

Synopsis: Four-year report (2015-2018) SETU Nepal

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1. Executive summary

During the period of 2015 to 2018, SETU Nepal successfully supported 224 HIV infected and affected women during 16 Income Generating Trainings as well as 68 beneficiaries through four Entrepreneurship Program. Furthermore, 173 children could benefit from the Education Program by getting provided scholarships and stationary. Moreover, 354 women and children received health treatment and shelter in the Aarati House. The earthquake relieve program had also great success in various schools, by providing hygiene and nutrition courses. Finally, numerous other workshops and campaigns had been held in favour of our beneficiaries such as Life skill through Fun, the Kitchen Gardening Program, Outreach Programs, One Rupee Campaign and various more, in order to give them valuable life skills and stimulate their potential.

2. Introduction

SETU Nepal is a non-profit organization established in 2001 by young professionals of the country. Initially, the organization had the objective to support imprisoned women, who are most often oppressed by society and deprived of having an education. This makes it nearly impossible for them to get proper skills and hence they cannot lead an independent life nor support their children properly. Working with those marginalized people, SETU realized that also people that are infected or affected by HIV are considered as reprobates in the society and abstained in social activities even among the most educated mass. It is in our effort to work as a bridge to help those marginalized people to re-enter into society and help them lead a meaningful life again. Through Aarati House, SETU's Transit Home, we provide a residential centre to the beneficiaries to rehabilitate them and supply emotional and medical care, as well as livelihood training, so that they can build an independent life and provide a stable future for themselves and their children. Furthermore, each year we provide scholarships and stationary to children of HIV positive women and support them for their further studies, if they show a great dedication. Apart from supporting HIV positive women and children, we are also involved in school strengthening activities with government schools, such as Day Meal Program, Kitchen Garden set up and teacher trainings, in order that the dropout rate will decrease. Our vision it not only to help out our beneficiaries but also to raise awareness and remove the existing stigma in society, in order to create a space of inclusion and acceptance.



3. Target Group

SETU Nepal supports different target groups, being:

- Women and children with HIV
- Children from economically poor and socially backward communities
- Imprisoned wo-men and their children

4. Areas of activities

With the support of ONGD-FNEL (“Organisation non-gouvernementale pour le développement; la Fédération Nationale des Eclaireurs et Eclaireuses du Luxembourg“) 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
- Nutrition programs for primary level students in government schools

5. Livelihood and Income Generating Training

<i>Year</i>	<i>No. of participants</i>	<i>Place of the trainings</i>	<i>Districts of the women</i>
2015	56 during 4 sessions	Lamjung and Aarati House	Chitwan, Nawalparasi, Syanja, Palpa, Lamjung, Kaski, Makwanpur
2016	56 during 4 sessions	Lamjung and Aarati House	Palpa, Makwanpur, Sindhupalanchowk, Nuwakot, Gorkha
2017	56 during 4 sessions	Lamjung and Aarati House	Tanahu, Palpa, Sindhuli, Dhanusha, Mahottari, Nawalparasi, Kathmandu
2018	56 during 4 sessions	Lamjung and Aarati House	Nawalparasi, Lamjung, Tanahu
Total	224 during 16 sessions	/	/

SETU Nepal conducts Livelihood and Income Generating Training for mothers with HIV during the course of 4 sessions. We conduct training, supported by monitoring and evaluation to judge how our contribution impacts the lives of these women. By employing practical training courses, the women are offered skill-based courses in authentic locations, which are more effective given the varying levels of education. In return, we will ask these women in time to offer their knowledge and experience to future beneficiaries of the program. The objective of the training is to empower mothers and women with HIV, to boost their self-esteem, to make them aware of their rights and responsibilities, to educate them on the significance of nutrition, hygiene and meditation for a healthy life and to provide them financial support under the form of seed money. After IG Training the women receive a seed money of 10 000 Nrs., which should help them to start a business, with the

intention that they themselves have to find out how to work in the most productive way by bringing in their own resources and as such gain responsibility. Furthermore, they take part in a holistic residential program during each session. The training focuses 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. To make the learning process more effective different teaching methods are used including group discussions and presentations, role-plays, questions and answers, lectures, brainstorming, games, art, singing and demonstrations.



