

# CHFN Annual Report 2079/80





**Beni Bahadur Karki**  
Chairperson



**Narayan Bahadur Khadka**  
Vice-Chairperson



**Ram Chandra Bishunke**  
Secretary



**Shanta Kumar Bhandari**  
Treasurer



**Bishnu Giri**  
Member



**Govinda Raj Poudel**  
Member



**Kripa Subedi**  
Member

## **Our Executive Board**



# CHFN's General Members

1	Mr. Beni Bahadur Karki	14	Mr. Mohan Chamlagain
2	Mr. Narayan Bahadur Khadka	15	Mr. Prem Subba
3	Mr. Ram Chandra Bishunke	16	Mr. Rabindra Thapa
4	Mr. Shanta Kumar Bhandari	17	Mr. Shree Krishna Bisunkhe
5	Mr. Gobinda Poudel	18	Mr. Jay Ram Nepali
6	Ms. Bishnu Giri	19	Mr. Robert Subedi
7	Mrs. Kripa Subedi	20	Mrs. Malati Rai Pandey
8	Mr. Babu Ratna Bajracharya	21	Mrs. Pramila Bashyal Dahal
9	Mr. Biswas Sunuwar	22	Mrs. Ranjana Rai
10	Mr. Chitra Raj Ting	23	Mrs. Rita Karki
11	Mr. Hari Ghimire	24	Mrs. Deepa Tamang
12	Mr. Krishna Subedi	25	Ms. Krishna Kumari Rijal
13	Mr. Mahendra Tamang	26	Ms. Sunita Subedi

# OUR TEAM



Arun Dewan Rai  
Director



Lok Bahadur Chaudhari  
Program Manager



Krishna Kumar Thatal  
Project Coordinator



Krishna Kumar Rai  
Protection Officer



Sirjana Shrestha  
Finance Coordinator



Jyoti Shrestha  
Project Assistant



Bibek Yonjan  
Project Assistant



Aaron Sinha  
Project Assistant



Manoj Kumar Chaudhary  
Admin & Finance Assistant



Gita Sunuwar  
Project Assistant



Sanjita Tamang  
Social Mobilizer



Sanju Tamang  
Supporting Staff





## Vision:

“Helping The Hurting, Building The Nation”

## MISSION:

TO BRING HOLISTIC TRANSFORMATION TO THE LIVES OF PEOPLE IN NEPAL THAT NEED IT MOST THROUGH PARTNERSHIP AND IMPLEMENTING RELEVANT PROJECTS.

## Our Core Values



### INTEGRITY :

ABSOLUTE HONESTY  
AND  
ACCOUNTABILITY  
FOR WHAT WE DO.



### EXCELLENCE (QUALITY) :

IN OUR WORK AND  
SERVICE TO OTHERS.



### JUSTICE :

WE WORK FOR  
JUSTICE WHILE  
SERVING OTHERS.



### PEOPLE CENTERED:

RESPECTING THE  
HOPES AND  
ASPIRATIONS OF  
THOSE WE SERVE.



### CARING:

TREATING OTHERS,  
THE WAY WE LIKE TO  
BE TREATED.



# CHFN Thematic Areas

- **Resilient Livelihood**
- **Education**
- **Basic Health**
- **Protection and Advocacy**
- **Climate Change, Adaptation and DRR**
- **Family Strengthening**

