



Setu Nepal  
Annual Report 2019

# 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”



Session 1 (Dang and Kaski District)

## FOCUS AREAS

- Gender Discrimination
- Women Empowerment
- Health and HIV
- Hygiene and Nutrition

## THROUGH

- Knowledge
- Learning
- Awareness
- Financial and technical support



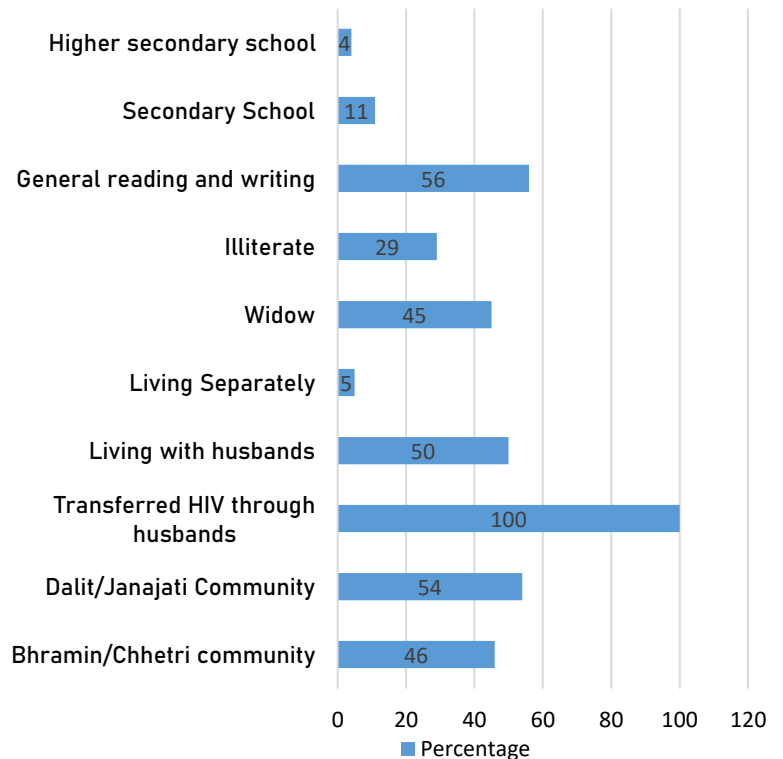
Session 2 (Dang and Kaski District)

- Four sessions conducted for 56 infected mothers (14 each)
- Distribution of Rs. 10,000 as seed money for starting their own business



Session 3 (Dang and Baglung District)

## Status of Training Participants



Session 4 (Dang and Baglung District)

## Findings during Training

4  
Sessions/year

X

14  
women/session

=


56  
women/year

### Marital status

- Majority of mother in burden of loan in the process of treatment of their husband
- Male ego being the primary reason for women suffering
- Majority of mother going through a hardship of a single and discriminated parent

### Mean age of marriage

- Eighty percent of mother were the victim of early marriage which increased their vulnerability to infection and poor health
- It also increased the number of young widow mothers resulting in social isolation and lifelong struggles



Number of widowed Mother: 25  
Average Number of child for each mother: 3



Number of early marriage: 43  
Average age of marriage: 17 years

### Education and literacy

- Lack of education among the participants was the root cause behind all the sufferings and challenges.
- Realization among all that they were victimized due to lack of proper education and their infection have created more trauma as they did not possess the courage to cope up the challenges along the way.

### Indigenous skills

- No any participants possessed any indigenous skills
- Goat farming training was feasible and applicable as their income generating source.

### Cast and ethnicity

- More than fifty percent of participants were from Dalit and Janajati community who had low financial status as well as level of awareness
- Lack of education and weak financial condition combined increased the risk of being infected



### Exposure visit of Participants

- Participants were taken to Bhimsen Pillar (Dharahara), Pashupati Temple, Kathmandu Durbar Square and Narayanhiti (Palace) with networking and awareness purpose.
- ICIMOD knowledge park was added to list this year which added to their existing knowledge about agriculture and irrigation system.

### New Initiation

#### Environment friendly action and Gifts for Participants

- Considering participant's nutritional need, environmental health and ecological factor Setu Nepal initiated to provide fruit plants to training participants. This year they were gifted with Litchi and Kumquat plants to participants of Dang and Kaski districts respectively based on climatic adaptability. In addition, we also provided some clothes through our cloth banking service as a gift to the participants.



