



Center for Disabled Children Assistance

बाल अपाङ्ग टेवा संस्था

An NGO for education and skill development in Nepal

**“LET’S UNITE
FOR HUMANITY”**



**2018-19
Annual
Report**

Section 1: About us

Centre for Disabled Children Assistance (CDCA) is a non-profitable, non-political social organization working in the area of disability especially in children with physical disabilities (CwDs), health, sanitation & hygiene and women empowerment . It is officially registered in District Administration Office (DAO) of Kathmandu in 2006 with the registration number-861. And, is affiliated with Social Welfare Council (SWC) in 2011 (affiliation number-20,726).

With this initiatives, CDCA has currently twenty-one children with physical disabilities (11 boys & 11 girls) ranging ages from 5 to 24 years old who are from different parts of the districts viz. Gorakha, Jumla, Khotang, Solukhumbu, Sindhupalchowk and Dolakha districts of Nepal. All these districts are geographically remotest, socio-economically and educationally disadvantaged. Therefore, CDCA is providing them intensive care with homely environment, medical treatment to combat with disabilities and school education to impart light of knowledge in their life.

CDCA along with rehabilitate the CwDs from poorest families of remotest areas of Nepal, it is operating different types of programmatic interventions. For instances, it annually provides free of cost medical treatment to those children with physical disabilities who are financially poor and are in the risk of disabilities. Moreover, CDCA also provides scholarship to the needy school children for their partial support to acquire school education.

Vision

A country where all the children with physical disabilities and helpless children can live their lives with full of dignity and respect through independent lives.

Mission

To enable the children with physical disabilities and helpless children providing child friendly environment by rehabilitating them, providing them school education, medical treatment and psychosocial counseling.

Goal

To increase access to the free education and free health services for the reduction of vulnerability, and poverty.

Objectives:

CDCA has following objectives:

- To provide safe shelter to physically as well different challenges children and advocacy for protection of children from injuries by human and natural disaster.
- To Promote the education, health & rehabilitation of the children with disabilities (CWDs) and helpless children to make them competent, self- reliant and capable in their life.
- To promote awareness & psychosocial counseling on disabilities issues, disability rights and prevention among the family & community.
- To ensure inclusion of CWDs in the development activities of the local government programs.
- To improve health status, literacy, livelihood of poor and disadvantage women and environment preservation through installation of improved cooking stoves.

Section 2: Governance

2.1 Chairman's statement

Dear well-wishers

Allow me to take this opportunity to express my appreciation for the help and well wishes of your and continue to show hope for Center for Disabled Children Assistance and in many instance, for the support which you have accorded the endeavors of our CDCA family in various ways and I trust that the Children and women will have the benefit of your continued support in coming years.

It has been my privilege to be Chairperson of the Center for Disabled Children assistance for the last twelve years, during this decade long terms of office of the Board and I would like to express my appreciation, gratitude and respect to my colleagues on the Board, Skip A Meal Save A Life (SAMSAL), FreuliMandi Nepal Namasta, Mitrata Kathmandu, Paul Martin and his team, Budhanilkantha Municipality, VH Nepal, Himalayan High Country Equipment and all the Local Supporters, individual donors, volunteers and to the numerous civil society organizations world-wide which have cooperate with our organization.

A special word of appreciation to SAMSAL due to which CDCA has been operating well as they has been supporting CDCA for education, health and treatment, non-formal education, tailoring project and reading program. Our CDCA committee, especially like to thanks to DrKyungilYoun, who has worked so tirelessly for 'CDCA' for the last seven years.



Dendi Sherpa

Chairman

Center for Disabled Children Assistance

2.2 Our activities and its report

1. CDCA Care Home

CDCA Care home is safe shelter to 22 children and youth, including 11 boys and 11 girls who have physically disabilities and is providing safe accommodation, quality education, child friendly and homely environment for the development of children are from the remote areas of Hilly and Mountainous regions i.e. Solukhumbu, Gorkha, Jumla, Kavre, Sindhupalchowk, Rasuwa, Khotang, Okhaldhunga, Dolakha. CDCA is also providing facilities of library, reading room and computer with internet facilities. Also CDCA celebrating different festivals to make them familiar with the socio-culture of the society like Ashar 15 (rice planting festival) Dashain, Tihar, Loshar, Holi and other. Children are also involved in varies extra-activities conducted by Municipality and other organization like sanitation camp, awareness camp, Self Defense training medical camp, International Women's Day.

We have said farewell to Samjhana Rai and Aitaram Gurung. Now Samjhana is having computer training at Spinal Cord Injury Vocational Training Center. Lakpa Gyelu Sherpa is new member of CDCA Care Home.

2. Children Education

The final term examination of the children reading in school has completed and they have been promoted to the upper grade with satisfactory grade. Three youth including Maila, Manisha and AngDawa have admitted to grade 11. Manisha is pursuing Education, Maila and Ang Dawa are pursuing Management faculty.

As before Mithun is assisting in the office as a communication officer and is in 3rd year of Bachelor of Management. Sukumaya Rai, Simi Sherpa and Nima Lhamu Sherpa are in grade 12 and their final exam of grade 12 will be on May.

The following are the grades of the children in the final terminal examination.