6. Entrepreneurship training package for women living with HIV

<i>Year</i>	<i>No. of participants</i>	<i>Location of beneficiaries</i>
2015	14	Makwanpur
2016	14	Makwanpur, Chitwan
2017	20	Palpa, Makwanpur
2018	20	Palpa, Nawalparasi
Total	68	/

SETU Nepal provides training with financial backing for start-up businesses to women living with HIV. The women that participate in the Entrepreneurship Training Program are the former beneficiaries of the Income Generating and Livelihood Training Program of the previous year. Women who demonstrate their motivation in the first training and show dedication to starting and maintaining a business are chosen to attend the program. They receive an amount up to NRs. 40,000, which they have to return during the period of two years, that will be used to others as a revolving fund. Those, who benefit from the program should donate their own start-up costs back to SETU Nepal once they have seen success and growth, in order to assist the next year's program. In this way the women not only support the organization that supported them, but bring their knowledge about accountability and money management skills to the new participants of the program. The goals of this training are to educate semi-literate women suffering from AIDS/HIV as how to businesses operate and provide them with the educational tools to formulate a business plan. Furthermore, we want to inform the women of local market conditions, the financial requirements and operational structures in local Nepali businesses. Finally, we want to assist these women in implementing their

business plans to set up their own businesses with the ultimate goal of financial independence. Once they have fulfilled the allocated workshop days, the women are introduced into practical roles under mentorship. After this the women take part in motivational training to see how they could best implement the skills learnt to establish their businesses. Once motivational training is completed, the participants form a peer group to discuss deployment of funding in small businesses. During the session a peer contract is formulated, which implements monthly group discussions and monthly repay instalments, which will be used so that other women with HIV/AIDS in the same district can assist in the program.



Appreciation Award

<i>Year</i>	<i>Participants</i>	<i>Business</i>
2015	/	/
2016	Durga Shrestha	Mobile snack
	Laxmi Titung	Goat farming
2017	Niru Bayelkoti	Goat farming
2018	/	/

Acknowledgements and appreciation of good performance is one of the key facets in motivating a person. Beginning in 2016, we thought that it would be a good idea to give participants of previous entrepreneurship program awards, based on the success of their business, their creativity and dedication as well as of the timely repayment of the received money. This award will be presented before the participants of the current program, thereby motivating another group of participants.

7. Status of training participants

<i>Year</i>	<i>Education Level</i>	<i>No.</i>	<i>Caste/Ethnicity</i>	<i>No.</i>	<i>Husband Status</i>	<i>No.</i>
2015 - 2018	Illiterate	47	Brahim/Chhetri	136	Alive	101
	General reading and writing	156	Janajati	56	Deceased	119
	Higher Secondary Education	21	Dalit	32	Unknown	4

Out of the 224 women, 47 (21 %) are illiterate, which is one of the reasons why women in Nepalese society are prone to getting HIV. Due to being deprived of an education they might not be aware of the illness or how it can be transmitted. Moreover, they lack the information of basic hygiene and methods on how to prevent transmission. 156 (70%) may have attended a basic level in education, which is oftentimes not enough to stay safe, as a lot of the women forget what they learnt in school, due to dropping out at an early age and working in households. The rest of the women (9%) have attended either secondary school or even higher secondary school and it is alarming that they still have been victims of HIV, although they might have been informed about the illness and its precautions. The reason of this is male ego, which is why a lot of husbands hide the fact that they are ill, due to earlier marriages or affairs, and therefore cannot start treatment properly or won't start at all. The mode of HIV transmission by husband was shown in 98% of the participants. Oftentimes, only after the death of their husband, the women find out that they are HIV positive. The majority of them expresses that they are in burden of loan, as it is not easy for them in Nepalese, especially rural society, to survive after the death of their husband and HIV puts an additional stigma to the situation. Plus, as a single parent it is really a tedious task to look after even a single child.

In the previous sessions of training, the literacy status during trainings used to be so poor that most of the women learnt writing their name during the session. But nowadays participants are much more active and are aware about basic knowledge and education, which makes the sessions quite interactive. Though it was a depressing fact that they became HIV victims despite of being educated, it was a relieve that they carry enough potential to utilize the knowledge they gain in trainings in order to get independent again.

Regarding the caste and ethnicity of the participants, most of the participants form the indigenous community, which has lower economic status and thus cannot afford preventive aid or health care, which increases the HIV prevalence.

