realizing people's right to health; Mr. Charan Prasai on realizing health right of people in the context of human right in Nepal; Ms. Madhabi Bajracharya from IPAS on reproductive health: safe motherhood & safe abortion; Dr. Tirtha Rana on socio economic dimension of women's health & Mr. Bijay Gautam from INSEC on experience in



National Conference on Health Rights & Tobacco Control District Network

preparing human right year book: prospect & challenges. Similarly, provincial representatives also shared about overall experience of orientation meetings that took place in different districts.

During the conference, participants from different districts were divided into groups to work on reporting format as well as prepare work plan from January 2018 till March 2019. Participants were capacitated in understanding reporting format for compiling health rights violation cases. After the conference, Mr. Shanta Lal Mulmi, ED, RECPHEC, mentioned that health rights violation is an important issue across the country & urged all the participants to understand the situation closely. He also added that networking with DPHO, journalists is important to substantiate the cases & suggested all to document the cases accordingly. He also mentioned that, since this is a voluntary based program & is in the initial stage, selection of project area should be limited to district headquarters.

First Phase Meeting of Health Rights Violation Case Studies: According to action plan prepared during national conference on health rights violation case study

21-districts organized first phase meeting in their respective districts between January-March 2018. They organized network meeting, meeting with DPHO, meeting with media, selected district coordinator as well as selected district coordinating office. First phase meeting was significant in bringing the stakeholders together to disseminate information regarding preparation of health rights violation case story. By May 2018, 54-HRTC districts have selected district coordinator & focal person in their respective district for conducting & documenting health rights violation case stories.

Provincial Meeting: In April 2018 provincial meetings were organized in Morang (Province-1), Dhanusha (Province-2), Kathmandu (Province-3), Kaski (Province-4), Rupandehi (Province-5), Surkhet (Province-6), Dhangadi (Province-7) respectively. In each province, the meeting was coordinated by program officer of RECPHEC & 2-members from network from respective district participated. The main objectives of the meeting were: 1) To interact with each other to successfully compile



Orientation on Health Rights Violation year book in Province 2 - Dhanusha

case stories in districts for publishing year book 2) To discuss on 2 reporting formats: 1) Client Exit Interview Form, 2) Health Rights Violation Case Story Form.

At the meeting brief recapitulation of earlier meetings was shared by program officer. Similarly, participants discussed on reporting formats for the case study collection. Each individual was given case story to be filled in reporting format. Later, they discussed about challenges. Overall the provincial meeting was successful as the participants showed positive feedback on the meeting. They promised to go through the guidelines & undertake the survey with utmost sincerity in their respective districts. Discussion on reporting format & group work proved to be significant as the participants raised concerns about the questions in the format. These questions & remarks were collected as suggestion for feedback to the team in RECPHEC. □□

Urban Health Promotions: Making a livable City

The world is undergoing the largest wave of urban growth in history. More than half of the world's population now lives in towns & cities, & by 2030 this number will swell to about 5- billion reaching to 2/3rd of total population. Much of this urbanization will unfold in Africa & Asia, bringing huge social, economic & environmental transformations. Urbanization has the potential to usher in a new era of well-being, resource efficiency & economic growth. But cities are also home to high concentrations of energy consumption & commercial viability in cost of health & environment vulnerability. Developing countries, like Nepal, are facing many challenges as a result of increasing urbanization.

Non-communicable disease (NCDs) cause 63% of deaths globally & nearly 80% of deaths in low & middle-income countries (WHO 2010). In Nepal, more than 50% of deaths are caused by NCDs. In the last one decade the disease prevalence shifted from communicable disease to NCDs. The health of the Nepali population is greatly affected by the state of its cities. Most of city designs support motorized vehicles rather than pedestrians. Evidence of this can be found by looking at budgets allocated for NMT. According to a recent report more than 500-motorbikes are sold every month in Kathmandu only. Poor public transportation facility & risk of pedestrians in city are encouraging purchase of more private vehicles. Parks & public spaces are poorly managed & under constant threat of privatization. Other than this, the factors contributing to NCDs are food choices. There is emerging evidence that the people are switching from fruits & vegetables to processed foods high in fat, sugar & salt.

RECPHEC, with a vision of ensuring people's rights to health, has been working constantly on public health issues since last two decades. RECPHEC, has been working on Urban Health issues like noise pollution, campaign against polythene bags, vehicle regulated zone, pedestrian rights, junk food advertisement, open spaces & recently on public market spaces. In addition, RECPHEC'S Health Right & Tobacco Control Network in 59-districts has also been advocating on some of these issues across the districts.

The major activity undertaken taken this year by RECPHEC was continuation of the "Ktm walks" campaign to promote open streets along with rights of pedestrians. This issue of pedestrian rights has been raised through public support, campaign & policy level workshops & 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 & affordable accessibility to healthy food but also increased risk to local vendors from their business.

Access to Healthy Transportation

Walkability Audit: In many developing countries, a large number of citizen walk as part of their daily social, recreational & livelihood activities. In case of Kathmandu, a study by Ministry of Physical Infrastructure & Transportation in 2011 showed that the travel mode share of walking is 40.7% whereas private vehicle is only 28.2%. However, the share of walking is declined by more than 23% in last two decade. This is mainly because the plans & policies & infrastructure development that were adopted are almost exclusively vehicle centric, discouraging walking & even cycling. And there are no

policies that specifically address pedestrian. With the objective to provide qualitative assessment of walking situation of the KMC respective to pedestrian's right, we have proposed this study. The study provides information on the current pedestrian infrastructure in Kathmandu Metropolitan City (KMC).

The study results showed that, the pedestrian facilities are not of standard forms. In fact, most of them are not pedestrian friendly. It is observed that, around 60% of pathways did not have distinctive pathways designed for pedestrian at all. Even with segment with footpaths, the width of foot with 4-6 feet was found in less than 25%

of the segments. Condition of footpath in more than 30% was poor & with lot of obstructions.

“Ktm Walks” Campaign: We are very proud now to share that finally 3-streets of Thamel is “No vehicle Zone”. RECPHEC along with partner organizations have been advocating for vehicle free street since 2007. We came with concept of “Ktm walks” campaign in 2014 since then, the campaign was ongoing. Immediately after this, 3-stretch of Thamel was declared vehicle free every day from 7 am-7 pm from 22nd October 2017 with joint efforts of tourism entrepreneurs, local activists, local bodies & Kathmandu Metropolitan Traffic Police Division. This is effective till date.



Slow cycle race during Ktm Walk campaign

Along with Thamel, the complex of Pashupati Temple, one of the heritage sites of Nepal was also declared vehicle free from December 26, 2017 with joint effort from local bodies groups & Kathmandu Metropolitan Traffic Police Division. The temple complex is on the list of UNESCO World Heritage sites since 1979. Mr. Sarbendra Khanal, DGIP shared that the results of Thamel really encouraged him to push this in Pashupati area.

RECPHEC conducted a post survey 9-10th January in Thamel & 12th January in Pashupati area with local stakeholders in vehicle free zone. The survey showed more than 50% of respondent were comfortable to travel now & only 4% were uncomfortable to travel in vehicle free street in Thamel where as 97% of respondent liked the vehicle free environment. On question about their business, 83% of respondent said their business benefitted from this & only 14% said it did not benefit their business. In the case of Pashupati Area more than 50% of respondent liked vehicle free complex & were happy about the decision.

Ktm walk campaign is still being continued in Kilagal area of Kathmandu by the community members & local club of Kilagal area. The latest event of Ktm walks was held



Pedestrian rights campaign in Basantapur

in 13th & 27th January, 2018. With local government in place, the community of Kilagal is looking forward to make it a permanent event. For this continuous lobby is going on.

Meanwhile, talking about “Ktm walks” campaign, we also brought up the issue of promoting non-motorized transportation in Lalitpur with Lalitpur Metropolitan City (LMPC). We have proposed some possible ideas. We were able to convince LMPC to allocate space & structure for cycle parking in 2-spots in Lalitpur area. RECPHEC along with Cycle City Network Nepal proposed the following design to which they have agreed upon. Hopefully, we will soon see these structures placed in Lalitpur.