S. No	Name	Pass grade	Grade point average	Average grade

1	Ganesh Pun	3	3.40	A
2	Bhumika Adhikari	3	3.84	A+
3	Basanta Tamang	3	2.60	B
4	Navraj Katwal	3	2.64	B
5	Dolma Sherpa	3	3.16	B+
6	Swastika Jirel	4	1.68	C
7	Mina Gurung	5	1.80	C
8	Pasang Sherpa	5	3.04	B+
9	Nishan Basnet	5	3.32	A
10	Tenzi Sherpa	5	2.80	B
11	Chemnji Sherpa	6	3.64	A+
12	Kamuna Rai	6	1.96	C
13	Anjala Sunuwar	6	3.08	B+
14	Anjel Rai	6	2.72	B
15	Suja Tamang	6	1.68	C
16	Bhim Maya Moktan	7	1.40	D+
17	Pemba Wonchu Sherpa	7	3.24	A
18	Gaurav Rai	7	2.64	B
19	Ram Chandra Bohara	8	2.20	C+

20	Bhupendra Rai	8	2.28	C+
21	Pradip Gurung	8	2.48	B
22	Yanjil Lhamu Tamang	9	1.65	C
23	Rachana Rai	9	1.00	D
24	Manish Rai	LKG	4.00	A+



Impact of education support by CDCA

CDCA has been providing education support to children with disabilities and children belonging to economically backward families. Many children are deprived of quality life due to broken home and economical problems. The case presented is a case story of a grandmother who is looking after the grandchildren of her sons. CDCA is providing them with the educational support.

Case study of Pasang Sherpa

Pasang Sherpa is 13 years old boy. He was born in Dolkha district, Charikot Bighu Faupalika. His father name is Jangbhu Sherpa and mother name is Mishree Tamang (Sherpa).

He has got problem in his left eye. His father went to *golf* country to earn money for his treatment but the money send by his father was not used by his mother for the treatment of his eyes. She eloped with someone before one day arrival of his father. By that incident his father became mentally ill and then after didn't contact with his family. He is now in take care of their grandmother.

Pasang Sherpa come in the knowledge of CDCA when he was admitted day care center run by CDA then. Then after, he is getting educational support from CDCA. Now he is studying in Prashanti Academy School. He is in grade 7. His education is going well.

Case study of Dolma Sherpa

Dolma Sherpa is 9 year old now. She was born in Dolkha district, Bighu Gaupalika. His father name is Nima Sherpa and mother name is Sundari Sherpa. She has been abandon by her both parents. Now her grandmother is taking care of her.

Along with Pasang; Dolma admitted day care center. Then after, she is getting educational support from CDCA. She is among the bright and energetic children. Now she is studying on grade 4.

Way forward

Fu Lamu Sherpa is the grandmother of Pasang and Dolma. She is taking care of both of them. She didn't get any financial support from both of their parents as literally both of their parents had abandoned them. She is also unemployed and had no income source. Her daughter supports her for rent and food.

Only through the help of CDCA her grandchildren are getting the opportunity of quality education. Without this she is not able to afford for the education of them. If CDCA is not supporting for the education then these children will be forced to look after the sheep in their village and would ne uneducated.

Fu Lamu Sherpa would like to thank CDCA and all other who has helped to provide quality education to these children. In true sense CDCA is the guardian of Pasang and Dolma.

3. Medical Treatment

Medical treatment is an integral part of CDCA activities as most of the children of CDCA has been disabled after the birth and they need regular medical treatment and physiotherapy for maintaining health. Also CDCA has been providing the medical service to the children from the rural and economically backward family around the Nepal. Children of shelter need different treatment and services as per their condition. In this regard, Ganesh Pun, Yanji lama, Santosh Neupane and Manish Rai is taken to HDRC (Hospital and Rehabilitation Center for Disabled Children) for the treatment and consultation. Doctor told us that Ganesh Pun need will regular physiotherapy for his betterment. Thus Ganesh, Swastika and Yangi is getting regular physiotherapy.

Operation of Yangi leg has been done. She went through 3 month of process of plaster of her leg and finally doctor has done surgical intervention on her. So, we planned for surgery in October because in October there will be one month vacation for all the children. Manish is practicing to walk without support on his prosthetic. Bhumika is also trying her best to get used to on prosthetic. Both Manish and Bhumika practice on the evening time.

Medical support to Bhumika Bhatta

Bhumika Bhatta is 6 years old girl. She is from Baitadi Bhatta. She belongs to poor economic family. Her parents are involved in agriculture and her father works as security guard. From this they have minimum income which is only enough to run their family.

Now, Bhumika is living in Kathmandu with her father, mother and sister. She is suffering from Leukemia and going through intensive treatment. Similarly, according to advice of doctor she needs to feed with a lot medicine to bring some improvement on her health. But due to poor economic condition they don't have enough money for her treatment. Also, she is not able to

continue her study. When she goes to school she feels ill and needs to leave class. Similarly, school has given her freedom to leave class if she doesn't feel comfort and so on.

CDCA through the support of SAMSAL has also provided forty thousand for her medical treatment.



4. Psychosocial counseling

Children are the most vulnerable population that can be effected by the psychosocial problem as they are going through various physical, emotional, hormonal and other changes. Also they are in the verse of choosing the carrier that shapes their future. Thus, their emotion and stress need to be released to keep them psychologically healthy. Thus different activities are carried out in CDCA like group session, individual session, drawing therapy, meditation and other activities.

5. Reading education program

Our reading instruction class is running effectively and efficiently. Reading educational program is running every Saturday from 3:00 pm to 4:00 pm. There are two classes; one for senior students from class 7 to 12 and another for younger students from class nursery to 6. All the students are active and are learning new things & happy to participated in reading educational program. Their ability of summarizing is slowly and gradually improving. The students are developing knowledge to understand the novel better. They are interested to read novel. Students are serious worth with their duties and participating enthusiastic. Children maintain peace environment in classroom. Children tried to visualize of every moment of story and retell the story. They tried animated voices for different character during drama. We had also conducted spelling contest for the children and some children demand prizes for the winner. We are also planning to conduct quizzed competition.