*"Although I fully agree during training that menstruation is not impurity, in the morning I hesitated to enter Pashupatinath Temple due to menstruation. Now I am very sure that it is not impurity because I went to the temple nothing bad happened to me".*

## Post Training assessment

After receiving the livelihood trainings, the participants:

- are doing remarkable jobs in bringing up their children
  - are getting involved in socio-economic activities
    - curious to learn all this vital knowledge
- loved to involve in meditation, during which they had to go in the past mentally and feel every emotion that came up, just until they arrive again in the present
  - became aware about the natural process of menstruation and that is indeed nothing to be ashamed of

*"We were unaware about how the 5 days would pass; we felt it would be very hard for us. Now we feel that it is very hard to depart from here".*

*"We are very thankful to SETU Nepal for this training as it has changed our perception about the community behavior towards us. We have realized that time is a great healer and as time passes by the things become easier".*

KAMALA GURUNG



*"I want to include other HIV positive sisters too in this business and provide them the needed support that is within my capacity so that we all can rise together and create a better future for all of us."*

### During Training

She is one of our hard working beneficiary of this year. She is a mother of two children. Her daughter is already married. Now she lives with her son who was only one-year-old when her husband died of HIV. It was only after his death that she knew her son to be HIV positive and she says it is the bitterest experience of her life. Though she is happy that her daughter was found to be negative.

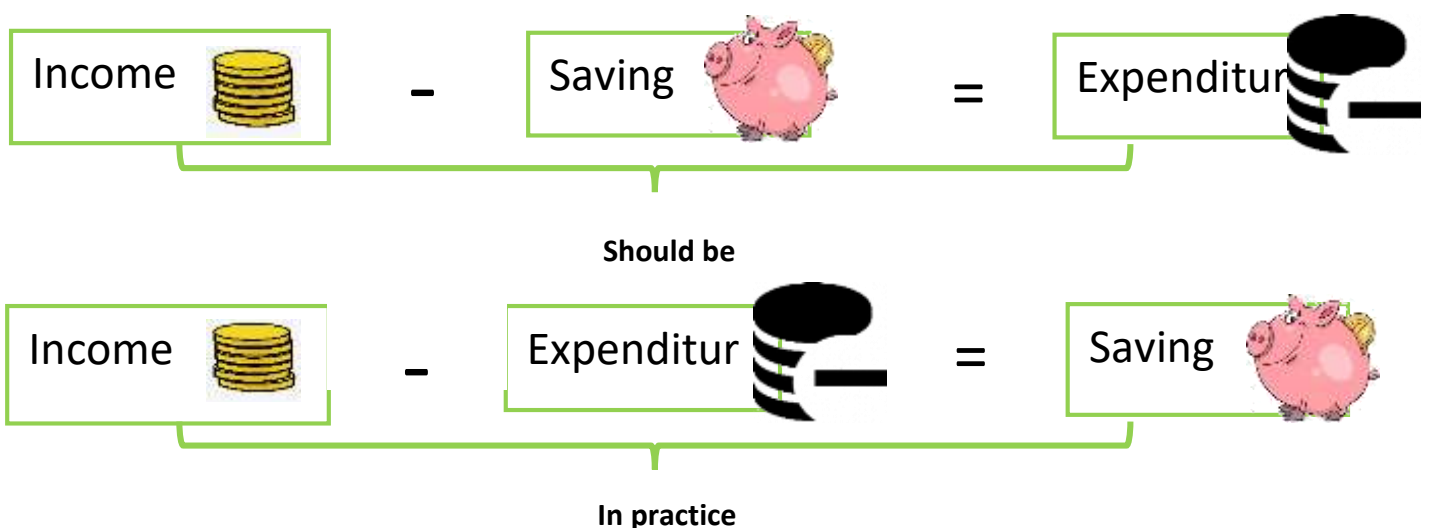
### Post training status

After participating in the livelihood training program, she is doing well with the seed money by utilizing it in sewing bags.

During our interaction she said that she also invested half of the seed money in Fruits (orange) selling but found the business to be less profit making. So, now she is utilizing the rest of the seed money in sewing grocery bags. She says she can make double profit of the investment by using this skill.