Pedestrian Rights Campaign: Apart from promoting vehicle free zones, RECPHEC is also focusing on basic issues of pedestrian’s rights. Since, we are promoting walking & cycling it is important to advocate for the infrastructure that encourages people to walk & cycle simultaneously. The recent development related to transportation in Kathmandu, from observation, is clearly promoting motorized transportation. The issue of inclusion of side walk, standard form of sidewalks, zebra crossings where necessary with traffic amenities & increasing number of overhead bridges as per the media news are alarming.

Street Drama in Kathmandu & Lalitpur: In this phase, we conducted a street drama showing how zebra crossing is a better option than overhead bridge through drama. This drama was enacted by youth volunteers for livable city on 2nd February at Patan Durbar Square & on 3rd February at Basantapur Durbar square. We observed crowd in Basantapur as it was Saturday & we interacted with the audience to know their view. Many responded that they need overhead bridge but when asked they

could not answer how senior citizen & disabled people will use it. Many people really appreciated the program & said to further advocate for this. Overall more than 500-audiences gathered around to see the drama.

Meeting with Government Officials & Other Stakeholders:

RECPHEC tried to approach new local authorities & other stakeholder's related to transportation. Due course, we met with DGIP of KMTDP, representative of KMC & LMPCs & new president of TTDC. We plan to meet with newly elected mayor of different municipalities & ward official in next phase to further discuss on these issues.



Meeting with Stakeholders

Meeting with National Planning Commission: In a meeting with Dr. Sunil Babu Shrestha; Honorable Member of National Planning Commission, Mr. Shanta Lal Mulmi briefed introduction of & its involvement in field of Urban Health & Environment. Ms. Kamana Manandhar added to the context & shared the number of activities taken by RECPHEC & its achievement including, one of the successful campaigns "Ktm Walks". She shared, how this



Meeting with National Planning Commission on November 2017

campaign started by RECPHEC in coordination few other ally, have finally shaped up. Thamel now being a "vehicle free zone" is result of continuous effort RECPHEC & other stakeholders.

Mr. Sunil Shrestha shared his concern about lack of open & green space in the city. He shared about "Integrated Urban Development Guidelines" which would support the government to plan their cities respectively. He shared that there are altogether, 293-municipalities in the country. For these NPC have developed a plan of "Sustainable Urban Development Index" that would grade all the municipalities' in different categories. & he ensured that the index would include parameter of public spaces.

Access to Healthy Food

In 2002, the World Health Organization identified the eight major behavioral & biological risk factors for NCDs: tobacco use, harmful alcohol consumption, unhealthy diet (low fruit & vegetable consumption), physical inactivity, overweight & obesity, raised blood pressure, raised blood glucose & abnormal blood lipids & its subset raised total cholesterol. Changing food habit i.e. people are switching from fruits & vegetables to processed foods high in fat, sugar, & salt, is one of the causes of NCDs. Thus, to address this issue, we believe that there should be an easy access to healthy food to our citizens.

Traditional & ethnic Nepali diet could be considered as healthy food option. This traditional system was also ensured by easy access to healthy food of affordable price. But today, the scenario, especially in urban area has changed. The best medium to purchase healthy food was through markets located in many areas of the city. Vegetable markets are an integral part of our society, but now there is chance that it might be replaced with supermarkets in new developing areas. This also reduces the chance for farmers to reach the consumer directly & allow brokers to benefit instead.

Vegetable Market Mapping: Considering all these fact, RECPHEC conducted a mapping study on the distribution & types of vegetable markets in the Kathmandu City. The study showed that there are areas in the valley that have minimum number of markets & that mobile vendors are the one reaching throughout increasing accessibility of food. Second study was conducted to understand the policies guiding the vegetable markets. This study highlighted many issues that were undermined by government. From the study it is clear that there, in ancient

part of Kathmandu city i.e. core area of Nepal was design considering vegetable market as an integral part of city. But the sub-urban areas & new town planning, there is not many spaces dedicated for simple & affordable vegetable market.

From the mapping study, we identified five such locations in Kathmandu that do not have specific vegetable market. We went to this location & talked with some of the local residents of that area. The entire respondent from those five areas: Thapathali, Anamnagar, PaniPokhari, Chandol & Chauni shared that they would prefer a simple & affordable local vegetable market in their respective area. This opens an opportunity to discuss about this issue to promote local vegetable market in more location of city to increase access of people to affordable & healthy food choices. The interaction with local resident implied that they generally visit Kalimati vegetable market to buy vegetable in larger amount especially in feast & festivals. This also shows that a vegetable market is required in these areas to increase accessibility of peoples to affordable healthy food that is fruits & vegetables.

S.N	Area	Suggested Location
1.	Thapathali	UN Park side/ Around Norvic Hospital
2.	Anamnagar	Water tank nearby/ Car parking site
3.	PaniPokhari	Around President resident/Lainchour
4.	Chandol	Bishalnagar/Chandol -4
5.	Chhauni	Kimdol/Around Chhauni Museum

Open & Green Space/Parks & Playgrounds: In Nepal, especially in Kathmandu, traditionally the city was designed in such as a way that every residential settlement had a common open space. These spaces were used for different purposes such as interaction spot for senior citizens, religious & cultural events etc. But, over the years urbanization pattern of Kathmandu valley has been rapid & haphazard. High-rise buildings, supermarkets, city centers 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 have prevented people to stay indoor especially children & elder citizens. This is our effort to reclaim the already existing public space, especially courtyard & redesign it for the community & not for parking purposes.

Open Space

Park Audit: In this phase, we are focusing on parks & some of the public space that were affected by earthquake. We have completed the field survey in 16 identified parks of

Kathmandu metropolitan city. This report aims to offers definition of parks & current state of parks in Kathmandu city. This report will give a better understanding of the perception, characteristics & usage of parks in Kathmandu city. This study also includes perception survey of people visiting parks.

Reclaiming & Redesigning Courtyards/Public Space:

In case of public space in Bungamati, we are in conversation with local community & ward officials to rebuild the public spaces. We have conducted meeting with community members of Bungamati area, who said that they collaborate to rebuild the public space. After the community consultation with local community they suggested a public space that has been completely destroyed after earthquake & now turned into dumping ground. We initiated to talk about this with the president of wards office in Bungamati, Mr. Ambir Man Shakya. We have been requesting ward to allocate budget for public space of Bungamati. Finally, after a long advocacy, ward officials have agreed to work on this project along with local community. The public space in Dhokapini is now turning in place accessible for public.

Promotion of Livable City in Municipalities:

RECPHEC have network extended to 58-districts of Nepal. RECPHEC met with the environment officers of all 3-Municipalities (Pokhara, Myagdi & Gorkha districts) & discussed about the situation of public space & other livable city component. Mr. Nirmal Man Singh Bhandari, Environment officer of Pokhara Municipality shared that, since arrival of newly elected mayor, things have started to change & new rule & regulations are being discussed in meeting. He shared the mayor made it mandatory to park 4-wheelers parallel to road lines, reducing parking space & encouraging public transportation. Mr. Dhruva Prasad, Environment officer of Gorkha Municipality shared that public space is something they are looking forward to improve in their area. We shared the reports prepared on public space & vegetable markets with all 3-Municipalities & extended our technical support through RECPHEC network member to promote livable city concept in their Municipality. All 3-Municipalities were positive & were affirmative to suggestion put forward. They were also encouraged & excited to work under new stable government.



*Reclaiming Public space of Dokhapini
(Bungamati Before (left), Work in Progress (middle) and after reclaiming (right))*

Participation

World Environment Day: An interaction program was held in Nepal Mega Collage on occasion of “World Environment Day” on 5 June 2018. This interaction program was focused on plastic pollution & its effect. RECPHEC made a presentation on their advocacy since many years to discourage polythene bags to combat noise pollution. RECPHEC shared how we worked with stakeholders & respective government line agencies for effective implementation of polythene free declaration by the government. Along with we also shared the ongoing advocacy toward sustainable urban transportation to promote walking & cycling. We also shared about the group that we have created called Youth Volunteer for Livable City & encouraged participants to join.