We held a quiz competition. All the students are divided into different groups and they are given one week of preparation time. All of the team did well in the competition. This will be also useful in their school study too. This has helped students to extend the extra circular knowledge and refresh their mind.

Sita (the Daughter of Earth) the mythological novel is started with the discussion about their knowledge of Sita. Reading mythological novel than other is a different experience. The students are asked to retell the story as the novel progressed. Along the summarization is done and students are assigned with this task. After finishing the novel, they prepared the drama and present in front of the CDCA family. The whole drama was prepared and delivered in active participant of the children. This has enhanced their skill of expression and acting.

Children are also encouraged for free writing like essay, on the occasion of Father's day. After writing the essay they are encouraged to present in front of the class.

Younger students have learned about "The Dreams of the Princess" here they learn about the different dimension of the story and are able to give any answer about the story. Also they learn about the "Red Panda" where they draw & painted the red panda and learn different Nepali names for it. They also did free drawing & played game of matching cards. They easily wrote the

name of animals and their house after playing game. Noa ko Jahaj by Syauli Alsular and Svain Naukiwist was interesting book where they drew the activities of the story.

Senior students learn about “Me and Buddha” here they learn proper way of learning a story and find out the moral of the story and how they can adopt the learning of Buddha and his learning’s. They also watch the movie based on the life story of Buddha. They also read “Celestial roaster (Nepali folktales)” Read all the stories of celestial roaster. Altogether six stories are taught from this collection. They enjoy reading typical Nepali stories and many moral lessons about honesty, bravery, unity etc can be learnt from these stories.

Junior class played "Catch the tail". They are able to make money words and have creative mind. Students enjoyed a lot and demand for more games that develop their mind. Students enjoyed a lot and demand for more games that develop their mind. They are cooperative, disciplined and helpful. They were very excited to play the game as competition. Similarly, senior class read book on Krishna, who is one of the god of Hinduism. The war between just and injustice well presented in the story. The miraculous characters make the story entertaining. Similarly, both of the class compiled and have computer class. Children are very excited to learn new Operating System. They felt very interesting. Children learnt to operate "UBUNTU MATE" and so on.

Junior class students book on Bhadrakali Temple which is one of the precious temples in Nepal. They came to know about the temple facts of goddess Bhadrakali temple of Nepal and any other. They find lecture interesting. They asked many questions to be cleared whereas senior class students continue up to March 23rd. Children love read the novels and watch the movies based on them. It has made them learn with fun.

Junior students practiced to write an essay. Students wrote an essay in different topic. They tried to improve their language and spelling too. Sharmila mam found many errors in spellings. They asked many questions to improve language and sentences. They are very expressive to improve their languages as well.

Due to children exam Prakash sir and Sharmila mam made students revise for their ongoing annual exam. They practiced a lot for mathematics and read science thoroughly, both of the teachers Engaged students for preparation for their Annual exam in a productive manner.

Report of Reading Camp: Chitlang 2019

April 8, 2019 we organized two days of reading camp for the children of Center for Disabled Children Assistance under the support of SAMSAL. This is the second year of the camp of CDCA. The destination this year was Chitalng Organic Village resort.

First Day

We head out in the journey after 10 o'clock after the morning launch. There are 40 children and youth of CDCA. We took the bus it nearly took 3 hours to reach to our first destination Markhu Kulakhani Dam.



Kulekhani also known as Indra Sarobar is a man made dam in Makwanpur District in the Narayani Zone of southern Nepal which stores 85,300,000 m³ (69,200 acre-ft) of water. The dam was built with the purpose of generating the electricity however the dam have also posed the natural beauty and unique scenario which have attract many of the internal tourism inside the country throughout the year. The View from the top of the Dam side is astonishing and steals our heart on the first sight of the Kulekhani Lake. Kulekhani Lake/Dam is alternative or is like second fewa taal for Kathmandu and Hetauda people.

First of all the children were explained the importance and how it is made then children were let free for sightseeing and photo session. Children have good time there as it is rare opportunity for the children to see the big mass of water and the natural environment. Children also have a small refreshment break with light launch.

After this were again took the bus and enjoyed the view from the bus along the children were singing and having fun along the journey. Then we reached to Chitlang.

CHITLANG is about 22 KM from Kathmandu in the South West direction. Before Opening of TRIBHUWAN RAJPATH (High way to link India and Kathmandu), CHITLANG was only one "On foot Highway" to get India and the Southern part of Nepal. Normally, motors carry people; it is only the place in the world, where motors used to carry by people because there was not road Kathmandu valley and BHIMPHEDI (a place near Terai Region of Nepal).

There are lots of evidences, which show that there was civilized society in ancient centuries. Many temples with amazing wood and stone carving, artistic rest houses, stone taps, available inscription of centuries long are the proof of those civilized society.

This village is surrounded by beautiful green forest, which consists of more than 160 species of birds and animal. The large green fields are added attraction of Chitlang. There is a big Apple garden with more than thousand apple trees. Few cottages have been constructed recently in between the garden, which provide the excited stay to the tourists.