She is very happy with this achievement and happily expresses that she has opened a saving account in bank with saving amount of around six to seven hundred in a week which was nil before the training. She is currently working with a partner to uplift her business and stands as potential participant of our next year entrepreneurship training.

# ENTREPRENEURSHIP TRAINING



14 women  
Trained  
about

- Financial planning
- "Start your own business " skills
- Financial Independence
- Micro entrepreneurship skills

## Content

- Provide skills for starting a small scale business
- Distribution of 25 000 Nrs. to kick start a business
  - Motivational Training

## Objectives

- To motivate illiterate and semi-literate women affected by HIV to become financially independent by way of enterprise initiatives
- To educate them and provide practical business and financial literacy knowledge
- To inform about achievable business opportunities and to use the training to kick start their careers



## This year...

- One-day refresher training was conducted for participants to review about gender, nutrition and HIV and thus understand the pertinence of women empowerment, health and nutrition for their entrepreneurship.
- Motivational/transformational training was provided with cooperation of renowned business development trainer of Nepal Mr. Sabin Nepal.
- Ms. Arpana Bhatta, a renowned Healing Touch Practitioner/ Trainer introduced participants with the Healing Touch Therapy Techniques which helped them with mental relaxation and stress reduction



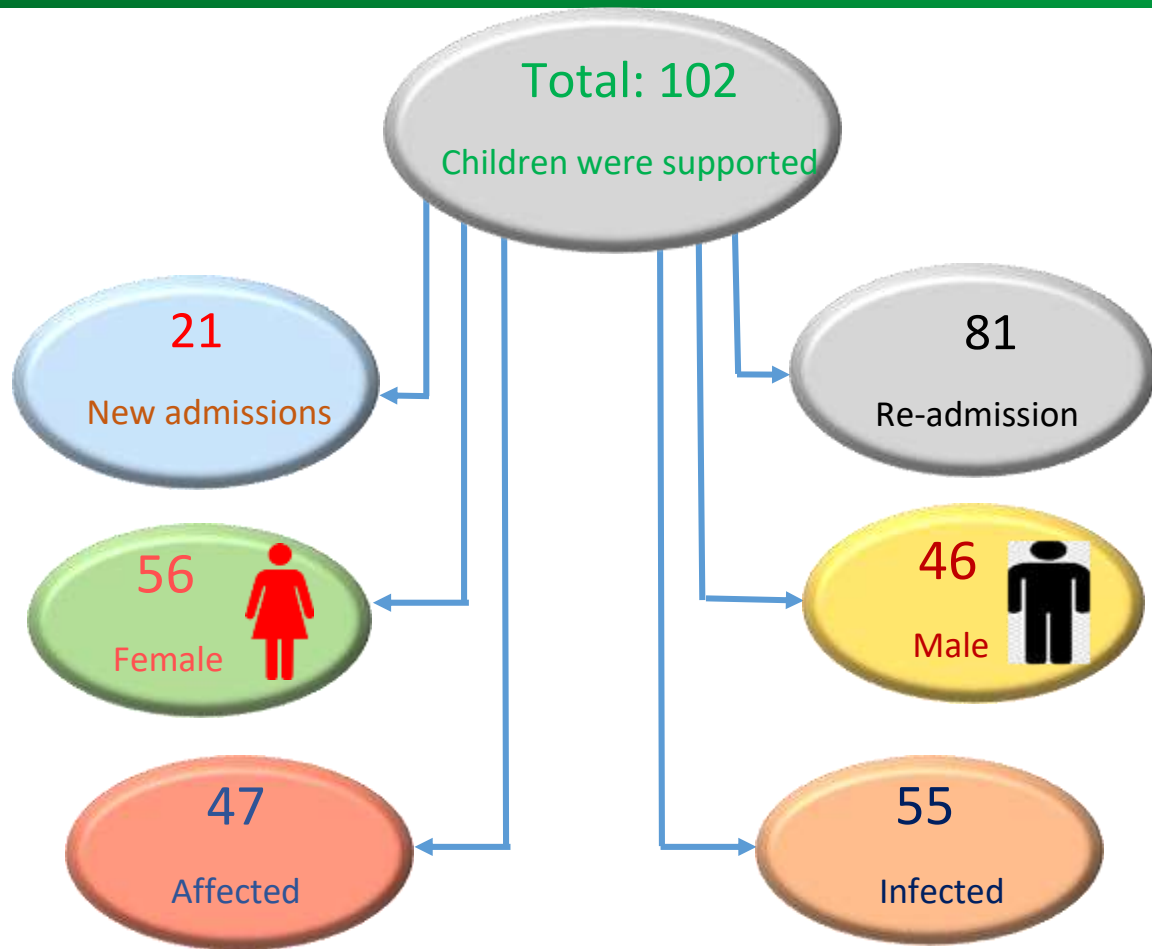


**Rita Poudel**

This year awarded with Nrs. 5000 as an appreciation for her successful entrepreneur performance