8. Education program

<i>Year</i>	<i>Regular children</i>	<i>New children</i>	<i>Total</i>
2015	96	/	96
2016	59	41	100
2017	86	14	100
2018	78	22	100

Total of different children supported during 2015-2018	173
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Within each year we try to support 100 children of HIV positive women for their education. This number will remain unchanged throughout the program, as we intend to support the children until they have completed their school studies. However, if there is any sign of unwillingness or if they don't perform good in their education and fail in the final exam in two academic years, we will discontinue the support of these children and integrate new children into the program, who show more potential and interest. We will always look for other possibilities, where the children can use their potential for any activities for their livelihood, with the help of vocational training. Furthermore, we also always try to find hidden talents in children and are willing to involve them in further studies to nurture their skills even more. In the last four years we have supported 173 different children, of which 77 are new admissions and 96 are regular children, that have been supported several times.

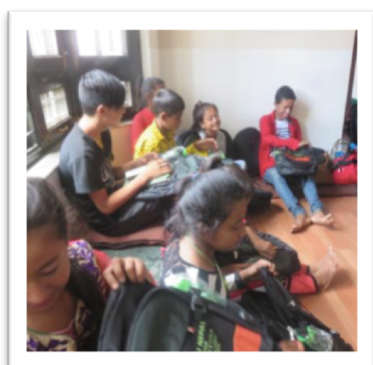
<i>Year</i>	<i>Infected</i>		<i>Affected</i>	
	<i>In general</i>	<i>Out of 173</i>	<i>In general</i>	<i>Out of 173</i>
2015	59	59	37	37
2016	48	14	52	27
2017	51	6	49	8
2018	49	11	51	11
Total	/	90	/	83

Out of 173 supported children, 90 are infected by HIV and 83 are affected. This shows us, that even if the children themselves are not ill, they still are affected if a member of their family is HIV positive and therefore discriminated by society.

<i>Year</i>	<i>Female</i>	<i>Male</i>
2015	54	42
2016	22	19
2017	8	6
2018	12	10
Total	96	77

Out of the 173 children, 96 are female and 77 are male. This shows that SETU Nepal has its priority on the education of girls, as they are still victims of gender discrimination in society and have oftentimes not the chance to get a good education. In that way SETU Nepal wants to help those that suffer the most under the stigma and spread the awareness of how important it is to provide girls an education in order to remove this social oppression.

We support children with HIV in government schools of their district in order to better integrate those children and their families in their communities. We choose to provide funding for the education of children in government schools, since that enables us to support a greater number of children due to the lower subscription costs. However, since government schools don't provide the best education we always try to encourage parents to invest in the education of their children, so that they can attend private school and receive a good education. In spite of that we try to strengthen government schools, as for example by Day Meal Program because the majority of children, especially from rural and vulnerable areas, attend government schools and we think they also deserve the right to have a good education; their education should not be defined by whether they can afford private schools or not. We evaluate report cards of academic progress provided by schools with presentation skills, handwriting, book, and maintenance of their bag and stationeries.



9. Aarati House and outreach work

<i>Year</i>	<i>Children receiving health treatment</i>		<i>Mothers receiving health treatment</i>	
	<i>New admission</i>	<i>Re-admission</i>	<i>New admission</i>	<i>Re-admission</i>
2015	33	/	41	/
2016	25	18	50	28
2017	12	14	26	27
2018	11	22	24	23
Total	81	54	141	78

Aarati House, SETU Nepal's transit home, has been established to provide temporary housing to mothers and children living with HIV. In order to give those women and their children an education, we provide them with a safe learning and social environment to address their social, mental and physical health needs. We have found that this environment allows for a safe rehabilitation before sponsorship and alternative living arrangements are made during the process. In spite of being a temporary transit home, Aarati House is at the moment a home to 8 children who are staying there continuously as they don't have place to go to after the death of their parents. Here they get proper care, nurturing and formal education. SETU Nepal implements a daily routine to impose a sense of discipline to the children, who oftentimes came 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 watching some television. We incorporate developmental activities into the children's routines, such as counselling sessions, art therapy, day trips or exposure visits to increase the children's cultural awareness and the celebration of cultural holidays within the home. It is due to these children that Aarati House became a warm Aarati Home.