Core Group Meeting: RECPHEC organized core group meetings on June 15, 2018. RECPHEC regularly organize

core group meeting to brain storm ideas & possible way forward for the betterment of the project. In the first meeting, RECPHEC shared its ongoing activities & future plan. We also discussed about planning strategy with newly formed government. Since, most of our work focuses on advocacy; it is necessary to make alignment according the political situation in the country. The core group members suggested that, it is an opportunity for organization like ours. We can approach local government more easily comparatively. Since, the local government do have budget, this is the right time to address & discuss issue of livable city with them in first phase. They also suggested that we should focus on smaller but effective project which could show great impact of RECPHEC. The idea & information provided by core group members were noted for next program design. The suggestions received during meeting are very valuable as each of the core group members are experts of their respective field.



Indigenous Health Promotions

The Sanskrit medical word Ayurveda means “Science of Life.” Nepal has a glorious history on Ayurveda. It is still taken as eternal because nobody knows when it was not there. Even the festivals & ethnic rituals celebrated in Nepal have the background of Ayurveda. The process, theories & philosophies that were described on Ayurveda text are the basis of all the activities that are used to prevent the diseases by Nepalese people. All these show Ayurveda’s long tradition & deep attachment to the Nepalese culture. In Nepal, Ayurveda is being used as a socio-cultural and hereditary therapy.

According to National Ayurveda Health Policy-2052, Government has planned to establish new Ayurveda health services and make all the services well-equipped in proportion to the population density, public demand and participation. So, the new Ayurveda Health services are being established in different parts of country not only in government sector but also in private sectors. Nevertheless, the traditional practitioners are not recognized. For this, RECPHEC has been playing as a facilitator for the recognition of their inheritance/professional works.

For this, RECPHEC has organized meetings to support those traditional practitioners. We also encourage them to document their work to preserve their knowledge. On the other hand, we also lobby to concern stakeholders on these issues. For problem solving we periodically organized & participated in the meetings & programs.

In this period, RECPHEC discussed treatment practices, opportunity & constraint of traditional healers in Dhangadi, Kailali districts on April 27, 2018. Likewise, RECPHEC had several meetings at Department of Ayurveda (DoA) on 23rd March 22nd Jun 2018 for further collaborative works. RECPHEC also organized meeting with Indigenous Health Practitioners on 8th July 2018 to discuss on the formal procedure of getting permission for practices from government. Total of 8-Indigenous health practitioners & medical anthropologist participated in this meeting.

Oriented Community Members on Traditional System of Medicine: RECPHEC co-organized interaction program with Ministry of Education (MoE) on “Impact on Health of Traditional Cooking & Spice” on 22 August 2017 at MoE Conference hall. Dr. Sarita Shrestha, Senior Consultant, Obstetric & Gynecologist (Ayurveda) was guest lecturer in the program. 40-participants including 8-journalists actively participated in this interaction program. Participants were very excited to know about simple home remedies prevention methods.

Similarly, 3-healers including Ms. Aparna Bhatta, Board Member, RECPHEC organized “Healing Touch Program” to 30-blood donors & general people. It was one of the excellent package programs for blood donors. The donors & non-donors relaxed after healing touch. Ms. Aparna Bhatta also organized women’s health camp at Balambu, Kathmandu on 30th August 2017 in coordination with local women group. Women’s group was oriented on self-care & Kegel exercise to reduce uterine prolapse. 50-women benefitted from this campaign.

Strengthen & Collaboration with Government & Stake Holders: RECPHEC had several meetings to discuss on traditional system to be incorporate or amendment in health policy, law & legislation & strengthen & collaborative work with government & concern stake holders.

Ms. Chandra Kiran Shrestha participated in a consultative meeting organized by Department of Ayurveda Chaired by Director General Dr. Vasu Dev Upadhyaya to discuss on traditional healers’ issues on 1 June 2018 at Department of Ayurveda. We are happy to share that National Ayurveda Research & Training Centre (NARTC), Kirtipur kept us in their professional roster list for further programs.

Meetings with Department of Ayurveda, National Ayurveda Research & Training Centre (NARTC), Indigenous health practitioners & related stakeholders on Ayurveda, traditional or complimentary health system programs for further collaborative works & share information.

Updated Information & Management:

- 60-monographs were collected i.e. documents, books, articles and all are managed well. Some rare personal documents of traditional treatment were given to RECPHEC.
- Article on “Role of RECPHEC in Ayurveda & Traditional Health System Knowledge & Skills Information Dissemination” for Dilliraman Kalyani Regmi Memorial Library souvenir in November 2017.
- 3-articles on Women Health Newsletters: In issue-82, Ms. Aparna Bhatta of RECPHEC contributed article on uterine prolapse, traditional treatment & self-care. Likewise, Dr. Sarita Shrestha & Ms. Chandra Kiran

Shrestha of RECPHEC contributed an article on white discharge a health problem; its traditional/home treatment & Kitchen spices as a home remedy. These newsletters were distributed in all health post, schools, different communities, literacy classes, women's groups etc. Similarly, 3-different articles in RECPHEC's Newsletter Bhalakusari 150-special issue. The articles were Ayurveda Service in Nepal, by Dr. Buddhi Prasad Paudel; Disappearing Traditional Ayurveda System in Nepal, by Mr. Madhu Bajra Bajracharya and Kitchen as Pharmacy by Dr. Aruna Upreti.

- Report of “Indigenous Health Practitioners 2nd National Convention” published which was held from 3 April-1 March 2017 includes documentation of traditional healer knowledge & practices.



Outreach Program

RECPHEC has been performing activities in the sectors of health & development issues through empowering the rural communities in Udayapur & Saptari districts of Nepal. It is with the people of Basaha Ward 7 & 8, Rampur VDC Ward 5, Tapeswori VDC Ward 3 & 4, Chaudandigadi Municipality, Triyuga Municipality of Udaypur district & Kanchanrup Municipality Ward 6 & 10, Saptakoshi Municipality Ward 2 Shiddipur at Saptari district focusing to the backward & marginalized communities of the Udayapur & Saptari districts to implement the programs.

Gorkha district people are still heavily involved in post-earthquake rehabilitation and reconstruction process. So, our partner organization TMUC had identified belt of Lalitpur district as its new outreach program area, considering its remoteness and socio-economic status of indigenous communities.

This has led to encourage women to participate in collective saving & empower women to utilize the credit facility with low interest available through saving groups, aware rural community for better health behavior & sanitation, providing better reproductive health service through community health facilitators & encourage them to refer patients to the nearest health post, enable target group to generate income through skill trainings, strengthen public health posts & improve its service delivery mechanism at community level & mobilize local NGOs/CBOs. It advocates women & deprived communities to get organized in order to assert their rights. It has been fulfilling the gap between people & concern department of health to make the equal access of people in health sectors.

People's Access to Health

Interaction Program between Women Health Seekers & Health Post In-charge: 6-Interaction programs between women health seekers & health post in-charge were organized in this year at Saptakoshi Municipality-2 Siddhipur, Belaka Municipality-2 Tapeswori, Belaka Municipality-2 Tapeswori, Chaudandigadhi Municipality-4 Basaha, Chaudandigadhi Municipality-2 Vitte & Kanchanrup Municipality-10 Piprapurwa. The main objective of this interaction program was to fulfill the

gap between community people especially women health seekers & health post personnel regarding the health services. The interaction program was on the pregnancy, delivery cases & other general health services. Altogether 220- women representatives participated in this program. They also discussed about their experiences in health post.

Support to Organize Public Hearing Events: After the new Federal System of governance every people has the right to know the progress report & implemented action plans of Municipality. To reflect the programs of Municipalities, RECPHEC & Susasankaa Himayati jointly organized public hearing program in Udayapur district at Belakaa & Chaudandigadhi Municipalities on 23rd January 2018. The Mayor of the Belaka Municipality Mr. Durga Kumar Thapa provided all the program's information & outcomes of those implemented course of actions & some challenges regarding his work performance. Out of 8,982-OPD patients in 4-health posts of this municipality, 58% were women within the period of July 2017 to December 2017. The compulsory HIV test program implemented for the pregnant women through which 2-cases has been found HIV positive in this Municipality. 171-new births in 2-existing birthing center



Interaction Program between Women Health Seekers and Health Service Providers

at Ward 2 & 9. The two Urban Health Center establishment process has started in ward no.1 & 9 & the required human resource has been recruited for the service. Belaka Municipality has been declared as a complete immunization zone.



