

SETU Nepal

Annual Report 2016

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SETU Nepal

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Introduction

SETU Nepal is a non-profit organization, established in 2001 by a group of young professionals. SETU Nepal originally served as a bridge for women re-entering society after imprisonment. Today, we also work for HIV/AIDS infected mothers and children to help them overcome the trauma of infection and stigmatization that often goes hand-in-hand with the disease and to empower them. Our aim is to provide a residential center to rehabilitate women through emotional support and livelihood training to facilitate their transition back into their communities, in turn enabling them to provide a stable future for themselves and their children specially focus on their nurturing and education. After the great earthquake of Nepal in 2015 SETU Nepal also run the program in some government school

Activities

With support of the Organisation Non-Gouvernemental pour le Development and Fédération Nationale des Eclaireurs et Eclaireuses du Luxembourg (“ONGD-FNEL”), SETU Nepal currently runs the following programs:

- Education and training programs for mothers with HIV;
- Education programs for children;
- Provision of temporary shelter in Aarati House, SETU Nepal’s transit home; and
- Nutrition programs for primary level student in government schools

Education and training programs for mothers with HIV

Over the course of 2016, SETU Nepal has conducted entrepreneurship training, job specific training, motivation training and three sessions of income generating training. We conducted feasibility studies to deduce which of our former beneficiaries would be best suited to take part in entrepreneurship, looking at factors such as financial and health status, access to training, dependent children and willingness to engage in training.

Entrepreneurship training

Each year we conduct education and training programs for women with HIV across various districts in Nepal. Of the 56 women participating in empowerment and livelihood training, 14 are selected based on performance and utilization of seed money resources to participate in entrepreneurship training the following year. This year, women were selected from the districts of Chitwan and Makawanpur to receive 15000 Nepalese rupees (“NRs”) funding to promote their business and engage in further training. **ANNEX 1**

Training develops micro level entrepreneurship skills for women living with HIV, providing them an opportunity to take their livelihoods into their own hands and change their societal perceptions. SETU Nepal facilitates this change in outlook and aims to self empower women through education, financial and emotional support. By providing a financial trigger and business acumen, SETU Nepal aims to fulfill the following objectives:



- To motivate illiterate and semi-literate women affected by HIV to become financial independent by way of enterprise initiatives;
- To educate semi-literate women affected by HIV and provide practical business knowledge; and
- To inform semi-literate women of achievable business opportunities and

to use the training to kick start their careers.

Methods

- Use of practical examples of successful micro business run by Nepali women;
- Idea sharing and think tank for business ventures and best practice;
- Introduction of business tools essential for small to medium enterprises, such as foundation knowledge in accounts, law, etc.
- The International Labour Organisation package Start Your Own Business was employed to inform women of the importance of business, identification of business opportunities, classification of business according to nature and service and challenges female entrepreneurs face.

On 28 February 2016, the training program was conducted with 14 women in Hetauda in the Makawanpur district of Nepal. The program began with an introductory information sharing session, where the participants shared their current involvement in income generating activity,



thanks to attendance of a previous SETU Nepal income generating training program. The majority had purchased goats and were selling the produce, and a minority had invested their money to assist with small shops, beauty parlours and embroidery businesses.

During the session, women explored how females of low income and literacy in rural communities can start or improve their

businesses through the ILO Start Your Own Business initiative.

With regards to the challenges these women face in successfully managing their businesses, small group discussions were held to explore the challenges women face, including gender roles, deficiencies in education for females, Nepal's patriarchal society and the wage gap.

A discussion ensued in respect of how to start and maintain a small to medium business, with practice examples and case studies depicting successful examples of women from similar circumstances running their own businesses



Specific Training

SETU Nepal offers the following training programs: beauty courses (4 participants), embroidery and doll making courses (2 participants), mobile vending units (4 participants) and goat farming (2 participants).



By employing practical training courses, these women are offered skills based courses in authentic locations which are more effective given the varying levels of education. We found this method to be more practical than that stated in the proposal. In turn, we will ask these women in time to offer their knowledge and experience to future beneficiaries of the program.