It offers an amazing experience with the combination of natural beauty and cultural heritage. Famous as the gate way of motor cars carried on the back of people. Chitlang offers visitors with an opportunity of village home stay where you can interact and get insight of the rural life in Nepal. The hills of Chitlang offer one of the best hiking/trekking around Kathmandu. Chitlang boasts of 160 bird species and bird watching is something you can enjoy here. Camping and cycling here provides you an opportunity of getting closer to the un-disrupted ecology in the locality. The largest manmade lake of Nepal, Kulekhani (also known as Indrasarovar) is a short walk of 40 minutes from Chitlang.

We arrived to our destination Chitlang Organic Village Resort. We have selected this place because all the children with physical disabilities and other can enjoy the nature without any difficulties. Also the infrastructure is somehow disable-friendly.

When we first reached to the destination children were allocated the suitable room and have launch. Then they have free time to enjoy the nature around. All the children along with Manish, Bhumika, Swostika, Ganesh and other able to go around and enjoy the beauty of nature.



All the children were assembled then Prakash sir set the ground rule that everyone need to follow. Then Dendi Sherpa tell the objective of Reading Camp. Then it comes the session of entertainment, children have time for free and group where they enjoy dancing in Nepali, Hindi and English songs. Bunmika, Mina, Bima and Dolma sang a group rhymes and Chhemji sang a song. Then we have a communication game. It teaches us how to properly communicate the information using the sound and sign and disseminate information to other. Then we have group song Pemba played the guitar along and other sing along the tune. Then we all have dinner and then it's time for Camp fire. All the children enjoyed dancing and singing around the camp fire. Then at 9.30 Am all the children went for bed.

Second Day

We set the schedule for 5 o'clock but the weather was not favorable. Thus the morning session started with breakfast at 6:30 o'clock. At 7 o'clock we had meditation session in this mediation is called as the "Awareness ". This session is conducted by Bhawana K.C. In the beginning the children were taught to walk with awareness on the breathing. Then they have Bhamari Pranyaam (Yoga

aasana). After they danced with the rhythm of music and then went into the meditation. After that they have the experience sharing and questionnaire session regarding the meditation session.

After this session they have the session of Drama “Superstitious Belief”. This drama is written and directed by Prakash Kalel. The characters of the drama are as follows:

Furi Sherpa as Gore (Father)

Mahisha as Bhunti (Mother)

Pradip Gurung as Bhunte (Son)

Yanjil Lamu Tamang as Fulendevi(Witch)

Bhupendra Rai as Dhami Baa (Witch Doctor)

Maila Ghale as Teacher

Mingma Sherpa as Doctor

Tenji Sherpa & Ramchandra Bohara as neighbor

Sukumaya as Narrator

The jest of Drama: The son falls sick and the parents call the witch doctors, the witch doctor identifies that all the problem has arisen due to the black magic of the Fulendevi. Thus the witch doctor decided to banish the Fulendevi from the village, with the help of neighbor. All the villagers helped them to banish her forcefully from the village. After this also the son doesn't get better. In this situation the teacher arrives at the home, sees that Bhunte is suffering from Typhoid and suggests the parents to take Bhunte to the hospital. Bhunte becomes well after the treatment from the hospital. Then they confront the witch doctor and realize that they have done ill treatment with the Fulendevi and feel guilty of their act. They decide not to follow the superstitious belief of the village.

Background of the story: Still in Nepal many people believe in superstitious tradition of the society. If anyone falls sick in the village then they suspect especially old, poor and a widow woman of the village has done black magic. They take a patient to the witch doctor that can't cure the disease. Many people even die in this process. They don't take patient to the hospital till the last stage. The people treat badly to the woman suspected of witch. They even do inhuman treatment to the women like forcefully feeding the human fecal matter, saving the head, boycotting from the village. Even some of the children of CDCA have been the victim of the superstitious belief.



Maila and Bhupendra share their experience and give feedback:

- Chitlang is amazing place with beautiful scenario, peaceful environment with give us opportunity for us to escape the city life of Kathmandu.
- In previous year only the children of CDCA Care Home were able to participate in the Reading Camp this year all the children and member of the CDCA are able to join the Camp. We felt more fun to share this experience with the whole family of CDCA. And also learn that more enjoyment and happiness can be acquired from complete family.
- This year we were able to afford the good place with perfect location. We are touched by the good hospitality of the Resort and enjoyed the typical village of the Chitlang.
- We are able to get different experience of Camping like sleeping in the tent, forest, sightseeing, bonfire, and other.

- The effect of meditation in the natural and peaceful environment is quite different and we could experience the state of peace of mind.
- We participate in many activities like singing, playing games which helped us to bring out the inner talent of the children. .
- While performing drama this year our confidence level has arisen and we are able to act in a more improvised way.
- Communication game helped us to analyse the way we communicate and the tips we need to improve.

Children also got opportunity to visit first goat cheese factory of Nepal. Mr. Thakuri gave us a tour of his facility, explaining us how exactly his business operates. He had a goat farm a few minutes away from his factory, where he had about 70 goats, and whom he says contribute an average of half a liter of milk a day. The goats are fed special grass and beets that produce higher quality milk, which Mr. Thakuri claims is essential for good cheese. Then he led us to his cheese factory which was the building right next to his home-stay house. Provisions were made for hygiene, as we put on hairnets and covered our shoes. The goat milk is pasteurized for hours and let to cool at two different temperatures, one for hard cheese and one for soft cheese. The soft cheese was refrigerated for about two weeks, while the hard cheese was refrigerated for two months. The valley did not have any load-shedding and we began to understand the lure of starting the business in such a location. Mr Thakuri said the cheese could also be cooled down in underground chambers, although there would be added external factors to account for.



