

A photograph of a woman wearing a vibrant, multi-colored headscarf (red, blue, green, yellow) and a red bindi on her forehead. She is smiling and gently holding the head of a young child who is wearing a pink and white striped shirt. The child has their eyes closed. The background is a plain wall with a faint, purple-colored drawing of a person's head and shoulders. The image is framed by a dark blue border at the top and bottom, and a red vertical bar on the left side.

**ANNUAL REPORT**  
**2016-2017**

KARUNA FOUNDATION NEPAL  
BALUWATAR, KATHMANDU

**Karuna** *foundation Nepal*  
Saving children from disability, one by one



# Message from the Chairperson

The word '**Karuna**' means '**compassionate action**' and we have embraced the name of our organization very sincerely. Each of our projects has been implemented through compassionate action, and Karuna is inherent in each of our actions. As an NGO in Nepal, Karuna has brought forth an innovative idea that not only benefits persons with disabilities and their families but also marginalized families, the society, and the nation as a whole.

Our intervention is focused to prevent avoidable disabilities through improved access to and utilization of maternal and child health services and rehabilitation of persons with disability adopting the WHO Community-Based Rehabilitation matrix. As a result, we have succeeded in sensitizing our fellow citizens and promoted inclusion of persons with disabilities.



We believe that every person coming from all section of the community should be treated with equal dignity irrespective of whether the person is with disability or not. Having some form of disability does not mean that they are incapable of fully realizing their potential as members of the society. By empowering persons with disabilities and marginalized groups, we open up a whole world of opportunities for them.

It gives me great pleasure to note that we have been blessed with generous funding partners and a dedicated team of members, due to which we have surpassed our expectations. We firmly believe in accountability and transparency at all levels of our work.

As we continue our hard work in the effort to change the perceptions of the society at large regarding the position and value of persons with disabilities and as we move forward to engage the state to change its policies, I want to express my gratitude to the individuals dedicated to Karuna's mission. I hope that we will have continued support in the years to come.

Mr. Govinda Prasad Adhikari  
Chairperson

***“The year in review has had many highlights, with progress made on several fronts to impressions from the beneficiaries at field level.”***



**From the Desk of Executive Director**  
Deepak Raj Sapkota

Every year we create new milestones for ourselves and throughout the year we work hard to achieve them. In 2015, we transitioned from International Non-Government Organization to a Nepali Non-Government Organization. The year (2016-2017) in review has had many highlights, with progress made on several fronts to impressions from the beneficiaries at field level.

We have Parashuram Adhikari, a person with speech and hearing impairment from Ilam District, who runs a tailoring shop making a decent earning. He shares how training from Inspire2Care program has rekindled his passion of becoming an entrepreneur.

Shankar Urawa, a youth with physical disability, from Sunsari shares the challenges he grew up with, the kind of discriminations and hatred he lived with in the community. With encouragement and support provided through Share&Care program, he now plays an active role in helping persons with disabilities set up meaningful lives and enhancing their acceptance in the communities.

While we witnessed the successful takeover of programs by communities in Sunsari, a new partnership was developed to scale up Inspire2Care model in throughout Ilam in 2017.. Through our Policy Advocacy, Awareness and Networking activities, we amplify united voices of persons with disabilities and marginalized populations for acceptance and their inclusion. Community ownership and local resource mobilization is at the centre of Karuna’s work for program sustainability.

This report also provides more insight into how Karuna team rolled up their sleeves and ventured to help earthquake survivors, with explicit attention to persons with disabilities. Beyond this, Karuna stepped into reconstruction of 11 health posts in Rasuwa and three in Nuwakot besides repairing three in Rasuwa.

Strong governance and effective utilization of generous contributions from funding partners are primary reasons of our success. As always, I would like to thank the Government of Nepal through its line ministries, the Social Welfare Council, our funding partners, our partners and constituents at local level for their great support and tireless work towards the betterment of the marginalized groups. Without their support, our work would not have been possible. Over the following pages you will find more details of our work during 2016 and 2017. I hope you will find it informative and insightful.

# WHAT WE STAND FOR?

## About **Karuna** Foundation Nepal

Karuna Foundation Nepal is a Nepali Non-Governmental Organization established in 2015. It aims to prevent avoidable disabilities among children and improve quality of lives of children and adults with disabilities and bring progressive changes in the lives of families at risk.

### **VISION**

A world in which each individual, with or without disabilities, leads a dignified life and participates equally in community life

### **MISSION**

Saving children from disability, one by one and creating enabling environment for inclusive society

### **GOAL**

Prevent disabilities and improve quality of lives of children and adults with disabilities and bring progressive changes in the lives of families 'at risk'.

## **OBJECTIVES**

1. To improve access to and utilization of Maternal and Child Health services
2. To improve quality of lives of persons with disabilities and their families through health, education, livelihood and social empowerment interventions
3. To strengthen the capacity of community for ownership and local resources mobilization
4. To mainstream disability into Disaster Risk Management
5. To promote issues of disability and minorities in mainstream of development
6. To achieve holistic development of targeted constituents

## WHAT WE STRIVE FOR?

The values and principles that we abide by as an organization have been reflected in what we strive to achieve through our programs and projects in various parts of Nepal.



### Inspire2Care

Inspire2Care (previously known as Prevention and Rehabilitation Program) is directly focused on Karuna's mission - saving children from disability, one by one - and is complementary to the health care system and disability policy of the Nepalese government. This is a community model aimed at preventing avoidable disabilities among children and adults and creating an enabling environment for children and adults with disabilities and their families through strengthened communities. Through this program, we work to strengthen the maternal and child health services in communities for prevention

of birth defects and also focus on early identification of developing disabilities followed by appropriate interventions for preventing avoidable disabilities among children. Moreover, strengthening of maternal and child health services goes beyond prevention of birth defects and contributes to the reduction in maternal and child mortality and improvement in overall health and nutritional status of mothers and children, all of which have been envisioned by the Sustainable Development Goals. Inspire2Care also places disability at the center of its interventions wherein the Community Based Rehabilitation matrix developed by World Health Organization is used as a tool for rehabilitation of persons with disabilities, following the principles defined by the United Nations Convention on the Rights of Persons with Disabilities (2006).

A community-owned and community-led program Inspire2Care was implemented in partnership with Health Facility Operation and Management Committee (HFOMC), effectively engaging the Village Disability Rehabilitation Committee (VDRC), Disabled People's Organization (DPO) and Self Help Groups (SHGs) of persons with disabilities and their families prior to state restructuring. In every village, HFOMC appointed a Community Based Rehabilitation Facilitator (CBRF) to aid the implementation of the program. While the CBRF is responsible primarily for community based

rehabilitation of persons with disabilities, activities related to disability prevention are led by the local health workers who are capacitated on disability prevention. Post restructuring, the newly formed local structures – that have been vested with their own decision-making power and have the potential to influence impact on a bigger and more sustainable scale - have been identified as implementing partners for the program.

Understanding the positive effect of cost-sharing on community ownership and accountability, Karuna Foundation Nepal has been able to engage local communities to participate financially in the program with a total of USD 31 thousand, 64 thousand and 220 thousand raised locally for the program in the years 2015, 2016 and 2017 respectively. Inspire2Care Program had first been piloted in three villages of Sunsari and four villages of Rasuwa district in 2011 . Motivated from the encouraging results in these pilot villages, the program has been scaled throughout Ilam in 2017. We aim to inspire change across and beyond Nepal, with replication of the program in six additional districts of Nepal in the next two years. With Inspire2Care, what we strive for is to create sustainable and inclusive societies where children and adults with disabilities can achieve their full potential.

