Setu Nepal Annual Report 2020



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Abbreviations

Abbreviations	Full form
HIV	Human Immunodeficiency Virus
AIDS	Acquired Immunodeficiency syndrome
COVID 19	Corona Virus Disease of 2019
PLHIV	People living with HIV
IG Training	Income Generating Training
SNSE	Setu Nepal Social Enterprise

1. Introduction

SETU Nepal is a not-for-profit organization established in 2001 by the young professionals of the country. Initially, the organization had been established with the objective of the recuperation of imprisoned women who most often get vetoed by the society to have a normal life. Our country is mostly occupied by the hard to access areas where women are still discriminated and are deprived of having legal rights to property. Along with this, they are also deprived of having education and proper skills to support their life independently as well as support the life of their children.

As a result, SETU Nepal realized that the people infected by HIV are having similar problems as the imprisoned women. They are often considered as reprobates in the society and are avoided in many social activities. Even the most educated people in the society still carry stigmatized attitudes towards HIV affected people. And, it is our effort towards rehabilitation of these disadvantaged groups to bring them back in their normal life through Aarati Home (a transit home) where we provide necessary training and counseling to the associated people.

2. Thematic areas of Setu Nepal

Empowering women is the prime area of our contribution to the society since our establishment. Our main beneficiaries include marginalized women and children living with HIV/AIDS. Apart from women with HIV related illness, we are also working with government schools for providing necessary nutrients to children through day meal programs.









3. Annual Activities of Setu Nepal

3.1 Entrepreneurship Training

Each year 20 HIV infected women are provided with entrepreneurship training to enable the women to establish their own small-scale business that would help them gain confidence in their abilities and attain better social standing.

This year due to the nationwide lockdown as a result of COVID 19 pandemic, neither former beneficiaries of rural area could be reached nor the beneficiaries of Income Generating Training 2020 could be selected for the Entrepreneurship training. So, instead of Entrepreneurship Training additional IG training sessions were conducted.

3.2 Income Generating Training for Livelihood

Our IG Training aim to enable women to lead their lives in a respectable and functional manner in the society through their socio-economic development.

HIV infected women/mothers of rural districts are the core beneficiaries included in our training sessions. But this year, as rural women could not be reached due to COVID 19 impact, feasibility study of HIV women residing in Kathmandu Valley was done and they were selected accordingly for the different sessions of trainings.

Altogether, 91 participants were reached this year through 5 sessions of training which were conducted in different clusters (not more than 5 participants in each cluster) to minimize the risk and of COVID 19 with all necessary precautionary measures. The topics addressed in the trainings were as per our annual training content mentioned in Annex 1.







To make the learning process effective and lively, various possible methodologies with different training materials was adopted. Group discussions, brainstorming, presentation, demonstration was mostly used which involved proper social distancing and least physical contact between the participants.

The detail list of all the training participants of this year is given in Annex 2.

3.2.1 Findings of the status of training participants

3.2.1.1 Marital Status

Almost forty-five percentage of the participants had either lost their husband or left behind and forced to live as a single mother. This group of participants had really hard lives from both social and financial point of view. Managing their livelihood and the education expenses of the children by involving in any kind of unskilled works far from the hometown was the core struggle which had many cross cutting issues too like fear of discrimination, uncertain impacts like of COVID 19 and difficulties in living in the rented home. Remaining participants who were living in a family with husband too had added financial struggles as a result of COVID 19 though had comparatively easier life than the single mothers.

Similarly, about forty percent of beneficiaries were married at very early age (average age of marriage being 17 years) and thus the later impact in their health as well as family status resulted from their marital status. Ninety-five percent being infected from their husband can also be correlated with their early marriage as it directly impacted their level of knowledge regarding the risks and transmission of disease.

3.2.1.2 Education background

Participants had comparably better education status/knowledge due to better exposure in Kathmandu Valley though minority had proper formal education. It was found that thirty-five percentages were able to just write their names and forty-eight had general reading and writing capacity. The remaining women had formal/higher education status and thus had better access to jobs, volunteering or some sorts of skilled jobs.

As observed in regular basis, lack of access to education and lower level of knowledge during the early ages was the major reason behind the backwardness and struggles of women. After being exposed to urban environment and challenges, they had higher interest in learning various crucial aspects of life and were dedicated to initiate something to lead an independent and secure life.

3.2.1.3 Caste/Ethnicity

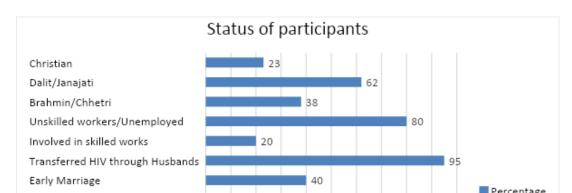
Regarding the caste and ethnicity, it was observed that about sixty-two percent of beneficiaries were Janajati and from lower caste while the rest were from upper caste (Brahmin/Chhetri). The caste and ethnicity of participants directly impacted the socio-economic and education status of participants which had the synergistic effect on their overall status.

Similarly, about 23 percent of beneficiaries' participants were found to follow Christianity and the major reason for following the religion was the hope and belief for curing illnesses and solving daily life struggles by the grace of Christ. Besides, escape from the caste system, financial benefits and a path to peace out the mind for single women were the reason for switching the religion and the conversion was found significantly higher in urban area or Kathmandu Valley.

3.2.1.4 Working profile

In case of Kathmandu Valley, majority of participants had involvement in some sorts of income source whether it be skilled or unskilled as job opportunity and medical treatment access are chief reason of their migration. About 20 percentage of beneficiaries were found to be working in organizations working in the field of HIV or volunteering in the field. Some of them had retail shops, hotels or mobile street shops as their major source of income. While others were either involved in unskilled or laborious works like housemaids, labor or helper or unemployed. Due to this exposure they had higher level of understanding of the community and the various social, economic and psychological struggles to adjust in the urban community.

