

Group of Helping Hands (SAHAS) Nepal



# ANNUAL REPORT 2019

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<b>Cover Photos</b>	<b>Front:</b> Portrait of a SAHAS Nepal beneficiary Jhupu Kala Rokaya of Devi Kara Samuha, Mugu. Photo: Gaurav Dhewaj Khadka, GrowInnova <b>Back:</b> Mamta Sada (A Musahar girl) with ducks supported for livelihood improvement in Mahottari district. Photo: Chetan Thapa, SAHAS Nepal
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## FOREWORD

We are very happy to share SAHAS Nepal's Annual report of 2019. SAHAS Nepal and its partners continue to make excellent achievements in successfully implementing several projects and programmes, and bringing positive changes in the livelihoods of vulnerable families and socially marginalised communities. The Annual Report provides an overview of collective efforts in achieving overall organisational goal.

SAHAS Nepal team is performing a remarkable job in ensuring the timely and quality implementation of the on-going projects and programmes with the active participation of the communities and other stakeholders. For ensuring the sustainability of the development interventions, SAHAS Nepal is following a community-led and bottom-up approach. As of now, 27 Community Based Network Organisations (CBNOs) consisting of 1,577 Community Based Organisations (CBOs) are formed and registered with the respective District Administration Offices. These CBNOs are performing a vital role in the implementation of a wide range of community development activities in partnership with governmental and non-governmental organisations. In 2019, CBNOs were able to leverage a substantial amount of fund worth Nepalese Rupees 31,937,172 from different government bodies and other organisations that they are investing in sustainable livelihood and social change initiatives in their communities. SAHAS Nepal is also providing continuous technical backstopping and capacity development support to these CBNOs that are necessary for their sustainability.



Pratap Shrestha, PhD  
Chairperson

In 2019, SAHAS Nepal initiated two new projects adding additional working areas and programme themes and expanding the horizon of partnership. SAHAS Nepal also organised different professional staff meetings and numerous capacity building workshops and training for the effective and efficient utilisation of its human resources and their continuous professional growth.

We would like to express our deepest gratitude to our funding partners for supporting SAHAS Nepal to grow as a leading civil society organisation in Nepal. We would also like to thank our Board members for their continued support and guidance. We highly admire the hard work, dedication, and commitment of our staff, which has been critical in achieving organisational mission and goal. Our special thanks also go to the farming communities, local government agencies and stakeholders for their valuable support and contribution in successfully implementing our development programmes.



Surendra K. Shrestha, PhD  
Executive Director

Together we are making a difference in the lives of marginalized and vulnerable communities, and we wish to further excel in this endeavour in the coming days. We are confident that new opportunities will open up to help us continue working with beneficiary communities and bringing significant positive changes in their livelihoods.

Thank you!

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# ABBREVIATIONS

BfdW	Bread for the World
CBO	Community Based Organisation
CBOF	Community Based Organisation Federation
CBNO	Community Based Network Organisation
CC	Climate Change
CCA	Climate Change Adaptation
CCM	Climate Change Mitigation
CO	Community Organization
CMCC	Community Managed Coaching Centers
CRA	Climate Resilient Agriculture
CRT	Climate Resilient Technologies
DCC	District Coordination Committee
DRM	Disaster Risk Management
DRR	Disaster Risk Reduction
ECD	Early Childhood Development
FELM	Finnish Evangelical Lutheran Mission
GA	General Assembly
GESI	Gender Equity and Social Inclusion
HH	Household
ICS	Improved Cooking Stove
IGA	Income Generating Activities
IPM	Integrated Pest Management
LI-BIRD	Local Initiatives for Biodiversity, Research and Development
MC	Main Committee
MCC	Mennonite Central Committee
MUAC	Mid-upper Arm Circumference
NGO	Non-Governmental Organisation
NRM	Natural Resource Management
PVS	Participatory Varietal Selection
RBA	Right Based Approach
RM	Rural Municipality
SALT	Sloping Agricultural Land Technology
SF	Stromme Foundation
SHG	Self Help Group
SODI	Solidity Service International
VAHW	Village Animal Health Worker
WASH	Water, Sanitation and Hygiene





Group members greeting each other at Khatyad, Mugu.  
Photo: Mahesh Shrestha, GrowInnova

## INTRODUCTION

Group of Helping Hands (SAHAS) Nepal is a non-profit, non-governmental, social development organisation founded in 1996. Since inception, the organisation has been working in remote rural areas focusing on vulnerable and socially excluded families who are deprived of development opportunities. SAHAS puts its development efforts towards strengthening the capacities of the communities and local development partner organisations to create an enabling environment for sustaining the development activities by fostering collective efforts of the communities themselves. SAHAS Nepal continues to use the 'grassroots approach', 'Rights-Based Approach (RBA)' and 'inclusive community-based approach' to community development to identify and serve its target groups. These approaches involve group formation focusing on the vulnerable,

Dalits, women, persons with disability and other marginal groups, ensuring full ownership over their development activities.

Aligning with the federal structure of Nepal, SAHAS Nepal is working in 44 rural municipalities, six municipalities and two sub-metropolitan cities in all seven provinces. SAHAS is currently implementing 14 projects by engaging 1,577 Community Based Organisations (CBOs) and benefiting more 40,000 households. CBOs implement development programmes and projects in collaboration and coordination with local governments, sectoral line agencies and other development actors. In total 27 Community-Based Organisations Networks (CBNOs) have been successfully formed in working districts of SAHAS Nepal.

SAHAS Nepal continues to use the 'grassroots approach', 'Rights-Based Approach (RBA)' and 'inclusive community-based approach' to community development to identify and serve its target groups.



## FOCUS

SAHAS Nepal focuses its efforts on vulnerable families and rural communities who are socially excluded and deprived of opportunity.



## VISION

Prosperous and just society for future generations.



## MISSION

SAHAS Nepal increases the capacity of marginalized communities by using their collective efforts for mobilising resources to improve their prosperity.



## CORE VALUES

### EQUALITY

SAHAS Nepal values treating everyone equally and fairly regardless of gender, caste, ethnicity or economic position.

### INTEGRITY

SAHAS Nepal seeks to have strong moral principles, being trustworthy and speaking the truth.

### RESPECT

SAHAS Nepal believes in respecting each other and the communities they serve through cultural sensitivity, friendship, listening and understanding each other.

### TRANSPARENCY

SAHAS Nepal seeks to be open and accountable to its staff and its communities by providing information about SAHAS Nepal and project plans that it expects to deliver.

### LEARNING

SAHAS Nepal values learning and empowering its staff with new knowledge, skills, and experience through a reflection-action process. SAHAS encourages feedback from communities they serve and other stakeholders to improve its efforts.

### TEAMWORK

SAHAS Nepal believes that being selfless and working as a team creates excellence through collective passion, intelligence and strength.

## SUPPORTIVE WORKING ENVIRONMENT

SAHAS Nepal believes that all staff enjoys working in an environment that supports each other by providing constructive feedback and encouraging each other to grow and develop.

## SUSTAINABLE ENVIRONMENT

SAHAS Nepal promotes technologies and ideas that will have a positive impact on nature and the environment.

## STRATEGY

SAHAS Nepal implements the programs based on the experiences and learning from the previous project and carry forward the approaches and activities that have proven to be effective in reaching the poor and marginalised communities, with a strategic partnership of like-minded organisations.



Students of Shree Buddha Higher Secondary School, Mangri, Mugu attending school assembly.  
Photo: Mahesh Shrestha, GrowInnova



# ORGANISATIONAL FEATURES

The General Assembly (GA) of SAHAS Nepal is the highest governing body in the hierarchy of the organisation. It meets annually and brings amendments in the organisational structure and also provides the overall institutional policy framework. It revives and approves strategies, programmes and plans, and ensures that SAHAS Nepal is in operation within the overall policy framework towards its organisational vision, mission and focus. It also elects the Executive Committee for the period of four years. Presently the Executive Committee consists

of seven members (4 females and 3 males). The Executive Committee is responsible and accountable to General Body for the smooth functioning of the organisational activities. The Executive Committee also nominates the Executive Director of the organisation to perform management functions, guide the staff members and link with donors for partnership. Managers work under the direct supervision of the Executive Director while Project coordinators lead the projects in consultation with the Executive Director and Managers.

