

# WOREC

Annual Report 2007



# **WOREC ANNUAL REPORT 2007**



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## Acronyms

AEI	Aide a 'I' Enfance de I' Inde, Luxemburg
AIDS	Acquired Immuno-Deficiency Syndrome
ANC	Ante Natal Care
ANM	Assistant Nurse Midwife
BIF	Bio-intensive Farming
CSC	Civil Society Committees
CGs	Community groups
CMCs	Community mediation committees
CHC	Community-based health clinic
CHP	Community-based health programme
CIDOs	Community-based independent democratic organizations
CBOs	Community-based organizations
DDC	District Development Committee
DOSCI	District Office of Small Cottage Industry
ECDC	Early childhood development centers
FS	Farmer Schools
FGs	Farmer's groups
FFS	Farmers Field School
GOs	Governmental Organizations
HICAST	Himalayan College of Agricultural Sciences & Technology
HIV	Human Immuno-Deficiency Virus
HROs	Human Rights Organisations
ICCO	Interchurch Organization for Development Coopertion, Holland
IEC	Information, education and communication
MDFs	Model demonstration farms
NAWHRD	National Alliance of Women Human Rights Defenders
NRM	Natural resource management
NGO	Non-Governmental Organization
PLWAs	People living with HIV/AIDS
PNC	Post-Natal Care
PU	Purbanchal University
STDs	Sexually transmitted diseases
SD	Strategic Directions
SARD	Sustainable agriculture and rural development
SAN	Sustainable Agriculture Network
TOT	Training of trainers
VDC	Village development committee
VAW	Violence Against Women
WHRD	Women human rights defender's
WGs	Women's groups
WHN	Women's health networks
WHRCC	Women's health resource and counseling centers
WTI	Women's Training Institute
WOREC	Women's Rehabilitation Centre
YG	Youth Groups

# Introduction

The discrimination and exploitation based on ethnicity, caste, age, sex, gender, religion and class have been depriving Nepali people of their rights. These factors are responsible for the forced migration of resource-poor and marginalized people from rural areas into towns and cities or other countries to earn their livelihoods. The socio-cultural and economic injustice, the discriminatory patriarchal and feudal socio-political structure and the armed conflict have led to increasing unemployment, displacement, and violence against women, children and marginalized people. Forced migration of rural youth; the depletion of productivity of natural productive resources; and socio-economic crimes like traffic in and violence against women and children have thus emerged as a complex socio-economic and political phenomenon in this country. To address these issues Women's Rehabilitation Centre (WOREC), a non-governmental organization, was established on April 1, 1991. WOREC has been working in partnership with grassroots people and organisations in order to resolve the major socio-economic, cultural and human rights problems prevalent in the communities and for the attainment of social justice and protection of human rights at the community level. This report presents a glimpse of the center's programmes and the achievements made in 2007.



## **Mission**

Contribute for creating equitable Nepali society based on social justice and human rights.

## **Vision**

In order to achieve its mission in sustainable way, WOREC would play the role of an active national NGO engaged in the prevention of trafficking in women and promotion of women's rights.

## **Strategies**

WOREC programmes focus on the following three broad strategic directions:

- I. Collective empowerment and social mobilization;
- II. Advocacy for human rights, social justice and peace building; and
- III. Sustainable resources management and livelihoods.



## Objectives

The objectives of the centre within the framework of its Strategic Directions (SD) are as follows:

### SD I. Collective Empowerment and Social Mobilization

- Animate, empower, mobilize and strengthen the local community groups (CGs), community-based organizations (CBOs) and population groups for planning, implementing and monitoring local development programmes;
- Improve and consolidate the organizational structures and leadership qualities of local community-based independent democratic organizations (CIDs) and leaders;
- Implement integrated programme of development education and advocacy on the issues of traffic in and violence against women and children, women's health, women's human rights and social justice.

### SD II. Advocacy for Human Rights, Social Justice and Peace Building

- Make grassroots people, particularly women, children and marginalised groups, aware of their human rights;
- Contribute to the prevention of traffic in and violence against women and children;
- Contribute in the rehabilitation or reintegration of socially rejected, discriminated, and marginalized rural women, including the survivors of trafficking, violence or HIV/AIDS;
- Strengthen functional networking on human rights particularly women and child rights at various levels;
- Strengthen community-based mediation committees, and facilitate in resolving local disputes at local levels;
- Improve the health status of women, children and other members of the communities; and promote relevant traditional knowledge and technology;
- Facilitate and promote peace-building initiatives of the grassroots people at local and district levels;
- Rehabilitate/reintegrate woman/girl victims of armed conflict in cooperation with other relevant organisations; and
- Launch national campaign for women human rights defender's (WHRD) protection, and restoration of peace and democracy.



### **SD III. Sustainable Resources Management and Livelihoods**

- Improve the technical skills and competency of the members of local CGs/ CIDs and the staff members of WOREC.
- Improve the nutritional and livelihood security of rural women, children and disadvantaged population groups; and make it sustainable by networking with and mobilizing local women's groups (WGs), farmer's groups (FGs), CIDs, other civil society groups and local governance bodies.
- Make the local farmers and women aware of the issues of farmer's rights and relevant national and international legal provisions that need to be changed.
- Bring about substantial changes in the skill, household income and livelihood options of rural communities through small farmer-centered bio-intensive farming system programme.
- Facilitate the exploration of location-specific off-farm income generation opportunities, and promote viable micro-enterprises at local level.



#### **Targeted districts and municipalities/ VDCs**

WOREC has been implementing various community-based programmes in nine districts and ninety two municipalities/ VDCs (Table 1). Other information about the targeted districts is also presented in annex (Table 2-3).

#### **Offices of WOREC**

To operate the daily activity smoothly and more effectively there are different branch offices of WOREC in each targeted District.

**Central office:** Lalitpur Municipality Ward No 16, Balkumari, Lalitpur

#### **Branch offices**

- Triyuga Municipality Ward No 16, Rajabas, Udayapur
- Biratnagar Municipality, Biratnagar, Morang
- Janakpur Municipality, Pidariya Mai Chowk, Janakpur ,Dhanusha
- Lahan, Siraha
- Paddha , Ward No 4, Tarigaun VDC Dang

#### **Contact offices**

- Lete, Lete VDC , Mustang
- Dhangadi, Kailali

## Staff of WOREC

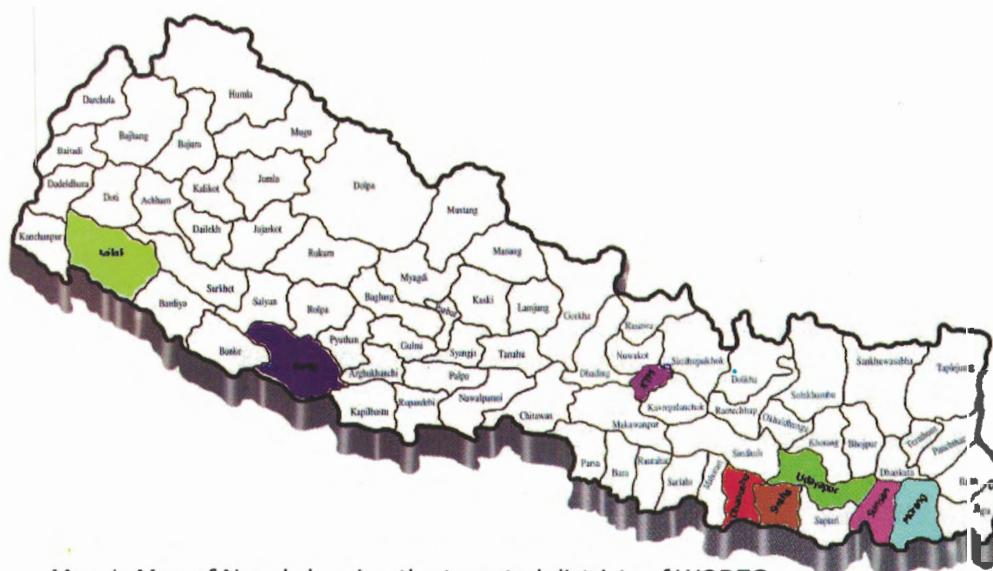
Altogether 166 (Female 115 & Male 51 ) full time staff members are working in various targeted districts of WOREC (Table 4).

## Executive Committee of WOREC

Dr Renu Rajbhandari	Chairperson
Ms Ganga Kasaju	Vice-chairperson
Ms Jyoti Poudel	Secretary
Ms Shiba Gurung	Treasurer
Ms Nirmala Adhikari	Member
Ms Rakshaya basyal	Member
Ms Surya Gurung	Member
Ms Ansuiya Shaha	Member
Ms Sony Pradhan	Member

## Advisors of WOREC

Dr Binayak P Rajbhandari	(Agriculture and Sustainable Livelihoods)
Dr Devendra Chapagain	(Development Economics)
Prof Harsha Narayan Dhaubhadel	(Education)
Prof Dr Kailash Nath Pyakurel	(Sociology/Anthropology)
Dr Meena Acharya	(Economics)
Dr Mohan Kharel	(Animal Science)
Ms Pitambara Upadhyaya	(Vocational Training)



Map 1. Map of Nepal showing the targeted districts of WOREC

# Overview of Programmes

In the course of its participatory intervention in rural areas, WOREC has facilitated formation and strengthening of social organisations aimed at alleviating discrimination, violence, and injustice through collective empowerment and social mobilization. These organisations include various community groups (CGs), community-based early childhood development centers (ECDC), community mediation committees (CMCs), women's health resource

& counseling centres (WHRCCs), women's health networks (WHNs), and model demonstration farms (MDFs). Furthermore, local women groups at village development committee (VDC) and district levels have come together to form Federations at VDC and district levels. Mobilization of these organisations is broadly directed towards protecting the human rights of women, children and marginalized groups as well as promoting the production technologies simultaneously preventing degradation of natural resources like land, water and agro-biodiversity. Social mobilization is directed towards mitigating the external economic and technological shocks and gaining self-reliance in basic resources and technologies required for the attainment of sustainable livelihoods and food security.



Local social organisations are the fundamental components of the innovations of WOREC for ensuring human rights for all and sustainable livelihoods at the local levels. The important features of the organisations engaged in various stages of programme development and implementation include their leadership quality and strength, their resources, their activities and the internal structures including the patterns of authority, communication and control or in other words - the level of democratization. Our efforts are directed towards strengthening peace, and ensuring human rights and equitable access to productive resources assuming that these are the three interrelated and most essential elements for sustainable development and social justice in this multi ethno-cultural country.

These organisations have been actively engaged in bringing about anticipated change in the discriminatory socio-cultural tradition, and gender-based discriminatory norms and values. Furthermore, these organisations are also engaged in the identification, conservation, and sustainable management of local natural resources for anticipated change in the rural household economy and local environment.



# **Collective Empowerment and Social Mobilization**

## **Animation and development education**

The subordination, exploitation, and discrimination faced by Nepali women, children, and the marginalized communities call for immediate action to make them aware of their basic human rights. They need to be animated to realize and analyze their basic needs, major problems, and available resources; and then they need to be empowered to analyze and utilize their latent potentials, available resources and opportunities for the development of their own personality, household economy and native villages. At the same time, they also need to be aware of the social environment they live and work in. Moreover, they need to be empowered to cope with all these challenges. They need to be able to question themselves about the worsening livelihood conditions, and to realize that these discriminatory conditions cannot be accepted for long and have to change. The marginalized population groups and the civil society groups committed for social justice should and can bring about a change in these inhuman situations and the discriminatory socio-political norms and values. Being guided by this concept, WOREC has been conducting animation and development education programme in its targeted districts in partnership with the local social organisations – the CBOs, and local government bodies.