The overall findings of the background of participants that have synergistically impacted in their current living standards have been depicted in following bar diagram:



However, our training amid the pandemic of COVID 19 aided in understanding the impact of lockdown on these communities who had really bitter scenario as most of them lost their job or were not paid. This had brought about a serious trouble in their livelihood and education access to education for their children. This has created a keen interest as well as necessity to have some reliable livelihood options for the survival of these internal migrants.

Thus, conduction of training in Kathmandu Valley was really fruitful and it was a great opportunity to explore the status of PLHIV in capital city. Interaction with community in urban area provided us with many dimensions of working with the community. Initiation of reliable income generating activities with group formation in the leadership of Setu Nepal is the most convincing opportunity explored in the training.

Hence, networking with the immediate beneficiaries, liaison with organizations working in the field of HIV and training conduction amid the COVID 19 crisis has provided many hopes for working with a different dimension in near future.

3.2.2 Final Evaluation of IG Training

The post training assessment of the beneficiaries serves to fulfill following objectives:

- Evaluation of seed money utilization by the beneficiaries and their post training livelihood status
- Observation of post training changes in the participants

• Identification of potential beneficiaries for the next year Entrepreneurship Training

This year due to late conduction of training programs, the time span for the beneficiaries to show their potentiality in utilization of seed money and promising livelihood activities was short. So, for greater impact the final evaluation program of 2020 is still ongoing and after reaching more than 30 percent of beneficiaries we noticed that about 70 percent had either initiated something new or had invested their money in their existing small business. So, the impact of training in their livelihood as well as psychological status was appreciable and our core target was reached to a greater extent.

Some of the inspiring case stories of potential beneficiaries are presented below:

- Deepa Karki

A hardworking Deepa Karki from Bajhang has remained one of the indelible participant of our Income Generating Training. A broken and traumatized girl, mother to a 9-year daughter, holds a story full horns from the very early age.

Belonging to a rural far-western region, she was married at the age of fourteen with a man who resided in India for employment. Her HIV positive husband died 7 years ago leaving behind the burden on the wife and daughter. Being unknown about the disease, she too was diagnosed positive after one year and got to victimized from the family severely. With no financial and social support, they had no one to rely on.

She expresses with eyes full of tears "My daughter, instead of being HIV negative, was left to die and was untouched even during her severe accident by the family due to my positive status."



All hope lost with the life, she even attempted suicide but finally she was rescued from the hometown by an organization in Kathmandu about one and half years ago. Since then, she has been staying on valley being dependent on others and in the course she got to receive training on tailoring too. She was emotionally traumatized when she arrived at Setu Nepal for training. After

our five days' interaction, she had gained fair enough emotional strength and a financial assistance too to do something on her own.

After training, she started a tailor in Chabahil in rented room where she has her own happy corner to look after her daughter. She now holds an enough courage, skills and motivation to

provide a good nurturing for her daughter being a master of her own life. She also plans to resume her study in near future to ease her life further.

Post training Deepa says, "When you learn to master your inner self, there is nothing you can't do and I have now gain that resilience that will keep me moving no matter what I faced and will face on coming days."



- Nanu Tamang

Nanu Tamang, is a 45 years old HIV positive single mother from Nuwakot who is also suffering from partial paralysis of her hand and legs. Married at the age of 23 years, she never got to feel the real care and love from her husband.

Nanu is a mother to a beautiful 12-year-old daughter and was left behind when daughter was only 2 years old. Since then, additional burden has been added to her shoulder. After being diagnosed HIV

positive in 2012, she even thought of ending her life along with the daughter. But after being Christian she felt as if she got new world and her hope for life escalated within discrimination free religion system. Nonetheless, financial burden has never left her alone and she has been trying to make her ends meet through thread works. When she came in Setu as a training participant she had very feeble emotional as well as physical strength to do any well earning works for her livelihood. But after meeting like women going through similar struggles and polished by the



emotional, spiritual and financial support provided in the training, she felt invigorated enough to have a new beginning.

She says "Now I see no major reasons to be unhappy. At least I have my own small land and if I become mentally strong, I can do an impactful livelihood activity on my own and teach an important lesson to my daughter too."

Now, Nanu has initiated her own small poultry in Naya Pati Kathmandu, with the seed money of the training and also plans to receive additional skills development training like vermi-composting which would add more efficiency and output to her current work. Watching her transformed journey, we see many faces behind her awaiting to create more beautiful stories.

3.3 Education Program

Annually Setu Nepal provides education scholarship to 100 infected/affected children across Nepal. This year due to academic closure as a result of COVID 19, the scholarship program was halted and at the end of the year needy children of Kathmandu Valley from among the training participants and other direct and indirect beneficiaries were screened and provided with stationaries support. As the distribution was initiated on the last months, the program is ongoing and in many cases support is being provided during final evaluation program and thus the program is ongoing. With the target of 125 students for stationaries support, 80 percent have been reached already and those listed will be completed by the end of the February.

3.4 Health and well-being

Regular health checkups are an essential part in the care and development of children, especially those living with HIV. Setu Nepal annually provides health treatment to ten residential kids as well as the visiting mother and children.

The number of mother and children visiting for treatment has been declining yearly due to accessible health services and ART provision in district health centers. In addition, this number further plummeted significantly due to COVID 19 lockdown.

Children:

In the year 2020, only four children received health treatment in the courtesy of Setu Nepal in the month of January and December.