# EXECUTIVE BOARD MEMBERS



**Pratap Shrestha, PhD**  
Chairperson



**Balkumari Gurung**  
Vice Chairperson



**Saraswati Bhandari**  
Treasurer



**Sunil Shakya**  
Secretary



**Sunil Thapa**  
Member



**Satidevi Shrestha**  
Member

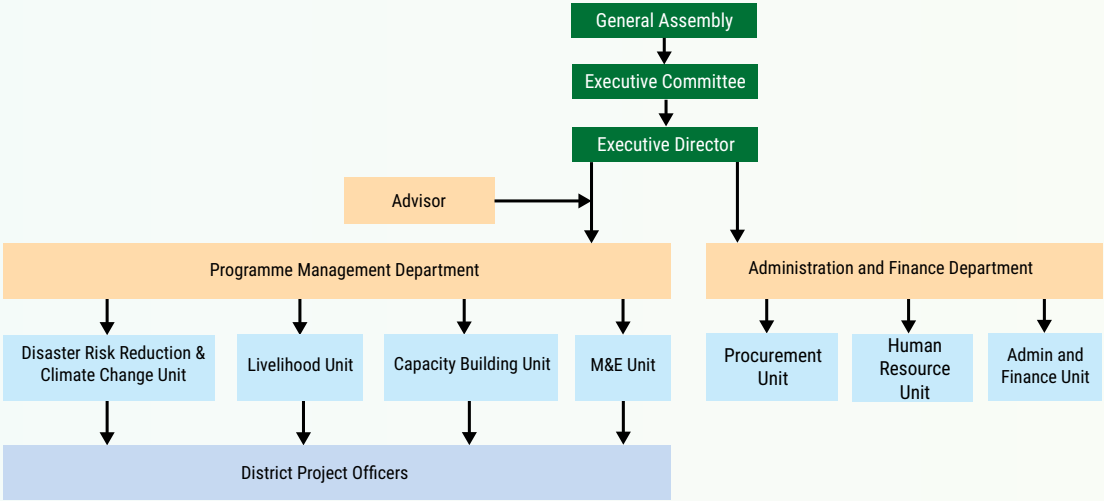


**Sudha Khadka**  
Member

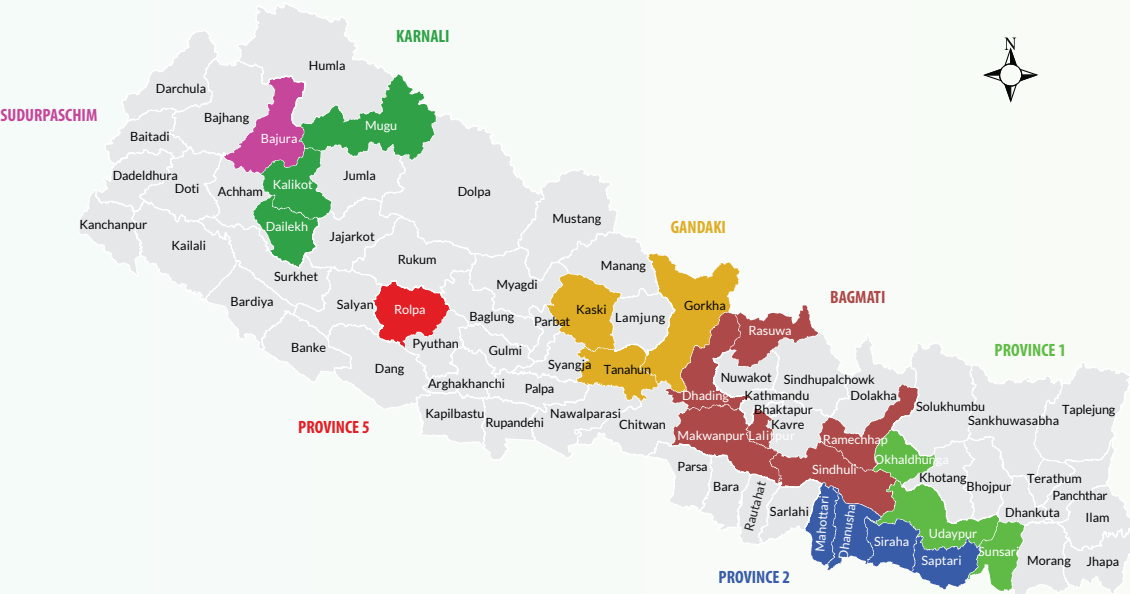


**Surendra K. Shrestha, PhD**  
Executive Director (Invitee)

# ORGANISATIONAL STRUCTURE



# GEOGRAPHICAL COVERAGE



# SAHAS NEPAL CONTRIBUTION TOWARDS SUSTAINABLE DEVELOPMENT GOALS

1 NO  
POVERTY



- ◆ The income of 16,000 households (HHs) increased from NPR. 10,000 to NPR. 45,000 per annum on average
- ◆ 36 people started improved traditional occupations such as blacksmith, making musical instruments and so on
- ◆ 4,362 families were engaged in different on and off-farm income-generating activities

2 ZERO  
HUNGER



- ◆ Food security increased for 1,115 HHs by 1-2 months.
- ◆ 812 plastic houses constructed
- ◆ 525 households adopted drip irrigation
- ◆ 635 pot cleaning slabs constructed
- ◆ 1,100 livestock supported
- ◆ 243 animal sheds were improved
- ◆ 4,094 individuals benefitted from different livelihood training
- ◆ 743 families supported with agri-based commercial materials
- ◆ 10 farmers supported with skill-based training

4 QUALITY  
EDUCATION



- ◆ 54 School enrolment campaigns organised
- ◆ 100 dropout students reenrolled in the school
- ◆ 387 students received a scholarship
- ◆ 19 schools were supported with school teaching materials benefiting 1,956 students
- ◆ 377 students enrolled in Community Management Coaching Centre (CMCC) and Early Childhood Development Centers
- ◆ 1,030 students benefitted from school renovation
- ◆ 858 students attended a financial literacy class

<p><b>5</b> GENDER EQUALITY</p> 	<ul style="list-style-type: none"> <li>◆ 1,617 women in a decision-making role in CBOs and CBNOs</li> <li>◆ 314 women lead CBOs</li> <li>◆ NPR 14,848,128 leveraged by women from government</li> <li>◆ 1,447 women are involved in decent jobs such as ward members, tailoring, vegetable cultivation</li> <li>◆ 5 child marriages stopped</li> <li>◆ 17,880 women directly and 3,955 women indirectly benefited from the project and programme interventions</li> <li>◆ 14 women jointly registered land with their husbands</li> </ul>
<p><b>6</b> CLEAN WATER AND SANITATION</p> 	<ul style="list-style-type: none"> <li>◆ 13 drinking water facilities constructed benefitting 2,169 HHs</li> <li>◆ 6 rainwater harvest tanks constructed</li> <li>◆ 401 wastewater collection tanks constructed</li> <li>◆ 24 irrigation canals constructed benefitting 1,031 HHs</li> </ul>
<p><b>7</b> AFFORDABLE AND CLEAN ENERGY</p> 	<ul style="list-style-type: none"> <li>◆ 685 improved cooking stoves adopted by beneficiaries</li> <li>◆ 30 vermi-compost making infrastructure constructed</li> <li>◆ 37 Biogas plant installed</li> </ul>
<p><b>10</b> REDUCED INEQUALITIES</p> 	<ul style="list-style-type: none"> <li>◆ Reduced discriminatory practices in the beneficiary communities</li> <li>◆ 3 Person with Disabilities-friendly ramp constructed</li> </ul>
<p><b>13</b> CLIMATE ACTION</p> 	<ul style="list-style-type: none"> <li>◆ 1,308 families adopted Climate-Resilient Technologies after receiving training</li> <li>◆ 9,223 trees planted that contributed to improved carbon sequestration and reduced net GHG emissions</li> </ul>



A woman farmer in her potato farm at Paninuala, Bajura.  
Photo: Rumi Maharjan, SAHAS Nepal

## KEY ACCOMPLISHMENTS OF 2019



### FOOD SECURITY

Nepal is one of the most vulnerable countries in terms of food security mainly because of low agricultural production and productivity. This is exacerbated by persistent market price fluctuations, climate change, and political unrest. To address the multi-layered challenges of food security, SAHAS Nepal has given high priority to agriculture. SAHAS adopts an integrated farming systems approach to address the food and nutrition security of marginalised communities and smallholder farmers. This includes providing technical and materials support for different agricultural tools and techniques, small livestock rearing, and off farm income-generating activities. SAHAS Nepal organizes women farmers into CBOs and builds their capacity to increase agricultural productivity, enhance access to markets,

and improve family nutrition by diversifying the consumption of diverse nutritious foods. The working approach for the food security programme is depicted in 'SAHAS Nepal approach to food security pillars.

A total of 812 plastic houses along with drip irrigation system were constructed. This has helped farmers produce seasonal and off-seasonal vegetables making green vegetables available all year round. Besides, 5,004 people were trained on different agricultural production technologies. A total of 401 wastewater collection ponds along with 635 utensil cleaning slabs were constructed to ensure year-round irrigation for green vegetables grown around the homestead. Similarly, 304 people were supported with improved technologies and skills for off-farm income-



**1,115 HHs increased their food security by 1-2 months.**

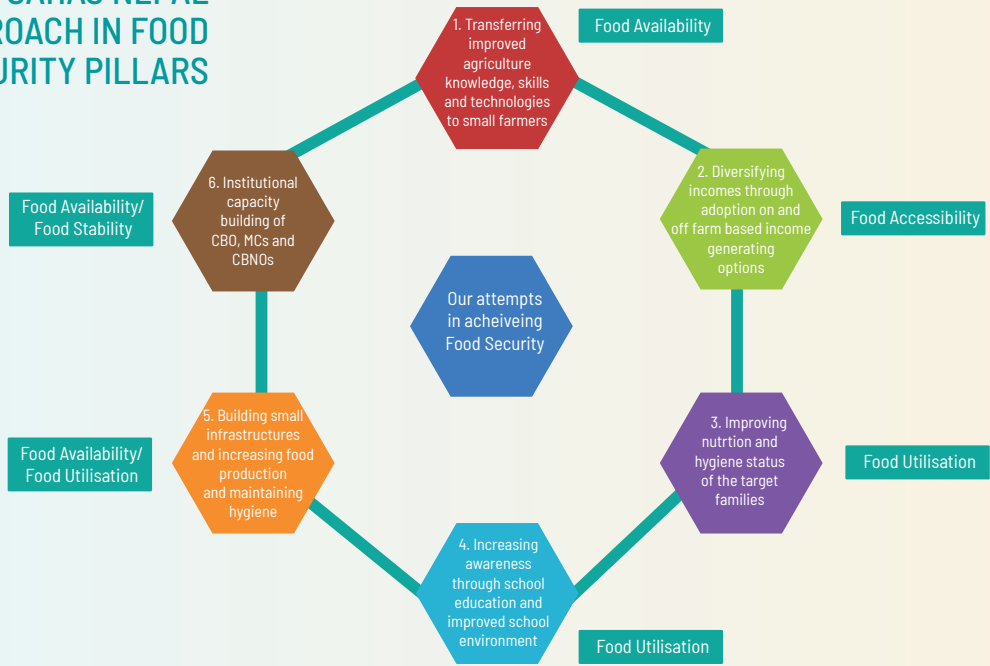


generating activities like tailoring and sewing, small groceries, mobile and television repairing, blacksmith work, to mention a few. In addition, 743 farmers were supported with different agricultural inputs to persuade farmers towards commercial farming. From these skills, families were able to generate additional income for managing food security and livelihood. Through agriculture and food security interventions, a total of 1,115 HHs have increased food security by 1-2 months and average income from NPR 10,000 to 45,000 per annum. A case study of a farmer receiving support in agriculture and livelihood work is presented below.



A woman farmer cleaning and sorting the harvest of proso millet at Chaila Chaur, Mugu.  
 Photo: Mahesh Shrestha, GrowInnova

# SAHAS NEPAL APPROACH IN FOOD SECURITY PILLARS



## INCLINING TOWARDS VEGETABLE PRODUCTION



*"Due to lack of skills and knowledge, we continued with the traditional profession which made us face many difficulties in life", says Pancha. "When SAHAS Nepal entered our village, it aided our improved livelihood."*

~ Pancha Bahadur Majhi

<b>Introduction</b>	Pancha Bahadur Majhi, 42, is a resident of Likhu-1, Ratmatey in Okhaldhunga district.
<b>Before</b>	Pancha Bahadur Majhi belongs to a fishing community and he used to spend time fishing all day. It was the only source of income and the means to manage all the expenses and livelihoods of his family. It was extremely difficult for him to make a living since income was low and expenditure was high, which made him borrow money from his neighbours at a high interest rate. Pancha owns 2 ropanies of land where he used to grow low-yielding traditional crops. Neither he had any idea and knowledge about agricultural modernization, nor did he know any place to gain knowledge on it.
<b>Intervention</b>	Training on vegetable farming, drip irrigation set, shed improvement, greywater collection pond, plastic house
<b>After</b>	Pancha Bahadur Majhi became a member of "Ratmatey Krisak Samuha" formed by SAHAS Nepal in 2016. In the group meetings, group members used to discuss different social issues prevalent in the community and income generation opportunities around them. One day, while discussing other income-generating alternatives, the group realized the importance of vegetable farming and its possibilities in their surroundings, which made group members keen to learn about new vegetable farming techniques. SAHAS Nepal then gave vegetable cultivation training, which turned out as the milestone of change in their community. Pancha also received the training. He then constructed a plastic house and grew vegetables while keeping alive his traditional fishing occupation. He kept growing different vegetables in different seasons and later constructed a greywater collection pond. In addition, he started rearing livestock and selling its bi-products in the market. Since the market was nearby his house, it was easy for him to sell the products. He earns NPR. 1,430,000 in one vegetable growing season, which is now sufficient for his household expenses. Once a borrower, Panch now lends money to his neighbours in their time of need.
<b>Future plan</b>	Pancha plans to continue vegetable farming and save income in the bank for future use.