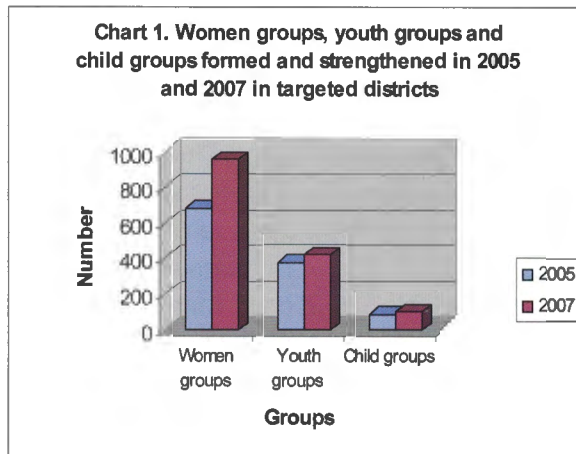
The unequal access and ownership to natural productive resources, the socio-economic discrimination and exploitation are not only responsible for subordinate status of women leading to various women's health and nutritional problems in broader sense, but they have also forced the marginalized families to migrate into towns and cities to earn their livelihoods. The 12-year long armed conflict had further aggravated the situation-overburdening women. Such migrant people are engaged in various occupations in the cities and



towns. Various studies have revealed that the adolescent girls, women and children who are "employed" in various informal sectors have been physically, sexually and economically exploited and abused. Some of them are even trafficked into the international sex industry or labour market. The ever-increasing rate and the trend of migration of rural youth, the prevailing social injustice, degradation of both the environment and fertility of croplands, un-

employment and the social crimes including trafficking in women and children have thus become a serious problem. It has been observed that the globalization, open market economic policy and exotic model of development based on discriminations and social injustice are responsible for increasing the gap between rich and poor. Thus, WOREC envisages animation and development education as a comprehensive and continuous process of instilling into the

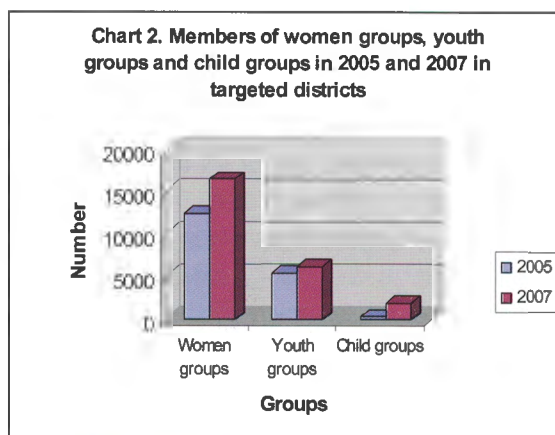
marginalized populace a scientific human rights-based outlook to understand and analyze their problems and the causes of their subordination and discrimination. This process has enabled them to identify the socio-economic, political, and cultural barriers to their development, and has empowered them to find out the ways and means to change these situations from the perspective of social justice. The vision and perspective of the grassroots people and civil societies should get due consideration in the process of socio-political restructuring in the country that is in the phase of transition.



It should be pointed that sustainability of any development programme should be a concern of all stakeholders. As women occupy half of the total population in Nepal, enhancing women's social, economic, and political status is critical for sustainable development and social justice. The armed conflict had disrupted development activities in the country. Special efforts are therefore imperative for animation, capacity building, strengthening, and mobilization of the local CBO's peace building initiatives and development activities. This would result in women's and women leaders' increased participation in decision-making, peace building and social restructuring endeavors at the grassroots level. As the community-based organizations (CBOs) are the potential change agents and peace building social force, they need to be included at all levels of decision- and policy-making bodies and legislature. With this understanding, WOREC has been facilitating capacity building of women human rights defenders (WHRDs) as well as CBOs like women's groups, youth groups, adolescent girl's groups, child groups, and farmer's groups in all of its targeted areas. These groups are provided with conceptual clarity and socio-economic and technical know-how, and mobilized to plan and implement various projects/programmes in their native villages. WOREC has been facilitating CBOs to organize community meetings or workshops; and has been providing training and technical assistance to the leaders and members of the CBOs.

## Highlights of accomplishments

- In 2007, the total number of various social groups like women groups, youth groups and child groups reached to 1476 with 955; 418; and 103 members, respectively (Chart 1). The number of these groups was increased by 29 percent in 2007 as compared to 2005 (Chart 1). There was a remarkable increase in the number of members in these groups (Chart 2). Detail information type and the numbers of these groups is presented in Table 5, 6, 7, and 8 (annex). Those groups were actively engaged in various advocacy and social mobilization endeavours at grassroots level. Some of their representatives participated even in the national level advocacy programmes.
- WOREC has been facilitating farmers to form their groups and network for participatory extension of information and technology in regard to bio-intensive farming system and marketing of their products in order to address the issues of household level food security and livelihoods. In 2007, altogether 25 farmers' groups with 362 members were engaged in these endeavours (Table 8). The farmers have formed a district level network – Sustainable Agriculture Network, Udayapur- that is the umbrella organisation of all these groups and farmers; and provides leadership in the district and regional level advocacy for the rights of the farmers.
- WOREC provided various training, orientation and support/assistance to all of these groups for planning and implementing various activities in their villages, communities or farms. These activities are discussed under specific programme headings.
- In 2007, members of women's group were widely mobilized to organised and facilitate community-based mobile workshops. In Udayapur (6031), Morang/Sunsari (6058), Dhanusha (1288) and Siraha (692), altogether 14,069 members of women and farmers groups were mobilized for social empowerment and capacity building of women (Table 9).



## Lessons learned

- Animation, collective empowerment and social mobilization are the essential components of community-based programmes for bringing about social, economic and political changes at the grassroots level.
- Once the grassroots people learn about group formation and management, the wheel of change goes on rolling sweeping away the traditional discriminatory norms and values.

# Human resource development

WOREC visualizes human resource development as a process of liberation of a person from her/his subhuman existence and sense of alienation, simultaneously developing her/his personality, dignity, creativity, and technical skills. Realizing human resource as the first prerequisite for implementing any development programme successfully, the centre has been placing a special focus on capacity building of local human resource in the targeted communities.



It has been conducting need-based training programmes for the local NGOs/CBOs as well as the local field workers and its staff members. More than 90 percent of its staffs are local youths, particularly women/girls in the targeted districts. Keeping in mind the need of a community-based training institution to serve the purpose of local human resource development, WOREC has established a Women's Training Institute (WTI) at Rajabas, Udayapur. WTI has training units in Biratnagar, Rajabas, Lahan and Janakpur.

The WTI has been offering short-term training courses on the following topics:

- Animation and People's Organization
- Leadership Development and Group Management
- Women's Health and Gender
- Women's Reproductive/Sexual Rights and Social Justice
- Management of Women's Health Resource & Counseling Centre
- Trafficking and Safe Migration
- Advocacy
- Peace and development
- Management of Early Childhood Development Centre
- Community-Based HIV/AIDS Prevention
- Paramedical Clinical Training
- Women's Health Counselor's Training
- Bio-Intensive Farming System and Livelihoods
- Organic vegetable production and Livelihoods
- Animal husbandry and production
- Management of MDF and FFS
- Community-Based Mediation for Conflict Management
- Micro-Enterprise Skill Training



## Highlights of accomplishments

- In 2007, WTI/ WOREC conducted a number of above-mentioned short-term training courses (Table 10). Altogether 37 short term training courses were conducted in 2007 in different working districts of WOREC. During this period, a total of 3,919 members and leaders of local women's groups, farmer's groups, child groups, field workers and WOREC staffs, members of NGOs/CBOs and DDC/VDC and local teachers benefited from those training and orientations. After undergoing training the participants actively participated in planning, and implementation of various programme activities and advocacy on various rights issues.
- Similarly, in 2007 altogether 623 community groups sent their participants (14,673) to various orientation classes conducted in 2007 (Table 11). Topics of orientation included: constitutional assembly, inclusion and women participation; orientation against sexual exploitation; group management; conceptual clarity for VDC level WGs; women human rights; and women empowerment.
- Besides regular training courses, WOREC conducted 14 short-term training courses for the empowerment of marginalised community groups and their members. Altogether 396 members of the marginalised community participated in those training (Table 12).

## Lessons learned

- Need-based training/orientation to the grassroots people's organizations and their members is the most appropriate and effective intervention strategy for addressing the issues of the local communities rights, food security and livelihoods.
- Development of local trainers on various issues of local people/entrepreneur's needs is the effective strategy for making people-centered programmes sustainable.



# Advocacy for Human Rights, Social Justice and Peace-Building

## Advocacy

Women's right to education, health, nutrition, employment, and equitable access to resources and opportunities are the elements of basic human rights. Ensurance and protection of these rights are imperative for sustainable development of a society and nation. That is why development is an issue of human rights. Each citizen, irrespective of ethnic origin, caste, age, gender, religion, and class should have an equal opportunity to participate in the policy making and developmental processes. Being guided by this concept, WOREC has been advocating for the abolition of servitude-like practices and all kinds of discriminations, exploitation and violence. The centre has been addressing the issues of discrimination, violence and exploitation of the people, particularly women, children, and the resource-poor as well as marginalized population groups from the very beginning of its establishment.



Traffic in women and children, bonded labour, domestic child work, and forced commercial sex works are some of the forms of such exploitation, servitude, and violation of human rights. There is no doubt that the patriarchal and feudal socio-political structure and social values prevalent in Nepal are the major factors responsible for the existing discrimination and violence against women, children and marginalized population groups. Such structure and values must be transformed into socially just and inclusive structures and values for uprooting the gender- or caste-based discriminations, violence and exploitation. United effort of the grassroots people and civil society groups is the only force that can uproot such disparities and exploitations. That is the only force that can bring about change in that old attitude and mentality. The old attitude and mentality along with the rotten old traditional values and norms are the main hinderances in the process of building New Nepal with new values and norms that favour social justice and equity. Obviously, advocacy and capacity building activities may play significant role in bringing about necessary policy and legislative change. Advocacy programme should go beyond public policy to the larger sphere

of influencing societal attitudes and practices in order to transform the oppressive patriarchal value system into a just and humane one. Issues of deprivation, violence, injustice, and violation of rights precede the process of advocacy. So advocacy activities can not be effective and sustainable without empowering and mobilizing the local civil society groups to influence the local governance. We perceive advocacy just like a coin with ideological and political sides. WOREC has therefore been placing special emphasis on capacity building and mobilization of the grassroots civil society groups, local WHRDs, local governance bodies as well as political organizations.

Advocacy campaigns and activities of WOREC address the issues of basic civil rights, human rights, women's rights, child rights, and farmer's rights to assets, resources and opportunities. These activities also address the issues of social injustice prevalent in the country. WOREC, in cooperation with various international and national organizations, has been conducting Women Human Rights Defenders (WHRD) Campaign and Violence Against Women (VAW) campaigns at the community and national levels. WOREC's central level advocacy has been targeted to the parliamentarians, political leaders, ministry officials, and intellectuals for relevant changes in the governmental policies, programmes and legislation.

WOREC uses various means of advocacy like training, workshop, community meetings, rallies, signature campaign, street dramas, video film shows, and distribution of IEC materials. It has been publishing and distributing periodical magazines against trafficking (*Cheliko Byatha*), on women's health (*Sayapatri*) and sustainable agriculture (*Krishak Awaaj*) to make both the community level and central level organizations, civil society groups and other stakeholders/people more aware of the issues of trafficking and migration, human rights and social justice, food security and livelihoods.





# WHRD campaign

Nepali women have been struggling from ancient time to end the violence and discrimination against women and social injustice prevalent in our society based on sex, ethnicity or cast, and religion. Nepali women's participation in all national and regional movements for human rights, social justice and democracy was substantial. However, they were always put in shadow of the patriarchal values and practices. Women Human Rights Defenders (WHRD) have had been marginalised; and

above that, they were compelled to face a number of challenges, violence and discriminations in the family, society and country. Their identity and engagements were never recognised rather they were humiliated, discriminated and threatened to death only because they were fighting for social justice and women's human rights, only because they were advocating for right of the marginalised groups and only because they were demanding for their basic rights. Even today our society perceives that all human rights activists are men not women. Keeping in view that besides general human rights women have special human rights based on their biology, needs and the roles they play in the society, it was obvious that WHRDs had to be brought together and mobilized for the women's rights as well as WHRD's rights. WOREC therefore launched WHRD campaign in 2005 organizing various regional and national workshops on WHRDs, documenting the cases of violence against women and WHRDs throughout the country and preparing advocacy tools there of. In 2007, WOREC facilitated formation of a National Alliance of Women Human Rights Defenders (NAWHRD) to lead the national WHRD campaign. The general objective of the WHRD campaign is to bring the issues of WHRDs in surface and include them in the social movement of different NGOs/CBOs and Human Rights Organisations (HROs). Today the NAWHRD is operational in 35 districts of the country as a major women's advocacy network.



## Highlights of accomplishments

- IEC materials are necessary in disseminating information to various target groups so some published materials were updated and new materials were published for the

orientation and refresher training. Some of the documents that were either updated or prepared were WHRD brochure, WHRD booklet, WHRD campaign booklet, UN HRDs and EU Guideline booklet, WHRD leaflets, WHRD poster, WHRD district maps, and WHRD documentation format.

- In a historical milestone of the women's movement in Nepal, 29 November - 1 December, 2007 witnessed a remarkable participation of 500 WHRDs from all the 75 districts representing various marginalized groups such as madhesis, pahade madhesis, women with disabilities, muslims, women workers working in informal sector (entertainment sector), sexual minorities, landless, dalits, squatters, indigenous and socially excluded groups during the Fourth National WHRDs Consultation organized by the National Alliance of WHRDs (NAWHRDs) that fell during the 16 Days of Activism to end all forms of VAW. The WHRDs stood on a common platform challenging the various forms of violence caused by the state and non state actors that they had encountered in advocating and defending their rights and the rights of other women. The outcome was first democratically elected WHRDs National Committee and Kathmandu Declaration that echoes the demands of WHRDs and this tool will be an instrument. The consultation also opened avenues and spaces for differently abled women who had sign language interpreters throughout the consultations translating information and raising questions from the groups or vice versa. The consultation was inaugurated by Mr. Ian Martin, Special Representative of General Secretary, UNMIN, Mr. Richard Benette, OHCHR, Honorable Chairperson Mr. Kedar Nath Upadhaya, NHRC and 5 WHRDs representing 5 development regions and various movements. These women represented various ethnic, religious and social minorities.
- First National Assembly of WHRD was organized at Kathmandu that democratically elected a national committee with 23 members.