Admission	Total	Age: (0-5)	(6-10)	(11-15)	(16-20)
Status					
Readmission	0	0	0	0	0
New Admission	4	2	0	1	1
Total	4	2	0	1	1

Mother:

Similarly, only one mother received health treatment in the courtesy of Setu Nepal in the month of February (before the pandemic)

Months (January-	Total			Age(year			
June 2020)		Under 25	26-30	31-35	36-40	41-45	46 above
New Admission	0	0	0	0	0	0	0
Re-admission	1	0	0	1	0	0	0
Total	1	0	0	1	0	0	0

Besides the visiting mother and children ten residential kids and two caretakers in transit home

are the under regular medical support and surveillance.

4. COVID 19 support programs from Setu Nepal

The flooding impact of COVID 19 pandemic on our beneficiaries remained a major concern for us in the year 2020. our major concern this year. Our records show that more than 50% of our total reached beneficiaries (nearly 700), are daily wage earners, whose major source of income is street vending, labor and driving. But the lock down and several fall outs of COVID 19 added an unexpected financial

catastrophe to all of these families. So, as a response to this unexpected global scenario, we conducted emergency relief materials distribution for the needy families in several districts which helped to address their immediate need of bread and butter in this critical hour.

The COVID 19 response program completed in the year 2020 are mentioned below:

4.1. Emergency support programs to PLHIV outside Kathmandu Valley

4.1.1 Relief materials distribution

The history of former beneficiaries (HIV infected mothers) of Setu Nepal and other people living with HIV (PLHIV) in different districts were reviewed for identification of needy families. After communicating with the focal person of Community Care Centre in each district, the needy ones were confirmed and relief materials were distributed through mobilization of focal persons. The relief packages included sack of rice (20-25 kg), lentils, beans, salt, oil and hand washing soaps.

The first phase of distribution was conducted in seven districts soon after the lockdown was imposed in the month of April. In this phase, the seventy percent of recipients were the former beneficiaries of Setu Nepal and the rest were needy PLHIV of respective district. In this phase we reached 74 infected mothers and aided them for immediate food materials during lockdown.







With extended lock down period the crisis further inclined. So, we conducted another phase of relief material after about one and half months for the next mass of PLHIV in our pipeline. In the second phase we reached 81 new mothers. Hence, with two phases of distribution, we altogether reached 155 infected mother or PLHIV families which include our former beneficiaries as well as other neediest

PLHIV. The district wise number of beneficiaries reached in first and second phases of distribution



4.1.2 Stationary distribution and extra nutrition support to children

To address the negative impact on the children due to school closure, we also supported the children under education support as well as of those families reached in COVID Response Program with stationaries items like copies, drawing books, pencils, colors, etc.

We reached twenty-five children under our education support with the emergency stationary items. Due to lockdown, the distribution program could not be conducted in all the districts where we have our education support program. In addition, we could also find that many of our children were reached by stationary support from some of the government agencies like Social Welfare Council. So, we tried our best not to duplicate the support for such children as they are already a beneficiary of our education program. This led to relatively low number of supported students under education program compared to other children. The list of children reached



under our education support and reached by our emergency stationary support has been attached in Annex 5.

Alongside, we also sent a printed message from Setu Nepal urging them to utilize the materials and express their talents through arts, poems, stories or whatever skills they have to take part in competition. After collection of all the arts and crafts from recipient children, we have also promised to reward the best performer and publish the best articles and compositions too



We have attached some of their creative works in Annex 6. But, due to incomplete collection from all the students and inability to reach the rural students by the focal persons we have not yet finalized the competition.

Similarly, for the children below 5 years of age and children with disabilities, we distributed eggs beaten rice and composite flour (Sarbottam pitho) as an extra nutrition support for vulnerable groups.





The district wise number of children receiving stationaries and nutrition support is presented in Annex 7.

4.2 Emergency support programs to low income groups non-PLHIV

4.2.1 Relief materials and stationaries distribution in Makawanpur and Nawalparasi

Altogether of 47 families of slum community outside Kathmandu Valley were also distributed with emergency food materials from Setu Nepal. On co-ordination with focal persons in Makawanpur and Nawalparasi District, these families were identified as very low income groups who are going through a very difficult time as a result of COVID 19 pandemic. So, 25 families in Makawanpur and 22 families in Nawalparasi are another part of recipient of our distribution program.

4.2.2 Support programs in Slum community in Kathmandu

On the way of addressing COVID 19 affected communities inside Kathmandu valley, we identified a slum community in Sinamangal in Kathmandu. Most of these families depend on income from their daily wages that hardly help them to manage daily basic needs of families. With presence of about seventy families, this community is intertwined with such a vicious cycle of poverty that is hard to escape without any interventions addressing the root bottlenecks. So, as COVID 19 response we conducted some distribution and demonstrations in this community too.

4.2.2.1 Distribution of emergency relief materials

As an emergency response program for COVID 19 victims, we distributed emergency food materials to seventy families in this slum community. Our food support of rice, soybeans and salts helped them to battle an immediate food and nutrition scarcity in this pandemic to a great extent.



4.2.2.2 Distribution of stationaries to school going children

As of similar needs of children outside valley, we distributed stationaries items to the school going children of this community too. We distributed the same message of competition among students and rewards for the best performer. Almost 50 children of school going age received our stationary support and showed a great interest to be a part of competition.





We are in regular touch with these marginalized families and children as they are easy to monitor being here in capital. This is a part of our baseline study for feasible programs to conduct in these communities to fight the fall out of COVID 19 as well as to improve their overall socio-economic status.