Case Studies

Being born HIV positive at birth does not signal a doomed life



Vision Naupane (name changed), a 24 year old widowed women living in western Nepal, is a former beneficiary of SETU Nepal's income generating training. Born HIV positive, Vision has not disclosed her health status to her community for fear of discrimination against her and her 6 year old daughter, who is currently receiving education support from SETU Nepal. Following her training, Vision used the seed money received to run her beauty parlor.

We visited Vision's parlor as clientele to see the services she offered. Having seen first hand her hard work and the range of services she offered, SETU Nepal invited her to take part in the Start Your Own Business initiative to allow her to expand her business. Now, Vision is undergoing an advanced beauty course in Kathmandu to further expand her offerings.

Turning around bitter childhood experiences

Daya (name changed) is one of our beneficiaries that informed her community that she was HIV positive; as a result, she was unfairly evicted from her rented accommodation, neglected by



healthcare professionals when she attended the Doctor for treatment and even discouraged from having a child by her own family. Daya and her husband ran a small grocery store, however once the community learnt of their illness, they were boycotted for fear of infection and transmission by their community and the business went under. Frustrated, Daya became depressed and attempted to take her own life. Fortunately, she met one of SETU Nepal's outreach workers and participated in the 2010 income generating program. Through the program, she met other women living with HIV who encouraged her to embrace her situation and live her life to the fullest. Following training, Daya used the seed money to start her doll making program. Daya commented that "the experience of being outcast was horrendous, but this bitter

experience led me to turn my life around". Daya and her husband are doing well, and their 6 year old daughter is excelling in her studies as supported by SETU Nepal. Seeing results, we chose Daya to partake in the Start Your Own Business Program.

Motivation training and cash distribution

Over the five day training course in Hetauda, Makawanpur, the participants were engaged in motivational, transformational training to empower themselves. This training covered engagement programs for awareness of society and its limitations, reintroduction following ostracism, the timed value of life and professionalism, positive thinking paradigms, self honesty, compassion and how to maintain fruitful relationships. Training



was participatory, involving role-plays and sharing personal experiences, requiring women to critically evaluate the positive and negative behaviors in their life and the consequences of same.

After an open floor session to share their experience, the participants took part in an information session on the economical implications of the program, namely the distribution, use and repayment of loans. The following contract was drawn up at the end of the session:

- 1 Mandatory monthly meetings to discuss progress and difficulties;
- 2 Monthly repayment plan of the initial loan (NRs. 500-1000 per month);
- 3 Should any participant miss a meeting without a valid reason, a NRs 50 fine will be imposed;
- 4 Any loan is subject to a 1% interest rate which must be incorporated in the repayment plan;
- 5 Repaid monies will be redistributed to the next participants of the course.



Results

As at the year-end evaluation in December 2016, the program had seen NRs 200000 repaid in loans with NRs twenty four thousand interests which was from the beneficiaries of 2015 and 2016. The participants were eager to repay their loan to help other women and expand the business. We are circulating the repayment amount among the same and some other women with HIV. It has made them more confident, accountable and empowered.

Motivation Case Study: The Appreciation Award

Acknowledgement and appreciation of good performance is one of the key facets in motivating a person. As of the start of 2016, we resolved to award the two top participants of previous entrepreneurship programs awards, based on the success of their business and a timely repayment of loans. This award will be presented before participants of the current program, thereby motivating another tranche of participants.