- As a part of the national WHRD campaign, it was realized that media will play an important role in recognising and disseminating the work and identity of WHRDs. Therefore Nepal FM was contracted to run programmes on WHRDs campaign. The contract has been signed for one year. Nepal FM has been active in creating awareness on women's rights, broadcasting interviews with WHRDs, disseminating information on WHRD activities.

- NAWHRD has passed its statute and extended its branches in 35 districts.
- Orientation on Article 1325, UN Declaration on Human Rights, EU Guidelines etc was provided to local WHRDs in 13 districts.
- Coordination meetings were organized in 18 districts; and media interactions and conferences were organized.
- 3-day training was organized for capacity building of the WHRDs.
- A workshop on "Inclusive democracy, equity and just peace" was organized in cooperation with different organisations.
- Rallies were organized jointly with other NGOs in 13 districts for "Inclusive democracy, equity and just peace".
- Regular support has been provided to Badi women's movement for their empowerment and rights.
- Action Alert on violence against WHRD has been circulated regularly at national and international level. Press Releases were circulated on threats and intimidation to two WHRDs in June 2007.





## VAW campaign (*Sahayogī*)

Women's Human Rights situation is degrading because violence against women (VAW) is a neglected issue in Nepal. Although violence against women is established as a political problem world wide, it still fails to be recognized as a political issue in Nepal. Primary reason for this invisibility is that violence against women primarily takes place in a highly patriarchal socio-cultural context and occurs primarily in the private sphere. VAW remains shrouded in a culture of silence which has been reinforced by the increasing militarization of Nepal; due to the armed conflict and unstable political situation. The silence renders violence against women invisible in the public sphere, devoid of any political significance and legitimizing the legacy of impunity.

Inequality in the enjoyment of rights by women is deeply embedded in tradition, history culture and religious attitudes. The subordinate role of women in some countries is illustrated by the high incidence of pre-natal sex selection and aborting of female fetuses. State parties should ensure that traditional, historical, religious or cultural attitudes are not used to justify violation of women's right to equality before the law and to equal enjoyment of all covenant rights. State parties should furnish appropriate information on those aspects of tradition, history, cultural and religious attitudes/practices. Domestic violence is a quotidian reality of the patriarchal culture. Lack of infrastructural and legal protection mechanisms have led to an increase in domestic violence. After seventeen years of continuous work with socio-economically marginalized community groups, the centre has experienced that lack of understanding of laws related to women's human rights and lack of support mechanism, VAW has remained largely invisible. Considering above mentioned problems, WOREC has launched prevention of violence against women

programme as a campaign. This campaign aims to address the immediate needs of the women who have suffered various forms of violence as well as to prevent or substantially reduce violence. Together with this, WOREC has been documenting all cases of violence against women, analyzing those cases, producing report and interacting with Government and inter-governmental institutions urging them to create enough support mechanism to the survivors of violence.



## Highlights of accomplishments

- WOREC has been documenting the cases of violence against women since July 2005. Last year a total number of 686 cases from 18 districts were documented and entered in WOREC database. Active community women leaders, social workers and Women Human Rights Defenders (WHRDs), who have been trained on documentation as documenters, have been documenting the cases of women human rights violations. Cases of VAW were also collected from other stake holders (GOs, NGOs, CBOs) and national daily newspapers. The systematic documentation of the cases of women human rights violations is the advocacy tool for making the state accountable for addressing the issues of women's human rights violations in situations of gender-based violence, risk and challenges they face.
- In close coordination with other network of human rights organizations, WOREC monitored the place of incidence and lobbied with the stake holders for the victim's security, providing safe shelters, legal inputs, medical counseling, and counseling victim's family and community for rehabilitation and reintegration. The insecure victims were referred to WOREC safe houses in Udayapur, Morang, Siraha, Dhanusha, Dang or Kailali districts.
- The action alerts were disseminated nationally and internationally in order to pressurize the government authority and local authority to investigate the case thoroughly and to ensure the victim's security and access to justice.
- Training on the documentation of cases of violence against women was conducted at various levels. The first training of trainers (TOT) was organized for the staff or local WHRDs who later on conducted training for the documenters at district level. Altogether 132 participants benefited from those trainings. After training 99 documenters were identified and mobilized for documentation of the cases of VAW. The documenters covered 37 districts last year.
- In Biratnagar, two-day orientation on documenting cases of violence against women was given to women groups and women federation in which 20 women had participated. Likewise, the sharing program was held at VDC and community level.





- An interaction program was organized at the district levels and at Kathmandu last year. The analytical report prepared based on the cases documented by WOREC and other organizations as well as those reported in daily newspapers was launched in the national interaction programme.
- A coordination meeting with Nepal BAR Association was conducted in 22 districts. Altogether 263 lawyers participated in those meetings and expressed solidarity for working towards ensuring the rights and justice to the victims.
- Male orientation programs were organized for male counterparts in the district level. The orientations helped men to realize the barriers that men have created to women and the consequences of same barriers back to men. The participants were from government offices, political parties as well as legal practitioners. A total of 30 orientations were conducted last year.
- Women's Tribunal on Poverty and Violence against women was organized on 4<sup>th</sup> December. The women's tribunal was an opportunity for grassroots women leaders to come together and make a strong statement on the ways in which the policies and programs of the government are being experienced by the marginalised women. Approximately 300 women from more than 40 districts had participated in the programme jointly organized by 13 Human Rights Organizations. Thirty women shared their cases in the tribunal. A half day lobby meeting was also organized to share the outcome of women's tribunal. A total of 50 participants participated in that meeting. During the meeting, the political leaders expressed commitment to raise the women human rights issues and incorporate in political party's mandate.

## Lessons learned

- Advocacy is the most effective activity to bring about anticipated changes in the discriminatory national policy, legislature, and social norms and values.



- Empowerment and mobilization of CBOs and local WHRDs is the corner stone for effective advocacy.

# Peace and development (*SAHAJ*)

Violence, disparity, discrimination, exclusion or marginalisation and exploitation are the major reasons of conflict and social injustice, which is rampant in Nepalese society. Believing that peace, human rights and equity in the access to resources and opportunities are the three essential and interrelated elements of sustainable development and social justice, WOREC has been addressing relevant issues in an integrated way. Besides other integrated programmes, WOREC has also launched Peace and Development Programme known as *SAHAJ* in its targeted districts.



Violence against women in any form is a worse form of violation of their human rights. Various forms of violence including trafficking in person are rampant in Nepal. There are ample evidences, which suggest that a large number of women and children are being trafficked each year in various sectors of work. Similarly, various community level researches suggest that domestic violence against women is common in Nepal. Young women usually are the prime victims of such violence. There are different newspaper reports revealing that adult women are also severely harassed and beaten blaming them as witches. One of the very strong reasons for this is that the family, community, society and even the state are discriminating against women and girl children in different spheres of their lives. Although the government of Nepal has ratified almost all of the International Conventions including CEDAW and CRC, which protect the rights of women and children, everyday thousands of women and children are being discriminated against and exploited. This kind of discrimination and violation of their human rights leads them to forced migration making them more vulnerable to trafficking.

As mentioned earlier, the majority of people who are being trafficked include youth, adolescents and children. Reason for this is that women's lives are constructed and located within the institution of marriage and social prestige of the family. Traditional and social pressure forces girls to marry at a young age and to have early pregnancies. Suffering such pressure and abuse within the family at an early age is probably the worst abuse a girl child has to face. Within the family, women take the major responsibility of agricultural production, domestic agro-based cottage industries, marketing at the village level as well as most of the domestic works. Rural women's workload is multiple, unrecognized, under-recovered and under-valued. All of these factors combine to minimize women and girl's

self-esteem and self-worth. Faced with daily discrimination, lacking protection and recognition, women and girls have little experience of negotiating for better condition, and a few expectations of their rights being fulfilled.

WOREC has therefore been addressing these issues through right-based approaches. WOREC believes that in order to prevent trafficking in women and girls from Nepal and to reduce the scale of violence against women it is imperative to empower and mobilize youth at the community level. Keeping this concept in mind, WOREC has been implementing youth empowerment with in the Sahaj programme as well.

### Highlights of accomplishments

- WOREC has been working with over 5000 youths and thirteen thousand of women in different districts. These groups are actively involved in different activities of the *SAHAJ* Centers in Udayapur, Morang, Sunsari, Siraha and Dhanusha. In 2007, altogether 21 (Morang/Sunsari 13, Udayapur 5, Siraha 1 and Dhanusha 2) *SAHAJ* centers were operational.
- For strengthening the *Sahaj* centers, the counselors were provided with orientation about the peace initiative process and services to be provided by the counseling center. For this, coordination meetings, orientation and workshops were organized at various VDCs of the targeted districts.
- In order to promote peace initiative process at the grassroots level, ten village-level and one district level Civil Society Committees (CSC) were formed and mobilized in Udayapur. WOREC provided orientation on peace-building process to the selected leaders of CSCs. The CSCs organized talks on peace-building process in their respective villages.
- Youth Groups (YG) continued organizing street drama, community workshop, and rally to promote grassroots initiative for restoration of peace in Dhanusha, Udayapur and Morang districts.



- In 2007, the centre provided safe-house, health service, food, counseling and legal support to above 70 women/girls who were the victims of conflict or violence. Such support was provided at Morang, Udayapur, Siraha and Dhanusha districts.
- Youth groups and federations were formed and/or strengthened in targeted districts at ward, VDC, and DDC levels. It is a continuous process in all localities, where WOREC has been working.



- Targeting to local youth, WOREC conducted various training programmes. Altogether 122 members of local youth groups participated in those training programmes (Table 13).
- Youth groups mobilized themselves for advocacy and awareness-raising at local level.
- Youth groups organized various advocacy activities for social justice and equity, particularly against violence (dowry-related, domestic, and social violence), trafficking and discriminations against women prevailing in the society.
- Youth groups were actively engaged in peer-education for the prevention of HIV/AIDS in their communities.



### **Lessons learned**

- Youth groups are the most dynamic change agents for building New Nepal; and they can bring about change in the old traditions, discriminatory socio-economic and cultural norms and values.
- Empowerment and mobilization of youth for the prevention of social crimes/evils is the best option of moving towards sustainable peace and development.
- Although counselling centres have opened up a safe space for people/women to come and share their problems, it has been a challenge so far for women to speak up and share their problems basically due to fear of retribution. An environment of trust has not quite developed, which is also a result of the armed conflict.
- Field workers have to constantly justify their work in the field to both the parties in conflict. This is because both parties blame NGO workers of supporting their enemies. This constantly disrupts the NGO work, slowing it down due to which expected timely results and outcome have suffered.

## Safe migration and prevention of trafficking

Various discriminatory practices, norms and values, violence and armed conflict have forced rural population groups to migrate from native villages to towns and cities in search of better livelihood options. For the last few years, quite a big chunk of people, both male and female, have been migrating to other countries for better employment. It has been found that in the process of migration women and children are trafficked into slavery-like conditions in other countries. Obviously, dissemination of information about safe migration to the migrating population groups would be one strategy for the prevention of trafficking. WOREC has therefore been conducting safe-migration programme in Dhanusha, Udayapur, Morang and Sunsari districts.

Traffic in women/children is a serious violation of human rights of women and children. WOREC has adopted the following definition of trafficking *"Trafficking includes all acts involved in the recruitment and/or transportation of a woman or child or person within and across the national borders for forced labour or services by means of violence or threat of violence, abuse of authority or dominant position, debt bondage, deception, or other forms of coercion"*.

It has been estimated that every year thousands of girls from the rural areas of Nepal are trafficked into sex industry and labour market in India and other countries. Around 20 percent of these girls are reported to be minors. Similarly, many children are trafficked inside the country, and are forced to work under different kind of servitude-like practices. In Nepal, people usually perceive trafficking as a synonym to sex trade or migration. In fact, trafficking is synonymous neither with sex trade nor with migration. These are only serving to be the reasons of trafficking.

The patriarchal social structure and discriminatory values, illiteracy, ignorance, lack of women's access to and control over productive resources, and employment have caused

trafficking of women. Their work has neither been regarded as productive nor socio-economically valuable. Owing to the patriarchal socio-political structures, the women have subordinate status in Nepal. Girl children and women have also been exploited and discriminated against based on sex, caste, ethnicity, gender, and class. Furthermore, open market economic policy and globalization have also increased subordination of and traffic in women and children. It is



therefore imperative to make the rural women aware of the socio-economic environment they have been operating in as well as of the discriminatory social values and tradition of their exploitation. They need to be empowered to question and to mobilize themselves to abolish these discriminatory values, norms, and traditions, and change the policies that marginalize them. WOREC has therefore been conducting advocacy and other support programmes to address the issues of human rights, particularly of the women and child rights, and social justice.