4.2.2.3 Demonstration of preparation of Maize Porridge in slum community

"Give a man a fish, you feed him for a day, teach a man to fish, you feed him for lifetime"

Demonstration of preparation of corn/maize porridge out of readily available raw corn for the families in the slum communities was another new program of this year. To share the awareness of changes in food habits and utilization of locally available staple foods, we conducted this

activity as a part of one-time distribution program.





The





community showed a great interest while we conducted the preparation in kitchen of one of the family and gave positive feedback for the simple yet nutritious and delicious maize porridge. We also shared knowledge regarding different varieties of dishes that can be prepared out of raw corn and distributed packets of raw corn cobs to each family.

4.2.3 Relief materials and stationaries distribution in Shree Choina Bina Guru Ganesh Aadharbhut Bidhyalaya

Almost sixty students have been the beneficiaries of our daily day meal program in Shree Choina Bina Guru Ganesh Aadharbhut Bidhyalaya.





The interruption of day meal has left them scarce of education access as well as foods. The parents of majority of students are the daily wage workers due to which the whole families are going through a severe financial crisis in this lock down period. So, as an emergency response to these neediest families and our beneficiaries' children, we distributed emergency relief materials to each family, stationary items to the school students and food items for the children below 5 years of age. Altogether, 25 families and 37 school going children were benefitted by our emergency support program.

4.2.4 Stationaries distribution in Bal Sarathi Academy

On the elaborated study of the slum community in Kathmandu we got connected to a school named Bal Sarathi Academy where the majority of the children from these slum areas depend for their basic education. The children of 4-18 years of age who resort to begging alms, donations, free lunches, stealing and unwanted activities like sex trade, drug abuse, etc. for meeting their and their siblings hand to mouth problems are the major target of this school.





But this school being a charitable one, is solely dependent on the donations from well-wishers. Hence, as our COVID 19 response we distributed stationaries materials for the students of Bal Sarathi which addressed the need of both school and those vulnerable children. A total of 85 students studying in the school were the recipient of our stationary support.

5. Transit Home Activities

Aarti home has always been a sharing and caring platform or Setu Nepal. As a regular support, ten residential kids with two caretakers have been receiving proper nurturing, medical and psychological support throughout six months with thorough monitoring. During this period of pandemic, we are more concerned for providing more guidance for health and hygiene, hand washing, nutritious diets and additional psychological support.

5.1 Handwashing class for children and caretakers in transit home

As soon as the havoc of COVID 19 pandemic spread, we conducted a hand washing class for residents of transit home as a very first COVID 19 response. With Susan Risal, CEO of Nagarik Aawaj, as a facilitator caretakers and kids were given an introductory class about the COVID 19 ongoing global pandemic and importance of hygiene and social distancing with demonstration of seven handwashing steps. Children actively participated in the class and gained an effective knowledge on handwashing and personal hygiene which they are following regularly since then.

5.2 E-learning environment for children

The residential kids of Aarti Home were also locked in home along with closure of school due COVID 19





pandemic. But we managed our best in providing them a good learning environment while staying in home too.

Due to undecided shut down of school, online classes are being provided form their school on a daily basis. So, to provide them a convenient access to their virtual classes, we have equipped transit home with proper computer sets, printers and well-off internet facilities for all children. The kind donation from ONGD for purchasing IT equipments made us able to properly manage the home with such a great platform. With proper books and stationaries for their new academic session, all children are now studying online from home and performing well. The interaction skills and the confidence level of children have improved significantly with this access to technology and internet. We have managed a staff who have been guiding and tutoring them for study, assignments and attending virtual classes.

5.3 Creative learning activities in lockdown

Despite of school closure, transit home kids utilized the lockdown period in a best way

through multiple creative activities and skills learning. In fact, the time turned out to an opportunity for children for more socialization enhancing their social development and learning with nature. We tried to involve them in series of new learnings like Mahabharat and Ramayana, performing dramas, reading books and performing household chores too which is crucial in holistic



development of children. To be more specific they were made involved in following learnings and interactive activities.

5.3.1 Making Creative toys and stuffs

 Chakati making out of waste clothes as a part of creative work and development of hand skills





Toys making out of clays and painting to make them attractive and artistic



5.3.2 Kitchen Gardening





Active involvement of children in the kitchen garden of transit home and their laborious works during lockdown has paid off well today. Varieties of vegetables, fruits and plants have been blossoming in the garden which has provided good source of home grown vegetables on daily basis.

During lockdown when gardener could not visit the home all the responsibilities were handled by children which has taught them group work along with the basic life skills.

5.4 Festivals and events Celebration

5.4.1 Birthday celebration

On June 24, as an important social event and a refreshing program, we celebrated a birthday of Binita and Suazma, an eldest and youngest child



respectively, of Aarti home. Being concerned of social distancing and risk of COVID 19, it had been a huge gap that we celebrated any such gathering in transit home.

So, the day turned out to be a refreshing event for all of us and children enjoyed too.



5.4.2 Krishna Janmasthami





On month of August, Krishna Janmasthami, was celebrated among the residents of Transit Home the worship of God Krishna, fasting, dancing, singing, sharing special dishes and depicting drama of life of Krishna.

5.4.3 Rakshya Bandhan

On this day, sisters and brothers tie of all ages tie a bracelet called the rakhi, around the wrists of their brothers, symbolically protecting them, receiving a gift and in return, and traditionally investing the brothers with a share of the responsibility of their potential care.

In our home, children celebrated by putting rakhi in each other's wrist and strengthening the



5.4.4 Dashain and Bhaitika Celebration

Regarded as our major festivals of the year, Dashain, Laxmi Pooja/Deepawali and Tihar was celebrated by all the children and care takers in home. As lockdown prevented outdoor visits, it was celebrated with deep bonding and celebration within Transit Home family. Activities like sel-roti making, kite flying, making cups and plates out of leaves also added extra joy to the festival.