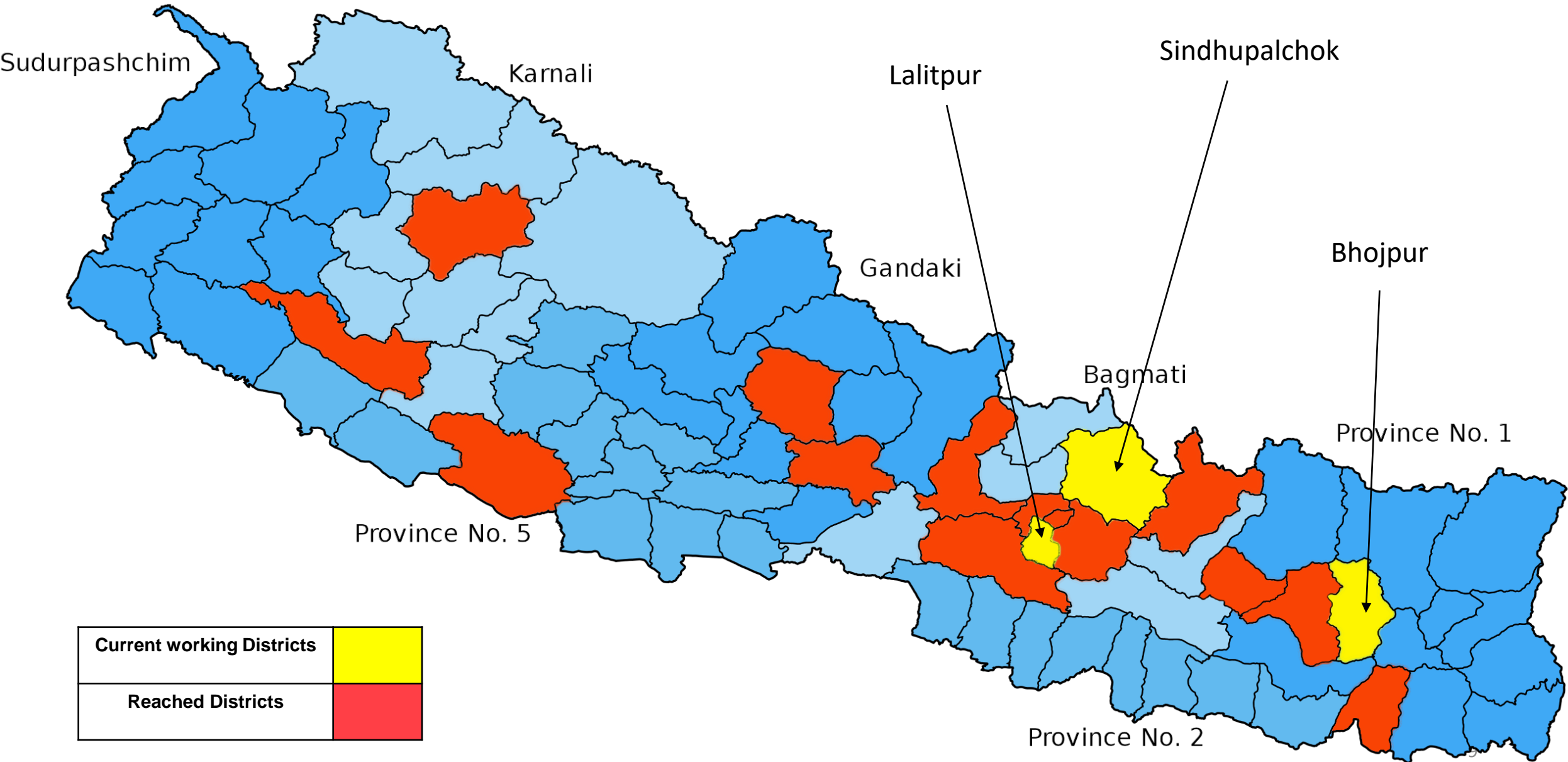


# Projects

Project name	Status	Working Districts
Family Strengthening to Combat Sexual and Gender-Based Violence	Completed	Sindhupalchowk, Helambu
Women Economic Empowerment (WEE)	Completed	Sindhupalchok, Melamchi & Chautara
Building Strong Families (BSF)	Completed	Lalitpur, Chhampi, Dhapakhel & Jharuwarashi
Safe And Flourishing Environment (SAFE) Project	Ongoing	Sindhupalchok, Panchpokhari
Building Strong Families (BFS)	Ongoing	Lalitpur, Chhampi, Dhapakhel
Something to eat every Day (SEED)	Ongoing	Lalitpur, Lele
School of life (SOL)	Ongoing	Lalitpur, Chhampi, Dukuchhap, Lele and Dang Maya



Working Districts



## Governance & Accountability Details

S.N	Meeting Type	Qty
1	Board Meeting	6
2	Human Resources Sub-Committee	4
3	Procurement Sub-Committee	19
4	Budget and Audit Sub-Committee	2
5	Staff Meetings	9
6	Board Monitoring	1
7	Partner Monitoring	1
8	SWC Monitoring	2
9	Public Audit	2
10	Local GoN Review Meetings	2
	<b>Total</b>	<b>48</b>



# Targets VS Achievements in FY 2079/2080

S.N	Planned Activities	Achieved activities	Location	Targeted Beneficiaries	Reached beneficiaries		
					Male	Female	Total
1	Conduct Livelihood trainings and supports to Families.	Conducted business development refresher, goat keeping and tunnel farming including seed money support	Helambu, Melamchi, Chautara and Godavari and Dhapakhel	182	22	160	182
2	Family Strengthening Training	Parenting training and Recreational activities	Godavari and Lalitpur	200	80	120	200
3	Conduct SGBV, HT awareness, and protection programs	Conducted SGBV, HT and child protection awareness and day celebration programs	Helambu, Melamchi and Chautara, Godavari and Dhapakhel	1622	867	1066	1941
4	Health Services and Awareness	Health and Hygiene awareness whole body check up, including eye check up	Lalitpur and Sindhupalchok	590	289	350	639
5	Educational Assistance and Scholarship	Educational Assistance, Scholarship and Tuition Sessions	Lalitpur & Bhojpur	645	294	351	645

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# RESILIENT LIVELIHOOD





Provided  
technical  
Trainings

S.N.	Details	Number	Participants	Remarks
1	Business Development Planning with market assessment Training	13	184	10 Sindhupalchok+ 3 Lalitpur
2	Goat Keeping Technical Training	3	94	3 Sindhupalchok
3	Tunnel Vegetable farming Technical Training	2	35	2 Sindhupalchok
	<b>Total</b>	<b>18</b>		

184 Livelihood supported families are running their businesses and earning substantial income for their families. From Seed Money and Income generation Assistance (IGA) support following businesses are running.