Social reintegration/rehabilitation of the survivors of trafficking is a comprehensive process of animation and self-empowerment, and does not merely mean the physical reunion of the survivors with their families or providing shelter and food to the survivors. The components of social reintegration of the girls affected by or at-risk for trafficking include: animation; empowerment; development education; support for housing, nutrition, health service; counseling; skill/professional training; identification of their family members, family reunion, and follow-up. WOREC's innovation concerning rehabilitation of the survivors of trafficking/violence is already a proven practice. Girls who underwent through this psycho-social process are now earning their livelihoods in an environment of social dignity. In 2007, WOREC had carried out different activities in prevention, capacity building, policy advocacy and rehabilitation/ reintegration in all of its targeted districts.

### **Highlights of accomplishments**

- In 2007, WOREC conducted various workshops and cross-sector meetings on the issues of trafficking and safe migration at different levels.
- WOREC also conducted various activities for raising awareness of the targeted population groups, the leaders and members of women's groups, teachers, students, and youth groups/clubs as well as other civil society groups in the targeted districts.
- In 2007, WOREC continued publishing "*Cheliko Byatha*", the first magazine against trafficking in Nepal. Moreover, it also published other reference materials on trafficking and safe-migration for different target groups.

### **Lessons learned**

- Being an intricate problem, trafficking needs joint and coordinated efforts from all sectors of the society and government for its effective prevention. Operational VDC- and DDC-level task force against trafficking and violence might be the important and effective network against this crime at grassroots levels.



## *Chhahari* programme

For the last few years, quite a big number of population groups have been displaced or internally migrated from native villages to cities or towns owing to armed conflict and lack of livelihood options. Being deprived of resources and opportunities for livelihoods, these population groups including women/girls have been compelled to work with low wage or salary in various types of work in the cities or towns. Among these groups, the displaced or internally migrated/trafficked women/girls have been reported working in the informal or entertainment sector such as dance restaurant/bar, clubs, massage parlor, small hotels. Besides low salary, they have to face discrimination, violence and various types of exploitation including sexual harassment and sex work in such places. In order to provide health and counseling services to these workers and other internally displaced women, WOREC has established a drop-in centre known as *Chhahari* in Kathmandu. The drop-in centre is located at Gangabu, where a substantial number of sex-workers reside, and displaced or internally migrated people have temporarily settled.

### Highlights of accomplishments

- *Chhahari* with 24 hour health clinic and counseling service unit continued functioning at Gangabu, Kathmandu throughout the year 2007. One ANM is stationed in the *Chhahari* health clinic for round the clock service. Medical Doctors provided with reproductive/sexual health checkups and service periodically.
- Orientation/training was provided to the concerned staff members for their capacity building.
- Counseling service was provided to 247 visitors belonging to the targeted group (Table 14).



- Health education/ services were provided to 1,806 members of the targeted population groups. Most of the visitors had more than one health problem. White discharge and lower abdominal pain were the most common complaints. Eighty complicated cases were referred to hospital. In 2007, altogether 3,739 condoms were distributed to the visitors of the clinic.

- Legal service and orientation programmes were continued for the women migrant workers working in informal sector. Altogether 319 women provided with their life stories for documentation in the centre (Table 14).
- Regular coordination meetings with stakeholders and advisory board were organised. Besides, recreational activities, exposure visit and interaction programmes were also conducted.
- Out-reach activities in the targeted areas were conducted regularly. That activity covered 3,156 girls/women in the targeted areas. *Chhahari* has been disseminating and delivering the reproductive as well as sexual health related information through out-reach; and the IEC material is distributed at the drop-in centre.
- Owing to the need of targeted girls, informal education classes were continued. As many of the women working in informal sector were illiterate, they were facing problems to keep even their personal account and writing letter to their family. Similarly basic English language classes were also conducted for them to improve their professional ability in regards to their job. Furthermore, training activities on tailoring, peer education and counselling were also conducted at *Chhahari*. Altogether 196 targeted girls/women benefited from those training programmes (Table 15).





## Early childhood development centre

In Nepal, the children of 0-6 year's age group are usually neglected in the development programmes of the government. There are no space and facilities to bring out their hidden talents and creativity. Thus, they are deprived of their basic human rights of having support for their overall development. Women, particularly mothers, have to take the responsibility for their care, nourishment and development; and in most cases, they take their children with them to their work places. It is obvious that this situation has negative impacts in the life of the children as well as mothers. The child is not only deprived of the right to socialization and proper health and nutritional care but s/he is also exposed to various infections or put at-risk for accidents. The mother, on the other side, is over-burdened; and the opportunity to generate extra income has been limited for her. When the children reach 2-3 years, they start cultivating the habit of roaming around; and it becomes difficult to enroll them in the formal school. These are indeed the impacts of visionary deficiency in planning and policy making bodies of the state. In order to develop good habits among the children, and to provide them with appropriate information, opportunities and support for their development as well as to provide pre-school counseling, socialization and other supports, the need for a child-centered programme was strongly felt.

Keeping these situations in mind, WOREC in partnership with AEI, Luxembourg and the local WGs and VDCs had formed 10 community-based child development centres in 1998 and 10 more centers in 2001. In 2002 and 2003, those ECDCs were further strengthened and 21 ECDCs of Triyuga Municipality, Rauta, Jogidaha, Khabu, Saune and Triveni VDCs were handed over to VDC-level women groups for their operation. Likewise, five ECDCs were established each in Siraha (in 2006, in partnership with MISEREOR) and Dang (in 2006 in partnership with AEI) districts.

### Highlights of accomplishments



- Regular health and nutritional assessment and care;
- Imparting knowledge and behavior about personal health and hygiene;
- Socialization of the children;
- Support for the development of creativity of children;
- Capacity building of teachers and members of the management committee;

- Workshop on programme sustainability;
- Pre-school education to the elder children (3-6 years) for formal schooling;
- Support for the admission of the children to local schools.
- Programmes like poem contest, interaction on child rights, sanitation campaign and debate contest were organized by different child groups.
- In 2007, altogether 643 children were enrolled in 22 ECDCs established at different VDCs and municipality in Udayapur district. Likewise, in Siraha 177 children were enrolled in 4 VDCs, and in Dang 150 children were enrolled in 5 VDCs. In Dhanusha 1 ECDC was established in 2006 with 22 children. Thus a total of 992 children were enrolled in various ECDCs in 4 targeted districts (Table 16). Distribution of the children enrolled by sex shows that quite a good ratio of male and female children are being benefited from the programme.
- The coordination meeting was conducted with the teachers of primary schools and early childhood development centers.
- Every year the center provides dress to the children enrolled in each ECDCs.
- WOREC clinics continued health check up of the children of ECDCs monthly. Growth assessment and nutrition were important components of that activity.



## Lessons learned

- Early Childhood Development Center is the most essential space for the growth and development of younger children.
- Learning attitude, social and health related behaviour and overall growth and development of the children enrolled in ECDCs are better as compared to those who are deprived of such an opportunity.
- Local people and CBOs and GOs may be able to run such ECDCs if there is appropriate government policy and they are provided with appropriate training, orientations and support for establishment of the ECDCs.

# Community mediation

In Nepal, violence against women is one of the major factors responsible for poor health of women, livelihood insecurity, and inadequate social mobilization. With an aim of restoring social justice and peace through elimination of gender-based or caste-based discrimination, marginalization, exclusion and violence at the grassroots level, WOREC has been facilitating formation and strengthening of community mediation committees (CMC) in the targeted wards, VDCs/municipalities. It has started mobilizing local CGs, local elected governmental bodies, and local intellectuals in its targeted districts (Morang, Sunsari, Udayapur, Siraha and Dhanusha) for that purpose. Each ward-level mediation committee consists of seven (four female and three male) members. The composition of the ward-level mediation committee is as follows:

• Elected and nominated women ward representative (1)	Chairperson
• Elected chairperson of ward (1)	Member
• Representative of adolescent girls' group (1)	Member
• Representatives of women's group (2)	Member
• Local leaders/Teachers (2)	Member

The VDC-level mediation committee is a federation of the ward-level mediation committees. Some of the VDCs in Udayapur have given formal recognition to the CMCs as per Decentralization Act. Each mediation committee conducts a monthly meeting on a regular basis. The hearing of the registered cases of the disputes takes place as per need.

## Highlights of accomplishments

- Each mediation committee used to call meeting regularly. The meeting was conducted variously in different places, i.e. monthly, bimonthly or quarterly. Moreover, they also used to call emergency mass meeting in case of urgency.

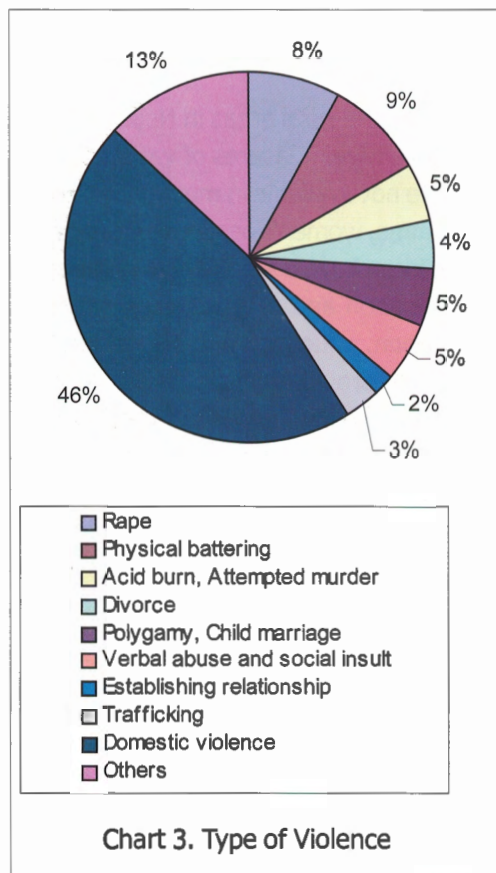


- In 2007, altogether 203 cases of disputes and violence were resolved by the CMCs in various districts (Table 17). Forty five cases out of 65 registered in Morang/Sunsari CMC were referred to district office for legal process.

- The cases reported to CMCs in different districts varied from rape to attempted murder (Table 18). Domestic violence was the most widely prevalent case (46%) which was followed by others, physical battering and rape (Chart 3).

### Lessons learned

- Community mediation is the best option of resolving local disputes. It facilitates in bringing both parties to realize their mistakes and compromise with the common conclusion with win-win situation for both.
- Community mediation is relatively effective and faster in resolving local disputes because it does not require any fee; and it can meet immediately in the village itself.
- For substantially reducing patriarchy-based violence against women, the community mediation committee should be chaired by women.





## Health for all

In most of the rural areas in Nepal, people have a very little knowledge about the causes and preventive measures of various health and nutritional problems. General health services are not available in most of the parts of rural Nepal. In the national health policy and programme, women's health issues remain inappropriately addressed. Furthermore, women and children have been facing a number of health and nutritional problems owing to social discrimination and religious-cultural traditions. This reality suggests that health-related information, education and service are not within the reach of the most people. It is imperative to provide primary health care facilities to them irrespective of their gender status, and make them aware of the fact that health is their basic right. The national health system needs to be made comprehensive from the perspective of the women and marginalized communities. Keeping these points in mind, WOREC has been implementing community based-health programme and women's health programme since 1992. The thrust of WOREC is to develop a model community health service centre in the local level that could be replicated by GOs and other NGOs elsewhere in the country.

## Community health

The community-based health programme (CHP) of WOREC consists of clinical service, health education, immunization, counseling, promotion of herbal remedies of women's health problems, training to the grassroots people. Utilization of health service is a complex behavioral process in Nepali society. Many factors such as availability, distance, costs, and quality of health care, social structure, and health beliefs have been affecting health-seeking behaviour among the rural people. Many



of these factors are interrelated with gender inequality reflected in women's subordinate status in the society. The status of women has been strongly affecting their access to health services. Most of the rural women cannot themselves decide to seek health service. Their husbands or senior male members of the household often make the decision for them. Cost and distance considerations are also interrelated with this kind of gender inequality. Quite a large number of rural women do not go to the health posts but instead go to the traditional healers (*Dhami/Jhankri*). WOREC has started providing training to the local traditional healers in Udayapur since 1998 to impart knowledge about primary health

care and the importance of a referral system. After undergoing training, the traditional healers have started to refer their patients to WOREC clinic or local women's health resource and counseling centres. WOREC has also been strengthening local Women's health resource and counseling centers (WHRCC) and women's health networks (WHN) simultaneously promoting referral health system. Major activities of this programme include:



- Health education (for community and school students);
- Health service through static and outreach clinic;
- Immunization
- ANC/PNC check-up and follow up;
- Counseling;
- Lab services; and
- Dental services.