# Inspire2Care

## Prevention Of Avoidable Disabilities

**31** health facilities strengthened through furniture, equipment and renovation support for Maternal and Child Health Services

**3688** pregnant women followed up for services

**10315+1555** mothers reached with disability prevention messages

**52551+1012** mothers reached with nutrition education

Over **300** couples oriented on disability prevention and family planning

**1824+5794+927 (8545)** ECD and primary school children examined for possible health conditions that might have progressed to disability

## Community Based Rehabilitation

### Health

**417** received treatment support

**317** persons with disabilities supported with assistive device

**31** children enrolled in formal education

**574** teachers trained on inclusive education

### Livelihood

**1950** persons with disabilities or their family members engaged in income generation activities

**1035** Improved access to ID card

**251** women with disabilities are married

### Empowerment

**889** persons with disabilities or their family members empowered to realize their rights through communication strategies

## Child Protection

**15** team members prepared as trainers for orienting parents on Skillful Parenting

**231** CFLGC members and **352** children oriented on child rights

**99** ECD Facilitators and **124+211** teachers trained on Positive Discipline

## Local Resource Generation

**\$31,200** raised locally in 2015

**\$64,260** raised locally in 2016

**\$220,085** raised locally in 2017

### Reconstruction and Rehabilitation Holistic Development Project

Rasuwa was among the 14 most severely affected districts in the earthquake of 2015. With the aim to improve lives of 2,794 households affected by the earthquake in the district, the Reconstruction and Rehabilitation Holistic Development Project conducts health, educational, livelihood and community empowerment activities to restore and promote life and well-being following the devastation. The project also focuses on increasing access to and utilization of maternal and child health services by resuming and strengthening health service. As part of the project, 11 health facilities were built in earthquake resilient design using prefabricated materials and three health facilities were repaired after signing a Memorandum of Understanding (MoU) with Ministry of Health (MoH). The project also supports the resumption of inclusive education services and enrollment in early child development centers, primary and secondary schools.



### Cervical Cancer Screening and Prevention Project

Cervical Cancer Screening and Prevention Project aims to contribute to the improvement of women's reproductive health by strengthening government healthcare system in order to fight cervical cancer, one of the commonest cancers among women in Nepal. The project uses advocacy and networking to raise awareness about cervical cancer at all levels from national level to rural communities. It also intends to build capacity of health workers at community and district level to provide screening services, one of the easiest methods to detect cancer and treat it in its early stages. Strengthening referral mechanism to ensure that women are directed to proper care once diagnosed is also a focus of the project.



Group photo with participants (ANM), facilitator from BPKIHS, representative from Family Health Division, funding partner from Female Cancer Foundation and KFN staff in the closing ceremony of training on Visual Inspection with Acetic Acid (VIA) conducted in BPKIHS, Dharan in 2017

### Embrace the Change

Embrace the Change (ETC) advocates to improve the perception of the public towards people in wheelchairs through social media campaigns, awareness drives and advocacy. It also aims to empower people in wheelchairs and their family member through empowerment workshops and to raise the disability issues such as physical and attitudinal barriers towards people with disabilities across the nation and contribute to increasing awareness and removing prejudice so people in wheelchairs can live dignified lives.



KFN in coordination with Road Safety Society Nepal (RSSN) and Nepal Spinal Cord Injury Sports Association (NSCISA) organized a Wheelchair Rally on 29 December 2017. The rally commenced from Praga Pratisthan Bhawan, Kamaladi and concluded in Narayanchaur, Naxal, Kathmandu.



### Integrated Package for Holistic Development of Musahar Community of Bhaluwa VDC in Sunsari District

The goal of the project is to create an environment where holistic development of Dalit (Musahar, Paswan and other so called untouchable castes) community of Duhabi-Bhaluwa municipality could be achieved by increasing access to health services, education and livelihood; enabling them to make choices and utilize opportunities. The target population consists are Dalit communities living in three clusters in Duhabi-Bhaluwa Municipality.

### Up-scaling MAX-WASH in Nepal-Integrated WASH, Health, Empowerment and Livelihood Intervention

Health, WASH, Maternal and Child Health, Livelihood, Social Empowerment and Education. To contribute to the improvement of child health status and social and economic wellbeing of children by reducing prevalence of water and faecal borne diarrhoea and malnutrition among under two and under five children and enhancing educational and livelihood opportunities for children and adults from Dalit communities.

“With the treatment and moral support provided through the Inspire2Care programme, I am able to get back to normality again. I am now encouraged to do more in life by learning knitting and sewing and want to open my own shop”.

**-Rekha Chaudhary, 19-year-old woman with a physical disability from Dumraha, Sunsari, Nepal**

“The support I received through Inspire2Care programme has been immensely supportive to take my life to the next level. I not only received medical treatment but also the moral support through which I believe I am empowered and am able to participate in various activities. Without Inspire2Care being implemented in my village, I would not be able to be the person I am today.”

**-Suman K Chaudhary, 20-year-old burn victim, from Dumraha, Sunsari, Nepal**



## “TWO YEARS OF PROGRESS”

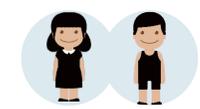
197,128



118,773  
Female



82,465  
Male



81,739  
Children

Total Reach

Persons with Disability

15,204



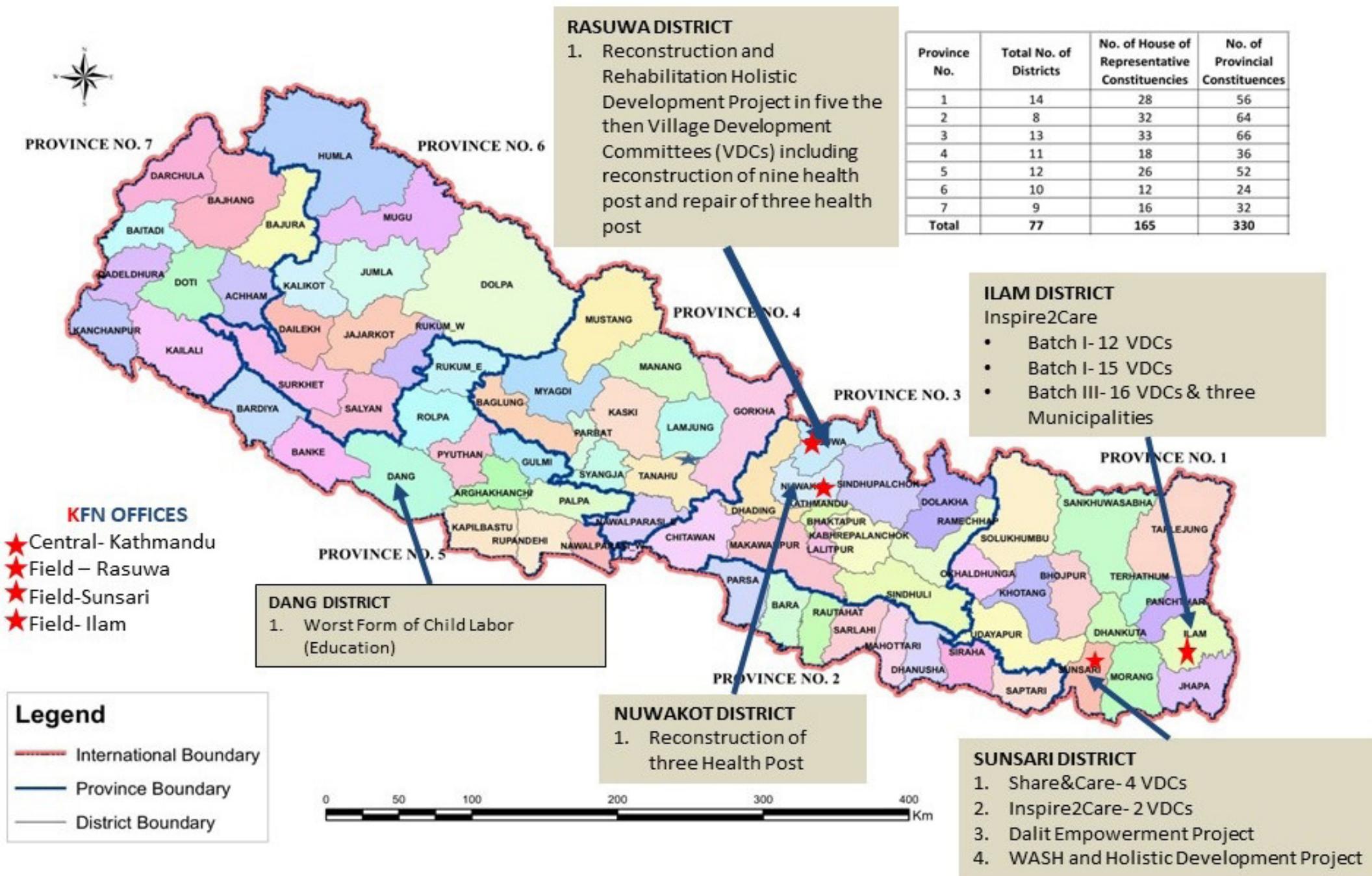
Karuna Foundation Nepal reached over 200,000 individuals directly through its programs and projects targeted at reaching the most vulnerable groups in rural communities of Ilam, Sunsari and Rasuwa in the years 2016 and 2017. The organization’s commitment towards building safe and inclusive societies for vulnerable population groups resulted in significant achievements being posted in disability prevention, WASH and SRHR, education, livelihood, social empowerment, child protection and community-based rehabilitation of persons with disabilities, further propelled by advocacy and strengthening of community support systems. During our work in different districts of Nepal, we received a tremendous amount of support from stakeholders (both government and non-government) in reaching our target groups. Our programs and projects, most of which are