6. Non-formal education

As we know, Nepal is a landlocked country with variation in geography region, religion and culture. But, Nepal is still in developing stage. Illiteracy is one of the major problems of

developing country. According to recent reports, the Nepal Living Standards Survey 2010-2011 (NLSS- III) has found out that Nepal has an adult literacy rate of **56.6%** with a huge variation between men and women. While male literacy rate is **71.6%**, it is only **44.5%** for women. It shows that women are less comparing to male.

CDCA is running Non Formal Class at Silver Shine School; which is running smoothly comparisons to last years. We have divided classes into two for non-formal education one class including the fresher women who are learning English and Nepali alphabets and other class where women are learning words and sentences. There are total 32 students. We regularly distribute reading materials like copy, pencil, eraser, cutter etc in a month.

Every two week they conduct exam to see the progress. All the women are doing well in the class and able to get good marks.

Most of the women in the class are migrated from different parts of Nepal. Thus, most of the women go back to their native village to celebrate Dashain and Tihar. Also that is the time to harvest paddy. Thus every year around this festival class is off for one month.

After, vacation class is running smoothly. Rupak is not able to facilitate non formal class regularly because of his study but when he has a time he used to take class as usual. In exchange of that NimLamu & Manisha is running the class. We conduct regular exams where they are to write about themselves using simple sentences, write down all the English and Nepali alphabets, name of the months, days, seasons, fruits and vegetables. Most of them are able to read and write Nepali but they still feel difficult to learn English. So, they had done well in Nepali. Regular exam helps to find out the progress of the women in classes.

Also women are given various motivational and empowerment classes from time to time. CDCA itself or allows other organizations to organize these events. From Global Peace Foundation Nepal (GPFN) groups have shown drama which related to family counseling. That drama is relating to the women and they shares their personal feelings related with that drama. Classes related to awareness on domestic violence and role of education is done.

As women of non-formal class requested in the monitoring visit we organized fun picnic to the nearby park.



List of the women in non-formal class

S.N	Name	Address	Contact No
1	Til Maya Gurung	Dolkaha	949910467
2	Usha Gurung	Duragaun-8, Ramechhap	9810239967
3	Sanu Gurung	Haibung-1, Sindhupalchowk	9849379434
4	Durga Gurung	Namadi-1, Ramachhap	9841781439
5	Gita Kafle	Maiedel, Solukhumbu	9846354356
6	Mamata Gurung	Vittari, Ramechhap	
7	Suntali Tamang	Khigifalate, Okaldhunga	983591149
8	Phul Maya Katwal	Okhaldhunga	9841143513
9	Anusal Tamang	Dolakha	9839840612
10	Parlima Lama	Dolakha	9808752600
11	Rojina Katwal	Okhaldhunga	9841143518
12	Phul Maya Tamang	Dolakha	
13	Nirmala Barali	Sindhupalchowk	9808981634
14	Urmila Lama	Kavre	9880660210
15	Sani Sherpa	Okhaldhunga	974197706
16	Phur Lamu Sherpa	Solukhumbu	
17	Ram Kumari Magar	Solukhumbu	9810180523
18	Sonam Lama	Sindupalchok	9823491936

19	Punita Thakur	Bara	
20	Sarita B.K	Nuwakot	9843119943
21	Gopini Karki	Dolakha	9841842686
22	Parbati Sunuwar	Nuwakot	
23	Indra Maya Magar	Solukhumbu	980893535
24	Puna Maya Gurung	Kathmandu	
25	Gelmu Sherpa	Dolakha	9865491750
26	Laxmi K.C	Ramechhap- Majjo	9841989218
27	Ang Kami Sherpa	Solukhumbu	
28	Min Kumari Gurung	Ramechhap	9860175821
29	Batuli Gurung	Sindhupalchowk	9813027647
30	Urmila Sherestha	Nuwakot	9841524935
31	Hira Ghale	Okhaldhunga	9810090442
32	Nabina Sherestha	Kathmandu	9849731337

Non Formal education Case study

1. Gelmu Sherpa



Gelmu Sherpa is 45 years old. She is from Dolakha district. There are 3 members in her family. She used to knit mufflers, handkerchiefs, caps and sweaters to economically support her family.

Recently, she is living in Kathmandu with her family. She has been studying in Non formal class for 1 year now. She is able to write her name in both Nepali and English. She can read books and newspaper little. In the morning she tries to read news in daily paper. This way, she is able to keep up with the global events but she only read headline in bold and big letters. In coming days she believes she will be able to read whole newspaper. She is also able to write and read messages in her phone. After enrolling in the class, she is able to do the calculation of price per piece she earns by knitting. Now onward she believes that no one can trick her easily. She also now can call her relatives by herself, before she had to ask others help. In this way she has gained more courage and confidence now. Also she can reach to any place because she is able to identify the buses and the route they take. She feels glad that she made time to join the non-formal class within her busy routine. She wants to thanks CDCA for giving such opportunity and hard work of the teachers that they didn't give-up on difficult students.

2. Indra Maya Rana Magar



Indra Maya Magar is from Solukhumbu district. She is 39 years old. There are 4 members in her family. Her husband is in abroad for earning so she has to take care of house. Her 2 sons are studying in grade 9 and 10. Since, 1 year she is studying in Non formal class. She found a lot of change after Non formal class. Now, she is able to read sign board, numbers, Newspapers. In this way, she wants to study more and request to increase the time for their class. She is also

requesting for their health checkup once in 3 months and so on. Similarly, she wants to thanks CDCA for running Non formal class.