### **Highlights of accomplishments**

- Community-based health clinic (CHC) at Rajabas, Udayapur is operational for the last 15 years. The paramedical staffs, laboratory technician, site supervisors and field workers stationed in the field-based offices have been working in both the static clinic and mobile outreach clinic in the command areas.
- Altogether 2169 patients benefited from the service provided at the CHC of WOREC at Rajabas, Udayapur (Table 19). Wound/injury /burns/bites, skin diseases and RTI were the most common complaints registered in the clinic (Chart 4).
- Besides general health check-up and service, the CHC also provided with services in regard to safe motherhood, family planning, PNC, immunization, lab test, etc. Altogether 968 children and women received immunization services from the CHC, Rajabas, Udayapur (Table 20).
- To minimize the prevalence of tuberculosis, static clinic of WOREC has also been providing DOTS service.
- School health education was organized in different high schools of targeted areas. Altogether 880 students in Udayapur and 182 students in Dang were benefitted from school health education program. The education package consisted of topics like physical changes during adolescence, reproductive organs, negative effects of HIV/AIDs.

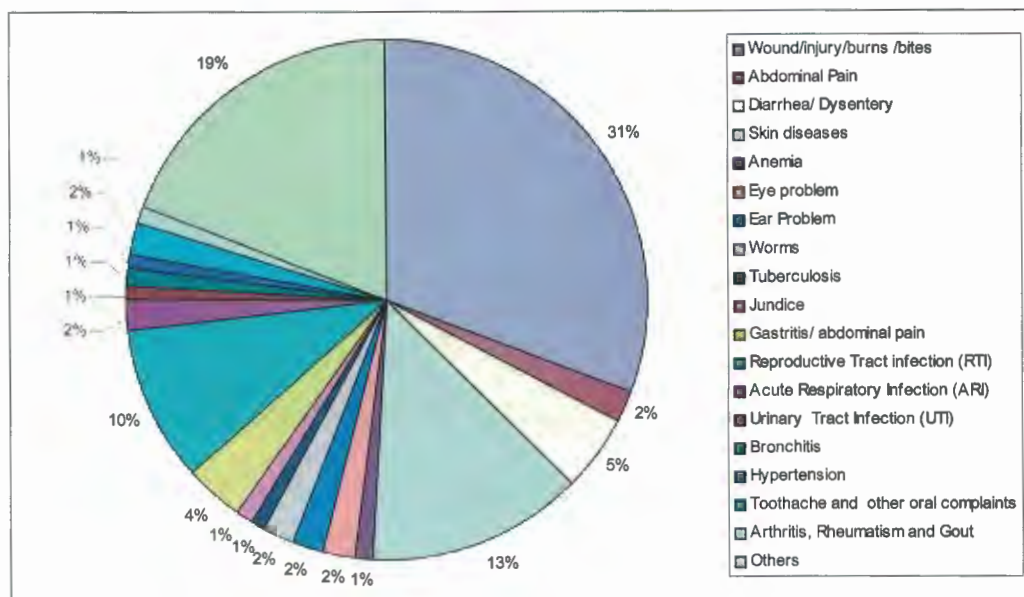


Chart. 4 Distribution of the patients by diseases

- The CHC also on provided orientation on health education and environmental protection to 316 people at local level.

### Lessons learned

- Community health clinic and regular mobile health camps are useful for providing health service and counselling at the grassroots level, where people are deprived of primary health care infrastructure and facility.
- Mobilization of local people to manage CHCs for its sustainability is a challenge; and it needs more intensive social mobilization activities.





# Women's health

In Nepal, the gender-differentiated effects of patriarchy on women's health remain to be well researched. Morbidity and mortality among the women and children are increasing. New occupational health hazards and risks are also evident among workers in export-oriented industries like carpet and garment factories, informal services, entertainment sectors and agriculture.



Various research and workshops conducted by WOREC have revealed that a number of socio-economic factors, religious-cultural traditions, and the patriarchal subordination of women are responsible for many health problems of women. Nepali women lack the right to self-determination (womanhood), are unaware of the fact that they are themselves the decision makers of their bodies (bodily integrity) and lack access to health services. Further more, there exist inequities among the women of different classes, ethnicities, castes, ages, and marital status in access to health services or treatment by health service providers. There is diversity among women in terms of values, cultures, religion, family backgrounds, and medical conditions. This diversity, however, should not be the cause of discrimination and humiliation among women.

A woman, to be healthy, first should have control over her body and should have the right to self-determination, e.g. in relation to having pregnancy, child bearing, abortion, and the use of contraception. It is clear economic and/or policy changes should be there to create such conditions. It is not only a matter of development but also an issue of human rights, specifically women's reproductive and sexual rights. Development is an issue of human rights. Women's reproductive and sexual rights are therefore inseparable from development if the development is for social justice, equitable access to resources and opportunities with the freedom of self-determination. We have learned that without empowerment the rural women would not be able to understand the real causes, magnitude and treatment measures for their health problems. The major cause of women's health problems lies within patriarchal socio-political structure and attitude, which is supported by the religious-cultural traditions. WOREC, in cooperation with the ICCO Th Netherlands, has therefore been conducting women's health programmes with multiple directions since the last eight years in Udayapur. This program is replicated in Dang in cooperation with AEI, Laxembourg. The programme includes advocacy and empowerment, participatory research and monitoring, training from women's perspective, strengthening of local women/adolescent girl's groups, establishment and strengthening of women's health resource and coun-



selling centres (WHRCC), women's health networks (WHN) as well as promotion of the conservation and use of locally available medicinal plants. Under the umbrella of the WHRCCs, women's health networks (WHNs) are active. The members of WHNs have undergone training on women's health, management of WHN and treatment of health problems with herbal remedies. Members of the WHNs meet regularly on a quarterly basis. The WHNs have been providing information, education and training on women's health issues at the ward and VDC levels. Moreover, each network has annual action plan and actively involved in sensitizing community people on the issues of women's health, violence and gender-based discrimination. The main purpose of this network is to enhance the coordination among WHNs and strengthen district level advocacy campaign on women's health and rights issues. WOREC is the only institution in Nepal that is successfully implementing women's health programme with such a holistic approach.

### Highlights of accomplishments

- As regular activities, different orientations were organized on the topics like women health rights, gender and women health, violence against women, safe motherhood, use of herbal medicines etc.
- In partnership with the local women's groups and VDCs, WOREC has established a number of women's health resource and counseling centres (WHRCCs) and women's health networks (WHN) in the targeted VDCs (Table 22). These resource and counseling centres are the nodal points, where local women share their health problems and experiences and get relevant knowledge, information and counseling. Those WHRCCs continued their services and provided with information, education, and counseling following self-help approach. In the course of the last eight years, various medicinal plants were found quite effective in curing women's common health problems. Such problems included non-specific vaginal white discharge, burning urination, menstrual disorders, the first and second degree of prolapsed uterus, non-specific vaginal infections, gastritis, joint pain etc.



- WOREC has established Vaidyakhana (Ayurvedic Clinic) at Rajabas. Vaidyakhana provided service to 127 local women and also produced and distributed 8 types of herbal medicine at local level.

- In 2007, altogether 4024 women visited and benefited from women health resource & counseling centers (Table 22). The table shows distribution of patients visiting the

WHRCCs by health problems. Most of the women visiting WHRCCs had prolapsed uterus (22%) followed by white discharge (13%) and lower abdominal pain (10%).



- WHRCCs provided services to 4024 women/girls of all age groups economic strata and ethnicity in targeted districts. Women of the most active reproductive age group upto 36 years were the major beneficiaries of WHRCCs in those districts followed by the women of age group between 37-50 years and above. It is interesting to note that 68 percent of the beneficiaries belonged to  $\leq 19$  years age group (Table 23). The lower economic strata households were the major beneficiaries (40%) of WHRCCs in the targeted districts; and the second major beneficiaries were the women with middle economic status (Table 24). The low and middle economic strata households include the households with an income from own farm to cover the expenses of six months and one year, respectively. High economic strata households have adequate farm production and income to meet their annual needs and above that have some savings.
- Analysing the ethnic distribution of patients visiting WHRCCs in 2007, it was found that the percentage of Janajati *Danuwar*, *Tharu* women visiting the WHRCC comprised 43 percent (Table 25). Dalit like SK/BK/Pariyar and sada women who visited WHRCC comprised 19 percent. This indicates that marginalized and Dalit communities are becoming more aware of their health problems; and have been developing health-seeking behaviour as an impact of WOREC women's health programme.
- Women's health counselors and the members of WHNs also conducted ward-level and tole-level meetings in their targeted areas. Dissemination of information about women's health networks, impact of violence on women's health, need for sending both son and daughter to school as well as conservation and use of medicinal herbs were the common agenda of such meeting. Participants of the meetings provided with positive feedback in regard to women's health programme and interaction activities.
- As a regular activity, the women health counselors regularly followed up the registered cases (including previous year's as per necessary) in each WHRCC in 2007 as well. Altogether 3640 cases followed up (Table 26). It was found that about 18% and 60% of followed up cases were cured and improving, respectively (Table 26). Ten percent of the followed-up cases had discontinued treatment.

- Altogether 106 and 60 local women benefitted from women health and adolescent health training, respectively (Table 27). These trainings were conducted at local levels.

### **Lessons learned**

- Women's health resource and counselling center (WHRCC) is the most essential space to be created or strengthened to address the issues of women's health at grassroots levels from women's rights perspective. It is useful for documenting, sharing, preliminary service providing and following-up of women's health problems, and revealing relationship between women's health problems, women's rights and socio-economic factors.
- Women's health network is the most useful association of local women's health activists for creating awareness on health seeking behaviour among wider population of women at the grassroots level. It is also useful for advocacy against violence at local level.
- WHRCC is found effective in ensuring women's right to biodiversity, in particular medicinal plants and their use.





# Community-based prevention of HIV/AIDS

Today HIV/AIDS poses a serious threat to human civilization and development. In southeast and south Asia, this is reported to be spreading very fast. The situation is more alarming in countries like Thailand, India and Myanmar. In Nepal, the number of people living with HIV/AIDS (PLWAs) is also reported to be increasing each year. The National AIDS Control Programme of Nepal has been engaged to prevent HIV infection in cooperation with NGOs. However, it has not yet come in control. There is no need to mention that the economically active population groups with fragile defense mechanism cannot accomplish developmental programmes effectively. Thus HIV/AIDS has a direct impact on food security and livelihoods.



In Nepal, the HIV/AIDS is most prevalent among the people indulging in commercial sex business and the people with sexually transmitted diseases (STDs). Men visiting brothels are the major agents or carriers of HIV. The risk for HIV transmission among the housewives has therefore significantly increased. Obviously, HIV/AIDS is also a gender issue.

It has been widely accepted that one strategy towards effective prevention of HIV/AIDS in Nepal would be to minimize the sexual transmission of the virus. This strategy relies primarily on dissemination of health and HIV/AIDS related information and education among wider population groups to change their sexual behavior. Women's Rehabilitation Centre has been working to prevent HIV/AIDS in rural communities employing this strategy. The concept of community-based HIV/AIDS prevention programme is to integrate HIV/AIDS-related information and education with the development education, community/women's health programme and other activities, which are implemented with the active participation of community members or groups. This model is found cost effective and more productive because the members of community groups or the peer educators conduct it in their mother tongues along with other activities. WOREC emphasizes that STDs/AIDS education should focus not only one ethnicity or community in order to prevent stigmatization with the ethnicity or community.



### Highlights of accomplishments

- In 2007, the centre conducted STDs/AIDS education programmes in all its targeted districts in an integrated way with the health and development education programmes.
- HIV/AIDS education was given to the students of high schools in the targeted areas in Udayapur, Morang, Sunsari, Dhanusha, and Siraha districts.
- The youth groups, who were provided with training on Traffic in Women and Children and HIV/AIDS, conducted different awareness activity like day's celebration, street drama, youth mass meeting, meeting with women and community people to create awareness against Traffic in Women and Children and HIV/AIDS.

### Lessons learned

- Integration of HIV/AIDS related information, education and communication (IEC) with other participatory development activities is cost effective and sustainable option.
- Youth and school students are the best peer-educators for the prevention of HIV/AIDS at the grassroots level.



# Sustainable Resources Management and Livelihoods

## Bio-intensive farming system & livelihoods

The contribution of agricultural sector in employment, livelihoods and national economy is substantial in Nepal. It has a significant bearing on the manufacturing and export sectors as well. However there are a number of problems that need to be addressed within the conceptual framework of sustainable agriculture and rural development (SARD). Nearly 70 percent of croplands do not have irrigation facilities in Nepal. The availability of agricultural inputs and technology, and the access of the small and marginalized farm

households to food producing resources may contribute in raising agricultural productivity and attaining food security. Moreover, agricultural research and extension are not appropriately addressing the problems of small farmers, which, in fact, represent the mainstream agriculture in Nepal.