implemented in partnership with the community, saw a wide range of benefits accrued to the most vulnerable population. All this was done with a strong focus on promoting sustainability and accountability among implementing partners and stakeholders, a theme that remained pervasive in all our actions. Restructuring of the nation, that came into effect in March, 2017, followed by the three-tiered elections brought about a wave of enthusiasm among the citizens of Nepal. Karuna Foundation Nepal, too, did not remain untouched by this phenomenon. Leveraging the opportunities presented and sidestepping the challenges brought about by this new dawn, we forged ahead on our mission to reach the unreached through our various projects.

Inspire2Care, a program that reflects the goals and principles that we hold as an organization, was scaled up in late 2017 to cover the entire district of Ilam. The program was included in the annual plans of all 10 (rural) municipalities of Ilam and one municipality of Jhapa. Local contribution to the program as well as the supportive role played by the local governments bolstered our commitment to reach more adults and children with disabilities, and to prevent disabilities and birth defects through health interventions. Karuna Foundation Nepal is soon taking a giant leap to replicate the program in six other districts of Nepal, and the evidence generated from Ilam and Jhapa will be used to augment this replication.

There is much to be done when it comes to building inclusive and safe communities for vulnerable and marginalized groups in Nepal and we feel privileged to be at the forefront in leading this change.

# Project Districts





## Disability Prevention: Health and Nutrition

78,557

Total Reach



45,807  
Female



32,750  
Male



31,481  
Children

Persons with Disability

1,719



A healthy start to life begins from the womb and early childhood and so do the prospects of disability prevention. Centering on this belief, Karuna Foundation Nepal's programs on disability prevention focused on increasing the access of pregnant women, children and marginalized groups to essential health services, reaching over 78,577 people in three districts.

While there have been significant improvements in maternal health service utilization in the last decade, 43 % of women still deliver their babies at home (Nepal Demographic Health Survey 2016). For half of these women, this is because they do not consider it necessary. Hence, Karuna Foundation Nepal in partnership with local governments worked to push these women to use maternal health services using innovation and technology through the Best Wishes Program. Female Community Health Volunteers were equipped with mobile phones and were trained on the use of those phones to track pregnant women and encourage health service utilization among the

registered women. As of December 2017, 1050 Female Community Health Volunteers have been trained in Ilam and continue to promote utilization of maternal health services through this innovative technology. Besides being registered for frequent follow-ups by FCHVs, pregnant women also receive the Best Wishes Card upon registration. The card is an IEC material that contains important information for pregnant women to ensure a safe pregnancy and safe delivery.

**“Building on my experience as an entrepreneur it is a thrilling challenge to contribute to our principle goals of decreasing the number of disabilities and a better life for children with disabilities and their families.”**

**René aan de Stegge,**  
An entrepreneur and owner of  
GiesbersGroep



## Disability Prevention: Health and Nutrition

The availability and quality of health services also plays an important role determining whether women utilize health services. Karuna Foundation Nepal worked closely with District Health offices in Ilam and Rasuwa to strengthen health facilities; it extended support to forty-six Health facilities and their outreach clinics in the form of reconstruction, renovation and equipment support to strengthen these health facilities. Health workers and Female Community Health Volunteers were also encouraged to have fruitful meetings every month for improved service delivery.

We also worked on building capacity

of front-line health workers to prevent and identify disability at the community level. While birth asphyxia accounts for a large portion of neonatal deaths in Nepal, little attention is given to the fact that it accounts for 6-8% of all cases of Cerebral Palsy. Therefore, in coordination with District Public Health Office, Ilam, 23 Auxiliary Nurse Midwives were trained on Helping Babies Breathe within the first minute of birth. Twenty-one (21) health workers were trained on identification of birth defects and in light of mental health problems, a type of disability often being misdiagnosed, 30 front-line health workers

trained on identification of mental health problems in support of World Health Organization. There is substantial evidence that the simplest of health conditions, if left undiagnosed, can lead to developmental disabilities in children. Through the Inspire2Care Program, we screened over 8000 primary school children in Ilam and Jhapa for such conditions to allow appropriate interventions to be taken. The children were reached through School Health Screening Camps that focused mainly on identification of ear and eye problems and malnutrition. Children with identified with developing disabilities were referred for appropriate interventions.

We also conducted awareness programs on the importance of safe motherhood, nutrition and immunization for disability prevention that reached mother's groups and the most marginalized members of the communities. Mothers of Golden 1000 days were our primary targets for nutrition education as this time period provides a valuable window of opportunity to create the greatest impact in the nutritional status of children. Newly married couples were counseled on the importance of marriage registration and family planning for disability prevention. Road traffic accidents also account for injuries leading to disabilities. In coordination with Traffic Police Office, Ilam, orientations to drivers, students and the general public were conducted. Through the Holistic Project in Sunsari, mosquito nets and smoke free stoves were provided to Dalit families; a step taken to promote health and well-being of marginalized groups.



"My family and colleagues have been very supportive during the entire period of my pregnancy and I am very happy to see my daughter growing up so well. As soon as the Female Community Health Volunteer found out about my pregnancy and registered it through the Best Wishes Program, I received so much information and support from her and the nurse at the local health post. I was frequently counseled regarding the do's and don'ts for a healthy pregnancy and was always reminded to get my check-ups done on time. It feels good to have a program in the village that cares about you and your newborn,"

**Dhana Devi, New mother in Ilam**



## WASH and SRHR

Nepal Demographic Health Survey 2016 reports that 15% of households in Nepal do not have toilet facility at all and 24% of households use shared/unimproved facilities increasing the likelihood of spread of communicable diseases. There is considerable discrepancy between rural and urban area as there are 21% of households with no toilets in rural areas while the percentage stands at 11% in urban areas. A variety of factors mediate access to WASH facilities with disparities even more pronounced across wealth quintiles. Karuna Foundation Nepal concentrated its work to ensure that people in rural and marginalized communities have access to WASH facilities which will eventually result in wide ranging social and economic benefits to be used as a key tool for poverty reduction.