Beneficiaries after getting collateral land ownership certificate' between husband and wife at Budathum, Dhading. Photo: Rumi Maharjan, SAHAS Nepal



## WOMEN EMPOWERMENT

Rural areas of Nepal experience high rates of poverty, which results in various types of cultural stigmas and discrimination against women. The multitude of discrimination faced by women at individual, family and community levels hinders women's development and makes women's life miserable. The forms of discrimination range from being confined in the household chores up to not having any ownership in the property.

SAHAS Nepal works with women aiming at addressing different social issues and bringing equality, social harmony and cohesion. SAHAS Nepal ensures women development in different spheres i.e. women representation or involvement in local government to ensure their needs are reflected in public decision making; improved health and hygiene for living the basic living standards; quality education

opportunities to ensure no single girl is deprived of education regarding gender stereotype; and meaningful participation in institutions so that their voices are heard and incorporated in decisions. SAHAS Nepal adopts the following framework in its women empowerment programme.

Women are also made aware of their rights and entitlements. In addition, women's workload and drudgery have been reduced through the promotion of power-tiller, corn sheller, thresher, wastewater harvesting, etc. Women are now able to utilize the extra time in income-generating work and spend quality time with families and children. Several women are now more economically independent by becoming semi-entrepreneurs.

Another milestone for equality and empowerment is enhancing women's access



**14 HHs registered their land jointly between husband and wife**

to land and property rights through a joint land registration between husband and wife. It is a simple yet effective approach where women get equal rights in property management and decision making at the household level. This makes women more confident, worthy and empowered, and they can put forth their thoughts and opinions at family and community. A total of 14 HHS have been successful to obtain joint ownership of their land. The increase in consciousness about the rights has helped in exercising their rights and entitlements and addressing different social issues collectively.

Women have always been put at the core while forming Community-based Organizations (CBOs), which is ensured through their meaningful participation and leadership role. Of total, 314 CBOs are led by women while 1,617 women are in the decision-making positions. In 2019, NPR 14,848,128 was leveraged by women-led CBOs and CBNOs from Rural Municipalities and development agencies.



Photo: Mahesh Shrestha, GrowInnova

# SAHAS NEPAL CONCEPT FOR WOMEN EMPOWERMENT





## A BIG CHANGE BROUGHT BY SMALL HELP



*"In the past when we were deprived and had no opportunities in the village, I used to think what a girl from a Janajati family could do. I used to be afraid to talk to new people but now I go to the market to buy things, go to meetings and discuss problems, and get involved in every activity of the village. The unconditional support from my group, family and SAHAS Nepal are the main reasons I was able to move forward in my life. I would also like to encourage and motivate other women to work."*

~ Dil Kumari Thapa Magar

<b>Introduction</b>	Dil Kumari Thapa Magar, 28, is a resident of Naumule Rural Municipality of Dailekh. She lives with a family of four – herself, her husband, a daughter and a son in the village. She is a member of Himal Ajarjan Samuha with 25 members formed by SAHAS Nepal.
<b>Before</b>	When Dil Kumari used to live in a joint family, things were easier as she did not have to worry about feeding her children but things changed when her family separated from the larger family. The financial burden arose critically from managing food to expenses for her family. Dil Kumari wanted to change the scenario for her and her family by getting involved in income-generating activities but she was helpless in front of the community holding a strong patriarchal notion.
<b>Intervention</b>	Revolving fund support of NPR. 15,000
<b>After</b>	When SAHAS Nepal formed groups in 2016, Dil Kumari became a member of a group and received the opportunity to participate in different training. This planted a seed of hope in Dil Kumari. She took a bold step against the inherent notion and pledged to do something for herself and her family. She discussed in her group about different possibilities for income generation and decided to open a grocery store. She asked a loan of NPR 10,000 from her maternal house to open a store but her father denied. She shared her problem in her group and obtained NPR. 15,000 for a year without having to pay interest. Her happiness was beyond the reach as she was finally able to start something for her family. She started a grocery store and was able to make a profit of NPR 20,000 in two months. From the additional money, she added extra supplies for her store. Dil Kumari's contribution was not limited only in generating income for her family, rather she became involved in empowering women in her surroundings. She started discussing the possible income-generating activities with other women from her group and motivated them to be independent.
<b>Future plan</b>	Dil Kumari wants to continue her grocery store and continue working in community development activities.





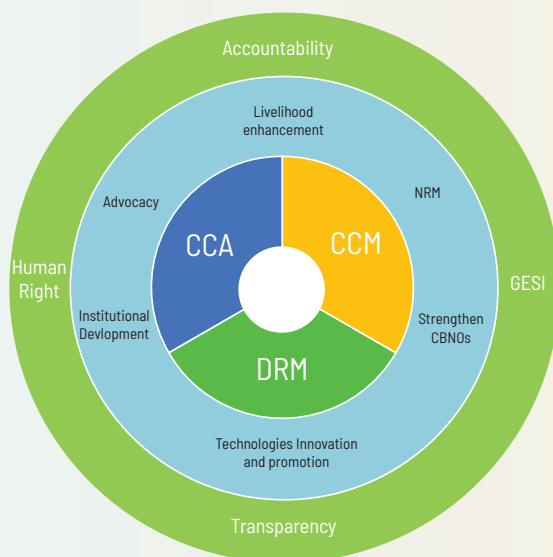
A beneficiary using metallic improved cooking stove at Paninaula, Bajura.  
Photo: Rumi Maharjan, SAHAS Nepal



## NRM, DRR AND CLIMATE CHANGE

Climate Change is an inevitable global challenge affecting the lives of people. Even though Nepal's contribution to climate change is minimal, it is ranked as 4th most vulnerable to the effects of climate change. In Nepal, climate change is affecting the lives of vulnerable, marginalised and smallholder farmers the most. SAHAS follows a 3-pronged approach of climate change mitigation, adaptation and disaster risk management to strengthen the capacity of focused communities to adopt different climate resilient technologies for enhancing their livelihood and food security.

## SAHAS NEPAL APPROACH IN CLIMATE CHANGE AND DISASTER RISK REDUCTION

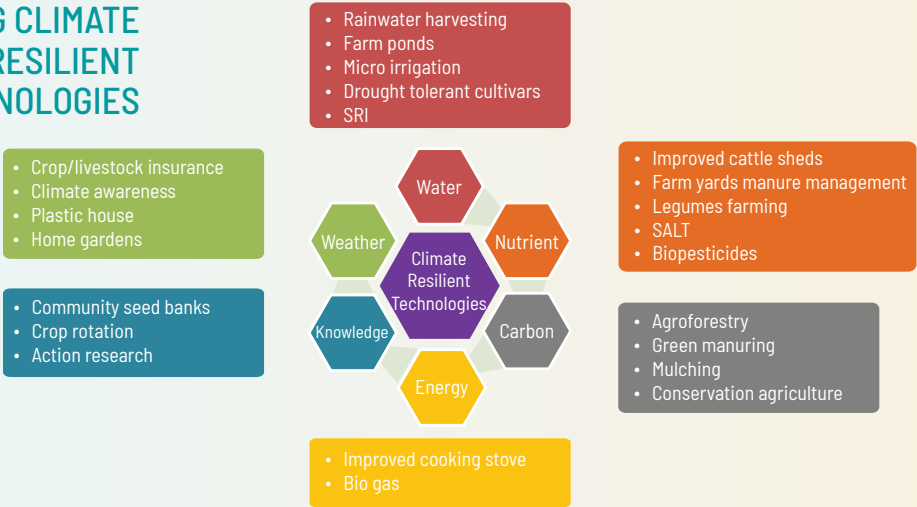


SAHAS Nepal promotes Climate Resilient Agriculture (CRA) to improve sustainable food production, food security and income of smallholder farmers, eventually making them resilient to risks of climate-led hazards. The different types of CRA practices and applications SAHAS Nepal is promoting include intercropping, mixed cropping, use and application of composting, Integrated Pest Management/Farm Yard Manure (IPM/FYM), seed varieties, mulching, Sloping Agricultural Land Technology (SALT), and zero tillage, to mention a few.



Landscape of Khatyad, Mugu.  
 Photo: Mahesh Shrestha, GrowInnova

# SAHAS NEPAL ADAPTING CLIMATE RESILIENT TECHNOLOGIES



SAHAS Nepal improved knowledge and skills of 2,519 individuals on climate change and Disaster Risk Reduction. A total of 1,308 HHs have adopted one or other Climate Resilient Technologies. Some communities are identified and promoted as Climate Resilient Villages. Besides, 9,223 trees were planted to improve carbon sequestration and mitigate overall greenhouse emissions.



## RUPSEY TOWARDS CLIMATE RESILIENT MODEL VILLAGE



Home Garden



Model Goat Cage



Green House Tunnel Farming

*"Previously, we did not have idea about climate change but now our village is on the way to become climate resilient village."*

~ Jir Maya Magar

<b>Introduction</b>	Rupsey village is located in Siddichanran Municipality-10 of Okhaldhunga. This village adopted different climate resilient technologies leading it to a Climate Resilient Village.
<b>Before</b>	In Rupsey village, poverty, poor health and sanitation were the major problems. Children were also deprived of quality education. Farmers practiced traditional farming leading to low production and productivity as they lacked advanced knowledge and skills. Even the community people did not have adequate idea about climate change and its effects on their farming.
<b>Intervention</b>	Kalika Devi Mahila Samuha was formed by SAHAS Nepal in 2010 to implement a project addressing food insecurity. SAHAS Nepal provided various training such as seasonal and off seasonal vegetable farming, pig rearing, goat rearing and supported trainees with materials. In addition, different climate resilient technologies like plastic house, IPM/FYM, solar panel, vermicompost, plastic pond, drip irrigation, seeds distribution of climate-resilient crops, improved cooking stove and so on were supported and constructed following capacity building trainings.
<b>After</b>	Rupsey village is in the path to become a climate resilient village after adopting different climate resilient technologies. All households have adopted different technologies and are involved in different income generating work. Community members are aware of climate change and applying different mitigation and adaptation strategies. In addition, they are in the process of installing climate information services. Local government bodies are thrilled to see the progress of the village. In coordination with the local government, Rupsey is on the way to be officially declared as Climate Resilient Village.
<b>Future Plan</b>	To make Rupsey a model climate resilient village.