S.N.	Details (Businesses)	Number	Remarks
1	Buffalo Keeping	31	20 Sindhupalchok+ 11 Lalitpur
2	Goat Keeping	94	87 Sindhupalchok+ 7 Lalitpur
3	Tunnel Vegetable farming	28	25 Sindhupalchok+ 3 Lalitpur
4	Poultry Firm (Chicken Farming)	9	4 Sindhupalchok+ 3 Lalitpur
5	Grocery	10	4 Sindhupalchok+ 3 Lalitpur
6	Meat shop	3	3 Sindhupalchok
7	Electric Shop	1	1 Sindhupalchok
8	Galaicha	3	3 Sindhupalchok
9	Tailoring	2	2 Lalitpur
10	Beautician	1	1 Sindhupalchok
11	Pig Keeping	4	3 Sindhupalchok
12	Fast food making	3	3 Lalitpur
	Total	184	



Conti-----  
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Each Self-help group has total amount Rs 2,35,000 in their core fund (Rs 35000 thousand collected from their monthly saving + Rs 200,000 supported from the project).

10 Groups (8 Self Help Groups and 2 Survivors group) are registered in government offices. This year two groups have applied to get government subsidies. One group (Sursing group) has applied for group potato farming amounting Rs 500000/- and another group (Bikashmukhi group) has applied for poultry firm amounting Rs 300000/-

Beneficiaries are connected with Line agencies, they are supporting in business registration, insurance and they are facilitating them about the provision to receive government subsidies etc.



# Impact-----

The Chairman of ward no 3 Helambu, **Mr. Dipak Khadak** said, “I have observed CHFN and its work very closely. CHFN’s staffs have come to ward office and coordinated and collaborated with us. I have participated in many events and trainings that was conducted for the SHGs and community. They are closely connected with groups and communities at grass root level, but other NGOs are like tourist in my ward. I have visited SHGs, I saw that the group members have been doing family business with the seed money supported by CHFN. Some of them are keeping goats, some are doing tunnel vegetable farming, some are doing chicken Farming, and some are keeping buffaloes etc, that has resulted to increase income of the families and reduce family violence in the community.

Now people are migrating for foreign employment with the training having better information. So, I am thankful to CHFN and appreciate the works they have done in Helambu.



# "I am able to stand on my own feet"



My name is Putli Sunar. Now I am 57 years old. It has been 9 years since my husband died. 2 daughters are married and have gone to their respective homes. I didn't have any business before. My husband used to earn little money, from that, the family was run and the education of son and daughter was also hardly managed. My husband used to drink a lot and used to beat me all the time. Once he poured acid on my leg, but it didn't have to amputate my leg and even now the wound is still there. After the death of my husband, life became harder, it was difficult to even see a couple of money. I used to earn little money by working as a daily wage earner in someone else's farm to run the house.

When CHFN started working in the community, I was recommended by the ward, I felt like I found a precious stone when I was looking for just a stone. When I joined the Janajagaran Self Help Group, I invested Rs.3000/ and added Rs.20000/ and bought a buffalo of Rs. 23000/ and now it can be sold for around Rs. 45000. After paying off all the previous loans, now I have taken another loan of Rs.20000/ and bought 2 piglets. Now these piglets have grown up and I can sell it around Rs 40000/-. I have been trained on gender-based violence, goat rearing, savings and credit trainings etc from CHFN. Additionally, CHFN have taught me something that I have not learned in life before. The fact that I was suffered greatly as my husband put acid on my leg. Let's not talk about the number of beatings and insults, I had. Now I am encouraging others If a person is subjected to violence, I go to his home and support him/her to solve it. Now I have been able to stand on my own feet. I also want to encourage many other single women like me, to start a family business and you will be able to stand in your own feet soon.



## ***"Hard work paid off."***

Kaili Tamang, a 66-year-old beneficiary of the BSF Chhampi in Lalitpur, turned adversity into overcome through dedication. Initially provided with three buffalos for income generation, a tragic food poisoning incident threatened her family's livelihood. With insurance as their lifeline, Kaili faced a challenging claims process but persevered, eventually receiving 90% of the insurance amount. Overflowing with gratitude, she wisely reinvests for another buffalo and sum for her family's future, expressing deep appreciation for the CHFN family's warmth, kindness, and generosity.







## Goat Keeping Training and Seed Money Support



## Livelihood Support to SGBV and HT Survivors





# Livelihood Support to SGBV and HT Survivors





Income Generation Assistance for family business









## PROTECTION AND ADVOCACY





# Impact----

*LCCHT/WCCHT policy developed and is being implemented in Helambu ward no 3 and 7.*

*Police In charge, Mr Manoj Shrestha said, I appreciate the initiative taken by CHFN for SGBV and HT awareness program, made good coordination and collaboration with all line agencies and likeminded organizations. Because of CHFN together we have reached to the community for SGBV and HT and child protection awareness programs. If this kinds of awareness is made intensive in every community, SGBV and HT related violence issues can be reduced soon.”*

More than 20 SGBV and HT cases were addressed/handled by collaboration with local government, police office and likeminded organization.

*A blood related case was handled in helambu -7. Initially mother and child were kept in Melamch safe house, after few months later they are sent in safehouse in Kathmandu (Balmandir)*

1941 people are reached through SGBV and HT and child protection awareness programs in Sindhupalchok and Lalitpur.