In coordination with Dalit Empowerment Society, Karuna Foundation Nepal worked to increase access of Dalits in Duhabi village with the approach of changing mindsets for sustainability. Awareness activities and involvement of community people in regular cleaning campaigns were conducted for increased sensitivity towards WASH. Hygiene kits were distributed to children attending Early Childhood Development Centers to foster clean habits at an early age. We also started working in Duhabi Municipality of Sunsari to increase the access of the residents to clean water and improved sanitation through the MAX-WASH Project. A Municipal Project Steering

There is a dearth of data on access of persons with disability to inclusive Water,

6,571

Total Reach



3,578  
Female



2,993  
Male



199  
Children

Persons with Disability

120



Sanitation and Hygiene facilities. However, in a world where nearly 40 per cent of the population live without proper sanitation, it can be inferred that persons with disability are compelled to live with limited access to safe and inclusive WASH facilities. Travel is made even more challenging in the absence of inclusive sanitation facilities along public roads. Hence, two inclusive and accessible public toilets were constructed along the Mechi Highway in Eastern Nepal with the objective of improving access of persons with disability to safe, accessible and hygienic sanitation facilities during travel. Furthermore, adolescent reproductive health education sessions were one of the key activities conducted to enable adolescents to make healthy decision regarding Sexual and Reproductive Health through information. Over 500 adolescents were reached through educational sessions on menstrual hygiene and reproductive health and rights in Rasuwa and Sunsari. Similarly, menstrual friendly practices were initiated in five schools in Rasuwa where sanitary pads were made easily available

and their disposal was made easier through the use of disposal chutes. As a result, reduced school absenteeism was seen among girls in these schools



“Previously the girls used to go home in the middle of school day if they had their periods. Some girls even missed school when on their periods. After we made sanitary pads available in the school, the girls come to me and ask for sanitary pads whenever necessary. I think they also feel comfortable asking a female teacher for sanitary pads.”  
**School teacher in Rasuwa**



1,705  
Children



2,384  
Male



2,488  
Female

4,872



Persons with Disability

638

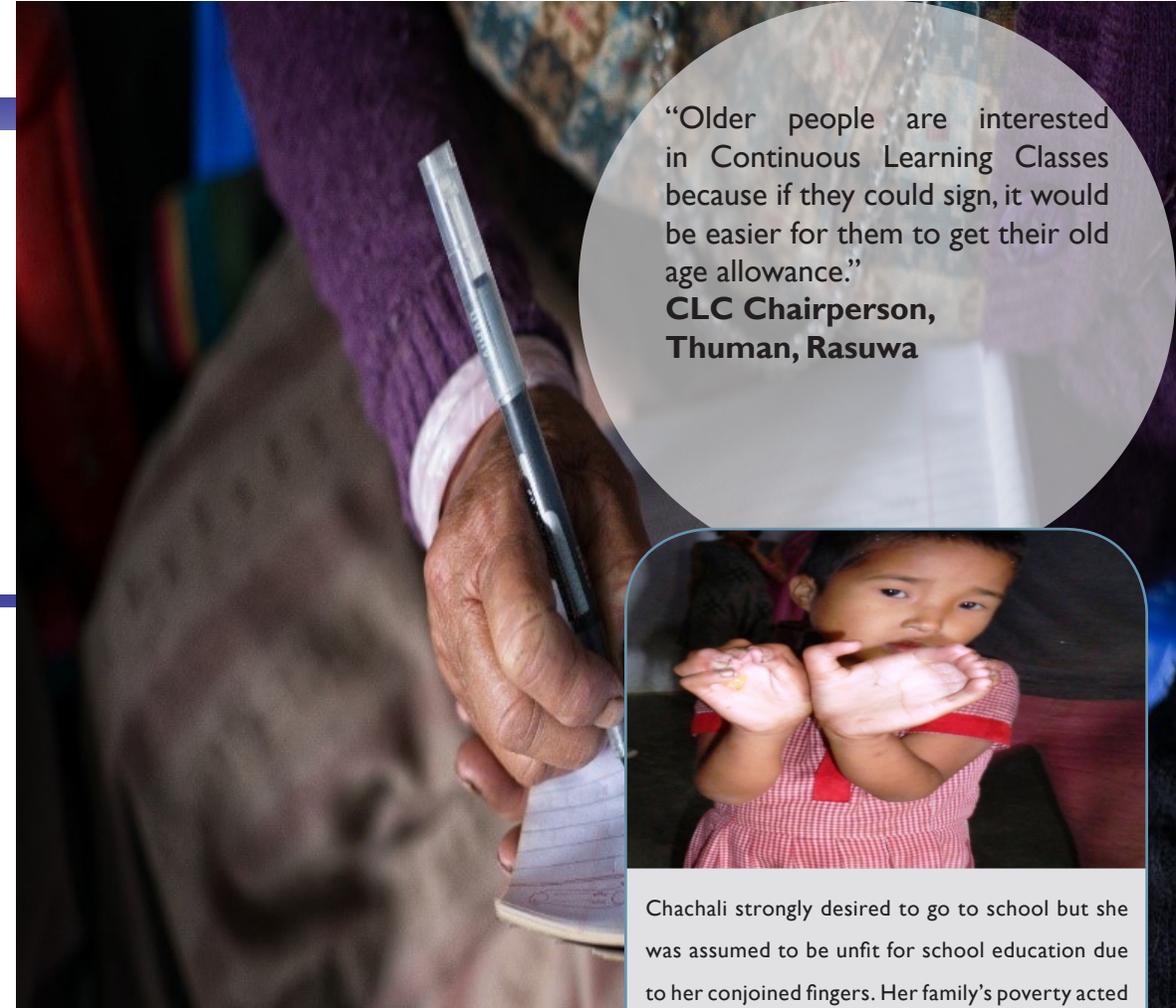
Total Reach

More than ever before, education is being considered as a lifelong process where individuals continue to learn in formal and informal environments. Karuna Foundation Nepal's work on education focused on increasing access of children and adults alike to education and efforts were concentrated mostly on reaching children from disaster hit communities and from the most marginalized groups such as Dalit children and children living with disabilities.

The earthquake in Nepal in 2015 caused severe damage to schools interrupting education and putting children's future at risk. In order to get over 2000 children back to school, we supported the construction of schools in Rasuwa. Three resource centers in Ilam which were damaged were supported for renovation which enabled children with disability to resume their education despite a short interruption following the earthquake. Fortunately, there were no dropouts in these resource centers following the resumption of classes and there was in fact an 11 percent increase in the number of children with disabilities attending these resource centers owing to improved and increased

space after renovation. We also trained 28 teachers on psychosocial counseling from various schools and resource centers in Ilam in coordination with District Education Office. The objective of the training was to enable teachers to effectively deal with the trauma among students in the aftermath of the earthquake.

Early Childhood Development Centers prepare children for formal school environment and there are many other proven benefits for children attending them. Hence, we worked with District Education Office in Rasuwa to strengthen 12 ECDs. ECD facilitators in Ilam, Sunsari and Rasuwa were also provided training to increase their capacity. Through our projects, over 100 children from marginalized and vulnerable groups were enrolled in schools. To ensure that children have the necessary support to remain in schools, over 500 children were supported with educational materials. Dalit children are most likely to drop out of school owing to the various circumstances. Hence, four Dalit children were supported with bicycles to make their commute much easier. After school tutors were arranged for 51 children to prevent children from repeating grades and six children were supported for higher education, out of which four are the first Dalit



“Older people are interested in Continuous Learning Classes because if they could sign, it would be easier for them to get their old age allowance.”  
CLC Chairperson,  
Thuman, Rasuwa



Chachali strongly desired to go to school but she was assumed to be unfit for school education due to her conjoined fingers. Her family's poverty acted as another strong barrier to her joining school. Things started changing when she was found by the Inspire2Care Program. She was admitted to a school and received stationaries in support of her education from the program. However, her joint fingers made it difficult for her to grasp pencils which indicated a need for immediate surgical treatment. Following continuous counseling by the Community Based Rehabilitation Facilitator, she was brought to Kathmandu for treatment through the Inspire2Care Program. Post-surgery, she can now write easily and has rejoined school. “My niece's desire to study has been fulfilled and we are hopeful for her future,” says her aunt.