10. Case and success stories

<i>Participants</i>	<i>Stories</i>
<p data-bbox="284 286 475 320">Durga Shrestha</p> 	<p data-bbox="587 286 1394 1037">Durga Shrestha from Makwanpur district is one of the participants of the livelihood training that was conducted in 2010. When she was diagnosed with HIV in 2009, she suffered a lot under the burden of her situation and finally became depressed. She then got the chance to participate in livelihood training, after which she bought two goats with the seed money that was provided to her. After one and a half year, she raised the number of goats to four, which she had to sell, due to space constraints of her rented room. Instead of losing hope, she continued with her hard work and started a tea and snack stall in the bus station of Hetauda. At first the job was not easy, as she had a rented cart and faced a lot of hurdles like competition with the stalls nearby. Despite of the struggles, she continued with her business and eventually saw progress. Due to her efficient seed money utilization, she was selected for entrepreneurship training in 2015, after which she expanded her stall by adding more food items. Her hard work paid off and she was awarded as the best entrepreneur of 2015 in the year of 2016 and is a role model for the participants.</p>
<p data-bbox="292 1093 467 1126">Uma Ghimire</p> 	<p data-bbox="587 1084 1394 1747">Uma Ghimire is a 36 years old woman, who was sold to a circus by her parents at the age of 9. She worked in the circus for almost 17 years, where she got abused and fell down multiple times, which lead her to giving up on life. After all this time, she returned home with a 2-year-old son, both infected by HIV and she got abandoned by her community. At that difficult point she got the chance to participate in the livelihood training program conducted by SETU Nepal, where she met many other women with tragic stories, with whom she could identify. With the seed money provided in the training, she started a small mobile tea shop and gradually raised her socio-economic status. She was voluntarily involved in SETU Nepal and visited many districts in the country to interact with the HIV infected women and motivated them through group formation and other interactive programs. She helped them for their self-employment and independency. She is now a psychologically and socio-economically independent woman.</p>

Rabin Ghimire



Rabin Ghimire is an active child and has been HIV positive by birth. His mother Uma is also HIV positive, and has benefitted from SETU Nepal's training initiatives in order to provide her son with a better quality of life. After taking account of Uma's efforts to support women and children with HIV, and of Rabin's outstanding performance in school, SETU Nepal committed to funding 50% of his private school tuition fees, so that he may be a role model for other children in the future.

Kopila Nepali



Kopila Nepali is a 32-year-old woman from Makwanpur district. She got married at the age of seventeen and her husband was a tailor, but their major source of income was agriculture. When she became aware that she was her husband's fifth wife, she also found out that her husband is HIV positive. She had to face a lot of discrimination and as a victim of domestic violence and mother of two children aged 12 and 15, she became physically and mentally disturbed. At such a difficult point in her life, she got the chance to participate in the Livelihood Program in 2016. She heard the hardships and struggles of other women and utilized the seed money provided by the training program for her tailoring business. She later got the opportunity to participate in the Entrepreneurship Program, which served as a turning point in her life and made her aware of the importance of female empowerment. The program helped her to learn new skills and capabilities to improve her tailoring business. Now, she is living a dignified life with her family. Her daughter has been granted a scholarship for pursuing nursing and her son is in grade six.

Sarita Khanal Pandey



Sarita Khanal Pandey is an HIV infected woman from Palpa District and currently living with her second husband, who is also HIV positive. Although it was hard for them to live as a HIV positive couple disclosed in the community, they both decided to start goat keeping and with their own earnings they bought a buffalo. In 2016, Sarita could participate in the livelihood training of SETU, where she learnt various arrays of skills. She utilized the seed money of the training to expand her goat farming. She was then selected for the entrepreneurship training in 2017, which not only provided her the financial help to further expand her business, but also taught her the practical skills to run her business in a more systematic way. They built properly managed sheds for cattle and chickens. With the knowledge from the training as well as previous experiences, they got successful results and their business flourished.


Sarita Giri is a 37-year-old woman from Chitwan, who got married at the age of eighteen. Together with her husband she ran a hotel

Sarita Giri



and she also worked in the Women's Federation for HIV for eight years. Unaware of the fact that her husband had a first wife, she found out that he is HIV positive. After this realization, she got depressed and it was in this difficult situation, that she got the opportunity to participate in the Livelihood Program in 2016. This program helped her in various ways, as she had the chance to share her feelings and struggles to other women, that were in the same situation. With the seed money provided in the training, she expanded her hotel business. Due to her strong determination and hard work, she then got chosen to be a participant in the Entrepreneurship Program in 2017. The program helped her to develop new skills and knowledge which helped her to carry her business more systematically. Her business became profitable for her and she timely repaid the received money. Now, she stands as a woman with courage that can go through any hardships. Her daughter now also has access to a good education and is currently studying in grade 1.