We are very happy to announce that this year, Durga Shrestha and Laxmi Titung were awarded for their performance and received NRs 5000 each. Durga Shrestha started small mobile snack stall near the bus station after participating in the 2012 livelihood training program. Similarly Laxmi Titung attended training in 2013 and received seed money for buying two goats. Detail in **ANNEX 2**

Livelihood training

'Give a man a fish, and you feed him for a day. Teach a man to fish, and you feed him for a lifetime' – By teaching women life skills, we render them independent and self-sufficient. Over 2016 SETU Nepal conducted livelihood training for mothers with HIV and provided support to total 56 women with HIV. **(ANNEX 3)** We conducted training, followed by monitoring and evaluation to judge the utility of our contribution. The results have been positive so far, in terms of female empowerment, self-confidence and establishing relations with women in similar circumstances. The response from goat farming has been relatively positive, although we recognize that it is not suitable for every candidate (family problems, unsuitable land, etc...). Seed money with income generating skills is not only for encouraging them to be self-stand, it is also the entry point to bring out the situation of mother and children with HIV in Nepalese society by maintaining good relation with them after training program so that we can address in other cross cutting issues of them.

The objective of the training was to empower mothers and women living with HIV to boost their self-esteem, increase their self-awareness regarding their rights and responsibilities, educate them on the significance of nutrition, hygiene and meditation and to provide them with financial support in the form of seed money and income generating skills. The training was a networking platform for both SETU Nepal and the participants, enabling good relationships to be formed for the future.

The training focused on gender discrimination, female empowerment, the differentiation between men and women in Nepali society, health and HIV in women, the significance of nutrition and meditation to manage life with HIV. The last day of training, participants shared their experience of managing goat farming businesses, as traditionally many women rear goats at home and in their community. By providing participants with business acumen, SETU Nepal helps these women to develop their pre-existing skills into income generating businesses and motivates them to become self-sufficient. The undercurrent to the training addressed the inherent gender discrimination in Nepal, the female identity and how women can embrace both gender and society despite the difficulties they face.

To make the learning process more effective a plethora of teaching methods were used: group discussion and presentation, role-plays, question and answer sessions, lectures, brainstorming, games, art, singing and practical demonstrations. We found that group work and presentations increased the confidence of participants, whilst brainstorming sessions aided their creativity and mental stimulation.

Each training session was held as a five day residential in Lamjung and Kathmandu to ensure maximum participation in the program. All participants were from different districts within Nepal (Palpa, Makawanpur, Sindhupalanchowk, Nuwakot and Gorkha).

Training evaluation forms were circulated at the end of the session to encourage direct feedback.

The final income generating training session was held from 4 July 2016 – 8 July 2016 for 14 women. As same as previous the last day of training SETU Nepal organized a day visit to Pashupatinath Temple, the National Museum of Nepal and Swayambhu Stupa for a cultural awareness trip.

A follow up visit was conducted in November 2016 to review the progress of all participants of 2016 livelihood training.

Case Study

Suku Pariyaar of Kaski, Pokhara is a former beneficiary of livelihood training and started her business in goat farming from seed money provided by SETU Nepal. She raised goats, sold their produce and the goats themselves to earn a living and, along with two of her friends, started a tailoring business. Now, Suku wants to start her own tailoring business, however she does not have the necessary equipment, only access to a broken machine. As a single parent of 14 year old daughter sponsored by SETU Nepal for her grade 9 education, Suku appealed to SETU Nepal for assistance.



SETU Nepal plans on offering a space on the 2017 Start Your Own Business program and in the interim, is seeking sponsorship to provide Suku with the materials to start her own tailoring business.

Exposure Visit

Every year, those women with HIV that have participated in our training program have the opportunity to travel to other communities for networking and take part in various self motivation events. In Nepal's patriarchal



society, women rarely get the chance to explore their own district beyond their communities, never mind visit other districts. even their own surrounding. In this regard, participating in livelihood training is a networking opportunity to meet other women living under the same circumstances in a geographically different context. When women visit Kathmandu for the residential Start Your Own Business program, it is often the first time they have visited the capital. At the end of the residential program, the women are taken to points of interest such as Pashupati Temple, the zoo, the Royal Palace and Durbar Square to learn about their cultural heritage, an opportunity they would not otherwise be afforded.

Education Program

SETU Nepal is continuing to provide support for education to children infected and affected by HIV.