## Education

girls in their community to attend higher education. Through preventing the Worst Form of Child Labor Project in Dang, we were able to link 43 children vulnerable to child labor to formal education.

In addition, Continuous learning classes were conducted for adults whereby 790 individuals were reached through informal education. Thirty-nine facilitators from Community Learning Centers were also oriented on non-formal classes to further strengthen these learning sessions.



## Livelihood and Social Empowerment

Enhancing livelihood opportunities for people can have far-reaching impact on their lives and can prove to be a transformative tool for social change. Hence, Karuna Foundation Nepal's programs employ this tool to bring improvement in quality of life of its targeted constituents.

With the emergence of micro-credit, the importance of Self-Help groups in promoting livelihoods has been widely recognized. Through its various programs, Karuna Foundation Nepal has helped form 51 SHGs in villages of Ilam, Sunsari and Rasuwa. These groups have actively mobilized seed capital provided through the projects to promote

livelihood of over 932 families, 9 % of which were Dalit families and 50% were families of persons with disabilities. These groups have also been trained on saving and credit mobilization to further strengthen their capacity to promote livelihood. Through various our projects in Ilam, Rasuwa and Sunsari, we have reached 830 individuals (95% of them being persons with disabilities or their families) with vocational trainings on different context-specific livelihood opportunities. Prior to vocational training, these families were also reached provided entrepreneurship development training. Self-Help Groups can emerge as



Through the Integrated Package for Holistic Development of Musahar Community in Sunsari, we worked to empower 212 families in Sunsari using a holistic approach. The project ensured their access to health, education and livelihood for social empowerment, while also focusing on WASH activities and activities for promotion of local culture. Similarly, 18 Musahar families from Sunsari were also supported for construction of houses through access to loan

2,431  
Total Reach



1,170  
Female



1,261  
Male



584  
Children

Persons with Disability

1,918



powerful actors of change in their communities and play a pivotal role in social empowerment. To further develop their capacity and leadership, members of the groups were trained on leadership development and program management.

at low interest rates. Deemed to be landless, these families now have a place to call home.



"The support I received through Inspire2Care programme has been immensely supportive to take my life to the next level. I not only received medical treatment but also the moral support through which I believe I am empowered and am able to participate in various activities. Without Inspire2Care being implemented in my village, I would not be able to be the person I am today."  
**Suman K Chaudhary, 20-year-old burn victim, from Dumraha, Sunsari, Nepal**



**“When I couldn’t do well in school I was frustrated. I remember the first time I started tailoring, it was something meant for me.”**

**-Jamuna Waiba**

Jamuna is a young entrepreneur with hearing disability who runs a sewing shop in Rasuwa. She was forced to drop out of school due to lack of inclusive learning environment. Through vocational training and equipment support, her life has taken a new turn and she makes up to \$200 a month from her business.



**“I used to hate myself and felt like a burden but what happened in these two years is so surreal. I will keep chasing my dreams.”**

**-Amir Bhomjan**

Amir Bhomjan, 18, from Palung Village of Makwanpur district was born with a condition called Arthrogryposis Multiplex Congenita. Due to his inability to move his body below neck, he was dependent on his family for mobility and activities of daily living. Since his hands are not functional, he taught himself to write with his mouth. With much difficulty, he completed his 5th grade but couldn’t continue further as school was very far in the hills and his mother was too exhausted to carry him. He used to give company to himself with his thoughts and started expressing through poems and sketches.

Karuna Foundation found him after the earthquake of 2015 through a program in partnership with UNICEF. Impressed by his talent and fervent spirit, Karuna brought him to Kathmandu to hone his talent. Though, medically nothing more could be done in his condition a trolley is provided to ease his mobility. With great mentors of music and art field, he sharpened his skills. In May 2016, he launched his first music video and a painting exhibition where 30 of his paintings were sold on the spot. He paid back his family loan of 36% interest rate.

Amir has received national and international recognition; he received National Youth Talent award from the President of Nepal and was also honored for his achievements by the Taiwanese Government. He is continuing his artistic and musical journey and wants to be a motivational speaker for people like him.



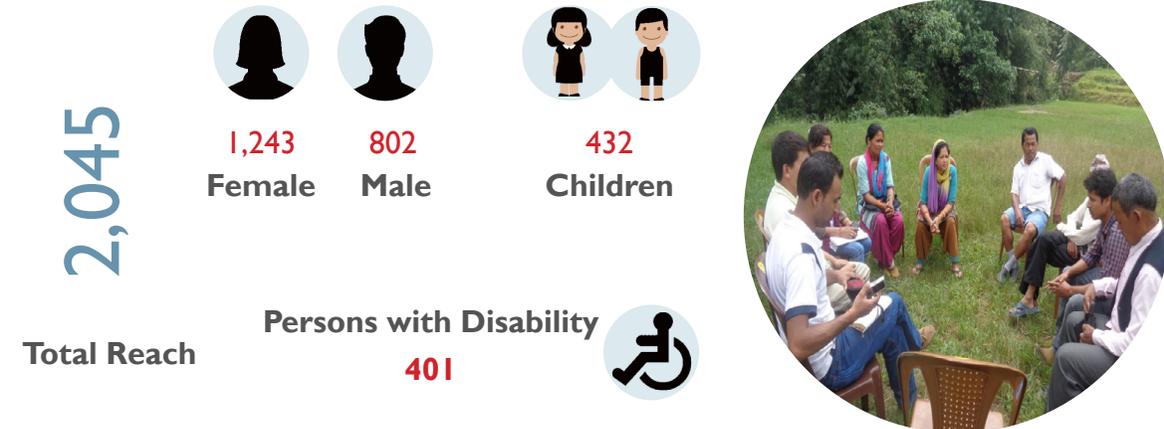
## Community Support Systems

### Local Resource Generation

₹ \$31,200 raised locally in 2015

₹ \$64,260 raised locally in 2016

₹ \$220,085 raised locally in 2017



Strong and well-equipped support systems leverage the capacity of communities for inclusive social development. Strengthening community support systems has remained a key component for most of our programs, much in line with our emphasis on sustainability. Members of Health Facility Operation and Management

Committees, the former implementing partners for the Inspire2Care Program, were trained on program management and leadership development which has enabled them to take strong leadership for program implementation even after KFN exit from the community. Self-Help Groups, another important community group to bring forth the agendas of people with disabilities and marginalized groups, have been formed and capacitated on program management and leadership development. This has resulted in their increased ability to organize themselves as a group and to take collective action to influence change.

Ownership of a program by the community is an important precursor for its sustainability. Accordingly, we have been able to engage in the

Inspire2Care Program through the generation of local resources for prevention and rehabilitation of disabilities from 31 villages in Ilam and Jhapa district.

“The support I received through Inspire2Care programme has been immensely supportive to take my life to the next level. I not only received medical treatment but also the moral support through which I believe I am empowered and am able to participate in various activities. Without Inspire2Care being implemented in my village, I would not be able to be the person I am today.”

**- A local representative in Ilam**



1,705

Children



2,384

Male



2,488

Female

4,872



Persons with Disability

638

Total Reach

A review conducted by the World Health Organization's Department of Violence and Injury Prevention and Disability in 2012 found that children with disabilities were four times more likely to experience violence than children without disability. Child Protection has always remained a priority in our programs, with substantial effort directed towards engaging children and communities as a sustainable approach to child protection.