5.4.5 Homa

Puja and Gunyo Choli

The first of December was celebrated with Homa (हमेम:) and Gunyo Cholo Ceremony of our three girls on transit home. Homa or also known as Havan is an hindu ritual performed to achieve material as well as spiritual success in a home through offerings of grains, ghee, milk, incense and seeds in fire. With an aim to bring prosperity in Setu Home and teach the children

the value of our religions and culture, homa was done with the involvement of all the members





of the Setu Nepal.

The Gunyo Cholo ceremony is a traditional Nepalese ritual to celebrate the coming of age of a young girl. The girl is gifted with the traditional outfit of 'Gunyo Cholo' which consists of a cotton skirt and blouse, the traditional outfit worn in Nepal and showered with tika and blessings.

5.4.6 Maghe Sakranti

As of previous year, this year too children celebrated first of Magh Month by eating laddu made of Sesame, Puffed rice and sweets made of jiggery which is believed to fight cold in peak winter with cultural touch to the day.

These series of events inside transit home made the year 2020 a celebratory one so as to battle the ongoing psychological and physical threat of pandemic throughout the year. Alongside, the socio cultural development of the children is also highly promoted by such events and thus a great focus on every religious/cultural day is made in Aarti Home every year.

6. Setu Nepal Social Enterprise

As a company SETU Nepal Social Enterprise (SNSE) can conduct different profit making activities so that



different fund raising goals can be met. Established by Setu Nepal in 2018, all the profits earned from the activities conducted under SNSE is utilized by Setu Nepal for its operation and welfare.

Poultry being one of the activities proposed under SNSE, this year a small scale poultry farming under direct surveillance of Setu Nepal has been initiated which is on its embryonic stage. With rearing of local chicken, the business is gradually climbing to profit side after selling of significant number of chickens. Thus, it has been a good source of eggs as well as income.

It has also provided a very good nature learning platform for the children of transit home where they look after the chickens and enjoy being with them.

7. Conclusion

The year 2020 remained a whole new experience for Setu Nepal as some new programs were introduced and the existing programs too were completed with modified strategies. With the completion of new activities, we have been able to build new networks and platform which will directly and indirectly help in increasing the efficiency in our overall annual achievement. In fact, COVID Response Activities served somewhat a feasibility study where we got to experience the bitter scenario of disadvantaged community in Kathmandu which became a base for our training and education programs.

As it is said challenges always bring new opportunities, the pandemic led us to prepare ourselves for uncertainties and reach the core target with feasible modifications in existing strategies.

To sum up the major learnings and achievement of the year 2020 can be outlined as:

- Expansion of our networking inside valley where equally needy community reside and where increased output can be achieved due to frequent monitoring and interaction with former beneficiaries
- Development of platform for the joint entrepreneurship with the involvement of significant number of potential women inside valley
- Realization of added nurturing practices for the residential children through technological improvement and developing e-learning practices as well as through involvement in life skills learning

Annexes

Annex 1

Training content

1. Rapport Built up

- Informal inauguration
- Introduction among participant and facilitator
- Objectives of Training
- Rules and Regulations of Training
- Training Concept and methodology

2. Training Content

Self-Realization

- Sex and Gender issues
 (Biological and social)
- Existing Nepalese society (Patriarchy)
- Role /Status and condition of male and female in society
- Why women tolerate violence?
- Are men happy?
- How women responsible in their violence?
- Women empowerment
- Gender equity
- Positive attitude towards self and others

Therapies: Art and Meditation

Introduction to Yoga and importance of meditation for good health Importance of Ayurveda and its utilization

Health and Sanitation

- Gender and Women Health (reproductive, STD/HIV, UTI)
- Concept of HIV and AIDS, Immune cells or CD4 cells, STI, OI
- Gender and HIV
- Social factors behind HIV infection

- Management of HIV infection (By Nutrition, Hygiene, meditation, care and support)
- Role of family, society and state towards HIV management

Hygiene Practices for healthy living

- Personal hygiene
- Hand washing
- Water purification

Nutrition

- Food and impact on Health
- Relationship between HIV/AIDS and Nutrition
- Nutritional impacts of HIV
- Good Nutritional practices for infected people
- Balanced diet management through locally available food materials
- Malnutrition and Child health (Definition, types)
- Different Nutritional components available in different Foods
- Food Handling, sanitation and storage
- Food habits and taboos prevalent in our society

Self-employment

Brief info on the topic

- Goat farming
- Management of Goat
- Health care of Goat

Closing

- Summary for the training program
- Distribution of seed money
- Closing

Annex 2: Participants Information

Mother Care Income Generating Training 2020 Setu Nepal Lalitpur-15, Kathmandu

Session:1 Date: 15-23 September,

2020

District: Kathmandu, Kakitpur and Bhaktapur Venue: Dhumbarahi,

Kathmandu

Participants Information Sheet

S.N	Person	nal Deta	ıils		Address		Chile	dren		Husban	Remarks	
•	Name	Age	Edu	Marit al Age		Name	Sex	Age	Edu	HIV Statu s	d Status	
1.	Kamala B K (9803547754)	42	5	18	Tahachal	Bishal Sentury Susmita century	M F	17 20	10 class Bach elor	+ve -ve	+ve Normal worker	No house, weak inconsources (husband lo labor due to lockdo Looking after in lav village,
2.	Bishnu Surkheti (9808103281)	35	Illite rate		Kupondole	Dinesh Surkthi Raju Surkthi	M M	17 16	10	-ve -ve	Death	Difficult as a single Discriminated from Previously sheltered Sneha Samaj and S Home but not treat in later