In the 2016/2017 academic year, SETU Nepal is providing support to a total of 100 children across Nepal. Of the 100 children sponsored for 2016/2017, 59 have received continuing support from 2015/2016 based on good academic performance .The remainder of this number are first time recipients of academic support. **ANNEX 4**

Stationary Distribution

This year, SETU Nepal began to provide the children that stayed in Aarati House with school supplies support, including school bags and stationary. A total of 10 children benefitted from this support in 2016 who were not included in our education program but beneficiaries of our health treatment program..



Aarati House



Aarati House, SETU Nepal's transit home, was established to provide temporary housing to mothers and children living with HIV. In order to give the women and their children an education, we provide them with a safe learning and social environment to address their social and mental and physical health needs. We have found that this environment allows for a safe rehabilitation before sponsorship and alternative living arrangements are made.

Daily Routine

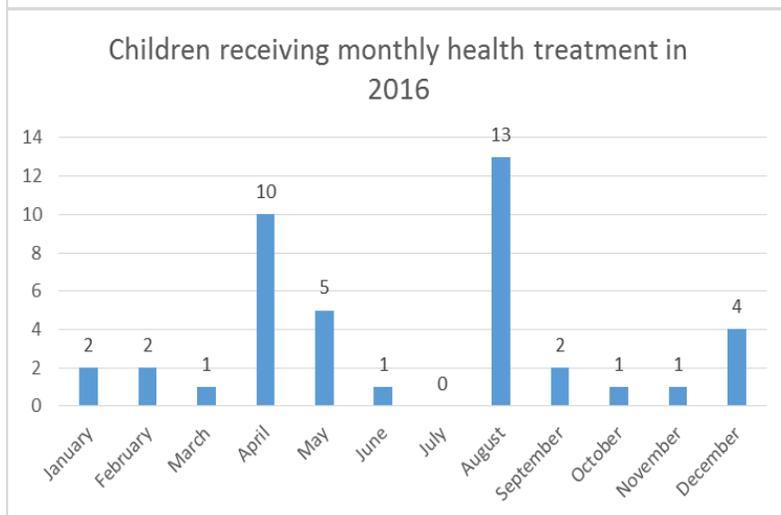
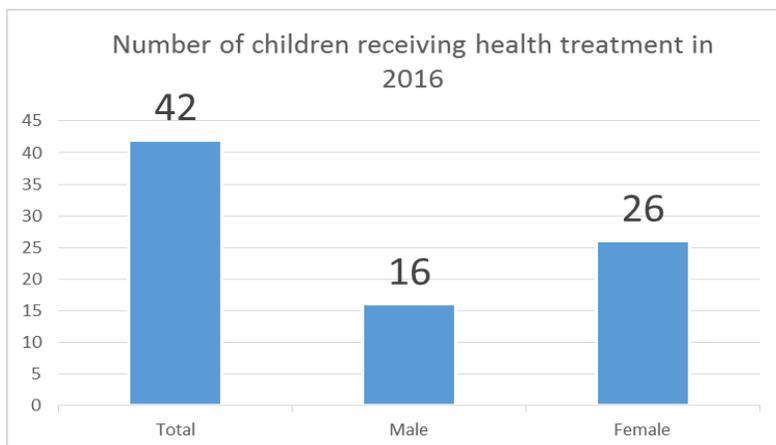


At Aarati House, SETU Nepal implements a daily routine to impose a sense of discipline and order in the children, having often come from chaotic circumstances. It includes morning prayers, washing, study and recreational activities before lunch before school in the afternoon and play time before dinner, after which the children unwind with some tv before dinner.