Working with Village Development Committees, we have helped form and strengthen 48 disability- inclusive child clubs in Ilam, Rasuwa and Sunsari. Members of the child club have been trained on various issues ranging from child rights to leadership and child club management. Regular meetings of child clubs in villages were encouraged and children have been regularly engaged through extra-curricular activities. Children also participated in theatre workshop to develop their confidence and life-skills and used street drama to raise awareness regarding child protection. Messages on child protection issues were also aired regularly through FM stations in Rasuwa reaching 24,046 audiences. We also worked in

frequent collaboration with District Level Child Club Networks of Ilam and Rasuwa on issues of child protection. In addition, Child Friendly Local Governance Committees were formed in sixteen villages, and members were trained on child protection and child rights.



Furthermore, we adopted a two-pronged approach to prevent violence against children. While we stressed on building safe environment for children at schools by training teachers and ECD facilitators on positive discipline, we reached parents through weekly sessions to prevent violence against children at homes. Using the Skillful Parenting Module developed by ICS (Investing in Children and their Societies), we were able to reach over 800 parents through structured



## Child Protection

sessions centered on fostering positive parenting skills.

Through the Combating Worst Form of Child Labor project in Dang district, we were able to reach over 2,000 people including 1,152 vulnerable children through awareness campaigns. We were successful in providing formal education for 41 children vulnerable to child labor and 59 children rescued from worst form of child labor besides safeguarding 5 children who were in severe need for protection. Forty-two law enforcing agencies were capacitated on child friendly interview technique and eighteen private companies were aware on child labor. Janata Secondary School in Kalakante,

Dang, was also developed as a child friendly school where majority of the rescued children study.

**"We organized street drama on child marriage from our child club. We were able to stop two child marriages in our village and also motivated their parents to send them to school again. Now they (... the children) are going to school!"**  
**- Member of Sachetana Child Club, Ramche, Rasuwa**



We advocate for a world where persons with disabilities and other marginalized communities at risk can enjoy basic human rights and equal benefits from development work. At the same time, we also believe in ownership and sustainability rather than short term or fixed term developmental relief. To materialize these beliefs, we work in close cooperation with the government and stakeholders at all levels, using strong and united voices to persuade leaders and general people that things can change for the better.

Our coordination with the Ministry of Health and Population's Department of Health Services to prevent birth defects and disabilities remained strong and continuous. World Birth Defects Day celebrated in coordination with Family Health Division in support of World Health Organization was a landmark event that helped raise awareness about birth defects and opened up new avenues for influencing policy on birth defect prevention.

In the sector of disability, our collaboration with stakeholders, chiefly Disabled

People's Organizations at district and national level helped created synergy in the disability movement at all levels. Likewise, radio programs and media interactions on disability sensitized the general masses regarding the issues, agendas and rights of people with disabilities.

**“Sixteen hospitals have participated in birth defect surveillance. Birth defect surveillance activities should be strengthened/ expanded to all districts and communities too to further prevent birth defects.”**  
**Dr. Bikash Devkota, Former Director of Family Health Division**

Through the Embrace the Change project, we worked to improve the perceptions of the media, public builders and the general public regarding the capability and image of people in wheelchairs through intensive workshops, awareness videos sharing, sharing platforms and recreational

## Policy, Advocacy, Awareness and Networking

activities. Sensitization workshops for journalists from 10 different media houses focused on positive media portrayal of people in wheelchairs. As a result, articles about portrayal of people on wheelchairs were published in five prominent national dailies. Two disability awareness videos were produced, namely “Wheelchair is not our barrier” and “Everyone has a different way” reaching over 6000 individuals through Facebook and YouTube. A Wheelchair Rally organized through the same project in Kathmandu in coordination with Road Safety Society Nepal (RSSN) and Nepal Spinal Cord Injury Sports Association (NSCISA)

created awareness regarding the need of accessible infrastructures which enable wheelchair users on an equal basis. The rally also intended to makes the government bodies and general public responsive towards the present infrastructural barriers.

**“Though we are able to travel in our wheel chairs, people look at us with sympathy. And that's very debilitating. I call on the media refrain from using words that evoke sympathy in the public towards people living with various forms of disabilities.”**  
**Amrita Gyawali, Coordinator of Embrace the Change project and wheelchair user**



## Emergency Relief and Response

Disasters such as floods, landslides, earthquake and fire strike the Nepalese terrain almost every year and damage human lives and property. At most risk during these disasters are children and adults with disabilities, who suffer in the absence of relief and response efforts that fail to address disability as a priority issue. Our work during emergencies focuses on rapidly reaching the population affected while ensuring that adults and children with disabilities are not left out during the relief efforts. Our approach was to provide immediate support to the affected population in the form of food, shelter and emergency health services

while helping these communities back on their feet by ensuring continued access to health and educational services and livelihood activities in the long run.

2015 was marked by major humanitarian crisis in Nepal after an earthquake of 7.8 Richter scale hit the country on 25th April. It tested the resilience of the community and also our capacity and preparedness to deal with this kind of emergencies. Amidst the chaos and heart wrenching suffering, we were further challenged by increasing number of disability victims and increase in number of families lacking access to basic services. However, we started providing response when the earth was still shaking.

100,280

Total Reach



60,126  
Female



40,154  
Male



45,049  
Children

Persons with Disability

8,025



A three year-long Holistic Reconstruction and Rehabilitation Project was initiated in Rasuwa soon after accompanied by a reconstruction project in Ilam. The project reconstructed ten health facilities and five schools in Rasuwa and 2 health facilities and 3 resource centers in Ilam that were damaged by the earthquake. Three health facilities each in Rasuwa and Nuwakot districts were also repaired. To ensure safety of children, these projects also focused on working with school teachers to develop their skills on psychosocial counselling. Members of School Management Committee and Parents' Teachers' Association were also oriented on disability inclusive safe schools. One-hundred and fifty people from Nuwakot received labor cost to construct temporary houses. Likewise, 540 people from earthquake affected districts were provided with support for Income Generating Activities.

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*"I was devastated to see my house flattened by the earthquake. The days after the earthquake were horrible, we had to go for a week with so little food and the rain made it worse for us with only a tarp over our heads. After the construction of my temporary shelter, I not only got a roof over my head, but also got the courage to move on in life. I am planning to build a permanent house in the next two years."*