The success of modern agriculture has often masked significant externalities that affect ecosystem, services and human health, as well as agriculture itself. Bio-intensive farming system relies on agro-ecological principles and organic approaches to food production. The central issue WOREC is addressing is to what extent farmers can improve food production with cheap, low cost, locally available technologies and inputs without causing environmental damage for attaining sustainable livelihoods. Organization and empowerment of farming community groups have thus been the most important component of the approach for increased food production, food security and sustainable livelihoods.

Guided by this concept, WOREC has been trying to translate the sustainable livelihoods strategy into practice by animating, empowering and mobilizing the local farming community. WOREC has been implementing this programme in Udayapur and Siraha districts in cooperation with ICCO, The Netherlands and MISEREOR, Germany. Major activities of this programme included:

- Capacity building of local farmers
- Farmer's group mobilization
- Establishment and management of Model Demonstration Farms and Farmer's Field Schools
- Technical assistance to the selected farmers
- Support to marginalized groups and progressive farmers.

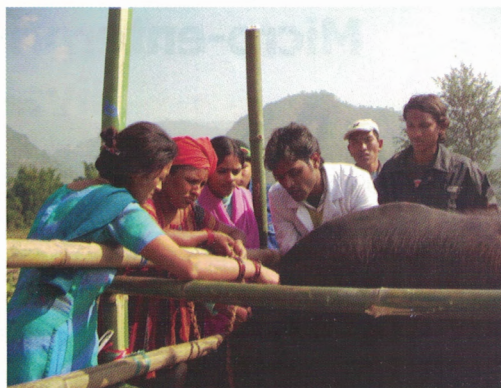
### Highlights of accomplishments

- Altogether 75 orientation programmes were conducted in Udayapur and Siraha District for information dissemination and technical assistance. A total of 1264 local farmers benefitted from those orientations.
- In 2007, twelve different types of training were provided to the local farmers and Farmer Schools (FS). Altogether 786 farmers were benefitted from those short term training (Table-10).
- In 2007, WOREC organised 13 mobile community workshops on "Food security and women's health". Altogether 305 women and men participated in those workshops.
- Sustainable Agriculture Network (SAN), a District level farmers network was engaged to protect the farmer's rights and promote sustainable agriculture. However, SAN needs technical, financial and training support for the promotion of organic and or sustainable agriculture. Last year it was provided with assistance for its strategic planning.
- Farmers of Udayapur district have been involved in natural resource management (NRM) activities as well. In different locations like Triyuga Municipality and Rauta, Triveni, Jogidaha and Hadiya VDCs they have started to conserve many valuable medicinal plants in the community forestry.
- International environment and biodiversity days were celebrated by organizing interaction programmes in targeted districts. In the interaction, farmers analyzed the possible reasons of environment pollution and biodiversity degradation. Indiscriminate use of chemical pesticides and imbalanced use of chemical fertilizers were highlighted as the major reasons.



- In order to promote the organic farming system and reward the best farmers, a district level agriculture fair was organized by Sustainable Agriculture Network (SAN) at Deuri of Triyuga Municipality. Similarly, farmers groups at Saune and Hadiya VDCs had also organized the fair. In the fair more than 60 percent prizes were won by the farmers adopting BIF system.

- BIF farmers of Udayapur and Siraha continued preparing compost and botanical pesticides by using locally available resources to reduce reliance on external chemical inputs and environmental degradation and health.
- Farmer's Scholars in Udayapur, (Bhalayananda, Rauta, Jogidaha, Hadiya and Beltar VDCs) have started the Farmers Field School (FFS) in their model demonstration farms (MDF). Classes are run in more practical way so that local farmers are learning the techniques easily and more effectively. The classes were conducted in off-season farming, nursery rising, true potato seed cultivation. Last year 23 FFS were conducted in VDCs of Udayapur.
- Dr Binayak Rajbhandari, Technical Advisor of WOREC, had visited and monitored field activities of BIF programme; and had provided technical feedback.
- WOREC in cooperation with HICAST had organised veterinary camps in Triyuga municipality and Hadiya VDC of Udayapur and Bastipur VDC of Siraha. Altogether 425 livestock heads were provided with check-up and treatment. WOREC Vet clinic at Rajabas provided service to 586 animal heads.
- To thesis researches conducted by HICAST students in Udayapur have revealed positive impact of bio-intensive farming system program on socio-economic condition and food security situation of the concerned households in Udayapur.



## Lessons learned

- Local farmers are encouraged to adopt bio-intensive farming system due to its positive impacts on soil fertility, human health, food security or household income and environment.
- Farmer's scholars are learning to formulate effective combination of botanicals for pest management. It shows that local farmers are capable of addressing the issues of ecological degradation and livelihoods, if provided with useful and effective options with necessary support.



## Micro-enterprise promotion and livelihoods

The micro-enterprise development is the key factor that needs immediate attention for sustainable livelihoods through optimum utilization of the existing local natural resources, human resource, and eco-friendly traditional technology and experience. Such activities include appropriate technical skill training and marketing management. WOREC has been implementing micro-enterprise development projects in Udayapur districts for the last ten years. Recently, the centre has started such activity in Dhanusha and Siraha districts as well. Knitting, tailoring, *Dhaka* cloth weaving, herbal garden management, production of medicinal herbs, etc. are the activities promoted by WOREC as micro-enterprise for resources poor households. For the last couple of the years, the centre has been promoting these activities in cooperation with local women's cooperatives or CBOs.

### Highlights of accomplishments

- In cooperation with Chetanshil Women Group, Jogidaha and District Office of Small Cottage Industry (DOSCI), WOREC had jointly organised a training on tailoring at Jogidaha. Altogether 26 local women benefitted from that training.
- Similarly, another training on tailoring was organised at Murkuchi in cooperation with Rauta Hit Kendra and DOSCI. Twenty six local women had participated in that training.
- WOREC provided financial and technical support and their members to start small shops, *Bhuja* (puffed rice) processing and making, motorcycle reaping training etc.

### Lessons learned



- Small enterprises like knitting and tailoring have been facing challenge due to globalization of market economy as they can not compete with the cheap and better readymade goods. Obviously, other enterprises with better income generation options should be sought for economic empowerment and livelihoods of the marginalized population groups in rural areas.

# Research, Publication and Documentation

## Research

### Programme-based research

In 2007, the following programme-based researches were accomplished:

- **Early child development and its effects on children and women** by Mr. Uddhab Kumar Regmi, PU, Centre for Population and Development
- **A study of women's situation in women's Rehabilitation Centers program area Udayapur** by Mr Laxman Prasad Gautam, PU, Centre for Population and Development.



### Thesis research

For the last three years, WOREC and Himalayan College of Agricultural Sciences & Technology (HICAST) have been providing opportunity to the students of HICAST for thesis research in the targeted districts of WOREC. In 2007, two students of Bachelor of Science (Honours) in Agriculture had done such research work in Udayapur. Both of these research works have revealed positive impact of bio-intensive farming system on socio-economic condition and food security of the concerned households in Udayapur. The topics of those thesis researches were as follows:

- **Impact of bio-intensive farming system on socio-economic condition of the farmers in Udayapur district** by Mr Amit Bhandari, HICAST.
- **Impact of bio-intensive farming system on food security** by Ms. Namita Nepal, HICAST

## Publication

With an broader aim of facilitating grassroots people, particularly the marginalized groups, WOREC has been developing various IEC materials on the issues of human traffickung, violence, women's health, human rights, WHRD, sustainable livelihoods and bio-intensive farming systems. The centre has been publishing and widely circulating magazines, newsletters, books, reports, pumplets, posters and leaflets. List of publications of WOREC in 2007 is presented below .



*Cheli ko Byatha* (Quarterly magazine against violence & trafficking in women)  
Year 11. No. 1, 2, 3, 2064  
Editor : Dr. Binayak Prasad Rajbhandari



*Batika* (Quarterly newsletter in Nepali)  
Year 16. No. 1, 2, 3, 2064  
Editor : Dr. Binayak Prasad Rajbhandari



*Sayapatri* (Quarterly newsletter about women's health)  
Year 11. No. 1, 2, 3, 2064  
Editor : Dr. Binayak Prasad Rajbhandari



*Insight* (six -monthly magazine against violence & trafficking in women in English)  
Volume 4 No. 1 2008  
Editor : Dr. Binayak Prasad Rajbhandari



WOREC Newsletter (six -monthly Newsletter in English)  
*Byabashik Bangoor Palan (Commerical swine farming)* –Booklet (In Nepali)  
Author : Mr. Sushil Thapa, Mr. Saroj Pokharel  
Editor : Dr. Binayak Prasad Rajbhandari



Brouchers:

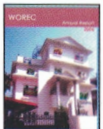
- *Mato parichhyan kina ra kasari (In Nepali)*
- *98th International women's day (In Nepali)*
- *Mahila Himsa Birudhhy 16 Diwasiya Abhiyan (In Nepali)*
- *16 Days of Activism (In English)*
- *Stanagaman ra Bikas Sambandhi Bishwa Manch : Ak Parichaya (In Nepali)*



*A Booklet on WHRD (In Nepali)*  
Editor : Dr. Binayak Prasad Rajbhandari



*WOREC Annual Report 2062/63 (In Nepali)*  
Compiled By : Ms. Parbati Basnet, Ms. Bina Pokharel  
Edited by : Dr. Binayak Prasad Rajbhandari



*WOREC Annual Report 2006 (In English)*  
Compiled By : Ms. Bina Pokharel  
Edited by : Dr. Binayak Prasad Rajbhandari



*Mahila Swasthya ra Rajya ko Dayityo- Booklet (In Nepali)*  
Edited by : Dr. Binayak Prasad Rajbhandari



*Mahila Swasthya Adhikar ra Rajya ko Dayityo- Booklet (In Nepali)*  
Edited by : Dr. Binayak Prasad Rajbhandari



*Flip Chart : Sahayogi (In Nepali)*  
Written By : Dr. Renu Rajbhandari  
Edited by : Dr. Binayak Prasad Rajbhandari



*Mahila bada patra (In Nepali)*



#### Posters

- *Brihat Mahila Bhela*
- *WHRD Poster English*
- *WHRD Poster Nepali*
- *आप्रवासी कामदार र उनीहरूको परिवारका सहस्यहरूको अधिकारको संरक्षणसम्बन्धी अन्तरराष्ट्रिय महासन्धी १९९० कामको लागि प्रवासन अधिकार हो ।*
- *आप्रवासी कामदार र उनीहरूको परिवारका सहस्यहरूको अधिकारको संरक्षणसम्बन्धी अन्तरराष्ट्रिय महासन्धी १९९० : महासन्धिका मुख्य व्यवस्थाहरू*

#### *WOREC Diary 2008*

##### *Hand bills on:*

- *Mahila Himsamukta Nirbachan ka lagi HOSTE HAISE Sanchhar Abhiyaan*
- *Tilak Pratha ra kanoon*
- *Mahila mathi hune himsa anthya : daityo kasko*
- *Mahila Manab Adhikaar Rakchhyakharu ko Restriya Sanjal ko Apail*
- *Mahilamathi hune Himsa Antya ka lagi Sangathit Hou : Mahilaharu ko Akta ra Shakti Pradrashan ka lagi Khulla Manch Jau*

##### *Survey Formats :*

- *Mahila Himsa ka Ghatana Sankalan faram*
- *Mahila Manab Adhikar Rakchayak Mathi Ghateka Ghatana Sankalan Faram*



## Documentation

WOREC has established documentation centres in its central and branch offices. Besides WOREC publications, the documentation centre has a collection of books, reports and magazines on health, human rights, law, agriculture, trafficking etc. (Chart 5).