Public Hearings at Belaka Municipality (left and middle), Chaudandigadi Municipality (right)

Similarly, public hearing program was organized by Chaudandigadhi Municipality with support of RECPHEC on 26th January, 2018. The Mayor Mr. Khagendra Rai addressing the program informed some programs of the Municipality. 154-people participated in the program. In health sector out of separated total budget 20,235,000, 30% had been spent in first 4-months. 50-women health volunteers have been trained among them some remarkable performer was awarded. They have created a separate poor economic fund to help the financially week person or family to get the treatment facility. This Municipality has been declared as a complete immunization zone.

Women's Health Education: RECPHEC has been continuously providing the health education focusing to the women & adolescents girls in the different rural area of Saptari & Udayapur districts. The main objective of the program is to provide health education, awareness to women's groups, saving & credit groups & adolescent group each month at its working areas. A regular monthly



Regular Health Checkup program for Women at Udaypur & Saptari field office

health checkup program is being conducted in initiation of RECPHEC to the backward & marginalized women's group in its working area. In this program, women gather each month where health education is provided in this forum. The general health checks up services like (blood pressure, fever & pregnancy with pre-natal, post-natal & maternal health) were regularly provided to total of 326-women.

Mass Rally Program on Immunization: On 30th January 2018, mass rally organized on the occasion of declaration of Udaypur district as completely immunized district in coordinating with the HRTC Udayapur. School & colleges students & government, NGOs participated in this rally.



Declaration of Udaypur district as Fully immunized District

Orientation Program on HIV/AIDS, Alcohol & Smoking: An orientation program on HIV/AIDS, smoking & alcohol was organized to school students of Udayapur & Saptari districts on 13 October 2017 at RECPHEC Office Fattepur. 10-students who were the members of their school's child club participated from each district. The students were briefed about the effects, harmfulness & challenges of HIV/AIDS, smoking & alcohol. These students committed to work as volunteer in their locality to aware such problems.

World No Tobacco Day 2018: On the occasion of World No Tobacco Day, RECPHEC field office Fattepur organized the rally program at Saptakoshi municipality on 31 May 2018 with the participation of 7-saving & agriculture groups of the Municipality. The rally started from the Tinkune chowk & passed through the Parsa, Highway, Municipality office, Siddhipur & ended at the Tinkune Park. 63-people participated in the rally program among them 96% were girls & women of the Saptakoshi Municipality. People were actively participated to ban the tobacco products in their locality. A brochure of health rights & tobacco's impacts in human body was distributed.



Awareness program to School Students on Tobacco, Alcohol and Hygiene

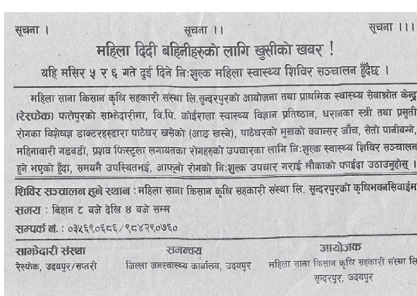
Health Camps: RECPHEC organized 7-Health Camps on Uterine Prolapse & Cervical Cancer this year in Udaypur & Saptari districts in coordination with Local Community Based Organizations (CBOs) & District Health Office of Udaypur & Saptari districts at Belaka Municipality, Chaudandigadi Municipality-5 Sibai & Sundarpur, Chaudandigadhi Municipality-Basaha & Saptakoshi Municipality. Most of the women in the rural areas were victim of the cervical cancer. Hence, to facilitate them at very low cost, the camp was organized by targeting such women. Necessary & available some medicines were provided to all the participants in health camp at free of cost. All the participants were given orientation about the case & effects of the cervical cancer.

At Belaka Municipality: In Belaka Municipality, 2-Health Camps on Cervical cancer organized at Ward-3 Rampur & Ward 1-Tapeshory of Belaka Municipality from 11th-12th December 2017 respectively in the coordination of district health office & Belaka municipality & partnership of RECPHEC Fattepur & in support with other civil societies like WOREC & HURENDEC. The program was inaugurated by Belaka Municipality Mayer Mr. Durga Thapa. 316-Women had health checkup in this health camp. Among 316-women, 19 were immediately referred for immediate operation of Uterine Prolapse.

At Chaudandigadhi Municipality Sibai & Sundarpur: Targeting to the women of Sibai & Sundarpur areas of Chaudandigadi Municipality-5, the Women's Farmer Agriculture Cooperative Limited organized 2-women's health camps at Chaudandigadhi Municipality-5 Sibai & Sundarpur in Udayapur district from 21st-22nd November 2017 respectively. The program was organized in the coordination of district health office & Chaudandigadhi Municipality & partnership of RECPHEC. 5-doctors & 2-nurses invited from the B.P Koirala Health & Science Academy, Dharan. The program was inaugurated by Mr. Shanta Lall Mulmi. 444-women participated in the health camp in 2-days program for checkup. Among them 25-cases were serious in which 24-cases were related to the womb & 1-Fistula. The all 25-women were suggested for the immediate operation.



Mr. Shanta Lall Mulmi, Executive Director of RECPHEC inaugurated the Women's Health Camp at Chaudandigadi Municipality



At Chaudandigadhi Municipality-Basaha: RECPHEC in association with Nepal Cancer Relief Society Lahan & Laligurash Sahakaari Sanstha Basaha organized health camp on uterine prolapse on 2nd February 2018. The team of Dr. Ajay Jha provided facility for the camp. The participants were of age group of 18-65. The participated were given an

orientation on cervical cancer & breast cancer. 73-women did Pap Smear test at very low cost. Among the participants more than 52% women were from janajati community, around 11% were of Dalit & rest 37% were from others category. 2-cases serious cases found were advised for further treatment.

At Saptakoshi Municipality-Siddhipur: The camp was organized at the RECPHEC Library Hall of Siddipur, Ward no. 2 in Saptakoshi Municipality of Saptari district on 29th December 2017 in coordination of NCRS Nepal Lahan & Bhaktapur Cancer Hospital. The program was inaugurated by Saptakoshi Municipality Mayor Uttam Kumar Gautam. He said that such health camps for women should be continuously conducted in the future too. 75-women of mix communities participated in the health camp for checkup.

At Triyuga Municipality: Health camp organized by Nepal Cancer Relief Society Lahan on vaginal uterine prolapse on 1 June 2018 at Triyuga Municipality-8 Shaikhola in coordination with RECPHEC. Pap smear test was done to test cervical cancer targeting the community women. 52-women were directly benefited by the health camp. Pap smear test facility provided free of cost. Among the 52-patient 3 were found serious & advised for the further treatments.

At Kanchanrup Municipality: Health camp on vaginal uterine prolapse was organized on 29 June 2018 in collaboration with Nepal Cancer Relief Society Lahan, women agriculture & saving groups of the Kanchanrup Municipality at Piprapurwa. RECPHEC facilitated for the checkup of the Pap smear test & cervical cancer to the participants. Camp organized at the national H.S .S of Piprapurwa, Saptari. 44-women directly benefited by the health camp. Among them 7-cases of prolapsed found. Serious patients were advised for the further treatments. Through this health camp, the poor & Dalit women of the Madhesi community have got free Pap smear test facility at their locality.

At Tapeswori, Belaka Municipality: A 3-days free health camp was organized in coordination with Belaka municipality Udaypur on 12, 13 & 14 June 2018 at Purandaha Higher Secondary School. The novel medical college of Biratnagar provided technical support for 3-days. The health camp was inaugurated by the Vice Mayor of the Belakaa Municipality Mrs. Rajkumari Chaudhary. The free health camp was targeted to the people of ward-1 & 2 specially focused was given to the women, senior citizens & children in the camp. People Belaka Municipality areas were informed about the health camp through the pamphlets & advertisements. All together 1,280-people of the Belaka Municipality & from



Women's Health Camps on Uterine Prolapse and Pam Smear Test at different places of Udaypur & Saptari districts

neighboring Municipalities directly benefited from the health camp. Among the participants 69% were female & 31% were male participation of Dalit, janajati & other mix cast category of the community in the ratio of 7%, 45 & 48% respectively. It was found that most of the participant took the services from the general medicine, cardiology & Psychiatrist. 915 benefited from lab, video X-ray & E.C.G free services. Among the participants 19% people were senior citizens & 7% were children. 11.36% ward-1 & 13% people of ward-2 of the Belakaa Municipality.