3.	Kamala Shrestha	41	5		Nayabazar		F	20	12	- ve	+ve, Not	Daughter living wi
	Karki (9813873694)				, Balaju		M	6	L.K. G	- ve	in good health conditio n	husband
4.	Gyani Maharjan (9808189038)	46	Illite rate	26	Balaju, Kathmand u	-	-	-	-	-	+ve	Living with husban second wife (-ve)
5.	Shrijana Basnet (9861526865)	26	Bac helo r	23	Gokarna		F	6 Mont h		-ve	-ve	Going through dive
6.	Sarita Adhikari (9849165780)	35	7/8	15	Nakhipot	Krishna Adhikari	M	17	10 pass	+ve	Death	
8.	Nirmala Chauhan (32	Gen eral educ atio n	22	Bagdol	Kabita Chauhan Ashis Chauhan	F M	18 9	10 Pass 4	+ve -ve	+ve	
9.	Sapana Shresstha (9849036147)	53	Illite rate	Unkn own	Imadol	Prativa Shrestha	F	20	12	-ve	death	In regular contact v Setu
10.	Dewaki Bhatta Aryal (9843734895)	42	10		Dahachow k	Pratikshya Aryal Dikshya Aryal Niraj Aryal	F F M	13 10 8	7 5 2	+ve +ve -ve	+ve	

11.	Basundara Subedi (9841799052)		+2	16	Tikathali	Bibhusa Bista	F	5	U.K. G	-ve	+ve	Active and with hig potential
12.	Radha Basnet (9861526965)	51	Illite rate	26	Gokarna	Shrijana Basnet Sunil Basnet Sushil Basnet	F M M	16 23 16		+ve -ve +ve	Death	
13.	Maya Tamang (9849601042)	37	Gen eral Edu catio n	15	Bouddha	Sumitra Tamang Bigyan Tamang	F M	20 13	6	-ve +ve	+ve	Rescued from Brotl Bombay
14.	Anju Lama	29	Gen eral Edu catio n	22	Khumalter	Suazma Lama	F	5	U.K. G	+ve	Death	

Mother Care Income Generating Training 2020 Setu Nepal Lalitpur-15, Kathmandu

Session: 2 Date: 24-29 September
District: Kathmandu, Bhaktapur and Lalitpur Venue: Dhumbarahi,

Kathmandu

Participants Information Sheet

S.N	Personal Details				Address	Children	Husband	Rem				
•	Name	Age	Edu	Marital		Name	Sex	Age	Edu	HIV	Status	
				Age	!					Status		
1.	Santa Devi B.K Bhandari (9849628059)	49	7	25	Sitapaila, Kathmandu	-					-ve	Infections during

2.	Bishnu Raout	31	Illite	14	Naranthan,	M	8	2	-ve	+ve	Case
	(9810257207)		rate		Budhanilkant ha	F	4	Nurse ry	-ve		back
3.	Gauri Thapa (9813132530)	30	Illite rate	20	Basundhara	M	8	3	-ve	-ve	Infection blood during in Si
4.	Rajani Kunwar (9841648634)	30	7		Tokha	M	7	1	-ve		
5.	Kamala Karki (9869236687)	50	Gene ral educ ation	19	Gaurighat	M M	26 25		-ve -ve	Death	
6.	Ranjita Vetwal (9841741608)	44		17	Buddhanilkan tha	M	24		-ve	Death	
7.	Chanda Shrestha (9841673155)	42	2	20	Samakhusi	M	19		-ve	+ve	living
8.	Deepa Karki (9862720826)	26	10	14	Jadibuti, Bhaktapur	F	9		-ve	Death	Trau cond fami recei in Ka
9.	Laxmi Maharjan (9813431546)	39	6	30	Patan Lalitpur	F	6	1	-ve		III K

10.	Dhanamaya Bhattarai (9860394292)	57	GE	20	Gaurighat		M F F F	32 30 24 20		-ve -ve -ve -ve	Death	
11.	Apsara Koirala (9841937104)	43	Bach elor	17	Buddhanilkan tha		F	23	-ve		Death	
12.	Bhagwati Rai (9808084779)	35	Illite rate	25	Budhanilkant ha	-	M	19	12	-ve	Death	
13.	Mina Kumal (9841166338)	35	10	24	Budhanilkant ha	-					+ve	

Mother Care Income Generating Training 2020 Setu Nepal Lalitpur-15, Kathmandu

Date: 30 Sept-5 Oct

Venue: Dhumbarahi,

Session: 3 District: Kathmandu, Lalitpur and Bhaktapur

Kathmandu

Participants Information Sheet

S.N	Personal Details				Address	Children					Husband	Ren
•	Name	Age	Edu	Marital Age		Name	Sex	Age	Edu	HIV Status	— Status	
1.	Rekha Tamang (9823415065)	50	Illiter ate	22	Harisiddhi	Sapana Tamang	F	17	10	+ve	Left 17 yrs ago and contactless since then	
2.	Sabita Budhathoki (9849003666)		Illiter ate	21	Kavresthali	Binita Budhathoki Indu Budhathoki	F	15 4	9 Nurser y	-ve -ve	+ve	
3.	Sita Karki (9840520834)	36	11	20	Sankhamul	Riya Pariyar	F	14	10	-ve		