Nutrition test for children at Khatyad, Mugu.



## HEALTH AND NUTRITION

In rural areas, people have poor quality life owing to a lack of knowledge on important health measures as well as no access to basic health facilities. A large number of rural people, especially women and children, are exposed to several health problems such as malnutrition, air-borne respiratory diseases, reproductive health complications and so on. In order to address these issues, SAHAS Nepal has offered nutrition tests, training, and materials support benefitting a total of 22,372 people directly and 10,457 people indirectly.

Last year alone, a total of 80 home gardens were established to ensure year-round access to diverse, nutritious green vegetables grown around their homestead. Home garden owners have started consuming at least one additional vegetable, which has improved the nutritional status of the families. A total of 1,947 children were tested

for malnutrition using the Mid-upper arm circumference (MUAC) technique. Following this, a total of 72 mothers of malnourished children were trained on the preparation of super flour which is a high-energy, high-protein, easily digestible mixture of grains and greens fed to children as weaning food. A total of 937 mothers received training on Maternal and Child Health Care which aims to reduce the maternal, neonatal and under-five mortality and morbidity, and to improve the reproductive health of families and individual women, men, adolescents and children.

A total of 877 families installed improved cooking stove (ICS) for reducing indoor air pollution, risk of respiratory problems and infections due to prolonged exposure to smoke. Similarly, 58 women participated in Eco Pad Making training and started preparing and using low-cost sanitary



**22,372 people improve their health status in 2019**



pads which have improved menstrual hygiene of girls and women. Sanitation kit support is also provided to 906 girls and women. Some even earn from selling these pads at the local level. A total of 644 people participated in health and dental camp which increased the awareness level of people about their overall hygiene and oral health. In addition, 39 first aid kits were distributed. Communities now visit health posts and hospitals for regular health check-up.



Photo: Mahesh Shrestha, GrowInnova

USE OF LOCALLY  
PRODUCED  
RESOURCES  
RESULTED IN  
SOCIETAL CHANGES  
AND WAY OF INCOME  
GENERATION



Introduction	Devi Buda, 27 is a member of the Suryajyoti Samuha, Kalikot. She lives in a four-members family which includes her husband, a son and a daughter.
Before	Devi Buda lives in the remote area of Nepal characterized by limited facilities of basic needs, poor social interactions, minimum living standard, and numerous health problems. In addition, social malpractices regarding the Chhaupadhi were prominent in Devi's surroundings. She is from an ordinary family and their major occupation has been agriculture. Devi was not aware of the importance of menstrual hygiene, so was following the traditional method. Poor hygiene has been the underlying reason for the poor health of women in her society.
Intervention	Sanitary pad making and utilization training, awareness on the gender-based discrimination and traditional mal-practices



<b>After</b>	<p>After becoming a member of the group things started changing for her. SAHAS Nepal organised different awareness programmes on health issues including the negative impacts of Chhaupadhi and training on eco-sanitary pad making and use.</p> <p>Following the training, Devi started looking more critically at women's problems and issues as she was a young woman herself. She started becoming more concerned about all the problems women go through and relate that with what she had already gone through. This led her to the fight against malpractices against women such as Chhaupadi which has been the cause of violence in Chhau shed, rape, fear, anxiety. She decided to take part in the Sanitary-pad making training provided by SAHAS Nepal. With the assistance of resources such as cloth, sewing kit, scissors, etc., received from SAHAS, Devi started making pads and selling that in the village and teaching women to develop a habit of using such pads. She then produced 600 sanitary pads and sold 500 of them earning Rs.15,000. which benefited 100 women to have safer menstrual hygiene. She has used the money for her children's education and also to start a small shop. She also has been leading a group in her village where she raises a strong voice against alcohol abuse.</p>
<b>Future Plan</b>	<p>Future plans include continuing making of sanitary napkins and also commercializing its sale Also, all the women of the village have decided to work unitedly doing a partnership with various stakeholders to fight against problems women go through in the future as well.</p>

*"There are many bad practices which directly affect women and Chhaupadi has been a big issue in our village. Such a program initiated has helped in reducing the malpractices so we will require your help and support in the days ahead. My women fellows also commit to circulating all they know and have learned from each other in the village."*

*~ Devi Buda*



Student appearing in a class test Kundhar, Kaski.  
Photo: Sophee Niroula, SAHAS Nepal



## EDUCATION



**3,000 Musahar girls  
studying Accelerated  
Learning Programme in  
62 centres**

SAHAS Nepal has integrated education with various projects as a cross-cutting theme realizing the importance of education for the overall development of society. The existing education system lacks trained teachers, sufficient teaching materials, scholarship support, and good physical facilities in the schools. SAHAS Nepal has been addressing these issues through different interventions. In 32 schools, physical infrastructures were renovated to provide a safe learning space for students and improve quality education. A total of 1,956 students have benefited from the school teaching programme on personal hygiene and nutrition, 387 students from the scholarship programme

and 377 students from Early Childhood Development and Community Managed Coaching Center. In 2019, 858 Musahar girls received financial literacy education and 3,000 Musahar girls are studying in the Accelerated Learning Programme in 62 centers.

The trained teachers have been using child-friendly teaching techniques in the schools and students are provided with child-friendly teaching materials. As a result, there is a decrease in the absence and subsequent dropouts of school students. Due to the scholarships, resource-poor students have been continuing their education.



## MANITA DOESN'T HAVE TO WORRY ABOUT HER EDUCATION COST

<b>Introduction</b>	Manita Bhujel, 16 years old girl is studying in grade 10 and living with her five-member family.
<b>Before</b>	Manita's father used to work as a carpenter in the village. He was having a hard time keeping up with the cost of education for three children, as there was no regular daily income sources . Since all the kids were students, her mother also did not have time to do other income-generating work.
<b>Intervention</b>	SAHAS Nepal formed an eco-club in Manita's village, and she was appointed as a member for 2 years. Seeing the financial condition of the members, SAHAS Nepal selected a few students to provide scholarships. Manita was also one of the scholarship recipients. With the aim of generating income for her studies, she started rearing goats from the money she received. Manita was successful in selling two goats and currently she has 5 goats.
<b>Future Plan</b>	Manita has to take the SEE exam this year, and she aims to secure good marks and continue her studies in a good school.

*"After receiving the money, I have been encouraged to study more", says, Manita. "I have also been successful in going to school regularly", "If I continue to make enough profit, then it will be easier to finance my studies."*

*~ Manita.*



A boy drinking water from a child-friendly drinking water tap at Rajali, Bajura.  
Photo: Rumi Maharjan, SAHAS Nepal



## INFRASTRUCTURE DEVELOPMENT

Infrastructure development can play an important role in integrated community development. Rural areas still lack basic community infrastructures, which constrain the livelihood enhancement of the communities. Poor infrastructures for drinking water and irrigation have been exacerbated by climate change.

SAHAS Nepal has been engaged in the construction and renovation of different small-scale infrastructures such as irrigation canals, wastewater collection ponds, rainwater harvest tanks, drinking water facilities, trail bridges and so on. A total of 24 irrigation canals were renovated and constructed benefitting a total of 1,031 HHs by improving irrigation facilities in 243 hectares of land. With the irrigation facilities, the area under cultivation and crop productivity has increased.

In addition, 13 drinking water schemes were constructed thus increasing access of people to clean and safe drinking water. This has also reduced women's time and burden to fetch water, so they utilize the time for other productive work. Reduction of water-borne diseases was noticed which also improved the health and sanitation of the rural communities. A total of six rainwater harvesting structures and wastewater collection ponds have been constructed which have promoted reuse of water which otherwise would have lost. A total of 13 trail bridges have been constructed thus increasing mobility of people in markets, schools and health centers. The overall constructions of the infrastructure have improved socio-economic conditions of the rural communities with an indirect impact on food security as well.





International Women's Day- 2019 celebration at Sulichaur, Rolpa.



## LOBBY AND ADVOCACY

SAHAS Nepal is working primarily with the focused communities to bring positive changes in the society. For this, SAHAS Nepal is engaged in raising their voices against social malpractices, making the right-holders aware of their rights and entitlements, and holding duty-bearers accountable towards the right holders through collective efforts.

Several awareness programmes have been organized at different levels against social malpractices such as child marriage, Chaupadi, gender and caste-based discrimination, domestic violence, and dowry system and so on. Rallies, interaction meetings, and day celebrations were organised in cooperation and coordination with local governments and line agencies.



14 HHs registered land jointly between husband and wife



3,299 population reached through different day celebration



2,177 population participated in 16 days campaign against gender violence



Five child marriage stopped



68 population received citizenship



SAHAS Nepal is providing voices to those unheard before and people who cannot speak up for themselves.

The participation of the direct and indirect beneficiaries in the above-mentioned awareness activities was massive and outnumbered. A total of 3,299 were reached out from different day celebrations such as women's day, child rights day, human rights day etc., to raise awareness on many issues.

A total of 2,177 people participated in 16-days campaigns against gender

violence that comprised drama, role play, and rally. These initiatives contributed to reduced violence against women and girls in the communities. Overall, the lobby and advocacy activities have significantly reduced socio-cultural discrimination and injustice, empowered women to voice up their opinions and rights, and improved women's decision power at the household and community. In addition, duty bearers have become more accountable towards right holders and leveraged resources (both cash and in-kind) adhering to their plans.