- She started with a small business of fish keeping after participating in livelihood training program in 2017
  - Then after entrepreneurship training she further expanded her business and initiated for other livestock as well
  - Only women in her district who is disclosed of her HIV status in the community and through this she wants to fight against the community discrimination and thus has active involvement in the district community programs
  - She has set an example in her district for her hardship and has been a source of inspiration for many women going through the same journey
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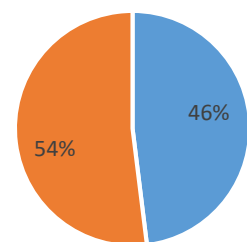
# EDUCATION PROGRAM



Each year, SETU Nepal is supporting 100 children for their education, by paying school fees as well as providing them the necessary school supplies like school bags and stationary. This year we made it to 102. We try to support these children throughout their whole school level if they show the necessary motivation and dedication. If we observe a lack of interest coming from one of the students or if they fail in two academic years, we will discontinue the support and reintroduce new needier children that show more potential and interest. Furthermore, if other organizations are willing to support a few of our students, we are happy to let those organizations take over the support, so that we can include needy children instead. This year, nine students successfully passed *Secondary Education Examination* and have been looking forward to continuing their education for a prosperous career outlook.



Status of Students



■ Affected ■ Infected



# HEALTH AND WELLBEING

Children



Mothers



AARATI  
HOUSE

27

Were supported

21

Were supported

12

New  
Admission

15

Re  
Admission

5

New Admission

23

Female



4

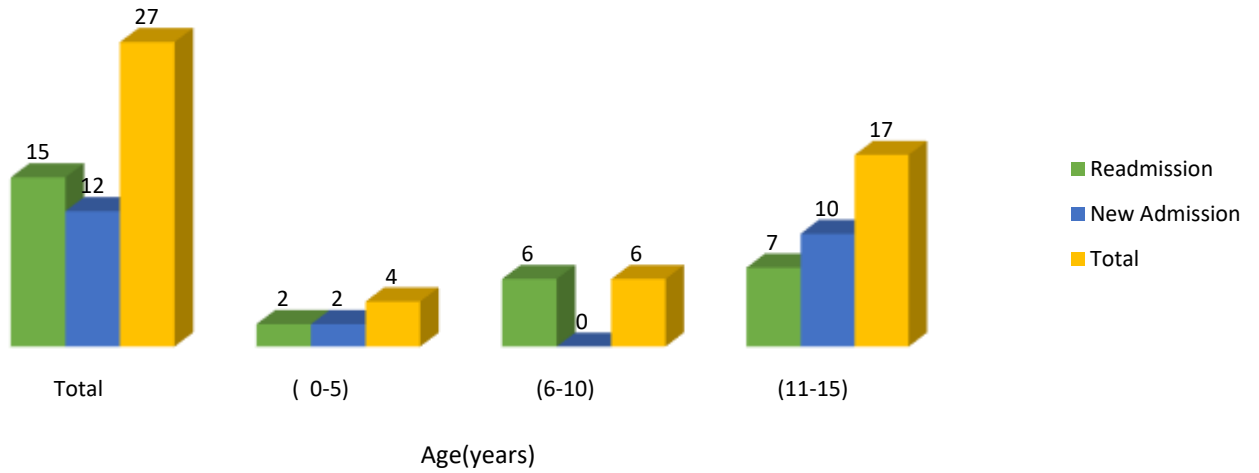
Male



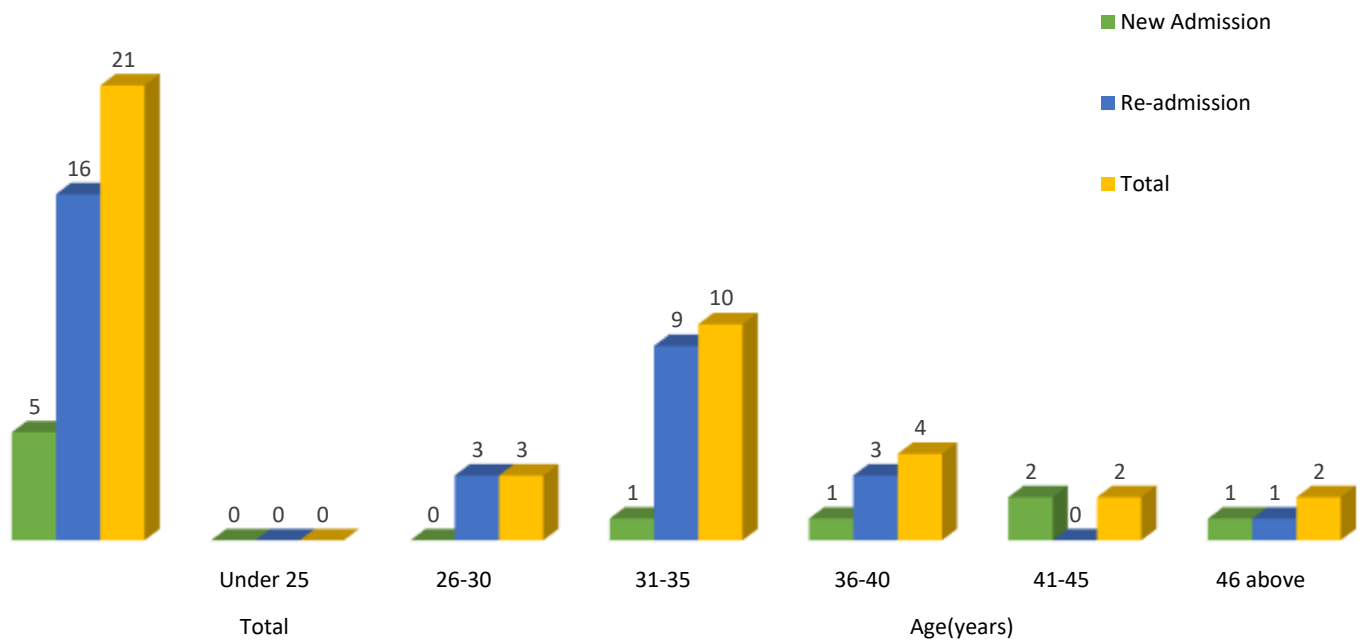