Children that are currently in the Aarati House

<i>Children</i>	<i>Story</i>
<p>Rita Dorji</p> 	<p>Rita Dorji is an eleven-year-old girl from Nawalparsi and has been living for nearly four years in the Aarati home of SETU Nepal. Both of her parents were infected by HIV and although they received treatment, both of them died due to the consequences of the disease. Rita, her two sisters and her four brothers have been tested if whether they are also infected by HIV and the result showed that only Rita is HIV positive. Rita's health was getting worse and she was suffering from fevers. In fear that Rita could infect other children, the people from her village decided to collect money in order to bring her to another place. She was left alone in Kathmandu and in this desperate moment a person from a local organisation (Lumbini Plus) decided to refer her to SETU Nepal. At that time Rita was really weak and suffered from wounds that had spread all over her body. She immediately received antibiotics and HIV fighting treatment. Now Rita is living in the Aarati Home with other children and is sponsored by a woman from France, which gives her the possibility of an education. Rita is a very curious girl, likes learning new things and has the potential to have a bright future.</p>

Prashna Sunar



Prashna is an eight-year-old little girl from Sindhupalchowk district. In 2009 her mother Chanu Sunar got married; it was an inter-cast, love marriage and although she received support from her own family, her husband's family did not accept her. When she became pregnant with Prashna, her husband took her to her parent's home and left. She never heard of him again and started to suffer from chills, fever, diarrhoea and headaches. When Prashna was about one year old, a local of their district, who worked at a HIV/AIDS centre, advised them to get tested for HIV. The results were positive for both of them and only shortly after Prashna's mother died as a consequence of her disease and the young girl started living with her grandmother. Unfortunately, her grandmother could not take care of Prashna due to her financial conditions, which is why she got transferred to SETU Nepal at the age of four. She received shelter, medical treatment, was provided an education and is currently in class two at LMV School in Lalitpur. Furthermore, she is taking ARV medicine from Teaching hospital. She has been living for four years at the Aarati House of SETU Nepal, and completely changed. She now is a curious girl and loves learning new things and has found a new family in the staff of SETU.

Ningma and Unnati Gole



Ningma Dolmo Gole (eight years old) and Unnati Gole (two years old) are two sisters that came to Aarati house in summer 2018 together with their two brothers. The four children have been rescued from Dolakha district after having lost their parents and being left alone. Their father died shortly before their rescue due to being HIV positive and also their mother suffered a horrible death a few days after. Apparently, the mother was coming home from the farm with her youngest daughter Unnati and sat down beside the road to take some rest and died while breastfeeding her daughter, as a consequence of different opportunistic infections. The children suffered a lot under this tragedy and became victims of discrimination because they are all infected by HIV, except the oldest daughter. They didn't have any caretakers and it was at that moment that they were referred to SETU Nepal by District Child Welfare. The four siblings have been staying in the Transit Home and received ART. Once the treatment had been started properly and a good shelter has been found for the two boys, they were transferred to the organisation *Saana Haatharu Nepalas*, which works for child vulnerability, as SETU Nepal only has provisions for female children. Fortunately, a very generous well-wisher has sponsored Unnati's nutrition for a year and Ningma has been

Laxmi Deuba



provided an education and is very good at drawing. Both siblings have been included warmly into the family of SETU.

With the help of the district Police Officials, the Women and Children Service of Doti and the World Vision International branch in Doti, SETU Nepal rescued a mother and her three-year-old daughter Laxmi from a cave in the jungle of Western Nepal, where they had been living for six months. The mother had been left alone by her husband and had to undergo horrible discrimination from the husband's family, which resulted in severe mental illness. As a consequence, they have been left in a jungle. When they were rescued, both were malnourished and the young child suffered from a vaginal infection. Immediately SETU Nepal provided shelter and health treatment for Laxmi and her mother and with the support of two other organisations, they were able to get care for the mother's mental state. It has been found that Laxmi is not infected by HIV and a generous well-wisher Mr. Sanjya Rimal is supporting the education of the young girl in a well known private school in her first academic year. He even visited her and supported without hesitation the treatments of Laxmi and her mother and provides a fatherly figure to her, which we are very grateful for. Meanwhile, Laxmi's mother has left the Transit Home, but SETU Nepal really tries to keep a strong bond between the mother and the child, as they believe that the best place to receive knowledge is family. Laxmi is now eight years old and in class 2 of LMV school, where she has already received several certificates from school contests. She has found a new life at SETU and we hope her future will be bright.