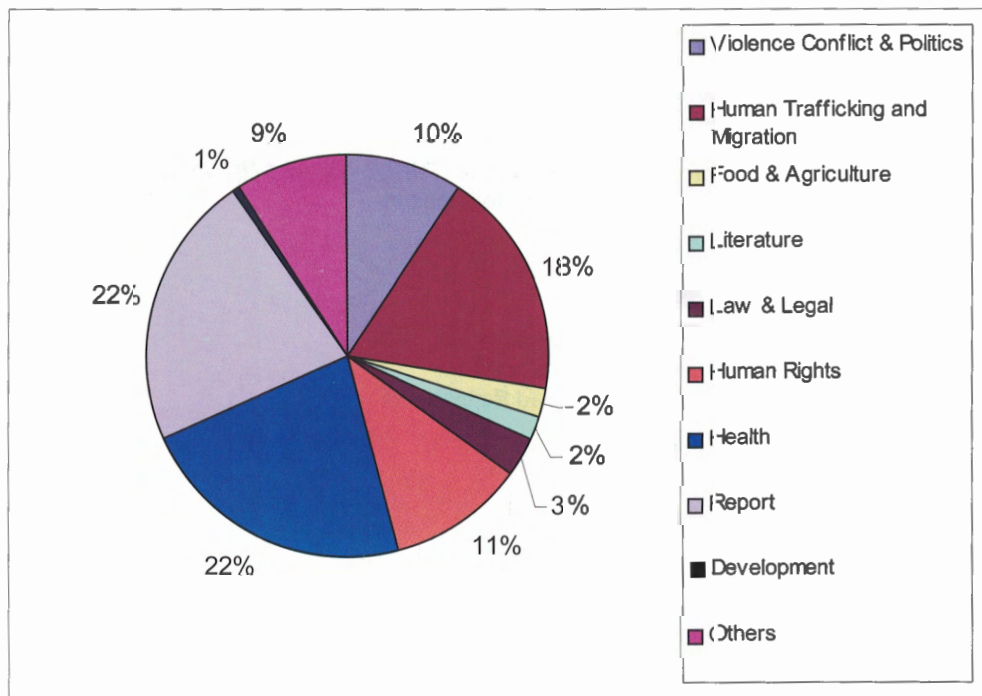


Chart 5. List and number of documents available at WOREC Documentation Centre, Kathmandu

# Database management system

The database management system has been established and the systematic process of documentation system has been already initialized. The information and data are recorded into twenty different formats according to the respective programs implemented in the district and community levels. Likewise, in the fiscal year 2007/2008, 686 cases of violence against women and 42 cases of violence against WHRDs has been documented in the documentation format of VAW and WHRDs respectively. The data were then fed into the SPSS (Statistical Packages for Social Sciences) software in the respective database unit by database in-charge in the working districts. All these data are also compiled in the central level. These data are analyzed to yield the research report and program reports, which are used as advocacy tools.

## Highlights of accomplishments

The focus areas of the database management system are:

- Data entry and systematic recording of information of all programs implemented in community level;
- Documentation of violence against women;
- Documentation of violence against women human rights defenders;
- Advocacy and lobby using documentation as advocacy tool.

## Partner organizations and financial statement

Information about the partner organizations that provided financial assistance as well as other support to WOREC to implement various programmes in its targeted districts is presented in a table given below.

### Programmes and partner organizations

S.N.	Programmemes	Partner Organization	Districts	Status
<b>1</b>	<b>Advocacy and youth Mobilization for Prevention of Violence against and Traffic in Women and HIV/AIDS</b>			
A	Programme for prevention and intervention against trafficking and sexual exploitation	PLAN Nepal	Morang-Sunsari	Ongoing
B	Drop-in-centre & outreach programme	ICCO, The Netherlands	Kathmandu	Ongoing
C	To Protect the human rights of Nepalese migrants through ensuring safe migration	Dan Church Aid	Morang-Sunsari, Udayapur, Dang, Siraha, Dhanusha, Kathmandu	Ongoing
D	Protection of rights of the WHRD of Nepal	KIOS, The Finnish NGO Foundation for Human Rights	40 Districts	Ongoing
E	Community based Initiatives to prevent Dowry related violence against women	Women World day Of Prayer German Committee	Dhanusha	Completed
F	Community initiatives to sensitize on constituent assembly	ICCO, The Netherland	Morang-Sunsari, Udayapur, Siraha, Dhanusha, Dang, Kathmandu	Completed
G	Addressing violence against women by building capacity of community women	The Embassy of Denmark, Nepal	Morang-Sunsari, Udayapur, Dang, Dhangadi, Dhanusha, Kathmandu	Ongoing

<b>2</b>	<b>Collective Empowerment and Community Development Programmeme</b>			
A	Continuation of collective empowerment and social mobilization	MISEREOR, Germany	Siraha	
B	Community development programme	ICCO, The Netherland	Udayapur	
C	Empowerment and mobilization of vulnerable community	ICCO, The Netherland	Morang-Sunsari, Udayapur, Dhanusha, Dang, Kathmandu	Ongoing
D	Swine farming programmeme	FAO	Udayapur	Completed
<b>3</b>	<b>Animation and Women Health</b>			
A	Women empowernment & health programmeme	AEI, Luxembourg	Dang	Ongoing
<b>4</b>	<b>Peace Initiative</b>			
A	A Peace Initiative: An attempt to campaign for sustainable Peace	MISEREOR, Germany	Morang-Sunsari, Udayapur, Dang, Siraha, Dhanusha, Kathmandu	Ongoing
<b>5</b>	<b>Early Childhood Development Programmeme</b>			
A	Community-based child development programmeme at Dang/ Siraha	AEI, Luxembourg	Dang and Siraha	Ongoing
B	Community-based child development programmeme at Udayapur	AEI, Luxembourg	Udayapur	Ongoing



# Financial statement

Audited financial statement of the Fiscal Year 2005/06 is presented below. In the fiscal year 2005/06, WOREC spent NRs **36,546,189.24** for implementing various programmes in its targeted districts and VDCs. Audited Financial Expenditure of WOREC in the FY 2005/2006 is presented below.

## WOMEN'S REHABILITATION CENTRE

Gaurighat, Kathmandu

Income and Expenditure Account

For the period of 17 July 2006 to 16 July, 2007

Previous Year Amount (Rs)	S.No.	Particulars	Schedule	This Year Amount (Rs)
<b>A. Income</b>				
43,115,285.54		Grant Received	5	33,968,329.48
5,858,931.00		Income from Internal Sources	6	3,204,701.13
73,487.90		Bank interest		99,120.54
495,354.48		Exchange gain		1,247.18
328,143.00		Other income		862,163.44
82,073.00		Contribution of Staffs		-
<b>49,953,284.92</b>		<b>Total Income (A)</b>		<b>38,133,561.77</b>
<b>B. Fund Utilisation</b>				
<b>1. Programme Expenses</b>				
3,079,787.50		Expenses of Ford Foundation		
567,022.00		Expenses of AEI(ECDC) Dang and Siraha	7	762,327.75
-		Expenses of AEI(Health) Dang	8	978,979.00
2,260,186.00		Expenses of AEI(ECDC) Udayapur	9	2,219,053.75
4,703,490.00		Expenses of ICCO(community development)	10	4,781,644.00
2,201,389.00		Expenses of ICCO(Drop-in centre)	11	1,637,655.00
-		Expenses of KIOS	12	241,776.75
1,258,148.50		Expenses of MISEREOR(CESD)	13	3,507,783.40
5,079,272.27		Expenses of MISEREOR(A Peace Initiative)	14	4,175,784.00
-		Expenses of WDP	15	81,348.00
4,552,574.00		Expenses of PLAN Nepal	16	4,164,830.06
2,531,557.00		Expenses of Community-based organizations	17	2,084,139.00
-		Expenses made by Head office for Programs	18	2,907,802.00
1,218,095.00		Expenses of UNDP(R)		-
733,882.00		Expenses of The Asia Foundation (TAF)		-
712,387.00		Expenses of AEI(Mustang)		-
<b>29,195,788.27</b>		<b>Sub Total (1)</b>		<b>27,543,122.71</b>
<b>2. Head Office Expenses</b>				
5,832,598.00		Administration Expenses	19	4,232,911.64
30,000.00		Audit Fee		33,000.00
1,705,802.97		Depreciation	1	2,216,146.93
<b>7,568,400.97</b>		<b>Sub Total (2)</b>		<b>6,482,058.67</b>
<b>36,546,189.24</b>		<b>B. Total Expenses (1+ 2)</b>		<b>34,025,181.28</b>
<b>13,388,095.68</b>		<b>Excess of Income over Expenditure (A-B)</b>		<b>4,108,380.49</b>

Note: Schedule 1 to 19 and Notes to accounts are integral parts of this Financial Statement.

Deepa Rajbhandari  
Admin-Finance Director

Beena Pokarel  
Administration Officer

Beburam Gautam  
Programme Director

As per report of even date  
Shyam Karki  
Chartered Accountant  
Date

Dr. Renu Rajbhandari  
Chairperson

Shiva Kumari Gurung  
Treasurer

Joy Poudel  
Board Secretary

# WOMEN'S REHABILITATION CENTRE

Gaurighat, Kathmandu

Balance Sheet

As at 18th July, 2007

Previous Year Amount (Rs)	Particulars	Schedule	This Year Amount (Rs)
	<b>Sources of Funds:</b>		
14,842,225.41	Reserve & Surplus		28,231,321.09
13,389,095.68	Up to Last Year		4,108,380.49
	During this year		
28,231,321.09	<b>TOTAL (A)</b>		<b>32,339,701.58</b>
	<b>Application of Fund</b>		
	<b>Fixed Assets</b>		
17,538,622.48	Gross Block	1	17,083,243.43
(1,705,802.97)	Less: Depreciation		(2,216,146.93)
15,832,819.49	<b>Net Block</b>		<b>14,867,096.50</b>
-	<b>Investments</b>		-
	<b>Current Assets, Loans &amp; Advances</b>		
13,967,928.18	Cash & Bank Balance	2	18,911,098.06
663,385.00	Loan and Advances	3	813,598.00
20,000.00	Deposits		20,000.00
14,651,313.18	<b>Sub Total (1)</b>		<b>19,744,696.06</b>
	<b>Less: Current Liabilities &amp; Provision</b>		
2,222,811.58	Accounts Payables	4	2,239,090.98
30,000.00	Audit Fee Payables		33,000.00
2,252,811.58	<b>Sub Total (2)</b>		<b>2,272,090.98</b>
12,398,501.60	<b>Net Current Assets (1-2)</b>		<b>17,472,605.08</b>
28,231,321.09	<b>TOTAL (B)</b>		<b>32,339,701.58</b>

Note : Schedule 1 to 19 and Notes to accounts are integral parts of this Financial Statement

As per report of even date

*Dipa*

Despa Rajbhandari  
Admin-Finance Director

*Bina*

Beena Pokarel  
Administration Officer

*Baburam*

Baburam Gautam  
Programme Director

*Shyam Karki*

Shyam Karki  
Chartered Accountant

Date 2008.01.08

*Renu*

Dr Renu Rajbhandari  
Chairperson

*Shiva*

Shiva Kumari Gurung  
Treasurer

*Jaya*

Jaya Poudel  
Board Secretary

## ANNEXTURE

Table 1. Targeted districts and municipalities/VDCs

Development Region	Districts	Municipalities/VDCs
Eastern	Morang	Letang, Urlabari, Sanischare, Rajghat, Pathari, Aamgachi, Rangell, Dainiya, Buddhanagar, Bhatigach, Sijuwa, Jhurkiya, Mahadeva, Kadmaha, Nocha, Dadarbairiya, Sorabhag, Shisbani-jahada, Majhare, Pokhariya, Darbesha, Takuwa, Amahi-bariyati, Govindapur, Hasandaha, Amardaha, Babiya, Bardanga, Itahara, Biratnagar
Eastern	Sunsari	Jhumka, Amahibela, Ramganj belgachhaiya, Dewanganj, Chhattaha, Purba Kushaha, Chimdi, Rajgung Sinwari, Gautampur, Jalpur, Satterjhora, Madheharsahi, Bhaluwa, Babiya, Waurabani, tanmuna, Simariya and Hariganga Darahan, Inruwa,
Eastern	Udayapur	Triyuga Municipality, Rauta, Jogidaha, Jalpa-Chilaune, Triveni, Bhalayadanda, Saune, Khanbu, Handiya, Risku, Katari, Panchawati, Sundarpur, Beltar,
Eastern	Siraha	Govindpur, Padariya, Bastipur, Lahan
Central	Dhanusha	Laboli, Goddar, Yagyabhumi, Dhalkebar, Bharatpur, Naktajhis, Hariharpur, Puspapur, Mahendranagar, Dhanushadham, Bengadar, Shantipur, Bateshwar, Laxminiwas, Tulsi, Umaprempur, Barmjiya Digambarpur, Ramdaiyabhawadi, Dharapani
Central	Kathmandu	
Western	Mustang	Lete, Kobang, Kunjo
Mid- Western	Dang	Tarigaun, Urahari, Manpur, Hikuli, Shirgayun, tribhuvan Na.pa, Tullisipur
Far- western	Kailali	Dnangadhi

Table 2. Literacy rate in targeted districts

S.N.	Districts	Female (%)	Male (%)
1	Morang	52	73
2	Sunsari	54	73
3	Udayapur	47	70
4	Siraha	26	62
5	Dhanusha	30	54
6	Mustang	56	74
7	Dang	56	76
8	Kailali	73	90
9	Kathmandu	66	87

Table 3. Number of VDCs/municipality, household and population in the targeted districts

Districts	VDC/ Municipality	House hold number	Female	Male	Total
Morang	30		249,702	256,370	506,072
Sunsari	20		119,346	121,337	240,683
Siraha	4		22,162	23,648	45,810
Udayapur	14		88,197	78,819	167,016
Dhanusha	20		105,574	114,885	220,459
Mustang	3		1,115	1,538	2,653
Dang	6		25,260	24,801	50,061
Kailali	1		32,219	35,228	67,447
Kathmandu	1		311,743	360,103	671,846
Lalitpur	1		165,330	172,455	337,785
Total	82		1,120,648	1,189,184	2,309,832