## INSTITUTIONAL DEVELOPMENT

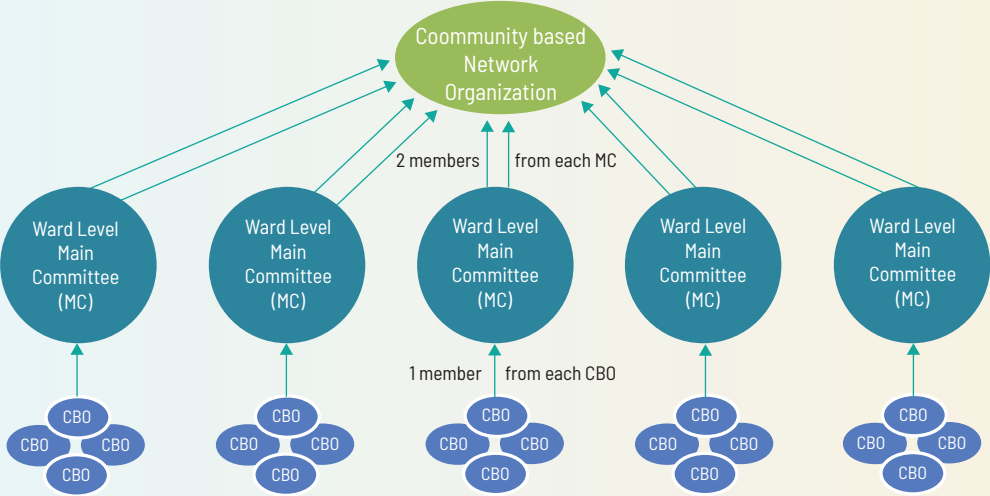
SAHAS Nepal has adopted a sustainable community-led development approach right from the inception. The approach is based on the idea of putting the community at the centre and empowering them by organizing them

into CBOs and later forming CBNOs out of CBOs, which foster collaboration with local government and other like agencies for continuing community development efforts initiated by SAHAS Nepal in their areas.



Women benefeceries of Gamtha Village, Mugu participating in a group meeting.  
Photo: Mahesh Shrestha, GrowInnova

# SAHAS NEPAL WORKING APPROACH IN FORMATION OF COMMUNITY BASED NETWORK ORGANISATION



For the sustainability of the CBNOs, SAHAS Nepal focuses on technical backstopping and continuous capacity building through different training, workshop, exposure visits etc. CBNOs enhance their institutional capacities in the administrative, managerial, financial and programmatic sphere in an inclusive and participatory manner. With the enhanced capacities, CBNOs were able to leverage resources NPR. 31,937,172 from different government bodies and like-minded organisations, and they are working for the community sustainable development and social change.



**CBNOs leverages NPR  
31,937,172 From different  
line agencies for  
development activities**



CBNOs members in their regular planning meeting at Gamtha, Mugu.  
Photo: Mahesh Shrestha, GrowInnova

## LIST OF CBNOs

S.N.	CBNOs Name	District	No. of CBOs	Total Member (HHs)
1	Gramin Mahila Jagaran Samuha (GMJS)	Okhaldhunga	66	810
2	Likhu Demba Community Development Forum (LDCDF)	Okhaldhunga	83	1583
3	Kotgadhi Shikhar Samaj (KOSIS) Nepal	Okhaldhunga	73	1226
4	Sunkoshi Kakani Community Development Forum Nepal	Okhaldhunga	107	2283
5	Pragatishil yathartha Samaj (PRAYAS) Nepal	Okhaldhunga	58	1304
6	Sustainable Rural Empowerment Network (SUREN)	Okhaldhunga	7	10,075
7	Libju Commnity Development Forum	Okhaldhunga	48	943
8	BISWAS Nepal	Udayapur	64	1389
9	Sustainable Development Society Nepal	Lalitpur	55	1239
10	Chhimkeshowari Melmilap Kisan (Chhimeki) Samaj	Tanahun	43	912
11	Dhevghat Bandipur Kisan (DEBAKI)	Tanahun	40	998
12	Chuli Community Society	Gorkha	38	716
13	Arughat Dharche Rachanatmak (ADHAR) Samaj	Gorkha	37	726
14	Trisuli Development Society	Dhading	34	689
15	Shree Tripura Ganga Jamuna Ekata Samaj (TRIGANGA)	Dhading	32	855
16	Pachaljarna Society for National Development (PSND)	Kalikot	46	1490
17	Rural Community Development Centre (RDC)	Kalikot	40	1136
18	Swablambi Ekata Samaj (SES)-Nepal	Dailekh	45	1129
19	Chayanath Development Society (CDS)	Mugu	27	696
20	Karnali Gramin Bikas Kendra (KRDC)	Mugu	51	1422
21	Rural Development Society	Mugu	22	800
22	Panchakoshi Ekata Samaj (PRAYAS) Dailekh	Dailekh	54	1353
23	Balimalika Samudiyak Bikas Samaj (BCDS)	Bajura	46	1226
24	Budhinanda Srijansil Bikash Manch (BCDF)	Bajura	54	1629
25	Inclusive Development Forum	Okhaldhunga	58	1501
26	Mahabharat Bikas Samaj	Udayapur	64	1144
27	Srijansil Bikash Samaj	Lalitpur	31	704
Total			1,304	41,145

## A STORY OF SUNKOSHI KAKANI COMMUNITY DEVELOPMENT FORUM NEPAL (SKCDF)

*"SAHAS Nepal helped to bring consciousness among our community and provided the opportunity to bring positive change in our place. We will follow the footsteps and continue for a better future of our society."*

*~ Kishor Kumar Adhikari,  
Chairperson, SKCDF*

<b>Introduction</b>	Sunkoshi Kakani Community Development Forum Nepal (SKCDF) is a Community Based Network Organisation consisting of 107 Community Based Organisations and 2283 households. This CBNO was established in 2017 and registered in District Administration Office, Okhaldhunga.
<b>Before</b>	Bhirgaun is a small village in Sunkoshi Rural Municipality, Okhaldhunga. This community was underdeveloped in terms of socio-economic aspect. The physical infrastructures were poor. Social malpractices were also common leading people to poor living standards. People were ignorant about health, hygiene, sanitation, and social malpractices.
<b>Intervention</b>	Formation of Group and CBNO
<b>After</b>	Following the group formation, SAHAS Nepal provided different training and support, along with continuous technical backstopping. Afterwards, people started utilizing their knowledge in vegetable cultivation making it an important source of income. SAHAS Nepal organised different awareness raising activities to raise the consciousness among the community so that community members themselves would be an epitome of change. For the sustainability of the groups, SAHAS Nepal provided different organizational development training like good governance, proposal writing, account book keeping, reporting writing and many more. After all the efforts, these groups are coordinating with line agencies, relevant stakeholders and local governments for developmental activities. They are able to leverage and mobilise resources for various community and social development activities.
<b>Future Plan</b>	They plan to involve their group members in commercial vegetable and livestock farming. In addition, they will continuously work in community development activities.





SAMVAD animators of Sulichaur, Rolpa. Photo: Rumi Maharjan, SAHAS Nepal



## YOUTH DEVELOPMENT

Youth mobilisation is fundamental for development initiatives since youth occupies 40.3 percent of the total population. SAHAS Nepal, through various project and programme interventions, is focusing on youth leadership development whereby youth devote themselves to socio-economic development initiatives. SAHAS Nepal is providing the platform for the youths to participate in the development activities where they can voice up social mal-practices and forward their opinions to duty bearers and relevant stakeholders to bring positive changes in the community. SAHAS Nepal brings together youths from national and international level and mobilise them through SAMVAD (dialogue), volunteering opportunities, internship, and youth exchange programme.

SAMVAD is an initiative where adolescents from a community come together and discuss

different social and personal issues in the micro and meso level, plan about their future, prepare family development plans and set the vision for their families and communities. Adolescents have achieved significant results regarding increasing awareness about discriminatory practices and have been able to stop child marriage and dowry system. They now hold duty bearers accountable, speak up against corruption, work to protect the environment, and leverage resources from local stakeholders. In addition, SAHAS Nepal is now integrating SAMVAD in all of the projects.

SAHAS Nepal implemented Youth Exchange Programme as another initiative for youth development, whereby youths from different countries and Nepal exchanged and experienced the cross culture, development patterns, lifestyle and organisational activities of their assigned organisations. Youth volunteers share their

learning and experiences among peers; learn new languages and culture; play an active role in poverty eradication, abolishing injustice and cross-cultural learning. Besides, youth exchange enabled youth to develop as leaders and help in youth leadership and development.

SAHAS Nepal is collaborating with national and international youth organisations for youth mobilisation for holistic community development. In 2019, SAHAS Nepal engaged 50 international university youth-volunteers in the construction of disabled-friendly ramps, plastic houses for vegetable farming, teaching English and Maths in schools and recreational activities.



Photo: Sudin Bajracharya, GrowInnova

### BECOMING CAPABLE THROUGH SAMVAD



Photo: Rumi Maharjan

*"There's no denying that unity is force."*

*Sujana Shrestha, Member, SAMVAD Group*

<b>Introduction</b>	Kishori Jagaran Samvad Samuha consisting of 30 members is located in Likhu-5 Ghurbisey, Okhaldhunga
<b>Before</b>	Most of the students in Ghurbisey used to spend their days going to school and helping their parents in household chores. Kishor Kishoris (teenage boys and girls) lacked solidarity, self-confidence and courage and were scared to put their opinion in front of others. Superstitions and social taboos such as child marriage were also considered as traditions, so they couldn't raise their voice against such practices.
<b>Intervention</b>	Formation of SAMVAD, regular meetings
<b>After</b>	After the formation of SAMVAD, Kishor Kishoris were directly affiliated with the group. They started meeting regularly and had discussions regarding different topics. As they were taking part in different discussions, their speaking habit and confidence also improved. According to the action plan of SAMVAD, Kishor Kishoris decided to present a play against child marriage. With the help of their parents and mother group, they were able to perform a drama portraying child marriage in their community. Through the play, they provoked child marriage has mental and physical effects on health. The play also gave the message that the audience should not force or be forced to marry otherwise have to face legal action. Since then, this SAMVAD center focuses on raising awareness among girls and boys to fight against social taboos and other different problems that exist in society.
<b>Future Plan</b>	Continuation of SAMVAD for life and present drama against child marriage in a bigger screen.



## ORGANISATIONAL ACTIVITIES

### WORKSHOP ON CSO CHALLENGE AND OPPORTUNITIES

SAHAS Nepal participated in a workshop entitled "The new federal structures in Nepal: Experiences, challenges and option for people-centered development" on 7 and 8 March 2019. The workshop aimed to share the experiences and challenges for Civil Society Organisations (CSOs) in working with the three levels of government in Nepal. The program was held in the presence of his excellency ambassador for Germany Embassy, representatives from FriEnt, Nepal-Dialogforum and all BfdW partners. Delegates from different organisations and government bodies were invited as guest speakers who shared their expertise about CSO and the federal structure of Nepal Government. Different parallel sessions were organised, and SAHAS Nepal shared in one of the sessions

its experience on "Community mobilisation and empowerment in local level federal structures of Nepal". The workshop was very productive as it improved our understanding of CSO opportunities and challenges and paved the way for development cooperation with the Nepal Government.

### POLICY REVIEW AND PROCUREMENT PLANNING MEETING

SAHAS Nepal conducted a policy review and procurement planning meeting on 25 and 26 April in Kathmandu Coffee, Bhaisepati. The main objectives of this meeting were to review SAHAS Nepal policies and to discuss the procurement process. A total of 12 staff participated in the meeting where project coordinators and finance team presented their respective projects addressing different issues related to first-quarter income and expenditure,





Policy review and procurement planning meeting. Photo: Rumi Maharjan, SAHAS Nepal

variance and the reasons for it. The meeting started by reviewing the Disaster Risk Reduction (DRR) strategy draft for the period (2019-2023). After the presentation and discussion, feedback and comments were collected from all the participants.