7. Tailoring project

The tailoring training program is running since 2011 A.D. We have given the skill oriented training to about 250 women and this is continuing. The new batch of the training has been started from the April 11 2018.

The tailoring training program at Kapilvastu is smoothly running. The program is warmly welcomed by the villagers as they have got the skill to be self-reliant. The community is demanding for more training and skill oriented programs. The project is very positive and effective for the people to live a happy and respected life. Most of the participants are migrated people from the different parts of the country who are uneducated and are in great need of skill for survival. The program conducted by local government is only for the limited time i.e 3 months and also the admission is not regular thus women are attracted more to this class. As we provide advance tailoring course, after finishing the course woman can open their own small tailoring shops. We also link them with various tailoring house and garments factories where they can do internship and found job opportunities there.

The women who are certified this year under tailoring project.

SN	NAME	PERMANENT ADDRESS	EDUCATION	NUMBER	DATE OF BIRTH
1	Basanta Bailjali	Shivaraj-5	10		
2	Madhu Tharu	Shivaraj-5	10	9824461856	02/12/2056
3	Nirmala Tharu	Shivaraj-9	10	9821409289	17/05/2053
4	Arati Tharu	Shivaraj-3	11	9826429706	04/04/2056
5	Ranjana Chaudhari	Shivaraj-1	12		07/08/2056
6	Puja Tharu	Shivaraj-1	12	9812900763	19/07/2055
7	Khusbu Kumari Tharu	Shivaraj-1	12		20/09/2048
8	Anju Tharu	Shivaraj-1	12	9807576821	15/10/2050
9	Sarita Regmi	Shivaraj-5	10	9821940560	01/10/2056
10	Sumita Tharu	Shivaraj-1	9		25/09/2053

11	Pramil Tharu	Shivaraj-1	12	9804451103	20/11/2051
12	Lila Acharya	Shivaraj-4	10		07/10/2050
13	Gyanmati Tharu	Shivaraj-1	10	9806939016	15/09/2054
14	Samita Tharu	Shivaraj-1	10	9811994372	10/05/2056
15	Sarada Lamichhane	Shivaraj-5	10	9807535272	15/06/2055
16	Bindeswori Tharu	Shivaraj-1	12	9804423936	14/09/2055
17	Khima Pun Magar	Shivaraj-1	10	9814455269	13/03/2054
18	Sirjana Tharu	Shivaraj-1	8		15/03/2057
19	Gaumaya Budha Magar	Shivaraj-2	11	9826414455	09/03/2057
20	Sangita Chaudhari(Tharu)	Shivaraj-1	8		12/09/2047
21	Madhu Pokhrel	Shivaraj-2	8		2054/10
22	Basuna Budha Magar	Shivaraj-2	10	9826413080	27/03/2055
23	Kumari Gharti Magar	Shivaraj-2	4		20/06/2044
24	Kalpana Thapa Magar	Shivaraj-1		9815493208	2055/02/29
25	Sabina Chaudhary	Shivaraj-11	11		19/10/2058
26	Manisa Tharu	Shivaraj-1	10		11/01/2053
27	Sonee Tharu	Shivaraj-5	10	9807440738	05/08/2058
28	Lalita Tharu	Shivaraj-1	10	9806966431	23/03/2053
29	Sunita Tharu	Shivaraj-2	11	9806956871	11/05/2056
30	Ranjita Gharti Magar	Shivaraj-5	10		06/03/2054
31	Nanda Budha Magar	Shivaraj-9	10	9816458476	15/01/2056

The women admitted for the tailoring course for 2019/2020:

S.No.	Name	Address	Ph.No.
1.	RenuSunar	Shivaraj-1, Kapilvastu	9821948544
2.	RajkumariTharu	Shivaraj-1, Kapilvastu	9867220514
3.	SaraswatiTharu	Shivaraj-1, Kapilvastu	
4.	Maya Devi Tharu	Shivaraj-1, Kapilvastu	
5.	PinkiTharu	Shivaraj-1, Kapilvastu	9811945085

6.	SaniTharu	Shivaraj-1, Kapilvastu	9811454531
7.	SonuTharu	Shivaraj-1, Kapilvastu	9807570203
8.	SelinaTharu	Shivaraj-5, Kapilvastu	9817501113
9.	BabitaTharu	Shivaraj-1, Kapilvastu	9815420719
10.	PravinaChaudhary(Tharu)	Shivaraj-5, Kapilvastu	9824433725
11.	PoojaChaudhary(Tharu)	Shivaraj-5, Kapilvastu	9805404602
12.	KiranChaudhary(Tharu)	Shivaraj-5, Kapilvastu	9847085404
13.	SitaTharu	Shivaraj-1, Kapilvastu	9821481725
14.	ManishaTharu	Shivaraj-1, Kapilvastu	9821496657
15.	LaxmiB.K.	Shivaraj-1, Kapilvastu	
16.	Shanti Pun	Shivaraj-1, Kapilvastu	9824494230
17.	AratiMahatara	Shivaraj-1, Kapilvastu	9824443797
18.	Sabu Roka Magar	Shivaraj-1, Kapilvastu	9826489264
19.	BinitaMahatara	Shivaraj-1, Kapilvastu	9821942665
20.	BharatiSunar	Shivaraj-2, Kapilvastu	9804429015
21.	ShilaKumariChaudhary	Shivaraj-5, Kapilvastu	9800776743
22.	Gita Tharu	Shivaraj-1, Kapilvastu	9826413481
23.	DukMayaTharu	Shivaraj-5, Kapilvastu	9825409259
24.	SirjanaTharu	Shivaraj-1, Kapilvastu	9800769575
25.	PateshoriTharu	Shivaraj-5, Kapilvastu	9811967703