S.N.	Details (Trainings and awareness events)	Reached number	Remarks
1	Stickers (having important emergency helpline numbers) distributed to each household of Helambu ward no 3 and 7	1650	Sindhupalchok
2	Observed 3 national and international Day celebration on women's rights, and promoted awareness of SGBV issues jointly	291	Sindhupalchok
3	Conducted 7 awareness events on School-based SGBV and HT issues, good touch bad touch and safeguarding	885	Sindhupalchok.
4	Ward level events conducted on child marriage and child rights events	477	Sindhupalchok
5	Conducted a Gender facilitator refresher training to the church leaders in Dhulikhel	14	Sindhupalchok
6	Conducted 12 community dialogue sessions in Helambu	84	Sindhupalchok
7	Conducted LCCHT policy development Training	30	Sindhupalchok
8	Conducted child protection and child safe guarding training	291	Lalitpur
9	Conducted gender based violence and gender equality Training	20	Lalitpur

# Impact-----

Ward Chairperson of ward no 7 **Mr. Nil Bahadur Khadka** Said, "Through the CHFNI SGBV and HT awareness program have increased community awareness and SGBV and HT cases has been reduced in the community. *and sticker distribution have been very helpful to the families. After sticker distribution, My phone is very busy as everyone is directly reaching to me through my cell phone number for any services they need.* Additionally, the SGBV, HT and risk behavior related programs conducted at Schools through child clubs has contributed to increase safe environment at Schools and reduced violence against Children. Through the CHFNI's project events & training, I have been incapacitated. **My perception on Gender has been changed and I am supporting my wife at household Chores. Through the collaboration with CHFNI, my connection with communities and groups is increased more than before."**





# " Buddha realized the equality of boys and daughters".

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My name is Buddha Tamang, now 38 years old. My family consists of father, my wife and 3 daughters, a total of 6 members. We live in ward no 3 of Helambu, palchok.

I used to work outside the home. I did not help my spouse in household chores. There was an understanding that all these are women's work and we men are meant to go out and earn money. Since I was the only son in my family, it was believed that I should get a son even if my wife and father had the same wish and I also thought that I should get a son no matter what. Because of that, my wife and I used to fight at home. I used to sit outside till evening with my friends and come home happily.

When Compassionate Hands for Nepal started the family strengthening to combat sexual and gender-based violence project in our community, my name was also recommended by the ward office to be a self-help group member. In my opinion, I thought that it would be like other organizations and all the other members made me the chairman of the group. When I participated in various events and trainings organized by this organization, I got trained on gender-based violence, gender discrimination, women's safety, children's safety, human trafficking etc. Compassionate Hands for Nepal has really opened my eyes. I felt that my previous behavior towards my wife was wrong but after the training I am changed and helping my spouse in household chores. I have three daughters only; we understood that both sons and daughters are equal. My youngest daughter is just two months old. My wife once checked in the hospital and thought to have an abortion if it is a girl, but I did not agree. I said to my wife that the son and daughter both are equal, whether it is a son or a daughter then she got convinced. It was also agreed between us that this will be our last child, so we did not even go to the hospital. After nine months, we got a daughter and we are happy about that. If Compassionate hands for Nepal had not come to our community, I would not have seen my youngest daughter today and "how many daughters would we have killed in the hope of a son". Because of Compassionate Hands for Nepal, my thinking and behavior have been changed and being as a leader, I have been a witness of gender equality in the community.







Sexual and  
Gender-Based  
Violence and  
Human  
Trafficking  
awareness





Legal Awareness on SGBV, HT and child marriage



# Legal Awareness on good touch/bad touch and child marriage







# Rights & Protection Awareness

Good Touch Bad Touch

Child Rights and Child Protection

Self-defence





# EDUCATION





CHFN has reached 645 children through educational supports in Lalitpur through SOL, BSF a SEED projects. Now children are being raised at homes with their families and receiving education at Schools.

S.N.	Details (Implemented)	Number	Remarks
1	School Bag distribution	291	Lalitpur & Bhojpur
2	Stationeries items (Notebook, Pen, Color Pencil and Pencil) Distribution	391	Lalitpur & Bhojpur
3	School dress (distribution)	391	Lalitpur and partnership with Godawari Municipality.
4	Conducted Tuition Class 6 days a week	341	Lalitpur & Bhojpur

Conti----

*Principal of Janoday Basic School Mr. Kamal Khatiwada stated that, before the SOL Tuition sessions, almost 90% of students never completed their homework but now all the project supported students are coming in the class with completing their homework.”*

45 Children have continued their School education through educational support.

*After the SOL Tuition sessions, some students have secured first position in their final exam.*

*Response of Parent teachers’ meeting, “During the meeting in Lele community, the parents and teachers have said that children have been disciplined, improved their hygiene, been active in learning than before, improved their School education.”*



## A little encouragement leads to a better enthusiasm

Akriti Nagarkoti is a 12-year-old girl who studies in class 7 and is one of the children who has been attending SOL classes regularly. She lives in Lele, Lalitpur with her parents and younger sister. Before joining the SOL classes, she used to be an average student with average grades and her enthusiasm for her studies was also not very high. But since joining the SOL classes, she has had a huge change in her life. The SOL teachers saw a huge potential in her while helping her with her homework and curriculum and then she was encouraged by the teachers as well as her fellow classmates. She was never encouraged to perform better before by anyone, so this encouragement drove her to do well in her studies. As of now, she stood first in her class obtaining the highest marks in her classes and this has made her teachers and parents very proud of her.