## JOINT PROGRAM AND FINANCE MEETING

SAHAS Nepal conducted a programme and finance joint meeting on 6 and 7 May in Hotel Tulsi, Pokhara. The major objectives of the meeting were to establish a common understanding about organisational policies, working

guidelines, organisational culture, financial and procurement procedures for organisational efficiency and effectiveness. The meeting was a platform where programme and finance staff internalised the utmost importance of teamwork for the success of the programme. The programme started with the welcome note and appreciation of all the staff for their continuous hard work and efforts. After that, a series of discussions and presentations were carried out in a participatory manner where participants shared their ideas and understandings. The presentations were made by the respective personnel on topics such as food security

pillars, audit findings, working guidelines, procurement process, monitoring and reporting, communication guidelines, etc. The meeting has served as the additional milestone for the smooth functioning of the organisation.

## PARTICIPATED IN FELM STRATEGIC CONSULTATION MEETING

Dr. Surendra Kumar Shrestha, Executive Director of SAHAS Nepal, participated in the Felm Strategic Consultation meeting in Helsinki Finland from 17 to 26 May. The meeting was divided into different events, from 17 to 19 May. Dr. Shrestha participated in mission festivals, panel discussions, and forums where he presented and discussed socio-economic empowerment of women, climate change consequences, climate change mitigation, and adaptation measures in Nepal. Similarly, from 20 to 24 May Dr. Shrestha took part in different university panel discussions. Dr. Shrestha also joined the meeting from 25 to 26 May on Climate Change World Village with the Ministry of Foreign Affairs of Finland, former Ministers, Finland climate activists, companies and different CSOs where he presented, discussed and informed about climate change consequences on small farmers, its mitigation and adaptation strategies. These meetings and interactions have opened up the opportunity for future development collaboration and cooperation. Dr. Shrestha is continuously



Joint program and finance meeting. Photo: Photo: Rumi Maharjan, SAHAS Nepal





Participants of FELM strategic consultation meeting.

engaged in introducing and improving the visibility of SAHAS Nepal in national and international platforms.

## LIFT PROJECT ORIENTATION

SAHAS Nepal held an orientation workshop for Local Initiatives for Food Security (LIFT) project in Nepalgunj from 19 to 21 May 2019 and in Godawari Ashram, Lalitpur from 27 to 29 May 2019. These orientations were conducted for the staff of six districts i.e. Mugu, Bajura, Kalikot, Okhaldhunga, Udayapur, and Lalitpur with the objective of orienting newly recruited staffs on new phase of LIFT project and project goals, objectives, indicators and activities. The orientation also covered topics like food security pillars, climate change mitigation and adaptation measures, quality monitoring and reporting, and social mobilization skills. A Detailed Implementation Plan for the first year of the project was prepared which developed a common understanding about the project and will help in the smooth implementation

of the project.

## ADMIN AND FINANCE PROFESSIONAL GROUP MEETING

SAHAS Nepal organised a 6th Admin and Finance Professional Group Meeting (PGM)/Capacity Building Training on 8 May 2019 in Hotel Tulsi, Pokhara. The main objective of this assembly was to bring uniformity in financial procedures and functions among working districts of SAHAS Nepal. The key issues covered in the meeting were stock management, monthly tax details, and tax deduction. All the finance staff from different working districts participated in the meeting.

## 24 ANNUAL GENERAL ASSEMBLY AND ORGANISATION'S SOCIAL AUDIT

SAHAS Nepal held its 24th Annual General Assembly on 28 September 2019 in Yalamaya Kendra, Lalitpur in presence of Executive committee, general members and representatives

from funding partners, NGO federation, Community Based Network Organisation, SAMVAD, farmers groups. Dr. Pratap Kumar Shrestha, Chairperson of SAHAS Nepal, presided the event. The assembly was inaugurated by lighting a candle and displaying a banner of the 24th General Assembly by honorable guests and the Executive Committee. The program was facilitated by Mr. Tanka Gautam, Capacity Building Manager and Ms. Rumi Maharjan, Gender Officer.

Ms. Bal Kumari Gurung, Vice Chairperson, made an opening remark welcoming members, delegates and staff members. Dr. Surendra K Shrestha, Executive Director, presented organisational overview and progress of the fiscal year. Social Audit presentation was presented by Prasadha Neupane, Charter Accountant (CA) which was followed by question/answer and discussion sessions. All the queries were addressed by the panel comprising SAHAS Nepal Managers and Coordinators.



24<sup>th</sup> AGM and organisation's social audit.  
Photo: Rumi Maharjan, SAHAS Nepal

The GA program continued by announcing and honoring “Staff of the Year” and altogether the following five staffs were honored as the staff of the year:

1. Jit BaL Rai, Advocacy and Partnership Officer
2. Reeta Gurung, Finance Officer
3. Philip Tamang, Procurement Officer
4. Amrita Ghising, Office Support
5. Abhishek B.K, Social Mobiliser

SAHAS Nepal appreciated its funding partners and NGO Federation for their valuable support to the organisation. Ms. Balkumari Gurung marked the closing of “open session” with a concluding speech.

## FORMAL HANDOVER OF 49 SAFER HOUSE IN THUMI, GORKHA

SAHAS Nepal implemented a project entitled “Building Back Better” in Thumi, Gorkha after the mega earthquake of 2015. The major objectives of the project were to construct 49 safer houses and to build climate-resilient villages in the Dalit communities.

Through the project, SAHAS Nepal formally handed over 49 safer houses in Thumi, Gorkha on 24 September 2019. The handover program was accompanied by Mr. Ram Sharan Acharaya-District Head

of National Reconstruction Authority, Mr. Raju Gurung-District Coordination Committee Member, Ms. Kalpana Nepali-Rural Municipality Vice-Chairperson, Mr. Krishna Bahadur Dhamala-Ward Chairperson-4, Mr. Sikhal Baram-Ward Chairperson-3, social workers, local leaders, beneficiaries, Juha Lind-Regional Director, Teresa Juhaninmaki-Regional Manager for Development Cooperation, Antti Turka-successor of Teresa from Felm Nepal, Dr. Surendra Kumar Shrestha-Executive Director of SAHAS Nepal and Mr. Saban Kumar Shrestha-Human Resource Manager of SAHAS Nepal.

The handover programme was a huge success and all the duty bearers and right holders highly appreciated the work and expressed their deepest gratitude for implementing such an exemplary programme reaching the most vulnerable communities. Rural Municipality and Ward Chairpersons highly appreciated the staff,

Hari Adhikari and Anil Kumar Shrestha with a certificate of appreciation for their continuous dedication to making the overall project success.

During the speech, Rural Municipality Vice Chairperson said, “Rural Municipality is extremely pleased to get support from SAHAS Nepal in constructing safer houses and integrating Climate Resilient Village components. The rural municipality will allocate a separate budget for this village and we would like to request SAHAS Nepal to provide technical backstopping.”

Similarly, Ward Chairperson-4 said, “If SAHAS Nepal had not helped in construction in Thumi, it would not have been possible to see two and three-rooms houses. Neither there would be a toilet nor would there be a complete picture of Thumi as it is now.”

Dr. Surendra K. Shrestha, Executive Director expressed sincere thanks to beneficiaries who put hard



Formal handover of safer house in Thumi, Gorkha.  
Photo: Gaurav Dhawaj Khadka, GrowInnova

work to complete not only their own houses but also helped neighbors to complete their houses. Similarly, he recalled regular support from National Reconstruction Authority, Chairperson, Vice-Chairperson, and Rural Municipality Chairperson and support and understanding from funding partners. Last but not least dedicated staff were acknowledged for taking the responsibility to serve marginalized families and gaining trust of all stakeholders including the funding partners.

SAHAS Nepal also provided a letter of appreciation to the funding partners i.e. Felm, SODI and Nepal team for the generous support, flexibility, understanding and believing SAHAS Nepal during the crucial circumstances.

Solar panels were also supported to all the beneficiaries for building Climate Resilient Village. Other different technologies like Improved Cooking Stove, greywater collection, fruit saplings, vermicompost, plastic house, organic farming, bio-pesticides, improved fodder and grasses etc. are already incorporated in Thumi.

## 40<sup>TH</sup> SOCIAL SERVICE DAY CELEBRATION

On 23 September 2019 Nepal marked 40th Social Service Day. The national-level events were organised by the Social Welfare Council (SWC) in association with government agencies, non-government & community-

based organisations and their networks. Following the Social Service day, SAHAS Nepal celebrated the event in all of its working districts by organising various events with a slogan "Happiness and prosperity national thought, social development and determination". SAHAS Nepal also participated in the exhibition held in Bhrikuti Mandap Exhibition Hall. The event was a platform to exchange work, progress, achievement, knowledge and learning of different stakeholders, like-minded organisations, government agencies and so forth.

Capacity Building Meeting for the staffs of CDM

SAHAS Nepal organised a Capacity Building Meeting for the staff of CDM (Carbon Development Mechanism) on 30 August 2019 in Siddhartha Cottage Restaurant, Lalitpur. The main objective of this meeting was to share the business plan with the staff of CDM and to provide detailed information regarding the clean development mechanism,

carbon markets and potential in Nepal. A total of 18 participants attended the meeting where the program was facilitated by Dr. Surendra Kumar Shrestha, ED, SAHAS Nepal, Mr. Prem Pokharel, Clean Development Mechanism Expert, Alternative Energy Promotion Centre (AEPCC) and Raju Jati, Climate Change and DRR Coordinator, SAHAS Nepal.

## NATIONAL CONSULTATION WORKSHOP

SAHAS Nepal, in collaboration with Lutheran World Federation, organised a "National Consultation Workshop on Future Strategy of CBNOs/CBOFs" on 8 and 9 December 2019. The main objectives of this workshop were to discuss the role of CBNOs for sustainable development and to develop the mechanism for coordinating networks. About 50 participants from CBNOs from different districts were present in the workshop, where Mr. Shyam Shrestha, Freelance Consultant, Mr. Ganesh BK,



Participants of national consultation workshop. Photo: Sujita Sharma, SAHAS Nepal



National Dalit Association and Mr. Bal Krishna Chaudhary, Provident Program Coordinator from Lutheran World Federation (LWF) facilitated the program. The workshop also formed a committee and made task division for the formation of national level networks. The workshop was highly productive as it provided a forum for participants to share their learning and discuss the challenges faced by CBNOs in the present context. In addition, the workshop represented an excellent opportunity to bring participants from different community organisations to have a common understanding of the role of CBNOs for sustainable development.