Suajma Tamang



Suajma Tamang is only two and a half years old and was born in a small village called Nebuwatar in Makwanpur. She has been found to be HIV positive and also her father had been suffering from the illness and unfortunately has already lost his life shortly after the birth of his daughter. The misery of her life didn't stop there. Her family, being her 70 years old grandmother and her mother, lives at her birth place. They only have very limited resources, as the mother got married at an early age, herself being diagnosed as HIV positive and although she had a basic education, she wasn't able to get a good job, due to the stigma around her illness. Therefore, she wasn't able to afford basic needs such as an adequate nutrition and education for her daughter. Suajma is currently staying full time in the Aarati House, where she receives treatment, shelter and a good nutrition so that she can grow strong. Her mother is receiving livelihood training from SETU Nepal, so that in the future she will be able

Bipana Ghalaan



again to look after her child independently. SETU Nepal tries its hardest to support Suajma in the most effective way, so that she can have a good education and grow into an independent person.

Bipana is a eight-year-old girl from Makwanpur district, that came to SETU Nepal together with her mother Santi, in a sick and anaemic state. When Santi got married, she didn't know that she was her husband's second wife and that he is HIV positive. It was at that moment that she found out that not only she but also her daughter and stepdaughter are suffering from the illness. However, she couldn't leave her husband due to her health condition and the social stigma. When Santi was nine months pregnant with her second daughter, she couldn't take proper care of Bipana and hence came to SETU Nepal. The mother was referred to another organisation for a safe delivery and treatment and Bipana received immediate shelter and health treatment. She has now been living in Aarati House for four years and receives educational support. She goes to class two of LMV school and is an intelligent and sharp-minded girl. SETU Nepal is happy that she is doing so well and that she has found friends among the children of SETU.

Rima Ale



Rima Ale is a seven-year-old girl from Tanahun district, who was left alone after her parents died due to HIV. Rima is suffering from the illness too and it was at that horrible moment in her life that she was rescued by Taramaya Thapa and brought to SETU Nepal. She received health treatment and shelter and has been staying at the Transit Home for over a year. Fortunately, a generous well-wisher, Anima Khadayat Kunwar, supported Rima for her school admission for reception level. Furthermore, Ms. Shraddha Bista made a great effort to raise fund for Rima in order to pay for her education and nurturing at the Transit Home. Rima has been welcomed in the family of SETU, she is academically brilliant and if she gets continual support, she can acquire a bright future.

These are the children that are currently staying in the Transit Home of SETU Nepal. All of them have their own life story and they have already suffered a lot in the past. SETU Nepal gives them shelter, health care and good nutrition as well as the love they need, so that the children can grow and have a bright future. They all have the potential to achieve great things and although they come from many different districts of the country, they have grown into one big family and they support each other in every way they can.

11. Earthquake Relief Program

<i>Year</i>	<i>Help</i>	<i>Districts/Schools</i>
2015-2018	Kitchen supplies	Sindhupalchowk
	School bags with stationary and nutrition packs for 55 children	Dhading
	Fan and solar	Gorkha
	Sewing machine	Nuwakot
	School uniforms and school bags with stationary	Lalitpur
	Computer, sound speaker system and office furniture	Bhanu Prima Buddha Bhagwan Secondary School
	Day Meal Program	Bhanu Primary School
	Food storage practice	Government schools
	Hygiene and sanitation class	
	Kitchen Gardening	

As a reactive initiative to the 2015 earthquakes, SETU Nepal responded to the needs of the victims and decided that instead of providing immediate relief such as food and clothing, we would focus on the long term needs for rehabilitation of victims. SETU provided psychological support to women in prison, as well as advocacy support and self-development support for rehabilitation. Along with women in prison, we provided stationary and nutritional necessities to the HIV infected children in Dhading, Nuwakot and Sindhupalchowk districts and household utensils to their parents. As a part of a welfare group of disadvantaged and affected communities of nation, SETU Nepal launched immediate as well as long run programs for the displaced communities. Initially, emergency funding was for a six-month period, however noting the success of the campaign we extended it despite limited resources.

Furthermore, SETU Nepal observed that children barely got a proper meal at home and brought no lunch to school after the earthquake, due to a lack of supplies. So, we came up with the "Day Meal Program" for children at primary level in which we sponsored day meals for them. The main objective of the campaign was to approach the nutritional needs of children and to captivate them in school. For sustainability of the campaign and to encourage participation and community support, parents and school management were tasked for a gradual financial contribution of the program, used for school



meals and salaries to parents acting as cooks and cleaners, in form of sponsorships of NRs. 5 (later NRs. 7, then NRs. 9 and finally full involvement) per child per day.