Improvement of Nutritional Status of the Community

SRI Training: RECPHEC organized SRI training at Belakaa municipality-1 Tapeswori on 27th May 2018 to 5-agricultural groups. The training was provided by the local JTA Ms. Sangita Chaudhary. The training encouraged the farmers for the modern rice production system. Among 73-participants, 36-participants of 5-groups interested to apply the SRI method this season. The participants gained the knowledge of seeds selection & planting in a very systematic way. The farmers were able to know that how to manage the proper irrigation on paddy seeds after the plantation.



SRI Training to the Agricultural Farmers Group by Ms. Sangita Chaudhary, JTA

Kitchen Gardening: RECPHEC provided trainings, seeds, tube well for the irrigation & drinking water to the local farmers of Udayapur & Saptari district. 10-representatives of different agriculture groups were trained by JTA on 12th February 2018. The training was about the process of off seasonal vegetable production. Off seasonal vegetable farming has become a good source of earning for the farmers of the Udayapur & Saptari as the most of the farmers were engaged on



Unseasonal Vegetable farming by local farmers

commercial vegetable farming. The participants came to know about the process of vegetable farming of the vegetables like cucumber, pumpkin, bottle gourd, bitter gourd, luffa gourd, etc. The fertilizer selection, seed selection as per the climate, its systematic plantation was properly briefed to the farmers. Furthermore, the participants were also trained on the cost management, marketing techniques of the product & packaging of the vegetable prior to send market for sales & its preservation at right temperature.



Monitoring of Unseasonal Vegetable farming by Ms. Melina Tharu, JTA

Similarly, on June 2018, RECPHEC provided unseasonal vegetable farming training to various women agriculture groups. The training was given by the JTA of Udayapur Tapesori Ms. Sangita Chaudhary on unseasonal vegetables its methods, advantages & challenges as well. 11-Representatives of 6-women agriculture groups were trained on this training program.

Improving Health & Sanitation

Ward Sanitation Program: In coordination with Ward office of Chaudandigadi Municipality-4 Basaha, RECPHEC organized the sanitation program on March 2018. For this, RECPHEC supported 100-masks, 100-gloves & 50-brooms to the ward office to make clean & healthy ward. There was active participation of newly elected ward representatives in this program. More than 150-people participated in this program. The cleaning program was organized in Barkhedada, New tole & at Sanibare areas of ward-4. Community people participated in the sanitation program of their locality. The public places of the ward were also cleaned.

Municipality Sanitation Program on World Environment Day: On 5th June 2018 at the special occasion of the World Environment Day, the sanitation & plantation program was organized at Saptakoshi municipality-1 Fattepur by the Municipality. RECPHEC supported for supported the Broom, mask & gloves to the municipality for the sanitation program which was inaugurated by the



Municipality Sanitation Program on World Environment Day at Saptakoshi Municipality

Mayor Mr. Uttam Sharma. More than 300-people of local civil society, Dari gang & other local community people participated in the program. 200-Ashoka's plants have been planted in the Fattepur areas. After the sanitation program of 3-hours, garbage disposed at appropriate area separated by the Municipality.

Smokeless Stove: Smokeless stove was installed at Chaudandhigadhi Municipality-2 Vitte Udayapur, to ensure people health free from smoke related diseases. The 66-households (350-people) of this community has installed smokeless stove in their houses. The Mayor of Chaudandhigadhi Municipality, Mr. Khagendra Rai in presence of RECPHEC's Executive Director, Mr. Shanta



Declaration of Chaudandigadi Municipality-2 Vitte as Indoor Smokeless Community

Lall Mulmi declared Chaudandigadhi Municipality-2 Vitte as an “Indoor Smokeless Community” on 17th January 2018. This community has been a role model for leading community towards the improvement of their health & sanitation in this Municipality. It has gained a separate identity of indoor smokeless zone. Smokeless stove program has been completed at Chaudandigadhi Municipality-2 Vitte, as per the demand of the local people. RECPHEC supported other 80-smokeless stoves in this April 2018.

As a result, the *Debithan* toll of Vitte have been declared indoor smoke free community, the rest of that wards were also inspired to install smokeless stoves in their kitchen. Since, Belaka Municipality Ward-1 is the lowest areas of the Udaypur district & flooding area as well, the soil made stoves are not useable in the rainy seasons. Hence, RECPHEC in coordination with ward office distributed 120-iron made modern stoves (*Shai Urja Smart Chulo*) which has been made in standardized model prescribed by the government of Nepal. The Mayor of the Municipality Mr. Durga Thapa participated in the stove distribution program in ward-1 on May 2018. The mayor said that it would be the great support for the people of flooding areas at the time crises for survival. 11.5% of total households of the ward (120-HH out of 1056-HH) & around 510-people benefited by the program. People have found their kitchen environment cleaner & healthier.

Training on Complete Sanitation to School Students: 22-students from 11-schools of Udaypur & Saptari district were trained on sanitation for from 21-22 March 2018 at RECPHEC Fattepur. They were oriented on complete sanitation, indicators of complete sanitation, policy makers, implementing bodies & the student’s roles on complete sanitation program.



Training on Complete Sanitation to School Students at Fattepur

Capacity Building

Training to Elected Representatives: Recently, Nepal has been able to make local level election successfully & entered into a provincial governments system. In the current situation, the newly elected representatives might have certain challenges & difficulties regarding their rights & duties. For this, RECPHEC supported to organize 2-days capacity development training to the new elected representatives of the Belakaa Municipality, Udayapur from 29-30 December 2017. The training focused on the system & laws of how a local government functions & provides better services to the people than previous system. The different chief officers & representatives of different government & non-government organizations gave their presentation about the relationship of municipality with their related offices & organizations. 27-elected representatives including Mayor & Vice Mayor



Capacity building training to newly elected representatives

participated in this program among them 9-Ward Presidents, 8-Executive Board Members & 7-Wards Members. Representatives were trained about the local federal government system focusing the financial accountability & budget distribution in the Municipality & Wards. They were also informed about the major points of local government operation Act 2074. The training also focused on the federal system & 3-national levels of structures.

Similarly, from 14-15 May 2018, in coordination with Belakaa Municipality Ward Office 1 & 2, RECPHEC organized 2-days capacity building training to the new elected representatives of the Belakaa municipality ward-1 & 2. The representatives were trained on the new implemented laws & local government system. They were taught about the right & duties & transparency of their activities towards the public. They also come to know about the opportunities & threats of the provincial government system.

Local Level Elected Representatives Orientation Program on Education, Health & Agriculture: In coordination of District Coordination Committee (DCC), Udayapur, the local level elected representative's orientation program was organized on 28th January 2018 Udaypur, Gaighat. The Mayors, Sub-Mayors & Chief Program Officers of 3-Municipalities namely Triyuga, Chaudandigadi & Belakaa, along with the representatives of DHO, DEO, DAD office & District Veterinary office participated in



Orientation Program on Education, Health & Agriculture to local level elected representatives

the program. To increase the democratic public participation in each Government offices & their activities in district level & to reduce the gap between people & Municipalities, RECPHEC supported to organize a coordinative interaction program.

The chief guest of the interaction program DCC Udayapur President Khadga B. Pariyar inaugurated the program. The interaction program was centralized on the progress reports presentation of each district offices representatives. The presentation was about achievements & challenges faced during program implementation. Belakaa Municipality has remarkable performance in all the work sectors in very short time period. The program 'Support on the Spot' of Belakaa Municipality is very admirable & more effective to provide the facilities to the people.