**Dhan Bahadur, Nuwakot**



661  
Children



1,213  
Male



856  
Female

2,069



Persons with Disability

1,809

Total Reach

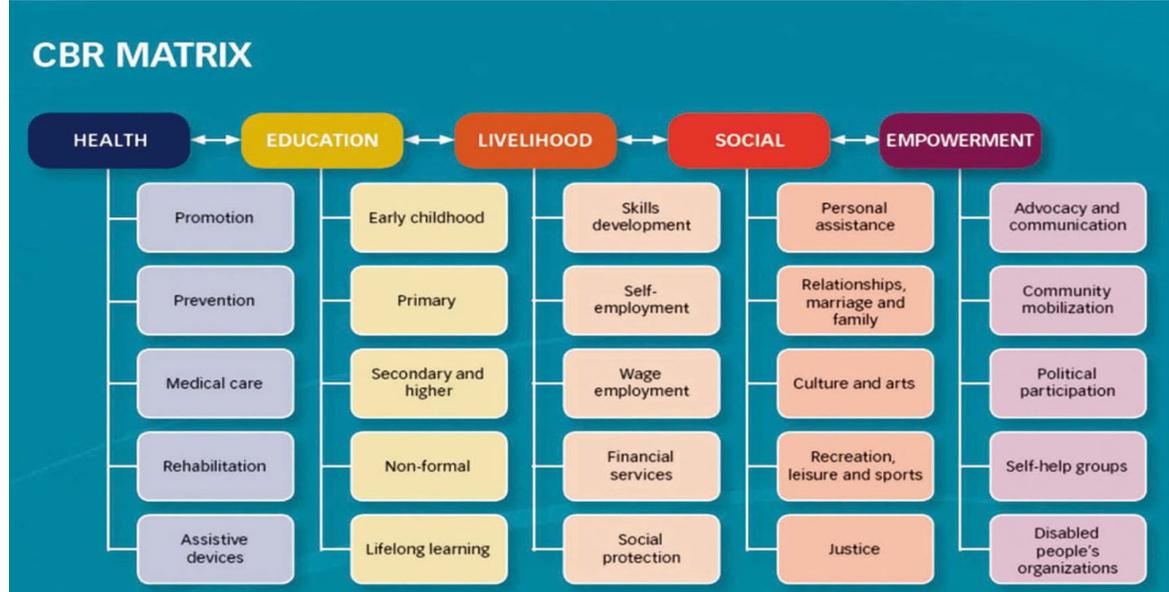
The National Census of Nepal 2011 shows that there are 513,321 people with disabilities living in Nepal, making up 1.94% of the total population. Other reports estimate that the number could be higher. Persons with disabilities are among the most marginalized in communities, who are restricted from basic services and opportunities owing to various physical and attitudinal barriers in the environment. In order to improve quality of life of adults and children with disabilities through community-based rehabilitation, Karuna Foundation Nepal has been implementing the Inspire2Care Program in Ilam and Jhapa in a phase wise manner since 2015. The program aims to reach persons with disabilities in the most rural of communities and improve their access to health, education, livelihood, social and empowerment activities – five major domains that have been defined by the WHO-CBR Matrix. Our other programs also include community-based rehabilitation as a major component, with equal efforts applied towards improving quality of life of persons with disabilities.

2273 children and adults with disabilities identified by a multidisciplinary team of professionals through disability assessment camps in 31 villages Ilam and Jhapa district had their individual profiles and rehabilitation plans prepared in the first year of the program. The rehabilitation plans were prepared using a combination of individual and family-centered approach. They were subsequently linked to necessary rehabilitative services, through referral and linkage support provided by the CBRFs. Meanwhile, 261 with disability in five villages of Rasuwa were also reached with CBR support.

*“Just like preventive and curative services, rehabilitation is an important aspect of health service provision and it is high time our health workers understood this and paid equal attention to rehabilitation.”*  
**Jeevan Kumar Malla,**  
**Former Chief, Distirct Public Health Office, Ilam**



## Community Based Rehabilitation of Persons with Disabilities



## HEALTH

People living with disability, mostly in rural areas, have their most pressing health needs unmet owing to myriad of reasons; lack of awareness and/or sensitivity by their family to their health needs, financial difficulties and inaccessibility to special health services being the most prominent ones. Through its program, CBRFs counseled persons with disabilities and their families on the importance of rehabilitative health services and also links them to such services provided by the government and other service providers. Consequently, 885 persons with disabilities have benefitted from specialized consultation and treatment at tertiary health facilities. In order to improve their functioning and independence, assistive devices have been made accessible to 675 persons with disabilities. Physiotherapy was provided by trained CBRFs, meanwhile transferring the skills to caretakers so that this vital service could be continued at home. One of the important activities of the program was to enhance the skills of parents of children with the most severe forms of disability to care for their children, through which 80 caretakers were reached.



Purna Bahadur Gurung met with an accident while ploughing the fields which left him paralyzed. After continuous physiotherapy and treatment, he was able to take his first steps in 22 months.

## EDUCATION

Children with disabilities are ten times less likely to go to school than children without disabilities due to prejudice in society and lack of disability inclusive structures and teaching methodologies. To ensure that children with disability have access to quality and inclusive education, our work focused on taking inclusive education closer to children with disabilities through school enrollment and training of school teachers on inclusive education. Community schools in 31 villages of Ilam and Jhapa were renovated for accessibility to be modeled as disability inclusive schools for others to follow. For 125 children with disabilities who could not attend schools, home-based education was taken as a measure. Over 500 children with disabilities from economically poor families were also supported with such materials as school uniforms, books and stationaries to ensure that those who are already going to school stay in school.



**“I am both happily surprised and impressed at my daughter’s progress since we never thought she could walk, let alone go to school,” says Pinki Rajbanshi’s mother.**

**-Jamuna Waiba**

Pinki, 8, could not go to school due to paralysis. Regular physiotherapy provided first by the CBRF, and later by her mother, improved her condition and she slowly became able to walk. She was enrolled in a local school. She goes to school regularly and complains if she misses school.

## LIVELIHOOD

There is a strong nexus between poverty and disability. Our programs focus on breaking this link by promoting livelihood opportunities for persons with disabilities and their families. Vocational trainings that are relevant to the labor market and suited for the capabilities and interests of persons with disabilities have benefitted 794 individuals. Seed capital mobilized by the Self-Help Groups of each village served the purpose of supporting 841 persons with disabilities and their families with capital to promote entrepreneurship. Persons with disabilities were also liked with employment opportunities.



Mahendra, 24, from Ilam has hearing disability. Despite dropping out of school, he had a zeal to do something in life and become financially independent. His village's Community Based Rehabilitation Facilitator met him during data collection of persons with disability in his village. He was selected for a three-month long training on electronics repair, following which he took loan from the self-help and opened an electronics repair shop in his village. He also sells electronic equipment from his shop. His father and younger brother assist him in the shop and help him communicate with the customers. **"Mahendra repaired 50 mobile phones in a few months. Business is good," says his father.**

## EMPOWERMENT

Development of inclusive societies can be achieved through empowerment of persons with disabilities and self-help groups can facilitate their empowerment through increased participation and awareness. Self-Help Groups of persons with disabilities and their families formed in 31 villages of our program areas served as the core of all empowerment activities. Training focused on developing management and leadership skills among members of self-help groups reached over 200 individuals, the skills learned from which have manifested in better organization of these groups. In addition, access of 1,377 persons with disabilities to government provided disability identity cards has been ensured through facilitation support, with 89% having access to this vital document – a 65% increase since the initiation of the program. Regular support was also provided to ensure their access to disability allowance provided by the government of Nepal to Red and Blue card holders.



## SOCIAL PARTICIPATION

Active participation of persons with disability in community life is a signpost of successful rehabilitation, and promoting social participation has remained at the center of our work with persons with disabilities. Whether it be through the provision of crutches to enable a person with disability to walk to the local market or the involvement of a child with disability in her school's child club, social participation is what we strive to achieve.

**Hemraj lost four of his fingers in foreign employment and returned home. His passion for entrepreneurship through agriculture was rekindled when he participated in an entrepreneurship training organized in his village by the Inspire2Care Program. He also became actively involved in the disability movement in his district and joined a Disabled People's Organization. Today, Hemraj is not only a leading farmer in his village but also an established rights activist.**

## EVENTS

### Heart Camp



As part of its ongoing effort to bring in specialized services in its project areas KFN, together with District Public Health Office and Manamohan Cardiovascular and Transplant Center (MCVTC) arranged the specialized consultant services related to heart problems. A day long CardioVascular Camp led by Dr. Bhagawan Koirala was organized in Ilam on 7th May 2016 that reached a total of 426 patients with different services including lab test, ECG, Echo cardiography and medicines. Fourteen patients in need of surgery and long term attention were followed up by KFN and MCVTC for free treatment in Kathmandu.