## OUTCOME IMPACT ORIENTATION WORKSHOP

SAHAS Nepal organised Output Impact Orientation (OIO) training to staffs of Local Initiatives for Food Security Transformation (LIFT) to enhance their understanding about the OIO concept and to develop sound knowledge on reporting adhering to OIO



Participants of outcome impact orientation workshop. Photo: Rumi Maharjan

framework. This three-days long training was conducted in Jungle Safari Lodge, Chitwan from 15-18 December 2019. The main aim of the training was to make participants familiar with the key terms and the concept of Outcome and Impact Orientation and its importance in their project PME processes, and the BfdW requirements on OIO. The training enhanced knowledge and clarity on effect chain development and formulation of indicators, monitoring, data collection, analysis, progress reporting with reference to BfdW reporting format. Co-facilitators (Coordinators) of SAHAS Nepal gained additional knowledge and skills on OIO

facilitation and coaching. The training was facilitated by Ms. Bashuda Gurung, Consultant for BfdW; Mr. Dipesh Neupane, Technical Coordinator; Mr. Raju Jati, Climate Change and Disaster Risk Reduction Coordinator; Mr. Sujan Lal Shrestha, Knowledge Management, Monitoring and Evaluation Coordinator; and Ms. Rumi Maharjan, Knowledge Management, Monitoring and Evaluation Officer.

## RESULT BASED MANAGEMENT TRAINING

SAHAS Nepal organised Result Based Management (RBM) training for the staff of Enhancing Livelihood through Local Efforts (ELLEP) project in order to enhance their knowledge and understanding about RBM concept and develop sound knowledge on reporting in line with RBM concept. The training was conducted in Kathmandu Coffee, Bhaisepati from 20 to 22 December 2019. After the intensive training, participants enhanced their knowledge of the concept of the RBM and became familiar



Result-based management training. Photo: Rumi Maharjan



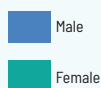
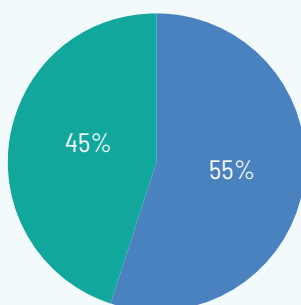
## HUMAN RESOURCE

SAHAS Nepal values its human resource team of highly committed professionals with varied experiences who are continuously working to achieve organisation's vision, mission and goal. A total of 185 staff (101 male and 84 female) are currently working in 22 districts of Nepal. SAHAS Nepal maintains 'unity in diversity' by recruiting qualified staff from different social backgrounds.



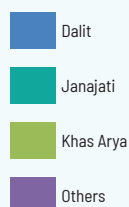
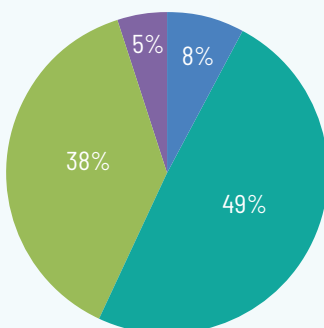
Photo: Rumi Maharjan

### GENDER COMPOSITION



Total Staff	185
Male	101
Female	84

### ETHNIC COMPOSITION





**PP PRADHAN & CO**  
CHARTERED ACCOUNTANTS

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## **INDEPENDENT AUDITOR'S REPORT ON THE FINANCIAL STATEMENTS OF GROUP OF HELPING HANDS (SAHAS) NEPAL FOR THE PERIOD FROM 16 JULY 2018 TO 16 JULY 2019**

### **Opinion**

We have audited the attached financial statements of **Group of Helping Hands Nepal**, for the period from 17 July 2018 to 16 July 2019, which comprises of the Balance Sheet as at 16 July 2019, Income and Expenditure Statement and other explanatory notes for the year then ended.

In our opinion,

- the accompanying financial statement is prepared, in all material respects, in accordance with generally accepted accounting principles and other relevant practices
- nothing came to our attention to indicate that an adequate internal control system was not in place and the organization was not compliant with applicable laws and regulation

### **Basis for Opinion**

We conducted our audit in accordance with International Standards on Auditing (ISAs) and Nepal Standards on Auditing (NSAs). Our responsibilities under those standards are further described in the Auditor's Responsibilities for the Audit of the financial statement section of our report. We are independent of the Organization in accordance with the ethical requirements that are relevant to our audit of the financial statement, and we have fulfilled our other responsibilities in accordance with these requirements. We believe that the audit evidence we have obtained is sufficient and appropriate to provide a basis for our opinion.

### **Responsibilities of Management and Those Charged with Governance for the Financial Statement**

Management is responsible for the preparation of the financial statement in accordance with generally accepted accounting standards, and for such internal control as management determines is necessary to enable the preparation of financial statement that are free from material misstatement, whether due to fraud or error. In preparing the financial statement, management is responsible for assessing the Organization's ability to continue as a going concern, disclosing, as applicable, matters related to going concern and using the going concern basis of accounting unless management either intends to liquidate the Organization or to cease operations, or has no realistic alternative but to do so. Those charged with governance are responsible for overseeing the Organization's financial reporting process.

### **Auditor's Responsibilities for the Audit of the Financial Statement**

Our objectives are to obtain reasonable assurance about whether the financial statement as a whole is free from material misstatement, whether due to fraud or error, and to issue an auditor's report that includes our opinion. Reasonable assurance is a high level of assurance, but is not a guarantee that an audit conducted in accordance with ISAs will always detect a material misstatement when it exists. Misstatements can arise from fraud or error and are considered material if, individually or in the aggregate, they could reasonably be expected to influence the economic decisions of users taken on the basis of these financial statement.

As part of an audit in accordance with ISAs, we exercise professional judgment and maintain professional skepticism throughout the audit. We also:

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- Identify and assess the risks of material misstatement of the financial statement, whether due to fraud or error, design and perform audit procedures responsive to those risks, and obtain audit evidence that is sufficient and appropriate to provide a basis for our opinion. The risk of not detecting a material misstatement resulting from fraud is higher than for one resulting from error, as fraud may involve collusion, forgery, intentional omissions, misrepresentations, or the override of internal control. •
- Obtain an understanding of internal control relevant to the audit in order to design audit procedures that are appropriate in the circumstances, but not for the purpose of expressing an opinion on the adequacy of the Organization's internal control.
- Evaluate the appropriateness of accounting policies used and the reasonableness of accounting estimates and related disclosures made by management. •
- Conclude on the appropriateness of management's use of the going concern basis of accounting and, based on the audit evidence obtained, whether a material uncertainty exists related to events or conditions that may cast significant doubt on the Organization's ability to continue as a going concern. If we conclude that a material uncertainty exists, we are required to draw attention in our auditor's report to the related disclosures in the financial statement or, if such disclosures are inadequate, to modify our opinion. Our conclusions are based on the audit evidence obtained up to the date of our auditor's report. However, future events or conditions may cause the Organization to cease to continue as a going concern.

We communicate with those charged with governance regarding, among other matters, the planned scope and timing of the audit and significant audit findings, including any significant deficiencies in internal control that we identify during our audit.

Auditor



Pratap P Pradhan  
Principal  
PP Pradhan & Co.

25 September 2019

Group of Helping Hands (SAHAS) Nepal




Consolidated Balance Sheet  
As at Ashadh 31, 2076 (July 16, 2019)


	Schedule	Current Year Amount in NPR	Previous Year Amount in NPR
<b>Fixed Assets</b>	<b>1</b>	<b>26,542,410.00</b>	<b>25,919,418.09</b>
<b>Current Assets</b>			
Inventory	2	195,208.00	227,602.00
Debtors and Prepayments	3	2,513,799.27	4,172,495.65
Programme Fund Receivable	8	10,967,984.20	4,972,944.25
Cash in Hand	4	113,068.15	244,003.52
Cash at Bank	5	18,355,540.89	36,722,574.84
		<b>32,145,600.51</b>	<b>46,339,620.26</b>
<b>Current Liabilities</b>			
Gratuity		6,688,693.30	4,328,684.00
Creditors	6	13,772,224.29	7,606,769.02
		<b>20,460,917.59</b>	<b>11,935,453.02</b>
<b>Net Assets</b>		<b>38,227,092.91</b>	<b>60,323,585.33</b>
<b>Represented By</b>			
Gratuity Fund		3,346,676.37	-
Fixed Assets Capital Fund	7	10,646,238.50	9,964,434.59
Reserve SAHAS Nepal		12,422,864.71	12,427,215.79
Programme Fund Payable	8	11,811,313.34	37,931,934.95
		<b>38,227,092.92</b>	<b>60,323,585.33</b>
Significant Accounting Policies and Notes	30		
Schedule 1 to 30 are integral part of the Financial Statements			

As per our attached report of even date

  
Dr. Pratap Kumar Shrestha  
Chairperson

  
Bal Kumari Gurung  
Vice Chairperson

  
Sarswati Bhandari  
Treasurer

  
Pratap P Pradhan  
Principal  
PP Pradhan & Co  
Chartered Accountant:

  
Dr. Surendra Kumar Shrestha  
Secretary

  
Sunil Shakya  
Vice Secretary

  
Sati Devi Shrestha  
Member

  
Sunil Thapa  
Member

Date: 09/25/2019  
Lalitpur, Nepal



Group of Helping Hands (SAHAS) Nepal  
Lalitpur

Consolidated Income and Expenditure Statement  
For the year ended Ashadh 31, 2076 (July 16, 2019)

	Sub Schedule	Current Year Amount in NPR	Previous Year Amount in NPR
<b>INCOME</b>			
Subscription fee		8,400.00	9,900.00
Donation		3,184,984.00	1,243,038.00
Interest on Bank Deposit		52,382.81	74,980.96
Programme Overhead		37,828.75	285,069.30
Miscellaneous Income		242,190.00	3,832.26
Resource Center		-	284,645.00
Recovery of vehicle cost		120,000.00	488,558.00
Recovery from Projects	8.1	216,991,048.59	218,688,307.42
<b>Total Income</b>		<b>220,636,834.15</b>	<b>221,078,330.94</b>
<b>EXPENDITURE</b>			
<b>Organization</b>			
<b>Recurring</b>			
Audit Fee		60,000.00	38,500.00
Organisation Admin Cost		125,286.95	247,355.81
Travel		13,925.00	198,139.00
Meeting & Workshop		601,623.00	558,984.00
Depreciation		123,392.00	158,242.00
Project Support		717,588.00	226,130.00
Project Write Off		1,173,993.69	1,989,417.64
Preparation Fee		109,116.00	66,229.00
Salaries & Benefits - Program Staff		512,821.00	439,036.00
Salaries & Benefits - Admin Staff		-	138,758.00
Monitoring, Consultancy & Networking		212,391.00	680.00
<b>Total Recurring Organization</b>		<b>3,650,136.64</b>	<b>4,061,471.45</b>
<b>Program Fund Expenses</b>	8.1	<b>216,991,048.59</b>	<b>218,688,307.42</b>
<b>Total Expenditure</b>		<b>220,641,185.23</b>	<b>222,749,778.87</b>
<b>Surplus/(Deficit)</b>		<b>(4,351.08)</b>	<b>(1,671,447.93)</b>