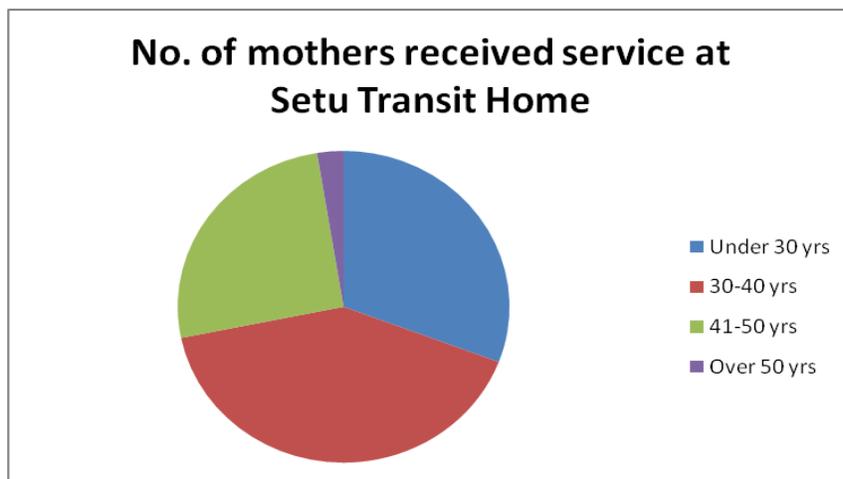
We incorporate developmental activities into the children's routines, such as counselling sessions, art therapy, day trips to increase the children's cultural awareness and the celebration of cultural holidays within the home.

Health and Wellbeing

Regular health checks are an essential part in the care and development of children, especially those living with HIV. So far this year, a total of 42 children received health treatment courtesy of SETU Nepal, 16 male and 26 female. Among this total (42), 24 children were newly admitted and rest 18 were re-admitted. Five children were carried forward from the last year (2015) to this year. Please see the table below for further information. Out of total 24 newly admitted children 15 are under ART in which 9 are female and 6 are male.



Along with these children, 78 of women/mothers were also treated. Out of 78, 28 were readmitted for further treatment. So, out of remaining 50 mothers 44 came for viral load test, lab test and CD4 count, and 6 of them did whole body



check-up and started ART. The service from the transit home for women and child with HIV was much contributed because it was not affordable for them to stay in Kathmandu while they visit for their treatment.

Age wise distribution of women/mother receiving service in 2016

Month	Total	Age (Years)								
		Under 25	26-30	31-35	36-40	41-45	46-50	51-55	56-60	Over 60
First Quarter	9	0	1	5	0	2	1	0	0	0
Second Quarter	20	1	3	7	1	5	1	0	0	1
Third Quarter	35	0	13	7	7	5	2	0	0	1
Fourth Quarter	14	0	6	1	2	3	0	0	0	0
TOTAL	78	1	23	22	10	15	5	0	0	2

The above table and graph shows that the higher percentage (58%) of women are suffered by HIV in their pick productive age (26-35). Besides out of 50 newly admitted women 18 of their husband are already died.

Case Study



Bimala, a HIV positive woman recently released from prison after a 6 year sentence, came to Aarati House for treatment along with Avina, her 7 year old daughter. During our initial health checks, we found that Bimala was suffering from tuberculosis and other related infections. Further blood tests found that her daughter was HIV positive, causing Bimala great stress.

Bimala and Avina have been discharged after a 2 month stay in Aarati House, and now face the challenge of finding somewhere to live. Discriminated from be her community and ostracized from her family, Bimala is struggling to come to terms with her reintegration into society. Avina is not safe; while her mother was in prison, Avina was sexually abused by her 14 year old uncle. SETU Nepal has sponsored Avina for educational support and invited Bimala to take part in livelihood training. Bimala has used her seed money to start a noodle and alcohol business and is doing well. SETU Nepal is appealing to wellwishers for further sponsorship to ensure Bimala and Avina have a safe place to stay.

Nutrition Programs in Aarati House

SETU Nepal provides a safe and caring transition environment for HIV positive women and children. The doctors, nutritionists and staff have established educational programs, health checks and training courses for the mothers. Beneficiaries of the home receive nutritious meals and training, medical attention and counselling. This holistic approach is the only program of its kind catering to HIV positive children in Nepal.



Over 80% of the children coming through the doors of Aarati House for the first time arrive malnourished and suffering from disease. After a 45 day stay, 90% of these same children return

to their homes at a healthy weight, free from infection. Mothers return with a greater awareness of hygiene, nutrition and the spread of infectious diseases, better equipped to take care of their children living with HIV. On average, SETU Nepal helps over 200 children and their mothers each year through Aarati House, whether it is in house or outreach care through training programs and educational sponsorship.