*Her father said, "I never knew that my daughter was capable of being the first student in the class. Thanks to the School of Life tuition class for encouraging her to give her best in her studies. It's all because of them that today my daughter obtained the first position in her class."*

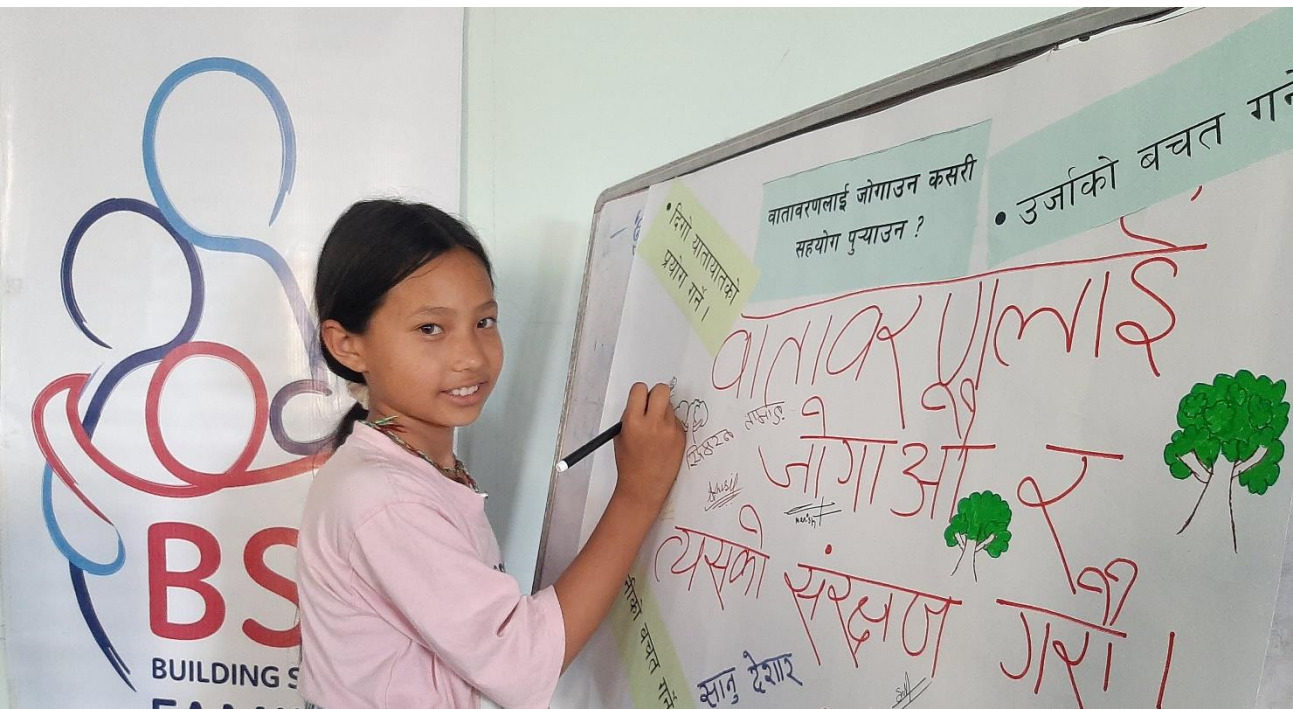




## "Triumph Over Adversity"

Growing up in the impoverished village of Chhampi, Nepal, Sujata Tamang confronted a series of formidable challenges early in life. The sudden and tragic loss of her father in an accident left Sujata and her brother under the care of their young, widowed mother. In a village where even, necessities were often a distant dream, their mother faced an unending struggle to support her children alone. The constant battle to make ends meet resulted in Sujata often going without proper food, clothing, and essential items.

However, her indomitable spirit remained undeterred, and her thirst for knowledge undiminished. During this critical situation, the CHFN team stepped in, offering Sujata a transformative gift of educational essentials including pens, pencils, notebooks, and a dictionary, along with a school uniform and shoes and school fees. Empowered by these tools, Sujata's determination led her to diligent study sessions that stretched her success. With unwavering dedication, she overcame myriad obstacles to claim the top spot in her class, bringing immense pride and joy to her mother, Sanu Tamang, who expressed profound gratitude to the organization for their invaluable support and encouragement that catapulted Sujata to academic success.