Table 4. Full time staff members working in various targeted districts of WOREC

S.N	District	M	F	Total
1	Kathmandu	11	22	33
2	Udayapur	13	28	41
3	Morang/Sunsari	13	23	36
4	Siraha	8	11	19
5	Dhanusha	5	11	16
6	Dang	1	17	18
7	Kailali	-	3	3
	Total	51	115	166

Table 5. Types and number of WGs in all targeted districts, 2007

District	Women group (VDC)	Members	Women Fed. (VDC)	Members	Women Fed. (DDC)	Members	Total groups (members)
Udayapur	237	4,177	10	105	-	-	247
Morang	272	4,563	29	482	1	11	302
Sunsari	158	2,923	18	348	1	13	177
Dhanush a	95	1,505	10	178	-	-	105
Siraha	33	651	3	54	-	-	36
Dang	68	1,035	0	0	-	-	68
Mustang	17	401	3	33	-	-	20
Total	880	15,255	73	1,200	2	24	955 (16479)



Table 6. Types and number of Youth Group in all targeted districts, 2007

Districts	Ward Level	No. of Member	VDC Level	No. of Member	District Level	No. of Member	Total groups (members)
Udayapur	121	1615	10	158	1	17	132
Morang/Sunsari	89	1210	13	265	-	-	102
Siraha	11	154	1	17	-	-	12
Dhanusha	143	2177	16	270	-	-	159
Dang	6	95	-	0	-	-	6
Mustang	7	208	-	0	-	-	7
Total	377	5459	40	710	1	17	418 (6186)

Table 7. Types and number of child groups in targeted districts, 2007

District	Ward level groups	No. of Member	VDC level groups	No. of member	Municipality level group	No. of member	Total groups (number)
Udayapur	78	1456	4	62	1	34	83 (1552)
Siraha	12	235	-	-	-	-	12 (235)
Dhanusha	1	17	-	-	-	-	1 (17)
Mustang	7	99	-	-	-	-	7 (99)
Total	98	1807	4	62	1	34	103 (1903)

Table 8. Types and number of farmer's group in all targeted districts, 2007

Districts	No. of Farmer's Group	No. of Members	District level Network	No. of executive members	Total groups (members)
Udayapur	18	243	1	9	19 (252)
Siraha	7	119	-	-	7 (119)
Total	25	362	1	9	26 (371)

Table 9. No of Participants in Mobile Camp, 2007

S.N.	District	No of mobile camps	Female patients	Male patients	Total
1	Udayapur	224	5,684	347	6,031
2	Morang/Sunsari	230	5,986	72	6,058
3	Dhanusha	56	1,288	-	1,288
4	Siraha	27	636	56	6,92
	Total	537	13,594	475	14,069

Table 10. List of Training courses and number of participants, 2007

S.N	Training	Number of participants
1	TOT on Women Human Rights Defender <ul style="list-style-type: none"> <li>a. Women Human Rights &amp; women violence documentation</li> <li>b. Security Training to WHRD</li> <li>c. South Asian counseling consultation of WHRD</li> </ul>	61 17 2
	Total	80
2	Sustainable livelihoods & BIFS <ul style="list-style-type: none"> <li>• Food security, safe migration &amp; trafficking</li> <li>• Organic pesticides preparation and usage</li> <li>• Compost making</li> <li>• Integrated pest management</li> <li>• Participatory seed production</li> <li>• Nursery management</li> <li>• Bio-intensive farming &amp; model demonstratuin farm management</li> <li>• Organic vegetable farming (seasonal &amp; off seasonal )</li> <li>• Farmer's Field School management</li> <li>• Agro-forestry/ herbal farming &amp; MDF management</li> <li>• Swine farming &amp; bee keeping</li> <li>• Livestock management</li> </ul>	21 24 126 58 24 28 150 148 52 51 41 63
	Total	786
3	Leadership and institutional development <ul style="list-style-type: none"> <li>• Group management, animation &amp; leadership development</li> <li>• Skill development(tailoring, Knitting, bamboo works)</li> <li>• Peer educator training</li> <li>• Child development training to ECDC Teachers &amp; Assistants</li> <li>• Training to the teachers on educational material preparation</li> <li>• Training on child rights</li> <li>• Wall paper publication skill</li> <li>• Street drama &amp; anchoring training</li> <li>• Office &amp; account management</li> <li>• Institutional development</li> </ul>	850 86 67 62 35 25 26 66 40 61
	Total	1318
4	Psycho-social counseling training <ul style="list-style-type: none"> <li>• Psycho-social counseling training</li> <li>• Refresher training of psycho-social counseling (2 times)</li> </ul>	102 63
	Total	165
5	Legal training <ul style="list-style-type: none"> <li>▪ Legal literacy training</li> </ul>	432
	Total	432
6	Women Rights, Peace & Constitutional Assembly <ul style="list-style-type: none"> <li>• Women Rights &amp; Peace Training</li> <li>• Right-based approach training to network members</li> <li>• Trafficking</li> <li>• Constitutional Assembly, inclusion and women participation</li> </ul>	558 33 99 32
	Total	722
7	Proposal writing & report writing training <ul style="list-style-type: none"> <li>▪ Proposal writing training</li> </ul>	9
	Total	9

8	Gender, women health & reproductive Health	
	• Gender & Violence against Women (TOT)	21
	• Gender & health rights	67
	• Gender & violence (2 times)	46
	• Women health	234
	• TBA training	39
	Total	407
	Grand Total	3919

Table 11. Number of community groups and participants in orientation classes, 2007

S.N.	Name of orientation classes	Participating CGs	Participants' number
1	Constitutional assembly, inclusion and women participation	373	9,247
2	Orientation against sexual exploitation	70	2,280
3	Group management	80	1,461
4	Conceptual clarity for VDC level WG	1	26
5	Women human rights	27	359
6	Women empowerment and women health	72	1300
	Total	623	14,673

Table 12. Training for marginalized community

S.N.	Name of training	No. of training	No. of participants
1	Animation training	7	258
2.	Institutional development	2	38
3.	Animation Training to Facilitator	1	18
4	TBA training to dagrin (local healers)	1	39
5	Skill Development		
	▪ Sikki goods making	1	12
	▪ Tailoring	2	31
	Total	14	396

Table 13. Training programmes conducted for youth groups, 2007

S.N.	Topics of training	No. of participants
1.	Gender and violence (2 times)	46
2.	Institutional development	17
3.	Psycho-social counseling	24
4.	Refresher training of psycho-social counseling (2 times)	35
	Total	122

Table 14. Number of beneficiaries from various activities of Chhahari, 2007

S N	Activities	Number
1	Outreach	3156
2	Patient visiting to Chhahari clinic	1806
3	Case studies documented	319
4	Counseling service	247
5	Referred cases	80
6	Condom distribution	3739

Table 15. Number of beneficiaries from various training oppotunities at Chhahari, 2007

S.N.	Training	No. of training	No. of participants
1	English language class	1	28
2	NFE class	1	31
3.	Tailoring	2	43
4	Peer educator training	2	67
5	Counseling training	1	27
Total		7	196

Table 16. Number of children enrolled in ECDCs in various targeted districts, 2007

Districts	No. of ECDC	# girls	# boys	Total
Udayapur	22	328	315	643
Siraha	4	80	97	177
Dang	5	62	88	150
Dhanusha	1	12	10	22
Total	32	482	510	992

Table 17. Number of cases resolved by the CMCs in various districts, 2007

S.N.	District	Number of cases resolved	Remarks
1	Udayapur	89	
2.	Morang/Sunsari	65	45 cases are in legal process
3.	Dhanusha	27	
4.	Siraha	22	
	Total	203	



Table 18. Types of cases registered in the CMCs, 2007

S.N.	Types	Number	%
1.	Rape	17	8
2.	Physical battering	19	9
3.	Acid burn, Attempted murder	9	5
4.	Divorce	8	4
5.	Polygamy, Child marriage	9	5
6.	Verbal abuse and social insult	11	5
7.	Establishing relationship	3	2
8.	Trafficking	6	3
9.	Domestic violence	94	46
10.	Others	27	13
	Total	203	100

Table 19. Distribution of the patients by diseases, CHC, Rajabas, Udayapur, 2007

S. N.	Health Problems	No. of Beneficiaries	%
1	Wound/injury/burns /bites	707	32
2	Abdominal Pain	34	2
3	Diarrhea/ Dysentery	111	5
4	Skin diseases	311	14
5	Anemia	6	1
6	Eye problem	37	2
7	Ear Problem	38	2
8	Worms	35	2
9	Tuberculosis	5	1
10	Jundice	2	1
11	Gastritis/ abdominal pain	90	4
12	Reproductive Tract infection (RTI)	241	10
13	Acute Respiratory Infection (ARI)	54	2
14	Urinary Tract Infection (UTI)	6	1
15	Bronchitis	8	1
16	Hypertension	6	1
17	Toothache and other oral complaints	36	2
18	Arthritis, Rheumatism and Gout	6	1
19	Others	436	20
	Total	2169	100

Table 20. Types of services and number of beneficiaries of CHC, Udayapur, 2007

S.N.	Activities	Male	Female	Total
1.	General health checkup and service (cf. Table 18)	1165	1004	2169
2.	Safe Motherhood		526	526
	▪ Pregnancy Test			
	→ First Time : 83			
	→ Second Time : 86			
	→ Third Time : 90			
	→ fourth time : 104 & others 11			
	PNC Service	-	150	150
	Delivery Service	-	2	2
3	Immunization			968
	a. BCG	77	73	150
	b. DPT 1 <sup>st</sup>	65	53	118
	c. DPT 2 <sup>nd</sup>	61	52	113
	d. DPT 3 <sup>rd</sup>	63	52	115
	e. Polio 1 <sup>st</sup>	65	52	117
	c. Polio 2 <sup>nd</sup>	61	52	113
	d. Polio 3 <sup>rd</sup>	63	52	115
	e. Measles	63	64	127
4.	Family Planning	144	394	538
	Depoprovera	-	309	309
	Pills	-	85	85
	Condom	144	-	144
5.	Lab service	34	55	89
	a. HB test	-	6	6
	b. Stool Test	5	7	12
	c. Blood Test	-	3	3
	d. Pregnancy Test	-	23	23
	e. Sputum Test	29	16	45
6.	DOTS service	2	10	12
7.	TT	-	441	441
8.	Referral Service	5	14	19
Total		2046	2902	4948

Table 21. Number of Women's Health Counseling Centres and networks, 2007

SN	Counseling centre/ WHN	Number
1	Udayapur WHRCC	14
2	Siraha WHRCC	2
3	Dang WHRCC	5
4	Women health network	16
5	Women health right advocacy network	1

Table 22. Distribution of the women visiting WHRCCs by health problems.  
(Cumulative figure of Udayapur, Siraha & Dang districts) 2007

S.N.	Problems	No. of beneficiaries	Percent
1	Lower abdominal pain (LAP)	390	10
2	Menstrual disorder	365	9
3	White discharge	503	13
4	Wound in uterus	348	9
5	Weariness	65	2
6	Upper abdominal pain (UAP)	176	4
7	Low appetite	80	2
8	Vaginal itching	188	5
9	Pain with swollen body	54	1
10	Swollen vagina	110	3
11	Prolapsed uterus	904	22
	1st degree	254	
	2nd degree	437	
	3rd degree	213	
12	Growth in uterus	2	1
13	Feeling dizziness	136	3
14	Burning urination	116	3
15	Gastritis	56	1
16	Body pain with burning sensation	32	1
17	Ring pessary	61	2
18	Infertility	62	2
19	Pregnancy	179	4
20	Joint pain	7	1
21	Anaemia	30	2
	Total	4024	100

Table 23. Distribution of cases registered in various WHRCCs by age group Udayapur, Siraha & Dang 2006

Age group (year)	Total	Percentage
≤ 19	2728	68
20-36	1043	26
37-50	162	4
>51	91	2
Total	4024	100

Table 24. Distribution of beneficiaries of the WHRCs by economic condition, Udayapur, Sirah & Dang 2007

Economic condition	Total	Percentage
High	869	22
Middle	1519	38
Low	1636	40
Total	4024	100

Table 25. Distribution of patients visiting the WHRCCs by ethnicity/caste, 2007

S. N.	Ethnicity/caste	No of patients	Percentage
1.	Brahmin/Chhetri	1379	35
2	Janjati (Danuwar/Tharu)	1742	43
3	Dalit (SK, BK, Pariyar)	774	19
4.	Others	129	3
5.	Total	4024	100

Table 26. Distribution of patients followedup by their status Udayapur, Siraha & Dang, 2007

S.N.	Status	Number of Patients	Percent
1	Cured Cases	666	18
2	Improving Cases	2197	60
3	Improvement not remarkable	416	12
4	Discontinued Treatment	361	10
Total follow up		3640	100

Table 27. Women health and adolescent health training conducted at local level, 2007

S.N.	Training	No. of training	No. of participants
1	Women health	3	106
2	Adolescent health	2	60





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