Case Study

How a positive environment can shape a life

Following the April 2015 earthquake, Prasana, a 5 year old living with HIV came from Sindhupalanchowk to stay at Aarati House on a short term basis with her grandmother. She had been orphaned because of HIV, and the earthquake destroyed her home. Trying to return to their community, Prasana's uncle would not let her and her grandmother stay. Prasana returned to Aarati House and is receiving education support.



Networking and fund raising for Aarati House



As Aarati House is a 14 beds transit home for women and child with HIV for their health education and other social issue all well wisher of Nepal and outside the country are welcome to visit and be close to us to achieve the goal of SETU Nepal by providing support for women and child in need. In this regard this year (2016) SETU Nepal raised around 5 lakh (NRS. 480815 (four lakh, eighty thousand and eight hundred and fifteen) form national and international philanthropist. The donation is for the private level education for the children with HIV who are living in SETU transit home and for the treatment of women and child with HIV.

Money does not matter, willingness matters: A group of former participants of the livelihood training from the Palpa district donated NRs 1500 to Aarati House at the end of their training, showing their willingness to help others, even when they themselves do not have a lot to give.



Nepal has committed to funding 50% of his private school tuition fees so that he may be a role model for other children in the future.

Festival celebrations

New Year

On 1 January 2016, the children of SETU Nepal celebrated the start of a new year along with the staff and mothers by making traditional Nepali food such as mo:mo (dumplings).



Maghe Sankranti

Makar Shankranti, also known as Maaghi is celebrated on 15 January, or the first day of Maaghi on the Nepali calendar as a cultural and religious food festival. Aarati House saw the day celebrated through the preparations of traditional meals such as Til Ko Laddu, cooked yam and Khichadi as an act of thanks for the winter harvest and the longer days.

Holi

A festival celebrating light for the whole family, SETU Nepal marked the occasion by gathering the families of beneficiaries and celebrating with colour, arts, games and food to mark the importance of family in our lives.



Krishna Astami

The children and their mothers under the care of SETU Nepal celebrated the festival Shree Krishna Janmastami, the birth day of Lord Krishna. Lord Krishna and Radha are worshipped as a symbol of love in the Hindu community. To celebrate, one child assumed the role of Lord Krishna and another Radha, with the



rest of the children partaking in the festivities as friends of these symbolic figures.

Teej (Women special festival)

SETU Nepal participated as a guest contributor to help assist with the Teej program in Makawanpur organized by Makawanpur Women's Group, a community support group for people living with HIV and third gender. More than 100 women with HIV participated in the program and enjoyed with dancing, singing and delicious food.



Christmas

SETU celebrated Christmas by incorporating local and western traditions, introducing Santa to the children and visiting the local Hindu Temple nearby for wider cultural awareness.

Dashain

Dashain is a festival that celebrates the close bonds of family and friendship. To embrace this, the children of SETU Nepal were reunited with their local relatives to celebrate the festival.

Tihar

The festival of peace, progress and prosperity was celebrated in Aarati House with the symbolic lighting of candles, before teaching the children traditional dancing.

School Holiday Celebrations

School vacation times hold a special place for children, bringing back memories of long days, fun and no responsibilities. To mark the end of the exam period and the academic year, SETU Nepal brought the children for a picnic and activities at Kathmandu park, before hosting an arts and crafts afternoon in Aarati House.

Photo Gallery



Monthly meeting of women entrepreneur



Exposure visit of training participants



Festival Celebration by children at SETU home



In the process of Education Support

Earthquake Response Program

Nutrition for school children



Following the Nepal earthquake of April 2015, children's attendance at school plummeted in the majority of government schools in the heavily affected districts. SETU Nepal started an initiative for the distribution of care packages, firstly in two primary schools in Lalitpur, given that it was one of the hardest hit districts in Nepal. For sustainability of the campaign and to encourage participation and community support, parents and school management were tasked

with supporting the problem by offering school meals and a salary to parents acting as cooks and cleaners, a sponsorship of NRs 5 per child per day.