Cooperative Management Training: Training on cooperative management organized by Mr. Binod Karki, Field Coordinator SWOG to RECPHEC staffs. In the training, the method of group formation & mobilization of existing groups of the fields were oriented. As RECPHEC has already, a number of groups in different



Cooperative Management Training at field level

places & some of them were about to convert into the cooperatives, the conceptual knowledge of cooperative & its process of establishment were spotlight this training. Participants gained knowledge of cooperative registration & fund mobilization, interest gap norms as well as the fundamental process of converting the existing groups into the cooperatives.

Group Formation: In the process of expanding working areas of RECPHEC, the field office has added Triyuga Municipality & Tilathikoiladi Rural Municipality as a new field area. The field motivators of RECPHEC have formed 8-saving groups in Triyuga Municipality of Udayapur district & 10-groups in Tilathikoiladi Rural Municipality of Saptari district. The new groups were saving certain amounts as per their capacity. After the formation of the new groups RECPHEC distributed the necessary registers to the groups such as Credit book, Saving book, Meeting register & Pass books to the all members of the groups. The field motivators have also taught them practically the way of keeping records in these books.

Leadership & Financial Management Training: RECPHEC field office Fattepur organized the 2-days leadership & financial & cooperative management training in 5-Municipalities to strengthen the groups in financial recordings in the groups & better group activities. The training was organized at Triyuga Municipality, Saptakoshi Municipality, Chaudandigadi Municipality, Basaha, Kanchanrup Municipality, Piprapurwa & at Belakaa Municipality, Tapeshori. Altogether, 129-members of 35-



Leadership & Financial Management Training

group members of their school's child club were trained. The participants were able to know more knowledge of group, leadership & financial management. The participants were trained on how to utilize the saving in productive ways.

Campaign against Dowry

Orientation against Dowry: An orientation program organized in Rajbiraj Municipality on dowry system jointly with HRTC Saptari, Human Right & Rural Youth Change Nepal & Tapeshori Social Welfare Organization with support from RECPHEC. The target groups were Haruwa Charuwa groups & agriculture groups of Saptari district. Dowry has become an un-solving social trend, which has been practiced more by educated & civilized people. The Professor Mr. Surendra Prasad Gupta & Lawyer Ms. Sabita Koirala was the resource person of the orientation program for dowry & its social impact & it's



Orientation against Dowry to Haruwa Charuwa group

a challenge for the existing society. 30-representatives of different groups participated the program & informed on the law & policies regarded to this system. It was found that no any families want to give birth to the girls

due to the challenges of dowry in this locality. The physical & mental challenges to the girl herself & family members were also discussed which really need to be eliminated from the society like Haruwa Charuwa.

Workshop against Dowry: Targeting the madheshi dalit & janajati communities the workshop against dowry was organized on March 2018 at Tilathikoiladi rural Municipality-4 Kobarsain to reduce the social impacts. These areas of Saptari district were more affected by the dowry system. 20-dalit women participated in this program. After the workshop, the women decided to give education to their daughters to reduce the dowry. All the participants committed to refuse & to take the dowry.



Workshop against Dowry at Tilathikoiladi Rural Municipality

RECPHEC Library

The resource center/library has been operated at Saptakoshi municipality ward-2 Siddhipur. The library is in daily operation from 12 pm-3 pm. Daily 5-10 people of the locality visits the library to read the books & magazines which are available there. It was found that people preferred to study the books related to the health & sanitation.



10th Library Day observed by RECPHEC's field office Saptari

The 10th Library Day 2074 was celebrated by organizing quiz competition on Bhadra 12, 2074. The program was targeted to women agriculture group of Siddhipur-Siddipur Mahila Krishi Samuha, Saptari. 4-male & 26-female participated in the program. 6-women participated in the speech competition. Prizes were distributed to the winners of competition. Similarly, in quiz completion, 24-students participated among them 15-were boys & 19-were girls.

Field Visit

Mr. Shanta Lal Mulmi visited Health Rights & Tobacco Control district networks (Chitwan, Makwanpur &



Field Visit of Mr. Shanta Lal Mulmi, Executive Director of RECPHEC

Nawalparasi) in order to monitor & reform the HRTC from 8-13 February 2018. Likewise, he went for monitoring visit to Udaypur & Saptari from 20-24

November 2018. Mr. Mulmi participated on the review & reflection meeting with RECPHEC field staffs. He visited again from 15-19 January 2018 to monitor all the present field programs at both Udaypur & Saptari districts. Mr. Shanta Lal Mulmi also visited to TMUC Gorkha to monitor RECPHEC's program from 8-10 January 2018. In this view of post-earthquake reconstruction process, the ongoing outreach program has to be shifted to another potential area.

RECPHEC Koseli Bi-annual Newsletter

RECPHEC field office Fattapur published 2- volumes of RECPHEC Koseli bi-annual newsletter Volume 26 & 27 on July 2017 & January 2018 respectively. This newsletter has included the all field programs & other health related information. 500-copies of each volume of RECPHEC Koseli were distributed to all the government/non-government organizations, saving agriculture groups, local schools & other various institutions of Udaypur & Saptari districts. It is also used as reference material in their Teaching/learning activities in Non-formal classes.



RECPHEC Koseli Bi-annual Newsletter



Information & Documentation Unit

Information plays a vital role even for personal & community development. There are numerous information are scattered all over the world. The information that is not available on time when needed is not considered as information. Therefore, information should be collected & managed in a proper way for easy access where that information is managed by resource center/library. Millions of information was developed & published which can be obtained electronic or published. The development of ICT became a part of life of human being. Hence, most of the materials/documents are available in electronic version, to easy access of information & on the other hand forced us to transformation; the resource center/library should adopt or move towards computerized system hence, digitalization. Regarding, this RECPHEC has upgrade to digital library.

E-library Users/RC: Collecting information from various sources & data entry in RS program to update e-library. Meeting conducted on DAM system & RS e-library users on July 31, 2017. The objectives of the meeting was to share experiences & interaction to maximum utilization of our e-library.



RC in new premises at Thasikhel, Lalitpur

Information Management: We added new 300-monographs in various subjects to enrich Information & Documentation Unit. The monographs were process & catalogue online www.elibrary-recphec.org.np/library. Similarly, we added non-books materials as user needs which were managed in DAM system. The users can obtain full text at www.elibrary-recphec.org.np.

Information Dissemination: The IDU actively participated in different programs & events to disseminate health information for different target audience. The Unit participated for book exhibition at 2nd National Human Rights Conference organized by Nepal Human Rights Commission on November 12, 2017. RECPHEC disseminated & distributed information brochures, posters, newsletters, pamphlets to educate & raise awareness on



HR book exhibition

health rights. All materials were distributed freely to more than 300-people. Likewise, IEC materials were displayed at Annual General Meeting of Nepal Community Library Association on June 9th 2017. 150-people visited our stall & distributed materials freely to keep in their community libraries.

Clearing House: The IDU unit also provides clearing house services by facilitating to redistribute health IEC materials published by different organizations. The users of clearing house service found very useful to get information from one point. This service is a unique service among information service. We are able to raise NRs. 43,958 fund from sales of our publications through clearing house services. Similarly, our publications are requested by different organizations for their programs.

Capacity Building: The IDU organized 3rd batch Basic Resource Centre/library Management training organized from 27-30 March 2017 at RECPHEC office to health rights & tobacco control district network members. Total 15-participants from 14-districts participated in this library



Basic Library Management Training to HRTC district networks

management training. The main objective of this training is to develop skills, strengthen & update existing resource center/library in community & to prepare & motivate to establish & manage resource center/library as community needs. The trainees found very useful & were keen to establish & manage library in their community.

On 25 April 2018 Ms. Chandra Kiran Shrestha visited Kailali Public Library on 27th April 2018 to get information of the state of the library & promotion of the information on health issues to general people through public library. Ms. Bisna Devi Bhatta, Chairperson of COCAP based in Mahendranagar, Kanchanpur works on human rights for Province 7. COCAP also provides information on health rights. The main aim of the meeting was to follow up Training of Training (ToT) of NLA & develop resource centre, expanding area on health & health rights.