26.	AratiTharu	Shivaraj-5, Kapilvastu	
27.	RabinaTharu	Shivaraj-5, Kapilvastu	9821595788
28.	MunniKumariChaudhary	Shivaraj-5, Kapilvastu	
29.	Sarita Nepali	Shivaraj-5, Kapilvastu	9863293349
30.	BinaSunar	Shivaraj-5, Kapilvastu	9823243487
31.	SusmaTharu	Shivaraj-1, Kapilvastu	9821497624
32.	ParbatiTharu	Shivaraj-1, Kapilvastu	9814472249
33.	IndrawatiChaudhary	Shivaraj-1, Kapilvastu	
34.	Anita Chaudhary	Shivaraj-1, Kapilvastu	9811552826

Case study of Chanda Thapa Lamichane (trainer of tailoring project)



Lesson learned: Before joining the tailoring project she was a quiet and shy person who didn't like to assimilate in the outside world. As the tradition of the Terai region of Nepal women were only limited to the household activities. She was also limited to the household activity and involving in the extra activities outside the house was a rare occasion on the supervision of my parents and brothers. When she decided to join the Tailoring project of CDCA, it was the major decision that completely changed her life.

After joining the project she learned the skill to communicate with the people, deal with problems by herself, with the regular contact and communication with the trainee she learned many new designs of the dresses and way of teaching the women, her confidence level also rose.

Challenges and Feedback:

- The volume of students can't be adjusted in one class thus the class is divided in three shifts (i.e 10 o'clock-12 o'clock; 12 o'clock-2 o'clock; 2 o'clock-4 o'clock). In this way there are 10 students in each class. Thus the work is hectic and trying.
- It is important to coordinate with the Local Government so we
- The cost of small maintenance like repair of sewing machine and scissors sharpening cost is higher than the budget.
- The salary is not enough for the hard work and input that needs to be invested in the project.
- The students in the tailoring class come from the backward society thus, they lack motivation and awareness, if we could include some awareness and motivation class it will be fruitful to boost the confidence of the students.
- Monitoring visit gives refreshment to the class and we could forward our challenges and difficulties first hand and also CDCA can see the progress by own eyes, thus there need to be more monitoring visit in the class.
- Every year one/two machine broke down and we need new machine every year. Thus we need budget for one/two machine every year.
- Girls join the class after finishing the SEE exam, so there is the risk of dropping the class by girls if they go to study for higher education in the bigger cities like Chitwan or Kathmandu. Hence every year two-four drop the class.

- Many students come in the class by cycling distance up to 2/3 hours and in the way there is a big river which doesn't have permanent bridge. This bridge is swept away by flood in the rainy season, thus students face difficulty to attend the class. Thus we give them one month holiday during this season. In this way they can also help their family in plantation of paddy.

Way forward:

She is thankful to CDCA for providing her this opportunity which has raised her self-confidence as she can interact with group and public without any hesitation and difficulty. Also she is able to utilize her leisure time to impart the skill she has to the women who are only limited to their household, through her class they are able to break on step of chair of the traditional society of Terai. Seeing her students opening the shops, becoming economical independent and even becoming a tailoring teacher she feels proud and thought that she also has contributed for this development and change. Also she is able to earn some money for herself from which her status in the family has changed drastically than past years.

These kinds of women empowerment projects play very vital role in changing the status of women in the society like ours but we also face many challenges while implementation of these project. It is difficult to sustain the project in the long-term but CDCA has helped us to cope-up with any problem raised. Even this year CDCA brought 3 sewing machines in the collective request of me and students.



8. Wheelchair repair and maintenance project

Nepal lacks the skilled manpower to repair wheelchair and don't have a repair center. So this project aims to generate manpower and provide basic service to the wheelchair users. Along with awareness to caregiver, health support, assistance. Thus with this motive we started this project. In the initial stage we faced the following challenges

- the professional trainer to the manpower for wheelchair repair and maintenance
- collection of broken and abandoned wheelchair
- networking and publicity of the project
- awareness & convince the users, institution related to disabilities, officials and other that the idea of wheelchair repair and reuse is possible
- collection of fund for the project

Our action and activities:

While working on the initial phase of creation this project we faced many problems mentioned above thus we priorities the following activities:

- Search the professional trainer /people working in sector either in big scale or small scale
- Coordinate with the import company and import the basic parts necessary

- Collected approx 45 wheelchair.
- Wheelchair repair training of 50 hours which include sanding grinding, welding, painting and assembly of parts.
- Coordinated with many institution and organization working in the field of PWDS like Humanity and Inclusion, CP Nepal, BIA and other
- Import of basic wheelchair parts
- Establishment of wheelchair repair center in CDCA with necessary equipment.
- Advocacy of necessity of assistive device for PWDs and repair center in Governmental policy and planning agencies.
- We have finalized the checklist:” Is the wheelchair safe and ready to use? “ after the repair and maintenance.
- Detail study of WHO Guideline of wheelchair to understand the different types of wheelchair, its various parts and its importance.



The other achievement/ activities of this year

1. Monitoring Visit

The representative from Skip A Meal Save Life (SAMSAL) from Korea visited CDCA for the regular monitoring of CDCA activities. SAMSAL is the major supporter of CDCA which is funding education, health, tailoring, non-formal and reading education program. During this visit Dr. Yoon and Eunji has observed the Reading Education Class (REP) and non-formal class. Also interaction with the parents is conducted where they give thank to the SAMSAL and CDCA for supporting their children for quality education because without this support they will not be able to provide quality education. They also shared their economical and social problem.