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Re-Admission

## CHILDREN RECEIVING HEALTH TREATMENT



## MOTHERS RECEIVING HEALTH TREATMENT



## EVENTS AND FESTIVAL CELEBRATION

Including cultural aspects in our activities carries a great value to us, even more because traditions are very unique and interesting among all the various cultures in the world. We believe preserving culture can promote the development in the best ways possible. Thus, we are always concerned about transferring our cultural values and traditions to the children that are staying in Aarati House.



Krishna janmashthami



Dahi Chiura Day (Ashad 15)



Bijaya Dashami



Maghe Sakranti



Tihar



Staff Wedding Party

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# Extra- curricular activities

## Participation in world forum

This year Ranju Pandey, director of Setu Nepal got an opportunity to present in program of World Forum and share personal as well as professional experience. SETU Nepal is grateful to the World Forum Foundation for providing a golden platform to learn and implement holistic methods to make the early care giving of children even more effective.



## Motivation Program for Students

- One-day program titled: "रूपान्तरणका लागि उत्प्रेरणा कार्यक्रम" (Motivational Program for Transformation) was conducted for SEE appeared students on 5<sup>th</sup> of June this year
- Total 20 graduates participated

### Content:

- Mindfulness by Mr. Madan Pant, An Art of Living Teacher
- Interdisciplinary knowledge, personality development and interpersonal skills, by Mr. Bidur Phuyal
- Dermatoglyphics Multiple Intelligence Test (DMIT) by Dr. Ramananda Pandit
- Seen-Unseen by Ms. Ranju Pandey about the nurturing, parenting style and its long term impact on children

### Outcome:

- Brought the best collaboration and imaginative networks out of the diverse participatory students and provided them with array of knowledge at turning point of their life.