Initially, emergency funding was for a six-month period, however noting the success of the campaign we have extended our campaign for another academic year despite limited resources. The nutrition program helps encourage children to attend school and learn the importance of a balanced diet, providing practical lessons for the wider communities. SETU Nepal have conducted a wealth of interactive programs to ensure children and their parents are aware of the importance of healthy eating in the growth and development of children. Nutrition education programs were run for school canteen staff and participatory rural appraisals held with parents to assess the background the children are coming from.

During the monitoring process, we found poor kitchen management and food storage was one of the biggest problems, along with poor knowledge of hygiene and maintenance. Qualitative research methods were used, such as focus group discussions with mothers, one on one interviews to assess knowledge, attitude and practices, gender and HIV assessments and background rankings based on resources available. We found that resources in place, such as local youth clubs, were inactive due to lack of leadership and funding., something that SETU Nepal hopes to help in the future.

Following on from our training with a second visit, we found the kitchens vastly improved, well maintained and strong hygiene practices in place for adults and children. Parents of the communities had even increased their voluntary contribution to Nrs 7 per child.

Capacity development



While working with HIV positive people is extremely rewarding, it can sometimes be draining for staff members who help to resolve social and emotional issues facing those living with HIV on a daily basis. This year, SETU Nepal staff members participated in **Stress Management Training**, a program organized by Jeevan Vigyan Dhyana Kendra.

SETU Nepal staff were involved in a training program entitled "**Protection and Development of Children: Care Delivery in Institutional Setting**", organized by the Network for Children Prisoners and Dependents ("NCPD").

Given that Aarati House is a transit home to improve the physical and emotional wellbeing of those children most in need, SETU Nepal believes that it is essential that caregivers dealing directly with the children are well versed in the dietary and health requirements. As such, SETU Nepal staff conducted in a training program entitled "**Nutrition and Nourishment: Balanced Diet for Healthy Childhood**" organized by



NCPD. This training was highly successful in terms of attendance, the materials covered, facilitation and achieving goals. Participants were selected from a pool of youth caregivers working in children homes of Kathmandu, Lalitpur and Bhaktpur district supported by NCPD. Upon review, participants reported that they gained deeper understanding of nutrition and nourishment and an insight into the importance of a balanced diet for the healthy development of children under their care. SETU Nepal would like to take this opportunity to thank NCPD for their support throughout the year and for providing a platform to share understanding and ideas for the nutrition of Nepali children.

Monitoring our Initiatives

SETU Nepal conducts monitoring and follow up visits after each of our initiatives, which we believe is intrinsic to our success. This includes client care, repayment of loans, evaluation of academic performance and more. We find that it is the best way to collect first hand evidence of the problems we have addressed and those that require further attention. Through our visits, we identified the following key factors:



- The appropriate use of funding for women in business;
- The need for technical, social and emotional support; and
- The potential discrimination at play, whether societal or familial.

Out of 56 mothers who received training with bonus from the project, we had interacted 42 mothers and some of their children.



Out of 42 participants around 75% (31) are running goat farming and they have in total 115 which means in average more than two goats per participants till now. Some of them have bought pregnant goats and have raised now, where as some have bought, pig, chicken or buffalo instead of goat with adding some more. As they can earn very good amount if they make their goat mature, some of them are planning to sell it in near future. Twenty five percent of participant who don't have goat they are living either in their own place or city area and running some other

business such as tailoring, parlor footpath shop from the seed money and they have rational reason for not keeping goat with them .It is hard for them to keep goat while they are living in city in a rented room or if they are alone it is not possible to keep goat and take care of them. However they are earning will in their business.

It is also realized that meeting participants in their own place is best way to know about their real situation and it helps to make a good relation within program organizer and beneficiaries. Once we are aware about their situation it would be more helpful to make a program in future. At the same time we were aware about their status into their own community and maintained their confidentiality as some of them are not disclosed into their society.