4.	Nanu Tamang (9861095705)	45	5	23	Naya Pati	Pratikshya Tamang	F	12	7	-ve		
5.	Sunita Shrestha (9860712812)	30	8	17	Mulpani	Roshani Shrestha Roman Shrestha	F M	14 10	8	-ve +ve	-ve	
6.	Rupa Tamang (9861549640)	43	3	24	Shanku	Udaya Tamang Rebika Tamang	M F	17 13	SEE 6	+ve -ve	Not tested	
7.	Tara Thapa (9815701695)	25	10	18	Jorpati	Gaurab Tamang	M	7	1	-ve	+ve	
8	Bishnu Sundash Pariyar (9823695660)	64	Illiter ate	17	Thankot		M F	42 32		+ve -ve	Death	
9.	Pooja Kumal (9814212096)	40		16	Maharajgun j	Roshani Kumal Rupesh Kumal	F M	17 20	11 Not studyin g	-ve -ve	Death	
10.	Goma Dhakal (9849189629)	45	SLC	30	Sindhuli						+ve	
11.	Dolma Sherpa (9861112105)	25	10	23	Koteshowr						-ve	Infedrug Reh
12.	Apsara Magar (9861396929)	30	+2	18	Sunakothi		F	11	7	-ve	-ve	

13.	Menuka Tamang (9849022110)	40	4	19	Sankhuwasa bha	Suraj Tamang	F	15	6	+ve and disable d	Contactless	
14.	Bhagawati Tamang (9843033331)	50	Illiter ate	27	Bhaktapur, Sallaghari		F	21	9	+ve and disable d	Contactless since 20 yrs	
15.	Kali Ghimire (9810103979)	43	Illiter ate	13	Godawari		M M F	26 21 28		-ve -ve -ve	Death	

Mother Care Income Generating Training 2020 Setu Nepal Lalitpur-15, Kathmandu

Participants Information Sheet

Session: Fourth Date: 6-8 October, 2020

District: Kathmandu, Lalitpur

Venue: Dhumbarahi, Kathmandu

S.N	Per	sonal De	etails		Address		Chi	ildren			Husband	Rei
•	Name	Age	Edu	Marital Age		Name	Sex	Age	Edu	HIV Status	- Status	
1.	Sarita Bhujel (9841929818)	30	5	18	Ramechhap						+ve Army	ART sta 1 years.
2.	Kalpana Thapa (9860514069)	31		9 years	syangja		M	17	7 left	-ve	Left	ART str 9 years
3.	Mina Saud (9863022356)	39	12	22	Kailali		M	14	8	- ve	+ve M.R in INGO	ART sta 11 years
4.	Kanchhi Thapa (9803147046)	30		11	Sukumbasi tol sinamangal	-	-	-	-	-	+ve work in Furniture	ART sta 8 years
5.	Shanti Khadka (9823174433)	36		23	Bara		F	13	5	+ve	+ve divorce	ART sta
6.	Tara Nepal (9803211787)	43	G.e	15	Dhumbarai Kathmandu	Karuna Nepal	F	19	11	-ve	+ Alive	ART sta
1												

7.	Parbati Rai (9841711573)	40	10	18	Budhanilkan tha		M	20	12	-VE	Died due to HIV	ART sta 15 years
8	Sumitra Bhujel (9843834895)	43	10	22	Jhapa		F	18	12	-ve	Dead 13 years.	
9.	Mira Kunwar (9849094538)	47	10	16	Achham		M F	28 22		-ve -ve	Dead 18 years .	
10.	Maya Sharma (9841709357)	33	12	15	Syangja						+ve contact less	ART sta 10 years
11.	Dayawati Sedhai (9841167599)	54	G.E	14	Kavre		M	23	Bache lor	-ve	Dead 19 yrs.+ve	
12.	Sarmila Pudasaini (9823118312)	37	12	17	Bhaktapur	Anish Pudasaini	M	18	12	+ve	First - dead due to HIV. Second- +ve involed in organization	
13.	Kamala Chaudhary (9818954420)	35	G.E	15	Bara		F	20		-ve	Fist - contact less Secondve Alive	

14.	Shyamkala Bhandari (9843357959)	31	11	15	Dolakha			First- divorce Second- +ve	ART sta 12 years

Participants Information Sheet

Date:

Mother Care Income Generating Training 2020 Setu Nepal

Lalitpur-15, Kathmandu

Session: Additional IG

District: Kathmandu, Bhaktapur and Lalitpur Venue: Dhumbarahi, Kathmandu

Participants Information Sheet

S.N	Perso	nal Deta	ails		Address		Chi	ldren			Husband	Remark
•	Name	Age	Edu	Mari tal Age		Name	Sex	Age	Edu	HIV Status	- Status	S
1.	Sanu Rai (9843222865)	40	SLC Pass	19	Solukumbu							
2.	Samjhana Thapa (9828878043)	23	4	15	Dhading							
3.	Shanta Magar (9811887247)	44	G.N	23	Gorkha	Anomal Magar	M	8	2	- ve	+ve	
4.	Kalpana Bhujel (9813062838)	38	G.N	17	Sindhupalchwo k	Sabina Bhujel	F	20	+2	-ve	Driver -ve	
5.	Rama Balami (9841442990)	38	-	22	Makwanpur	Sabita Balami Suman Balami Nita Balami	F M F	20 16 9	+2 9 3	-ve -ve +ve		
6	Laxmi Rai (9808829777)	32	G.N	13	Nuwakot	Rihana Rai Rahul Rai	F M	10 15	4 8	-ve -ve	Driver +ve	