By involving parents and schools, we have found that communities become involved both financially and emotionally and invest in order to see their children succeed. With the school Day Meal Program as an initiative one, it will serve as a foundation to launch other feasible programs as per the schools need. Day meal program has now been included into our regular activities and we hope to reach as many school as possible with this campaign.

12. Prison Program

The Prison Program is the original and first program, that has been conducted by SETU Nepal. However, as there are no donors or sponsorships for this program, SETU Nepal cannot provide fulltime shelter for the people, but rather take human resources in order to raise awareness in prison and society. For instance, we conduct Stress Relief Programs for both male and female prisoners with the aim of improving their situation, particularly with regards to stress and mental health. Different activities such as breathing therapy, singing therapy, and silence mood therapy to clean the mind and soul are held to help participants realize that everybody is accountable for their own happiness and sadness. As for now this is all that we can do for maintaining the program, however we hope that one day we will be able to provide healthcare, education and shelter for the residents of the prison, with the help of donors.

13. Different activities throughout the years

<i>Activities</i>
Monitoring Activities/ Field visits
Nutrition training for mothers
Capacity development
Training program for principals and teachers
Motivational Training
Program for PLHIV/Youth forum of PLHIV after 18
Treatment literacy class for community preparedness
Vocational education
Collaboration programs
Life skill through Fun (Art therapy, defence against sexual abuse, creative writing...)
Distribution of plants to participants of livelihood training
One Rupee Campaign (<i>KhutrukkeAbhiyan</i>) →” (1 rupee/day/member) for Child Education
Fund raising activities by volunteers
Gardening Program
Making Christmas cards with the children of Aarati House



1-rupee Campaign (*KhutrukkeAbhiyan*) for child education movement

We have initiated a "1 Rupees Campaign" (*Khutrukke* campaign) for Child Education Movement. 1 Rupee per day per member of a family is collected in a piggy bank and used for the strengthening of programs in schools. As we know access to quality education is a primary factor for the development of any particular sector. Throughout our working period we have closely examined every single component directly and indirectly linked to education status and more importantly in governmental schools of rural areas. Amongst all, low economic status, poor school infrastructures and lack of awareness among the parents are the most serious problems that have to be battled in order to strengthen the governmental schools. With the "One Rupee Campaign", we want to counterpart this problem and want to show that even a small contribution is precious. During the period of six months, we have reached many joining hands for our campaign. More than 80 families including around 300 members have committed to our initiative on a long term basis. Furthermore, various organizations and their staffs have also found interest and joined the movement. With the contribution of those helping hands we have collected more than 80,000 Nrs. so far, which will be used for child education in government schools. The fund collected from this huge crowd of people, enabled us to complete Day Meal Program in one school in southern Lalitpur and also initiate it in two additional schools located in Nakhipot, Lalitpur and Uttarpani, Makwanpur. The One Rupee Campaign shows that even a small contribution is precious and if everybody gives a little bit, things add up and we make a change. Thus we are really glad with this fruitful achievement and look forward to meeting many more new faces that will join our movement in the future.

14. Volunteer placements

<i>Year</i>	<i>Volunteers</i>	<i>Length</i>	<i>Involvement</i>
2015	Geneviève Antille	24/02/15 - 22/03/15	Field and prison visits
	Jennifer Thompson	22/11/15 - 30/11/ 15	Class on art therapy
2016	/	/	/
2017	Jessica Bell and Julie Bell	03/04/17	Child care
	Kyle and Hillary Decker	10 days	Program about oral hygiene
	Namita Adhikari	8 week internship	Kitchen gardening Program

2018	ShreyanshKhetan, Shreyams Raj Dahal and RivindoBandara	/	Fund Raising
	Puja Thanet		
	Rakshya Acharya	9 months	Educational facilitator
	Arun Prakash Ghimire		
	Lee Duhr	5 months	Report and appeal writing, involvement with children, participation in IG Training
	Aakanshya Aryal		

Aarati house is an opportunity for volunteer placements with SETU Nepal in order to get a valuable insight into the organisation and to gain first-hand experience of the charity's programs. Volunteers help with the children and their mothers in the Transit Home and assist in fundraising, as well as writing reports and appeals.

15. Donations and sponsorships

<i>Year</i>	<i>Donations/Sponsorships</i>
2015	Grinder, gas heater and a thermos, surgical instruments, sponsorship of Laxmi
2016	NRs. 1500 from former participants for the further trainings of new participants
2017	Bed sheets and pillow covers
2018	Contribution for good nutrition, Fundraising for welfare of children, Stationary

Donations are always highly acknowledged and we are grateful for every contribution. They are used for the education and scholarships of children, livelihood and entrepreneurial trainings, additional programs and medical treatment, as well as furniture or clothes for beneficiaries.