Case:



Radhika Rana, 40 years of age is one of our hardworking beneficiaries of 2016. She lives in Palpa district which is western part of Nepal and less access from city area. She is the signal parent of her two children after the death of her husband. However both are good in terms of behavior, supported and their study. After participating into training program of livelihood from SETU Nepal 9 month ago and received seed money she did very well and utilized money for livestock. She bought two pigs from the seed money spending Nrs. 8 thousand

and earned 15000 from one of them. Now she is planning to invest the profit amount for buying more pigs. When we visited her place she expressed her gratitude towards SETU Nepal for being a part of our program.

Unplanned activities:



In spite of that was not planned into our annual activities, SETU Nepal organized a joint program with District Education Office and conducted a training program for the principals and teachers including the School Management Committee members of 15 government schools of Lalitpur district. SETU is glad to announce the Successful completion of the three days workshop on Transformational Teaching and

School Management Training Program at Gotikhel Resource Centre, Gotikhel Lalitpur. The complete training report is attached in an **ANNEX 5**

Conclusion and Recommendations

Aarati House Care Program

Nepali women and children infected with HIV/AIDS face social isolation, medical neglect and physical and emotional abandonment. The government offers limited treatment programs, and Aarati House helps to address this gap by providing medical care, shelter, outreach programs and more. To address the ostracism these women and children face, we offer a safe and comfortable environment that dramatically improves the mental and physical wellbeing of our beneficiaries.

Psychological counseling is an intrinsic part of the help we offer to help them overcome the trauma they have suffered. As referrals are expensive, SETU Nepal is seeking to set up an in-house psychological education and counseling program in Aarati House in the coming year.

Cost analysis		
Treatment	Cost per patient (NRs)	Notes
Basic sample testing	525	Initial, one off requirement
CD4 treatment	100	Regular requirement
Viral loading treatment	125	Regular requirement
X-ray	250	Initial requirement for serious cases
Montous (tuberculosis treatment)	150	Regular requirement
Hepatitis A, B, C treatment	1000	Initial, one off requirement
Urine culture	400	Initial, one off requirement
ECG	500	Initial, one off requirement
Endoscopic	2500	Initial, one off requirement
MRI	7000	Initial, one off requirement
Psychological counseling	3000 for 5 sessions	

Photo of hospital treatment

These treatments combat the wealth of issues women face, and are basic level treatments to gauge the wellbeing of our beneficiaries so that we may effectively address their health issues.

Education Support

The numbers awaiting educational support are endless; without proper screening and evaluation, we cannot prioritize support on a needs-based ranking. This period of evaluation is intrinsic to maximize the carte we can provide and chose children who will best benefit from our funding.

An alternative is to explore vocational education for those children that are not academically inclined, in turn providing children with the means to support themselves in time. SETU Nepal would like to further explore this option in due course.

Entrepreneurship Programs

As it stands, we provide NRs 15000 to women as start up money as part of the Start Your Own Business course, however this is half the amount required to start and maintain a business, ensuring the timely repayment of loans and interest. We further acknowledge that moderate literacy is required, and as such wish to offer literacy courses for women that are in line to take part to ensure they have an adequate foundation for taking the course.

Income Generating and Livelihood Programs

This is one of our most successful programs, in that we can successfully impact a large number of families by offering training to women living with HIV to provide for their families, who in turn assist future beneficiaries of the program. The impact has been acknowledged by other non-governmental organizations, and we feel that strengthening our bonds with these charities will allow us to expand our horizons and offer a wider range of courses.

Earthquake Relief Programs

As a reactive initiative to the 2015 earthquakes, this pilot program saw such success that we extended it. By involving parents and schools, we have found that communities become involved both financially and emotionally and invest to see success for their children and schools. This integration is encouraging and has shown that foundations may be set for long term involvement and community progress.

We hope to continue our involvement in the Lalitpur programs for 2016/17 to see further success.