## Yoga and Anatomy Class

- On 5<sup>th</sup> July, short and effective Yoga class in Setu Nepal premises was conducted
- Children were also taught about vicious cycle of yoga, food habits and health through anatomical demonstration
- They got to learn about new dimension of inner inspiration and positive energy along with the human physiology



## The Clown Show

- On 7<sup>th</sup> August The Live Clown Show was conducted in Aarati Home for the Kids of Setu Nepal and the children from Choina Bina Guru Ganesh School
- Was performed by guests from the Little Hands, France
- Show served as a tool to evaluate their inner personality and to relieve suffering



## Fight Back for Self Defense

- Conducted with support and facilitation of FIGHT BACK NEPAL
- The beneficiaries from Dang, Baglung and Kaski districts participated as a part of motivation training
- Participant gained practical knowledge regarding self-defense and self-protection which was very useful for them in today's scenario
- It also aided in boosting their level of self-confidence and self-esteem







## Government Visit

- In 2019, representatives from Social welfare council and District public health office also visited Setu Nepal for the evaluation 2015-2018 programs.
- Setu received quite good response from the authorities regarding the program conduction and management of the transit home which is a fuel for the rest working days

## International AIDS Day

### "Communities make the Difference"

- Internalizing this slogan Setu participated in the rally conducted by District Public Health office where multiple numbers of associated organization working for the HIV programs were also involved
- Our former and active beneficiary Uma Gurung also shared her lifelong experiences and acknowledged Setu Nepal for such positive changes in her life



# Fund raising activities

## 1-rupee campaign (Khutrukke Abhiyan)

### Concept:

- One rupee per day per member of a family
- More than 80 families including around 300 members have committed to our initiative on a long term basis
- Collected more than 1,00,000 Nrs. so far
- Through this campaign we have started School Strengthening program in a government school located in Nakhipot, Lalitpur and Uttarpani, Makawanpur

### Activities conducted:

- Meeting with Stake holders
- Meeting with Parents
- Day meal Program for Primary level students
- Kitchen set up and utensils support for the school Kitchen
- Nutrition orientation class for Parents and ECD Teacher

## ONGD/FNEL SUPPORT

Along with the regular support from ONGD/FNEL for regular programs, this year we were supported with Rs. 29,312.08 for the health treatment (Surgery of Ear) of our residential child *Prashna Sunar*. We are very grateful toward ONGD/FNEL for such kind gesture.

## Crowd funding

- SETU Nepal was recognized out of 25 NGOs in Nepal for being featured in the crowdfunding platform Hiteri, which provides financial support to civil society organizations to help with their capacity-building goals. So far, SETU Nepal has received Rs. 20,900 from 12 donors. The information can be viewed through this link <https://www.hiteri.org/campaigns/setu-nepal/>.



# CASH AND KIND SUPPORT

Our Special Thanks to..

- Miss Manic Steffes
- Mrs. Usha Pant
- Mrs. Niru Baba Joshi
- Mrs. Bana Maiya Joshi Pant
- Mrs. Sunita Pandey
- Mr. Prajwol Raj Pant and Mrs. Rakshya Pant
- Mr. Bimal Dahal
- Ms. Namrata Upadhyaya
- Marc Gold
- Ms. Bhawana Bhattarai
- Mr. Sanjay Rimal
- Mrs. Nirmala Kharel

The sum amount of approximately Nrs. 90,000 and stationery, kitchen utensils, clothes, foods and general supplies has been supported for well-ness of Setu children which is being utilized for daily nurturing and education of kids.



**Cordial Thanks to...**

1. **Peter Gordon Leach**
2. **Sonam Sherpa**
3. **Jyoti Panta**

**For nutrition, health and education support of Prashna Sunar, Rita Darji and Laxmi Deuba respectively.**

## Volunteer Placements

Lee Duhr (From Luxembourg)  
Ms. Akanshya Aryal  
Ms. Samjhana Pant  
Ms. Sarashree Dhungana

### Activities

- Report preparation and documentation
- Field Monitoring and reporting
- New Year Card making and fund raising
- Data Collection
- Technical Supports
- Training support
- Involvement with children



# Nutrition and School Strengthening Programs



After successful handover of the day meal program, in Bhanu Primary School in Bhattedada, Lalitpur we have started the similar beneficiary meal plan in in another government school Shree Choina Bina Guru Ganesh Aadharbhut Bidhyalaya as a part of our School Strengthening Program. Located in middle part of Lalitpur, the school has high irregularity and dropout rate. We first found out that the program was being run with very hard effort of the school and had no any fund raising source. After Setu initiated the program, the parents were made accountable for Rs.5 per head of the children and we contribute Rs.10 in the same. The remaining money after expenses goes to fund raising goals of the school. We also distributed necessary utensils such as plates and other cutleries to the students to facilitate the day meal program and to make sure that they have access to materials needed to have a productive time at school.