Participation

- Participated in consultative meeting on Intangible Knowledge Policy Implementation organized by Ministry of Cultural & Heritage & UNESCO Nepal on 16th August 2017.
- Participated in a workshop on cataloguing system & thesaurus organized Nepal Madan Puruskar Pustakalaya on 12 February 2018. The meeting decided to form a group to develop Nepali thesaurus for uniformity.
- Participated in Dr. Dilliraman Regmi National & International peace award program on 3 July 2018 to strengthen network. The program was inaugurated by Honorable Education, Science & Technology Minister Mr. Giriraj Mani Pokharel.



- RECPHEC's Resource Centre activities news was published in NNL issue 39 on April 2018.
- An article published in conference proceedings of Public & Community Library conference organized by MoE on April 2018 on Contribution of RECPHEC in community library development. Another article published on a public forum to share professional knowledge.



Participation at 10th Library Day



- Participated on Library Day from 10th Library Day on 31 August 2013 organized MOE. RECPHEC is one of the members of the organizing committee. RECPHEC organized different programs & events in central & district level on the occasion of 10th Library Day. Similarly, RECPHEC's publications were exhibited & freely distributed IEC materials worth of NRs 50,000. More than 300-people: senior government official, library professionals, teachers, students, journalists, community development workers, education activists visited our stall.
- Impact in health of traditional cooking & spices was organized at RECPHEC office on 22nd August. Dr. Sarita Shrestha presented a paper on traditional cooking & spices.



TOT on Building Strong Library Association by NLA

- Organized healing touch campaign in Kathmandu on 23 August.
- Co-organizer 1st National Conference of Public & Community Library organized by MoE on October 29-30, 2017. Ms. Chandra Kiran Shrestha presented a paper on "Community library development: RECPHEC's contribution". 7-participants from HRTC district network participated in the conference. Participants prepared 19-points manifesto & handed to Education Secretary Mr. Madhu Prasad Regmi.
- International Federation Library Association (IFLA) globally called for data of member countries to create

a Global Library Map. RECPHEC as executive member of NLA collected information of different NGOs library of Nepal & submitted to IFLA.

- Participated of NLA workshop on IFLA Global Vision 2030 on 15 August 2017 to create the future to explore together how a connected library field can tackle the challenges of the future in global.
- Participated on NLA workshop on Building Strong Library Association from 16-17 September 2017. Ms Chandra Kiran Shrestha presented paper titled "Nepal Library Association (NLA): a professional sharing platform".
- Ms. Chandra Kiran Shrestha coordinated BSLA, ToT program in December. 28-trainees participated in this program of which 2 from Banke & Kanchapur HRTC district network.
- Participated on NLA workshop IFLA Global vision on 29th June 2018 in Kathmandu. The theme of the program is Our Vision Our Future.
- Participated on Library & Information Service (LIS) Forum: Kathmandu Valley Public Library with the objective to share knowledge, skills, new innovative technology and experiences.

□□

Development Communication/Publication

In Nepal people have limited access to communication & education material specially in remote rural areas. In the rural areas school books, labels & wrapper on commercial goods and posters & pamphlets distributed for various programs are only material people see. Dissemination of information is the greatest challenge for the development of the rural poor. Mass media in Nepal have not been able to play the role of changing the mind set of the people it should have done. It has not been considered as an effective agent of development. The government controlled electronic & print media & the newspapers published from private sector are also targeted to the elite urban readers. Broadcasting fails to reach the majority of rural poor. Massive illiteracy, limited transport facilities & adverse geographical conditions & linguistic & ethnic diversity restrict the free flow of information. Considering this, RECPHEC has been publishing Bhalakusari bi-monthly & Women's Health Tri-monthly. The main purpose is to provide user-friendly information on health, gender & 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 & capacity development & advocacy for people centered policy decisions at the central level. It is circulated in Primary Health Care, Health Post & development units in 75-districts of Nepal. It is primarily distributed to District Health Offices, NGOs, INGOs network & Women's Development Sector. It is also mailed to service providers & other interested persons & circulated in literacy classes at the community level. It has been established as a most effective & credible source for health information at the community level. It has been noted that health workers had relatively better access to the newsletters which also served as tool for continuous education.

Bhalakusari & Women's Health: 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's treatment technique and continuing education materials for health workers. The women's health news letters are focusing the women's health and rights issues. 141-150 issues of bhalakusari and 80-83 issues of mahila swasthaya published. 5000-copies each issue published & distributed.



Bhalakusari & Mahila Swasthya Newsletters

Health Right Year book Guidelines: Developed a guideline for Health Right Year book.

Diary 2018: Diary contains latest census data & other health related to Nepal: tobacco, noise pollution, polythene, free & maternal health services, alcohol, NCD & right to health, SDG & occupational health & safety.

Publication Materials: RECPHEC in collaboration with Lalitpur Metropolitan City published 500-pamphlets to promote effort to make Lalitpur City cycling friendly.

Press Release & News release: World Cancer Day, NCD Fact Sheet, SDG, book, Press release about Health right violation

Participation:

- Participated on Training about Health, Life style & NCD organized by Jeevan bigyan at Chabahil on July 2017.
- Participated on SDG report launch by National Planning commission August 2017.
- Asian Youth Center member visited Bhaktapur & honor by Earthquake affected family program. Mr. Purna Duwal, Communication officer arrange and coordinate that program in November.
- Several meeting with Trade Union about Occupational Health and safety.
- Meeting with NHIECC on Tobacco Issue and World No Tobacco Day.

Balance Sheet

Resource Centre for Primary Health Care (RECPHEC)
Balance Sheet
As at July 16, 2018

Previous Year	Liabilities	Sch.	Current Year	Previous Year	Assets	Sch.	Current Year
3,659,111.97	Current Liabilities	1	5,172,184.28	24,313,479.36	Fixed assets	3	24,166,412.18
858,647.00	BFTW		1,926,473.70				
2,800,464.97	Other fund		3,245,710.58				
	Funds:						
4,787,871.52	Restricted Funds:	2	6,649,583.72		Current assets		
3,186,461.43	BFTW		6,429,046.84	952,676.25	Account	4	1,416,554.70
1,601,410.09	Other donors		220,536.88		Receivable		
608,446.86	Capital fund	3	495,227.61	12,296,478.63	Cash & Bank	5	14,830,490.03
				3,532,933.18	BFTW		7,968,520.54
				8,763,545.45	Others		6,861,969.49
28,507,203.91	General Fund		28,096,461.33				
	Opening balance		28,507,203.91				
	Add Net Surplus		(410,742.58)				
37,562,634.26	Total		40,413,456.94	37,562,634.26	Total		40,413,456.94

Notes to account

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

Kashi Nath
Kashi Nath Marahatta
Accountant

Shanta Lal Mulmi
Shanta Lal Mulmi
Executive Director

As per our report even date
Manish Amatya
CA Manish Amatya
Partner
For: N. Amatya & Co.
Chartered Accountants
Date: Sep. 19, 2018



Income & Expenditure Statement

Resource Centre for Primary Health Care (RECPHEC)
Income & Expenditure Statement
For The Period from July 16, 2017 to July 16, 2018

Previous Year	Expenditure	Sch.	Current year	Previous Year	Income	Sch.	Current year
21,801,192.01	Expenditure		24,229,821.63	21,801,192.01	Specific Income		24,229,821.63
15,231,832.44	BFTW	2	21,158,185.40	15,231,832.44	BFTW	2	21,158,185.40
6,569,359.57	Other Donors	2	3,071,636.23	6,569,359.57	Other donors	2	3,071,636.23
474,822.75	General Fund Expenses		4,940,045.22	3,015,309.68	General Income		4,529,302.64
194,814.57	Depreciation & Other cost			697,077.18	Interest Income	6	132,376.49
280,008.18	General expenses			2,318,232.50	Other Income	6	4,396,926.15
2,540,486.93	Excess of income over expenditure transfer to Balance sheet		(410,742.58)				
24,816,501.69	Total		28,759,124.27	24,816,501.69	Total		28,759,124.27