## 7 Students Passed SEE Exam with Good Grade- Scholarship and Education Support

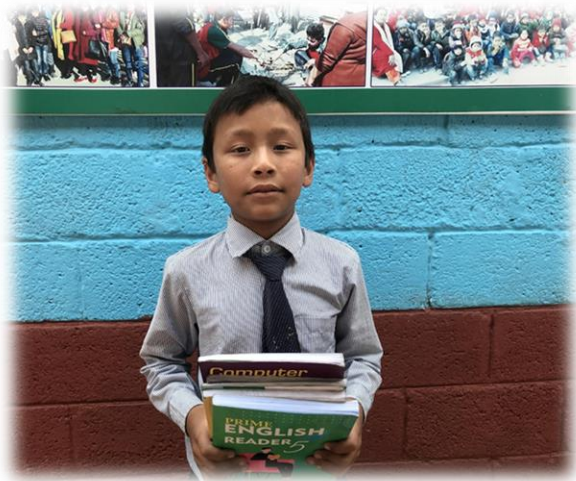






**Educational Assistance- Tuition classes 6 days a week**





## Educational Scholarship



# **DISTRIBUTION OF EDUCATIONAL MATERIALS**









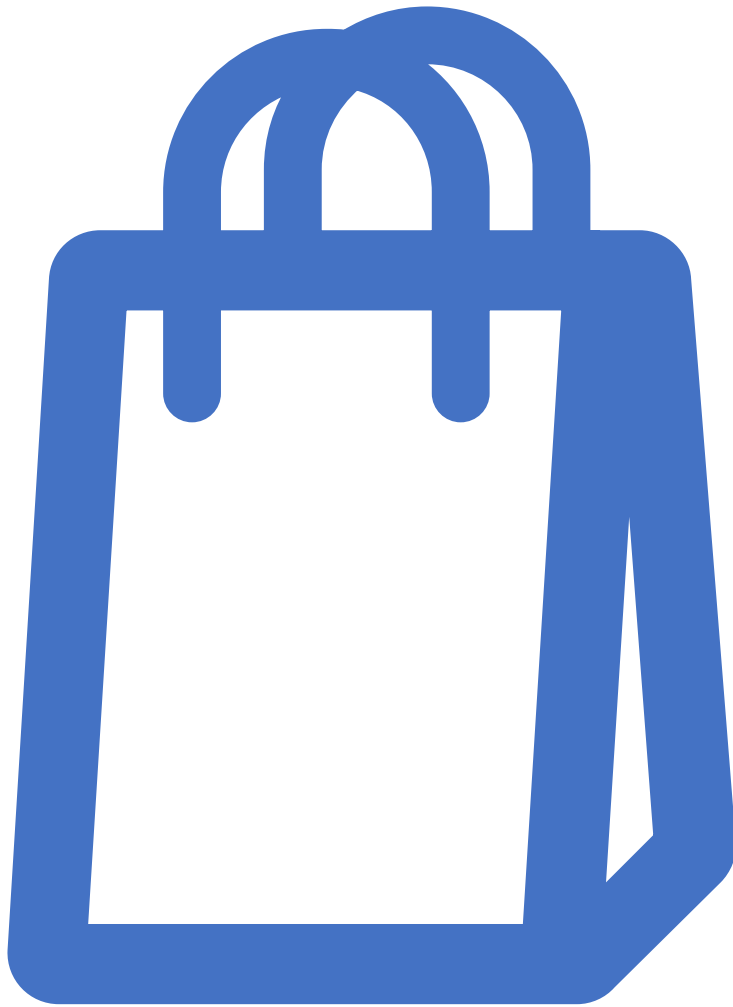












- **Distribution of school uniforms and school bags**

















ENGLISH ALPHABET

A B C D E F G H I J K L M N O P Q R S T U V W X Y Z

# Extra-Curricular Activities

Arts and crafts  
Moral stories  
Drawing & Painting





# BASIC HEALTH



639 children been reached through basic health services. 285 children are reached through health and hygiene, awareness, hygienic diets, hygiene kits and eye check up. Now Children have improved their hygiene and sanitation.

S.N.	Details (Implemented)	Number	Remarks
1	Conducted health and hygiene awareness	391	Lalitpur
2	Conducted First Aid Training with first aid box support	68	Lalitpur
3	Conducted whole body check up	100	Lalitpur
4	Conducted eye check up	285 Children	Lalitpur



# Impact

Through eye check up program, children eye diseases were diagnosed, 51 eyeglasses and 46 eye medicines were provided to the recommended children in Lalitpur.

Through the whole body check up program, most women were diagnosed with uterus problem and recommended women received medicine from the project for few days. But many of them had to take medicines for long time to be fully recovered. Now they have been more conscious about their health and are using regular medicine by themselves.

Gender Focal teacher of Ishing Basic School Mrs. Sukmaya Ghale said, “after the collaboration with CHFN, our child club is disciplined, their personal hygiene/cleanliness is improved, and they have started cleaning the surrounding environment of School.”

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## Impact of Eye check-up program

Jyoti was having a problem with her eyes, from a certain distance she was unable to see things clearly. She was very worried about this problem and asked her father to visit the doctor. So as any loving father would, her father took her to the hospital and got her eyes checked and found out that she was in need of glasses. So when they were about to order the glasses the father realized that it was too expensive to purchase the glasses. So, they left the hospital with the check-up and diagnosis but without the glasses.

In March, when she heard that an “Eye Camp” was being held for SOL students, she didn’t want to go to the eye camp as she knew her problem and didn’t want to embarrass herself but she went there nevertheless. After the diagnosis, she was told by the CHFNI staff that there was a provision for glasses, she was more than happy and almost teared up. Jyoti said, “I am very grateful to CHFNI and the SOL teachers for providing this project in our community. This past year has truly been an amazing year as I got the chance to do well in my studies, and food every day and also got to visit new places. And despite all that I am really excited that I am also getting glasses for my eyes. SOL had already provided me so much and still till the very end of the year I am being helped.”



14-year-old girl, Jyoti Pahari who studies in grade 8, lives in Sikharpa, Lele.

She diagnosed with eye disease, received eye glass and eye medicine after the eye check up program. She is very thankful to the CHFNI for implementing SOL project in our community.