16. Acknowledgements to SETU Nepal

During the last four years we have received a lot of good feedback and acknowledgements from volunteers, other non-governmental organizations as well as from visitors of the government for our trainings and programs. For instance, we received a Certificate of Appreciation from North Island College and various "Token of Love" from local NGO's of different districts that are working for HIV infected and affected children and women. We are thankful for every acknowledgement, award, donation and good word that have been given to us. We are constantly trying to evolve and feedback from outside helps us to develop new strategies in order to work in the most productive and fruitful way.

Date	Name and Address	Fax & Phone	Remarks
6 th Feb 2017	Jhalak Sharma Paudel chief Public Health Administrator.	9841304865	SETU Nepal is conducting very useful, social activities in Lalitpur. We wish bright future and every success in various steps of program. Income generating program, livelihood program is very useful for HIV/positive women. We will stay in close coordination in future. Please keep in touch. Jhalak Bha
14 Feb 2017	Mohan Regal (PHO, District Health Office Lalitpur		for positive women training conducted by SETU Nepal is very happy successful training. Mohan Regal



17. Challenges and realisation

Although our programs run well, struggles come along the way, that we have to face in order to improve. As for example the admission of HIV infected and affected children in schools pose difficulties, due to still existing stigmas. Furthermore, we only get limited funds for health treatments, which however is an unavoidable component for HIV beneficiaries. Moreover, confidentiality management in community complicates monitoring. Finally, we have a high demand for education and scholarships, but only limited support.

In order to overcome those struggles, we can't shy away but rather have to accept those challenges in order to realize the initial problems and thus find solutions. For instance, stigma and discrimination around HIV still exists and therefore community dialogue and spreading awareness is of great importance. Furthermore, mental and physical health is a cross cutting issue in HIV and so we have to create an integrated program, that needs to include counselling and therapies in order to target those issues. Then we realized that the performance of the children studying in government schools is not always satisfactory and thus government school programs need to be improved and strengthened. Finally, programs should focus on various issues of the victims and society as for example women literacy and vocational training.

18. Summary and conclusion

Retrospective, the last years have been a great success in terms of women empowerment, support of HIV victims and raising awareness about HIV, hygiene, nutrition, sustainability and much more. For the years that follow, we hope to expand our horizons and develop an even wider range of courses and trainings in order to support our beneficiaries in the most effective and valuable ways.

‘Give a man a fish, and you feed him for a day. Teach a man to fish, and you feed him for a lifetime.’

SETU Nepal offers cyclical support for women and children, which means that the beneficiaries that have been supported directly, impact other people indirectly along the way and hence SETU Nepal can reach a greater amount of people, which is not only a very productive but also a sustainable way of working. By empowering women and mothers with livelihood trainings and providing them start-up funds for their businesses, along with the business acumen to run a successful business, we give them the necessary tools and skills to live their life not only independently but also successfully. If the women show remarkable dedication and motivation they are then chosen for entrepreneurship trainings to further expand their businesses by receiving additional financial support. In return they have to pay back the money during a period of two years, which will then be used by the participants of future trainings and as such more people can be trained, without having to add additional financial support. Furthermore successful women can talk about their experiences and their achievements in order to motivate future beneficiaries and in this way former participants share their knowledge freely to the next group of women.

By providing livelihood support to mothers, we are paving a better future not only for the mothers themselves but also for their children. By learning good business skills, along with health and mental wellbeing, we are helping those women to be the best possible mothers they can be. It ensures that the mothers get more involved in the lives of their children in a financial as well as an emotional way. By giving them the necessary skills to run an independent life, they can support the education of their children and by giving them the necessary knowledge about nutrition and emotional and physical care they can ensure that their children will grow and develop in a healthy way. The children themselves receive support under the form of scholarships and should they perform well and the mother shows a commitment in the education of her child, SETU Nepal offers to cover one third of the fees, with the remainder partly funded by the school and the parents themselves. In this way it is sure that the children have a secure future and the children and women can influence and motivate themselves mutually. To conclude SETU Nepal provides the necessary skills and knowledge and the beneficiaries spread the awareness and as such our work goes outside of the frame of our organization and people that are not even linked to SETU Nepal can benefit from it.