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

As per report even date

Keshi Nath
Kashi Nath Marahatta
Accountant

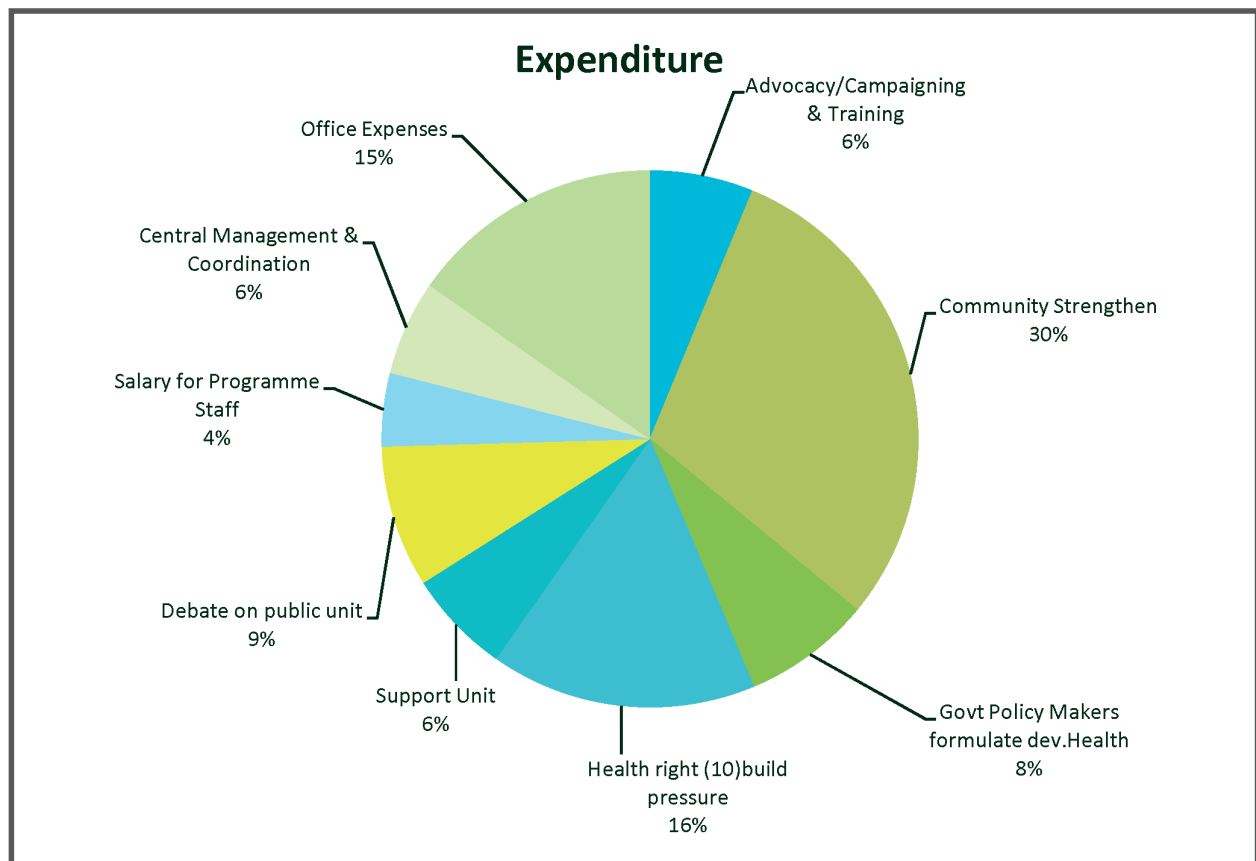
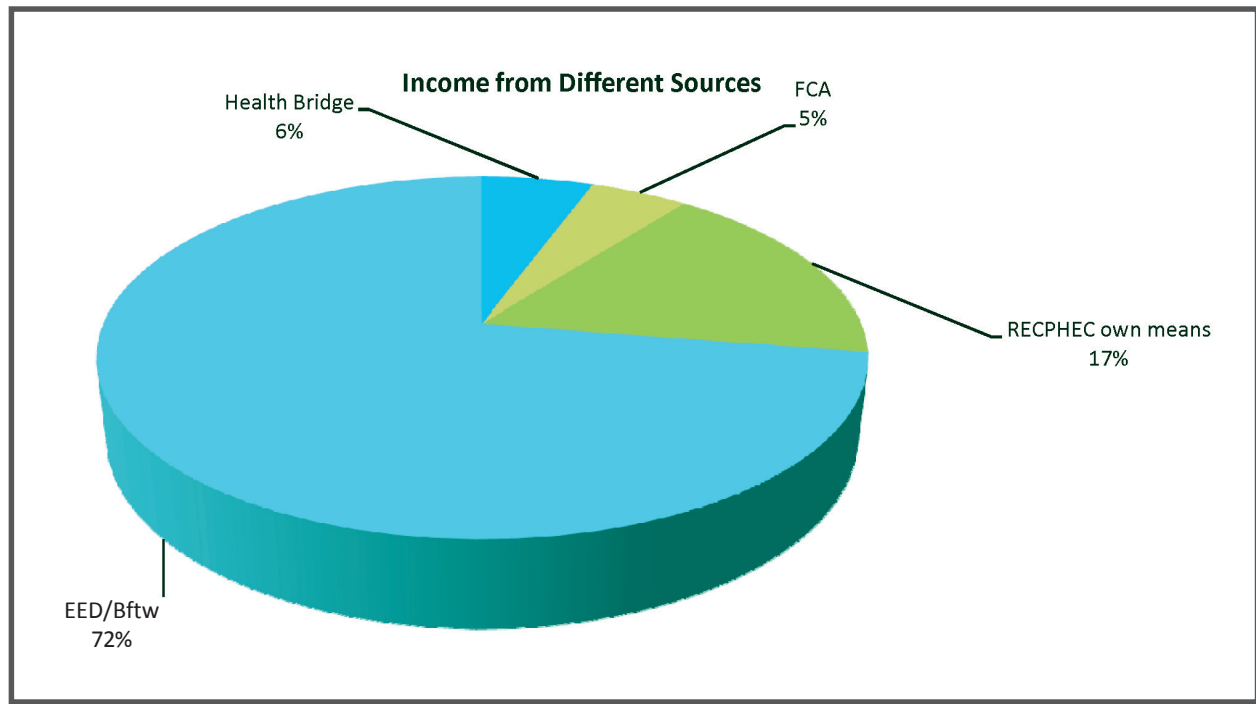
Shanta Lal Mulmi
Shanta Lal Mulmi
Executive Director



Manish Amatya
CA Manish Amatya
Partner
For: N. Amatya & Co.
Chartered Accountants
Date: 14.7.2018



Chart Showing Income & Expenditure



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.	Prof. Dr. Mathura P. Shrestha	Member
11.	Mr. Shanta Lall Mulmi	General Secretary

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	HRTC Program Coordinator
7.	Mr. Kashi Nath Marahatta	Accountant
8.	Ms. Manjushree Maharjan	ED's Secretary/Outreach Program
9.	Ms. Padmabati Pradhan	Asst. Admin & Finance Officer
10.	Ms. Rajita Sharma	Library Assistant
11.	Ms. Anisha Basnet	Receptionists/Admin Assistant
12.	Mr. Buddha Ghalan	Driver/Mechanic
13.	Mr. Shyam Lama	Office Assistant
14.	Ms. Ram Maya Thapa Magar	Office Helper
15.	Mr. Prakash Mangranti	Night Guard

Field Staff

1.	Mr. Madan Raj Katuwal	Field In-charge
2.	Ms. Kunta Adhikari	Health Coordinator
3.	Mr. Ful Kumar Sada	WASH Coordinator
4.	Mr. Sanjeep Raymajhi	Admin Assistant
5.	Mr. Karna Bahadur Katuwal	Helper

Field Motivator

1.	Ms. Samjhana Rai	Chaudandigadhi Municipality
2.	Ms. Sirjana Regmi	Triyuga Municipality
3.	Ms. Anita Chaudhary	Belaka Municipality
4.	Ms. Usha Chaudhary	Kanchanrup Municipality

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
- Research Report on Health Status of Gorkha Post Earthquake Assessment

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
- Health Right year book Guidelines

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

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

Resource Centre for Primary Health Care

Thasikhel, Lalitpur-5, G.P.O. Box: 117, Nepal

Tel: +977 01 5008010, 5008015, 5008031

E-mail: recphec@info.com.np, website: www.recphec.org.np

E-library: <http://elibrary-recphec.org.np/pages/home.php>