7	Bhagarathi panthi (9843957343)	32	8	17	Dadeldhura	F M	14 8	8 2	-ve +ve		
8	Parbati Dhanuk (9843957346)	34	4	16	Kanchanpur	M F	18 12	11 6	-ve +ve		
9	Sabina Yunjan (9805871267)	32		17	Hetauda	F M	14 11	6 5	-ve -ve	+ve	
10	Nirmala Shrestha (9801917883)	35	+2	28	Kavre	M	4		-ve	+ve	
11	Sarmila Lama (9813755010)	40	G.N	18	Makwanpur	F M	20 17	8	-ve -ve	-ve	
12	Devi Thapa (9861900925)	40	4	17	Nawalparasi	F	13	6	-ve	+ve job in Teku hospital	
13	Sarmila Gurung (9860675869)	39	10	18	Kavre	M F	20 18	+2 10	-ve -ve	+ve job in rehab center	
14	Anita Devi shah (9813743281)	35	G.N	15	India	M M M	17 15 12	8 10 pass 8	-ve +ve -ve	+ve	
15	Dhana Maya Dangi (9843390232)	48	8 pass	15	Surkhet						

16	Laxmi Bhujel (9843536847)	36	5	18	Sindhuli		F	17	12	-ve	+ve	
17	Mina Karki (9849712379)	31	5	16	Udyapur		M	15	9	-ve	+ve	
18.	Maiya karki (9844307466)	36	G.N	14	Dolakha			15 8	10 3	-ve -ve	Normal worker	
19.	Bina Basnet (9841589016)	35	58	-	Jhapa		M F	30	B.A B.A pass	-ve -ve	Death	
20.	Bina Parajuli (9863349124)	44	8	35	Kavre		F	8	2	- ve	+ve	
21.	Shanti Magar (9808958356)	48			Chitwan	-	-	-	-	-		
22.	Shanta Tamang (9841268930)	45	G.N	16	Koshipari		F M	24 19	B.A 12	-ve -ve		
23.	Samjhana Lama (9803107574)	45		20	Hetauda		M F	13 16	5 6	-ve -ve		
24.	Anu Sen thakuri (9849390424)	36	8	19	Bhairawa		F	18	11	-ve		

								1	T			
25.	Sangita Shrestha (9841987795)	45	6	16	Bhaktapur		М			+ve		
26.	Relimaya Taman (9841091206)	43	G.N	12	Nuwakot							
27.	Binita Karki (9845456168)	36	3	17	Ramechhap		F F M	16 12 5	10 5 U.K.G	-ve +ve -ve		
28.	Rammaya Pardhan (981303926)	30	7 class	20	Darjaling	_	F	8		-ve		
29.	Urmila K.C (9813952371)		Gene ral				F F	22 24			Death	
30.	Rita Rai (9861689408)	53	G.N	16	Biratnagar		M F	28 24	Bache lor Bache lor	-ve -ve		
31.	Sharada darji (9861053473, 9849004161)	39	G.N	19	Nuwakot		F F	17 11	11 5	-ve -ve		
32.	Bina Kafle (9868841123)		11	22	Bardiya						Job in shakti milan +ve	

33.	Indra Pariyar (9848043968)	36	11	14	Nepalgunj				Singer	
34.	Taajbanu (9803297039)	55	6	16	Kathmandu	F F M	35 31 26 33			
35.	Pabitra Dhakal (9842245950)	50	6	13	Biratnagar	M M F	30 28	B.A C.A B.Sc. nursin g		

Annex 3: Number of beneficiaries reached in first phase of distribution

S.N.	District	Number of infected families reached		
1.	Makawanpur	11		
2.	Sindhuli	9		
3.	Chitwan	10		
4.	Kaski	14		
5.	Nawalparasi	10		
6.	Syangja	10		
7.	Tanahun	10		
	Total	74		

Annex 4: Number of beneficiaries reached in second phase of distribution

S.N.	District	Number of infected families reached			
1.	Makawanpur	11			
2.	Sindhuli	10			
3.	Chitwan	10			
4.	Kaski	10			
5.	Nawalparasi	10			
6.	Syangja	10			
7.	Tanahun	10			
8.	Dang	10			
Total		81			

Annex 5: List of children under our education support program receiving emergency stationary support

S.N.	Name of children	Age	Class	District
1.	Samriddi Ghimire	12	8	Makawanpur
2.	Saurav Acharya	16	9	"
3.	Saurabhi Acharya	13	7	"
4.	Sandip Poudel	17	9	Chitwan
5.	Saraswati Adhikari	12	7	"
6.	Prem Puri	11	3	"
7.	Aayush Dahal	12	5	"
8.	Sraddha Adhikari	14	9	"
9.	Susan Gurung	12	8	"
10.	Tej Kumari Bashyal	15	10	"
11.	Shrishty Adhikari	8	4	"
12.	Sabina Pariyar	14	6	"
13.	Anisha Mahato	15	9	"
14.	Bishal Karki	14	9	"
15.	Sushila Sunar	13	6	"
16.	Asha Lamsal	14	7	Sayngja
17.	Sudiksha Gurung	13	8	"
18.	Bhusan Thakur	10	6	"
19.	Saurav Nepali	12	6	"
20.	Chhitij Nepali	13	7	"
21.	Devika Mahat	13	8	"
22.	Sristy Ramdam	13	6	"
23.	Sunita Khadka	11	4	"
24.	Binit Thapa	17	9	"

	Rabin Rawat	13	7	Dang
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Annex 6: Some creative works of children



Annex 7: Number of children receiving stationary and extra nutrition support

S.N.	District	Number of children		
		Stationaries	Extra nutrition support	
1.	Makawanpur	13	3 (under 5 yrs)	
2.	Sindhuli	12	0	
3.	Chitwan	19	3 (disabled)	
4.	Kaski	8	1 (under 5 yrs)	
5.	Nawalparasi	4	0	
6.	Syangja	10	0	
7.	Dang	10	0	
Total		76+7		