# Health, Hygiene and Reproductive Health Awareness







Health &  
Hygiene

Hygienic kits distribution

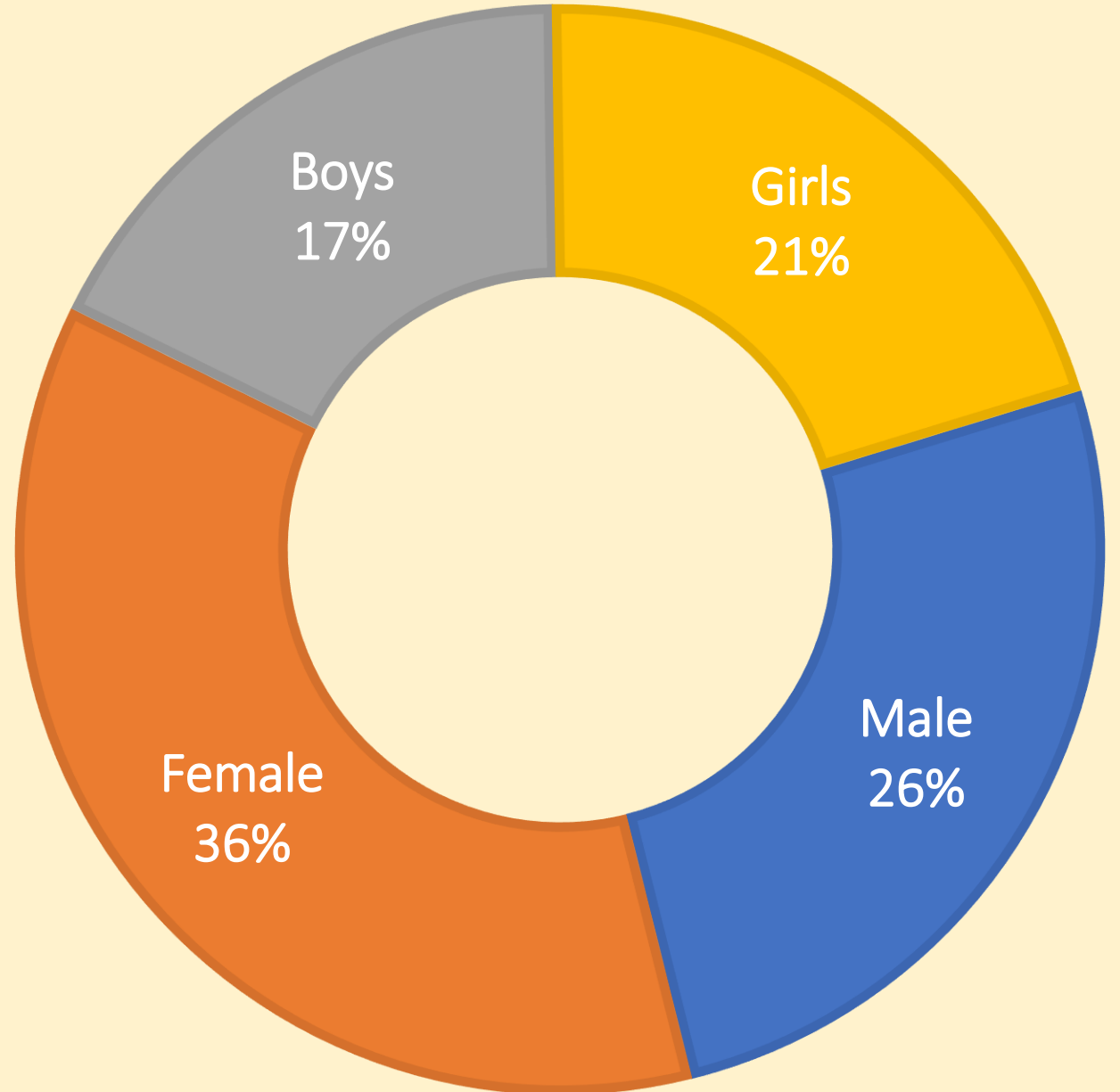




# Health & Hygiene



## Demographic Data



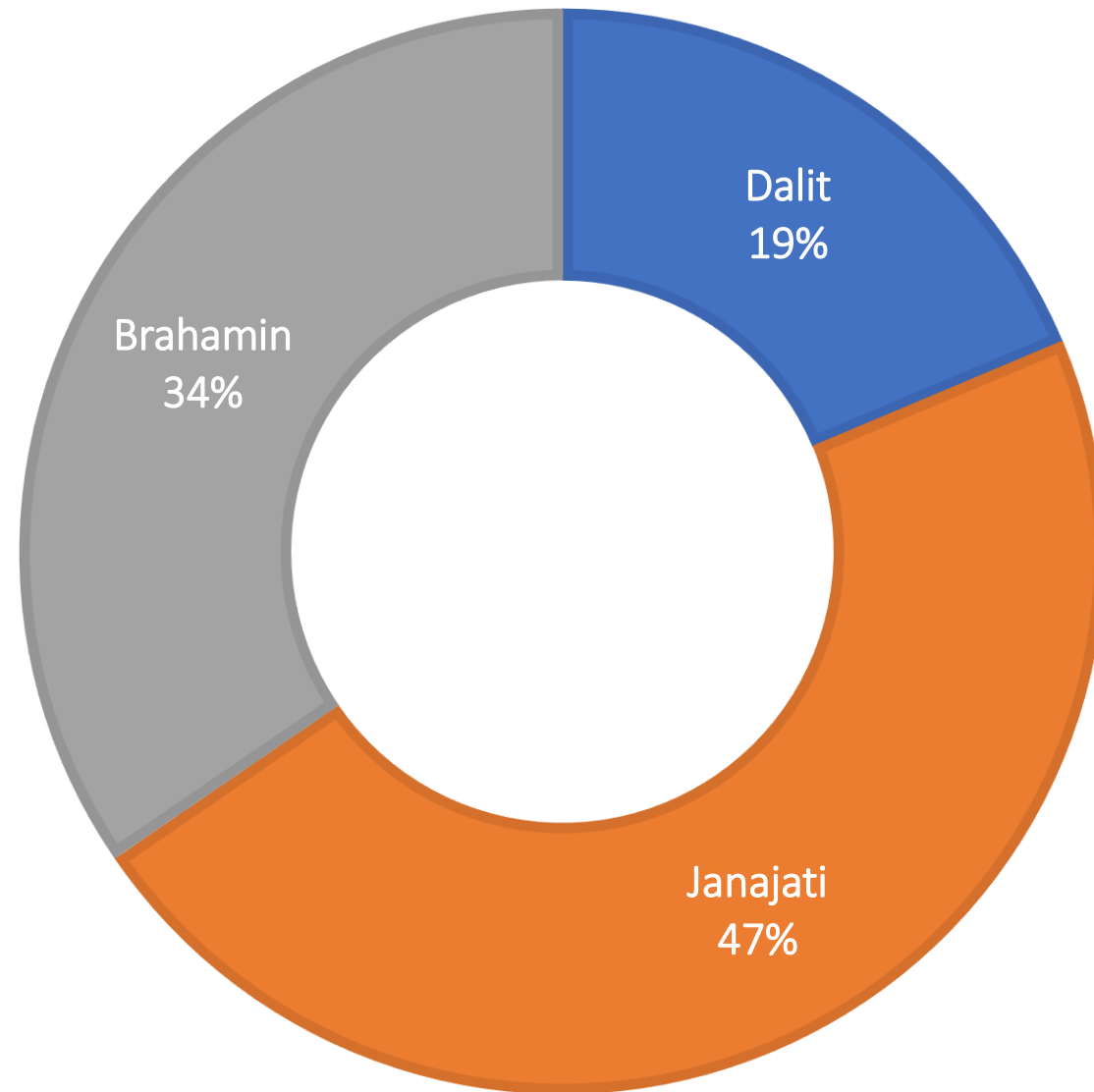
Total Household Reach = 182

Total Individuals Reached = 2940

Total People wit Disability Reached = 15



## BENEFICIARIES REACHED BY ETHNICITY





# Staffs Capacity Development

- Project staffs have participated in various meetings with stakeholders and likeminded organizations forums. Now they have broadened their knowledge on development and enhanced their technical capacity as well.
- Project Coordinator Mr. Amos Thatal has participated in a day DRR workshop
- Project Assistant Mr. Bibek Yonjan is trained on story writing
- Organizations' 12 Staffs received life saving first aid training
- 5 SOL Teachers have received pre-primary teacher's training from ECEC.



# Learnings

- Close coordination with Line agencies and key stakeholders have made them more responsible for the group sustainability and monitoring their businesses.
- Project learning and gap analysis would have been organized during and after project completion.
- New project initiation should be started in advance before project completion (at least 6 month earlier)
- At least 6 months follow up plan of each project should be developed in new proposal for group regular monitoring and coaching support after project phaseout.
- Livelihood and community Development related projects should be designed minimum for 3 years and implement it accordingly.