Significant Accounting Policies and Notes

30

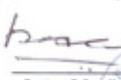
Schedule 1 to 30 are integral part of the Financial Statements

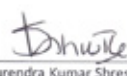
As per our attached report of even date

  
Dr. Pratap Kumar Shrestha  
Chairperson

  
Bal Kumari Gurung  
Vice Chairperson

  
Sariswati Bhandari  
Treasurer

  
Pratap P Pradhan  
Principal  
PP Pradhan & Co  
Chartered Accountants

  
Dr. Surendra Kumar Shrestha  
Secretary  
Date: 09/25/2019  
Lalitpur, Nepal

  
Sunil Shaky  
Vice Secretary

  
Sati Devi Shrestha  
Member

  
Sunil Thapa  
Member

Group of Helping Hands (SAHAS) Nepal  
Lalitpur

Statement of Cash Flow  
For the year ended Ashadh 31, 2076 (July 16, 2019)

	Current Year Amount in NPR	Previous Year Amount in NPR
Surplus/(Deficit) for the FY	(4,351.08)	(1,671,447.93)
Add back non cash items	-	-
Depreciation	123,392.00	158,242.00
Change in Working Capital		
(Increase)/Decrease in Inventory	32,394.00	29,306.00
(Increase)/Decrease in Debtors and Prepayments	1,658,696.38	4,021,694.90
Increase/(Decrease) in Gratuity	2,360,009.30	(634,020.00)
Increase/(Decrease) in Creditors	6,165,455.27	(4,626,866.28)
	<u>10,335,595.87</u>	<u>(2,723,091.31)</u>
Cash flow from Investing Activities		
Purchase of Fixed Assets and movement in Capital Fund	(64,580.00)	63,925.50
Increase/(Decrease) in Gratuity Fund	3,346,676.37	-
	<u>3,282,096.37</u>	<u>63,925.50</u>
Cash flow from Financing Activities		
(Increase)/Decrease in Project Fund Receivable	(5,995,039.95)	5,869,239.12
Increase/(Decrease) in Project Fund Payable	(26,120,621.61)	(15,640,472.77)
	<u>(32,115,661.56)</u>	<u>(9,771,233.65)</u>
Net Increase/(Decrease) in Cash and Cash Equivalent	<u>(18,497,969.32)</u>	<u>(12,430,399.46)</u>
Cash and Cash Equivalent at the beginning of period	<u>36,966,578.36</u>	<u>49,396,977.82</u>
Cash and Cash Equivalent at the end of period	<u>18,468,609.04</u>	<u>36,966,578.36</u>


Significant Accounting Policies and Notes

30

Schedule 1 to 30 are integral part of the Financial Statements

  
Dr. Pratap Kumar Shrestha  
Chairperson

  
Bal Kumari Gurung  
Vice Chairperson

  
Sarswati Bhandari  
Treasurer

  
Pratap P Pradhan  
Principal  
PP Pradhan & Co  
Chartered Accountants

  
Dr. Surendra Kumar Shrestha  
Secretary

  
Sunil Shakya  
Vice Secretary

  
Sati Devi Shrestha  
Member

  
Sunil Thapa  
Member

Date: 09/25/2019  
Lalitpur, Nepal

Group of Helping Hands (SAHAS) Nepal

Sub-schedule to the Balance Sheet  
Partnership Programme Fund  
For the year ended Asoad 31, 30% (July 16, 2019)



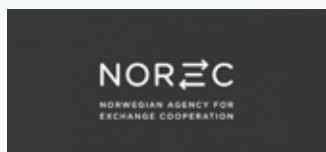
S.N.	Programme	Funded By	Schedule	Fund Balance as at 16 July, 2018	Received/ (Refund) in FY 2018/19	Interest received in FY 2018/19	Expenditure in FY 2018/19	Adjustment	Transferred	Fund Balance as at 16 July, 2019
1	Act Now	PK Norway	11	288,467.00	531,087.00	3,075.03	936,217.00	-	-	(113,587.97)
2	BBB	Felm	12	-	4,448,212.80	25,375.72	3,325,090.67	-	-	1,148,497.85
3	BBB	Nepal Team	12	313,851.33	-	-	313,851.33	(750.00)	-	0.00
4	Bio-Diversity	SCON	13	1,832.16	-	68.50	-	-	-	1,150.66
5	BIB	SODI	14	-	3,588,260.85	6,175.20	4,122,656.18	-	-	(528,220.13)
6	Care Partnership	CARE Nepal	15	81,857.49	-	-	14,188,551.00	-	-	(589,761.49)
7	CDM	BHW	15	8,933,661.77	1,783,000.00	325,890.76	9,363,986.00	-	-	1,46,142.02
8	CEFALS II	BHW/Felm	16	(293,401.43)	296,925.30	-	-	-	-	1,683,566.53
9	CEFALS III	BHW	16	7,915,054.07	21,316,162.65	162,123.53	29,778,718.88	-	(3,523.87)	-
10	CEFALS III	Felm	16	784,805.07	-	-	784,805.07	-	-	(385,378.63)
11	EDILIS	Community	16	-	662,325.00	-	662,325.00	-	-	(0.00)
12	EERN	SODI	17	23,878.05	-	3,049.67	-	-	-	26,927.72
13	ELLIP-II	Street Child	17	3,361,585.53	7,269,166.67	68,467.98	10,675,674.00	-	-	23,546.18
14	ELLIP-II	Felm	18	2,578,071.98	25,766,660.83	111,392.50	27,607,564.00	-	-	848,561.31
15	HG-IV	Li-Bird	18	(1,629,601.44)	1,612,422.15	3,204.02	-	-	-	(13,975.27)
16	HG Project (Old)	Li-Bird	19	(337,392.00)	-	-	-	-	337,392.00	-
17	LIFT II	BHW	19	2,261,461.51	246,686.99	-	32,774,054.97	-	20,284.24	0.00
18	LIFT III	BHW	19	-	29,628,375.20	206,256.25	32,774,054.97	-	-	(677,962.01)
19	LIFT IV	community	19	-	434,430.00	21,035.11	7,470,920.00	-	-	(7,025,454.89)
20	NESI - MCC	MCC	24	181,160.00	-	-	-	-	-	181,160.00
21	NESI-II	MCC	24	(1,292,113.38)	14,970,165.31	27,018.42	14,785,517.78	-	-	(1,080,447.43)
22	Nepal Team	Nepal Team	25	957,789.12	1,376,747.80	-	1,270,611.45	-	-	1,063,925.47
23	PAF	PAF	26	(12,147.00)	-	-	-	-	12,147.00	-
24	PERI	MCC	27	5,676,701.97	8,294,718.42	89,580.74	14,152,099.24	-	-	(91,098.11)
25	Reforestation	Felm	29	1,108,427.34	1,372,039.27	-	1,552,515.00	-	-	927,951.61
26	RdF	Li-Bird	30	341,098.00	-	-	-	-	-	341,098.00
27	RdF	RMF	30	(54,089.00)	1,903,188.81	-	1,412,595.00	-	-	436,504.81
28	SALS II	Li-Bird	31	(500,921.23)	-	-	-	-	500,921.23	-
29	SCSH	Norlha	31	4,557.39	-	-	-	-	-	4,557.39
30	SEEDS I	CARE Nepal	32	6,533,186.75	-	-	6,533,186.75	-	-	-
31	SEEDS II	Stromme Foundation	32	8,089,300.00	30,525.52	-	8,089,300.00	-	(187,478.86)	-
32	SUPPER -II	Stromme Foundation	34	7,000,163.00	34,611.60	-	5,762,550.00	-	187,478.86	1,459,703.46
33	TBSU	CARE Nepal	35	(529,276.00)	18,548,909.00	-	18,481,731.27	-	-	(462,098.27)
34	TLC - II	DIC, Okhaldhunga	35	1,124,911.63	1,944,529.65	-	999,662.00	-	-	2,069,779.28
35	WELP	UNICEF	36	(57,031.54)	-	-	-	-	57,031.54	-
36	WELP	Germany Embassy	36	38,892.00	-	-	-	-	-	38,892.00
37	WELP	Norlha	37	547,921.20	2,804,769.98	-	1,946,866.00	-	-	1,405,825.18
Total				32,958,990.70	182,766,225.94	1,182,135.08	216,991,048.59	(750.00)	924,252.14	839,805.27

Signature: *[Signature]* Date: *31/07/2019*

FUNDING PARTNERS



NEPALTEAM GERMANY



MICHALE ROD  
NOT EMERAUDE  
EVENTS COMPANY,  
SWITZERLAND



ECOFARM UK





## LIST OF PROJECTS

S.N.	Name of Project	Districts	Funding Partner
1	Local Initiative for Food Security Transformation (LIFT)	Okhaldhunga, Lalitpur, Udayapur, Kalikot, Bajura and Mugu	BfdW, Germany
2	Gold Standard for Global Goals	Udayapur, Sindhuli and Makwanpur	BfdW, Germany
3	Enhancing Livelihood through Local Effort Project (ELLEP)	Gorkha, Tanahun, Dhading and Mugu	Felm Finland
4	Socio-Economic Empowerment with Dignity and Sustainability (SEEDS Phase II)	Rolpa	Stromme Foundation
5	Nutrition and Food Security improvement Project (NFSIP)	Okhaldhunga	MCC
6	Biodiversity and Resource Management for Sustainable Food Security in Mountain Community Nepal	Dailekh	SODI
7	Breaking the bonds and Marginalised No More	Mahottari, Dhanusa, Sunsari, Siraha and Saptari	STREET CHILD OF NEPAL
8	Sustainably Uplifting PVSE's Prosperity through Entrepreneurship Realization (SUPPER) Project	Dhading	CARE Nepal
9	Post Earthquake Recovery Initiative (PERI) Project	Okhaldhunga	MCC
10	Sustainable Agriculture for Livelihood Security Phase II	Rasuwa	FreresDe Nos Freres
11	Afforestation	Udayapur	Felm
12	Youth Exchange Programme	Rolpa	NOREC
13	One Student, One Solar	Mugu	Rosie May Foundation
14	Trail Bridge Sub-Sector Unit	Okhaldhunga	Helvetas & District Development Committee





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