Dr Yoon consulted with the children and their parents for the medical support. John Nagarkoti is suffering for kidney problem and hearing problem. Dr Yoon discussed in details about the problem and decided that through check-up of ear needs to done than the support thus required can be discussed. Bhumika is suffering from blood cancer and needs support for diagnosis of the blood sample. After the detailed discussion Dr. Yoon decides to support for the requested diagnosis.

Dr Yoon also had the curiosity about the Chaupadi Practice of Nepal. Thus, a group discussion was held including 15 women where they share about the practice of Chaupadi, how they feel about it, are the willing to carry it on, etc.

We also held an interaction with the students of non-formal class. The women shared about their changes that they have occurred in their livelihood due literacy. Also the difficulty they had faced in attending the daily class. They also ask for the skill oriented training like tailoring so that they can earn for living and become independent.

We also held a drawing competition among children up-to five class and Dr. Yoon presented them with the gift to all the children of CDCA. Also they held a dinner party for the children. Also visit to CP Nepal and BIA has been done.



2. Distribution and Handover of wheelchair

Germany Rotator Club and Germany wheelchair Foundation has provided the parts of wheelchair and CDCA handover those materials to CP Nepal “Wheelchair Handover Program”, the main purpose of which was to transfer all the accessories of wheelchair provided by German Wheelchair Project to one of the reputed NGO namely, Self Help Group for Cerebral Palsy Nepal (SGCP). There was a special guest ship of the constituent assembly member: Kusum Kumar Karki, Vice President of Society Welfare Council: Nilmani Baral, Mayor of Budhanilkantha Municipality: Uddhav Prasad Kharel, Chief Executive Officer of SGCP Nepal: Bimal Shrestha and other staffs including the ward officers. The program accomplished with the participation of such intellectual personalities from both governmental and non-governmental agencies. The handover of wheelchair by CDCA to SGCP is indeed a worth full way of enabling coordination and collaboration with related organization. This step so pursued would be very much helpful in implementation of proposed “Wheelchair repair project” of CDCA.

In the program representative for Social Welfare Council of Kathmandu, Mayor of Budhanilkantha Municipality and other dignitaries were present. On the same program two wheelchairs were handover to Health Post of Bu.Na.Pa 11 and Cp patient. Wheelchair for the cerebral palsy has been handover to the President of Ward No13 of Budhanilkantha Municipality. This ward is backward section among the whole Budhanilkantha Municipality. Also CDCA has decided to give one wheelchair for the local health post. It has the facilities to make the delivery but there is lack of necessary among which wheelchair is a necessity.

3. Visit of different places:

Children of CDCA are taken to visit different places like Bishudwar hiking, Shivapuri National park and water fall Hike and Jhor water fall and natural sight visit.

Maihal Ghala has been offered 4night 5days of friendship visit to Thailand on the occasion of 50 year Anniversary of Thai Airlines along with Miss Nepal, CNN Hero Puspha Basnet and other dignitaries.

Children also get opportunity to visit the dog rescue and rehabilitation center. Here they learn how they rescue the dog, proper care of dogs and the process of rehabilitation of these dogs. In same way children also visited Chandragri hill where they got the opportunity of riding the cable car.

4. Construction of infrastructure

We constructed the steel bar around the premise of CDCA farm to give support to the children while walking. It also helps to prevent children from insects and saves the vegetables and crops in the field. We shifted physiotherapy room along with that we have upgraded the exercise tools and equipments and also install gym. Along with that we had also shift elder boys to old physiotherapy room. We also build the toilet for the visitors outside in the ground. There is problem of frequent power cut in Nepal so we installed solar light.

CDCA has aimed to be self-sustain on the green and seasonable vegetables. So, CDCA has installed the Greenhouse in the barren land on the CDCA. The main purpose of this is to provide organic and fresh vegetables to the children of CDCA Care Home. Now we have planted cauliflower, coriander, lettuce, and radish. Also it serves as the practical field for the children education as they will be engaged in producing vegetables and observes the cycle of plant. Children are directly engaged in making the soil, selecting the plants, planting the seeds and plants and it is their responsibility to water and take care plant regularly. By



5. Distribution of Wheelchair

A wheelchair is a wheeled mobility device in which the user sits. The device is propelled either manually (by turning the wheels by the hand) or via various automated systems. Wheel chair are mostly needed or used by people for whom walking is difficult or impossible due to illness, injury or disability.

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CDCA celebrated International Disability Day with the theme “Empowering People with Disabilities and Ensuring Inclusion and Equality”. CDCA distributed wheelchair and assistance device to the children with disabilities. CDCA has handover wheelchair and walker to children with disabilities. Mayor of Budhanilkantha Municipality, representative of Disability New Life Center: Thali, Manabya Sarowakar Kendra and other were present in the program.

In this way CDCA also have distributed the wheelchair for disabilities peoples which name list are listed below:

S.N	Name
1	Menuka Sherestha
2	Madhu Gharti Magar
3	Pramisha Bhattari
4	Lalita G.C
5	Karan Chhaun
6	Sanu Sherestha
7	Shrada Sharma
8	Pujan Baral
9	Sanu Sherestha
10	Khalden Lama
11	Sabina Bhattari
12	Krishan Addhakari



**THANK YOU FOR
YOUR SUPPORT**