# Challenges

- The needs of the community are many and their expectation from the project is very high that has been challenge for project staffs, because the project budget is limited for specific objective.
- Elected local government authorities intend to fulfill their interest from the project and try to use project services in the community for their vote bank.
- Project objective is to support Local government development priorities and plans. The government authorities supposed to play supportive and advisory role, but they treat project as objects (try to make full control).



# Next Year Project plan

S.N.	Projects	Funding Partner	Target Beneficiaries	Locations
1	Safe and Flourishing Environment (SAFE) Project	She is Safe, USA	30 Families	Panchpokhari Sindhupalchok
2	Building Strong Families Project	Building strong Families, Thailand	16 Families	Dhapakhel and Dukuchhap
3	SEED project II	Orphan Promise	10 Families	Lele, Godavari
4	SEED project III	Orphan Promise	10 Families	Devichour Godavari
5	SEED project IV	Orphan Promise	10 Families	Jugal, Sindhupalchok
6	5 SOL Projects	Orphan Promise	225 Families	Lalitpur, Sindhupalchok and Bhojpur
7	Church and Community Together for protection and transformation	Tearfund Fund Netherland	10 Families and 580 Individuals	Sindhupalchok



## To know more about **Compassionate Hands for Nepal:**

**Email:** [info@chfnepal.org](mailto:info@chfnepal.org)

**Website:** [www.chfnepal.org](http://www.chfnepal.org)

**Facebook:** [www.facebook.com/ compassionatehandsfornepal](https://www.facebook.com/compassionatehandsfornepal)



*Helping the Hurting, Building the Nation*

COMAPSSIONATE HANDS FOR NEPAL

Phone : +977-01-5203168

Address : Satdobato, Lalitpur, Nepal