We aim to make the school management and parents self-sustainable for the program on a long run.

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# Setu Nepal Social Enterprise

Although our programs run well through many years, struggles come along the way and we came to realize that fundraising is the main base for running and managing the decided and expected programs of NGO. Through this realization SETU Nepal has established SETU Nepal Social Enterprise which works under the management of SETU Nepal. SETU Nepal being a NGO, it cannot conduct profit making activities on its own. But as a company SETU Nepal Social Enterprise can conduct different profit making activities so that different fund raising goals can be met through this organization. All the profit achieved from the activities run by SETU Nepal Social Enterprise will be utilized by SETU Nepal for its operation and welfare.

SETU NEPAL Social Enterprise will work under the following objectives:

- To conduct awareness programs in women community for enhancing their health, education and social aspects.
- By developing the source of income, conduct different kinds of workshops, trainings, seminars etc.
- To conduct long term as well as short term income generating, vocational trainings for the self-reliance, independence and entrepreneurship of the deprived women.
- Facilitating the tourism, establishing clean, hygienic and environment friendly Home stays, Eco-village, Meditation Centre etc.
- Cultivation of fruits, vegetables and grains, Animal husbandry, fishery, Poultry for self-sustainability of the organization.
- To increase the availability of education especially for the schedule cast schedule tribe deprived communities as well as to the differently able people to empower them.
- To educate people about environment protection and preservation along with conducting research programs and advocacy.
- Also, to support others in prevention of poverty, encourage arts and literature, sports and other cultural activities.

# Monitoring and Evaluation of our Initiatives

## WHY...

- Intrinsic to our success
- Serves as a chance to know about our efficiency and the laggings behind any activities in respective areas of operation
- Improvement of performance in future through realization of weakness
- Development of deep insights into the lives of people whom we support

## HOW...

- Field visits
- Monitoring activities of our beneficiaries
- Meeting with local organizations
- Follow-ups through phone

## KEY FACTORS

- The appropriate use of funding for women in business
- Academic performance by the children under support
- The need for technical, social and emotional support
- The potential discrimination at play, whether societal or familial
- Other contemporary issues that are in need of urgent addressing



# Future Plans

## Continuation of...

- *Income Generating and Entrepreneurship Training, providing health support and residential stay at Aarati House*
- *Education support to children*
- *Ensuring our monitoring and evaluation activities are precise and our information are always up to date*
- *Our school strengthening programs viz. Day Meal Program, One-Campaign, Kitchen Gardening, Teacher Trainings*

## Διατηρήσεις

• *Βιοδιασφαλίσιμων One-Campaign, Kitchen Gardening, Teacher*

- *Our school strengthening programs viz. Day Meal Program and our monitoring and evaluation activities are precise and our information are always up to date*
- *Ensuring our monitoring and evaluation activities are precise and our information are always up to date*

## New Initiatives...

- *Buying own land of Setu and be self-sustainable for daily groceries like vegetables, milk.*
- *Involve some husbands, that show a supportive side to their wives by coming up with a specialized training for them*
- *Start profit oriented activities for self-sustainability for which we have come up with the establishment of Setu Social Enterprise with profit motive for Setu Nepal*
- *Involve some of our beneficiaries in handicraft making, by engaging them in skill related trainings and later selling their productions*



## *Year 2019 in review*

- *56 mothers were directly benefitted by Livelihood Training*
- *14 mothers were trained about entrepreneurship skills*
- *102 children were provided with education support/scholarship*
- *27 children and 21 mothers received health treatment in Aarati Home*
- *Around 50 students were benefitted in different way by extra-curricular and motivational programs conducted in Aarati Home*
- *50 children became the recipient of day meal conducted in the school*