### Neurological Camp- for children/adults with Cerebral Palsy in Sunsari and Ilam

Together with Self Help Group for Cerebral Palsy (SGCP), KFN has been organizing neurological assessment camp for children with cerebral palsy, neurological problem and multiple disabilities since 2013. This would enhance access to the beneficiaries rather than travelling to seek out specialist service. KFN reached 56 children with Cerebral Palsy along with other members of children. The camp was organized in Inaruwa, Sunsari, Fikkal and Ilam bazaar of Ilam district on 20-23 October, 2016. Five children were referred to SGCP center for one-month care and 12 children are identified in need of assistive devices and medical treatment.



### Uterine Prolapse Camps

With the support of Women for Women, the Netherlands and in coordination with District Public Health Office, Ilam, KFN organized Uterine Prolapse Identification Camps in six villages of Ilam in 2016 and 2017. Gynecologists from Kathmandu and BPKIHS, Dharan observed women from different parts of Ilam with suspected pelvic organ prolapse and other reproductive health problems. The camps were preceded by a one-day training of 51 ANMs/Nursing staff on local management of Uterine Prolapse. The training was facilitated by doctors from Women for Women. The training was helpful to enhance theoretical and technical knowledge to the participants on identifying and managing uterine prolapse at the local level. Nine hundred eighty-eight (988) women were benefitted out of which 318 were identified with Pelvic Organ Prolapse; six women were immediately referred for surgery and 67 were given ring pessaries. and rest received the timely medications.





## Mental Health Screening Camps

Mental health problems often go undetected and timely intervention to prevent further worsening of such problems is a far cry in rural settings. With the objective of identifying persons with mental health problems, a mental health camp was conducted in Gajurmukhi VDC of Ilam on April 9 and 10, 2017. The camps were conducted in support of World Health Organization and through coordination with District Public Health Office, Ilam. A team of mental health experts led by psychiatrist Dr. Arun Kunwar assessed 67 persons for mental health problems, 28 of whom were children. The attendees of the camp, who hailed from the village and surrounding areas, underwent detailed clinical assessments and those in need also received medicines. The team also trained 30 front-line health workers on identification and referral of mental health problems.



## Research collaboration with NHRC on mental health

Suicide is a major public health and social issues. KFN in collaboration with Nepal Health Research Council is conducting a research to assess the situation of suicide in Ilam. Research will also help to identify mental health gaps in Inspire2Care VDCs of Ilam.

## EVENTS

### Celebration of International Day of Persons with Disabilities

The 26th International Day of Persons with Disabilities with the theme “Transformation towards sustainable and resilient society for all” was observed in Ilam on December 3, 2017. The celebrations were held in coordination with National Federation of Disabled Nepal– Ilam Chapter. Children with disability from resource centers in and persons with disability from various Disabled Peoples Organizations in Ilam participated in the event. Children with disability participated in games to mark the celebrations and the event was marked by assistive device and educational materials distribution.

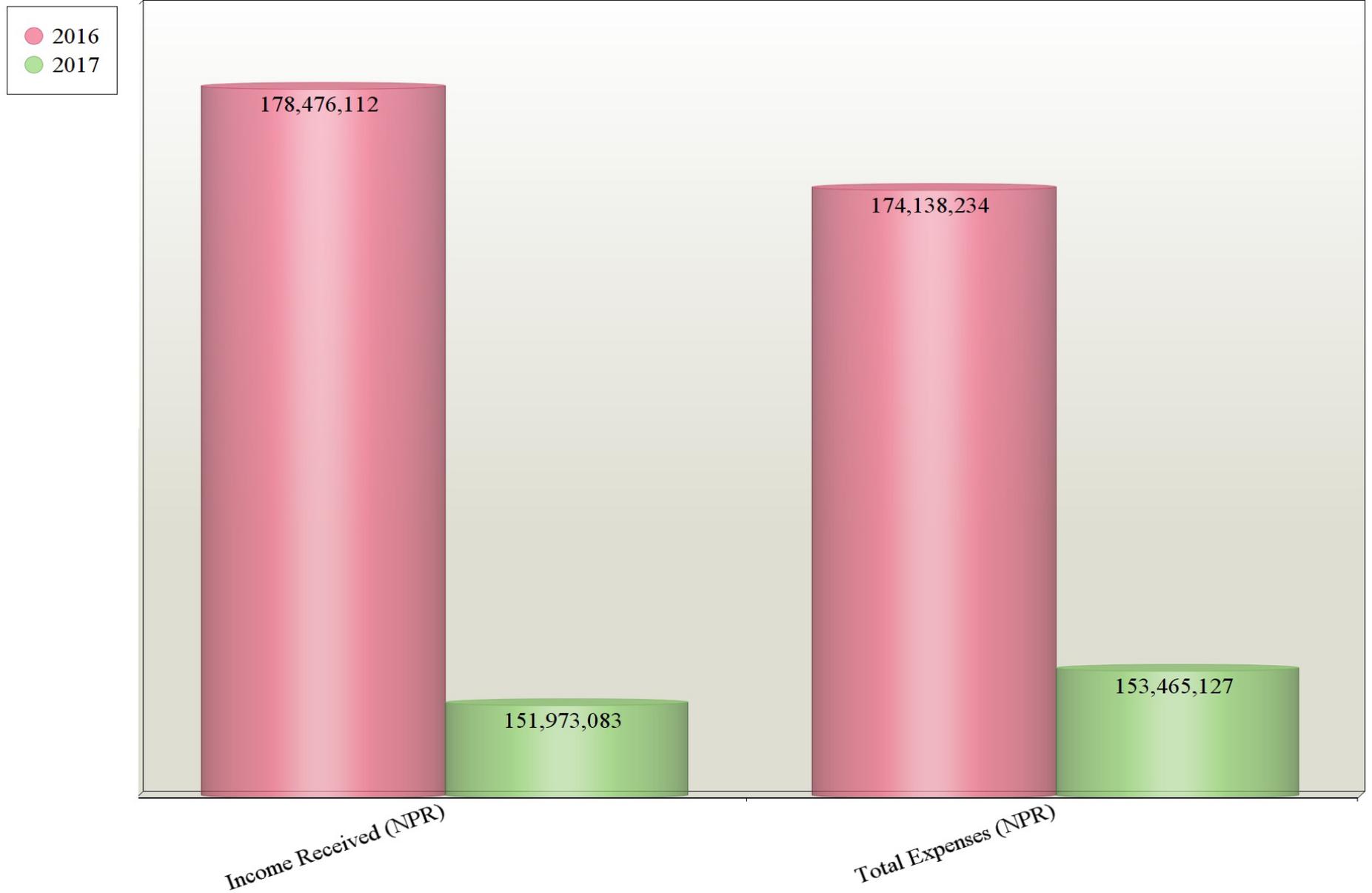


## RECOGNITION



- An Independent study from Royal Tropical Institute (KIT) concluded I2C to be highly cost-effective using WHO benchmarks; Cost per Disability Adjusted Life Years averted stands at Euro .....
- I2C concluded by the Asian Pacific Centre for Development and Disability to be among the top five CBR best practices in 37 Asian countries in 2015
- Innovative Practice Award (2017 and 2018 ) from Zero Project for promoting entrepreneurship and accessibility for persons with disabilities through Karuna Foundation Nepal's Projects
- Recognized as 10 Most scalable solutions-2017 of the zero project Impact transfer program, a collaboration between Essl Foundation and Ashoka Foundation
- European Venture Philanthropy Association (EVPA) recognition

# FINANCE



Fiscal Year

Statement of Financial Position as at 15 July 2017 to 15 July 2018



## PARTNERING FOR GOOD

S.No.	Name of Projects	Funding Partners
1	Inspire2Care	Karuna Foundation Hollands, Liliane Fonds, True Blue, Het Bosje
2	Share&Care	Karuna Foundation Hollands
3	Reconstructionn and Rehabilitation Holistic Development Project	Reach Out Too

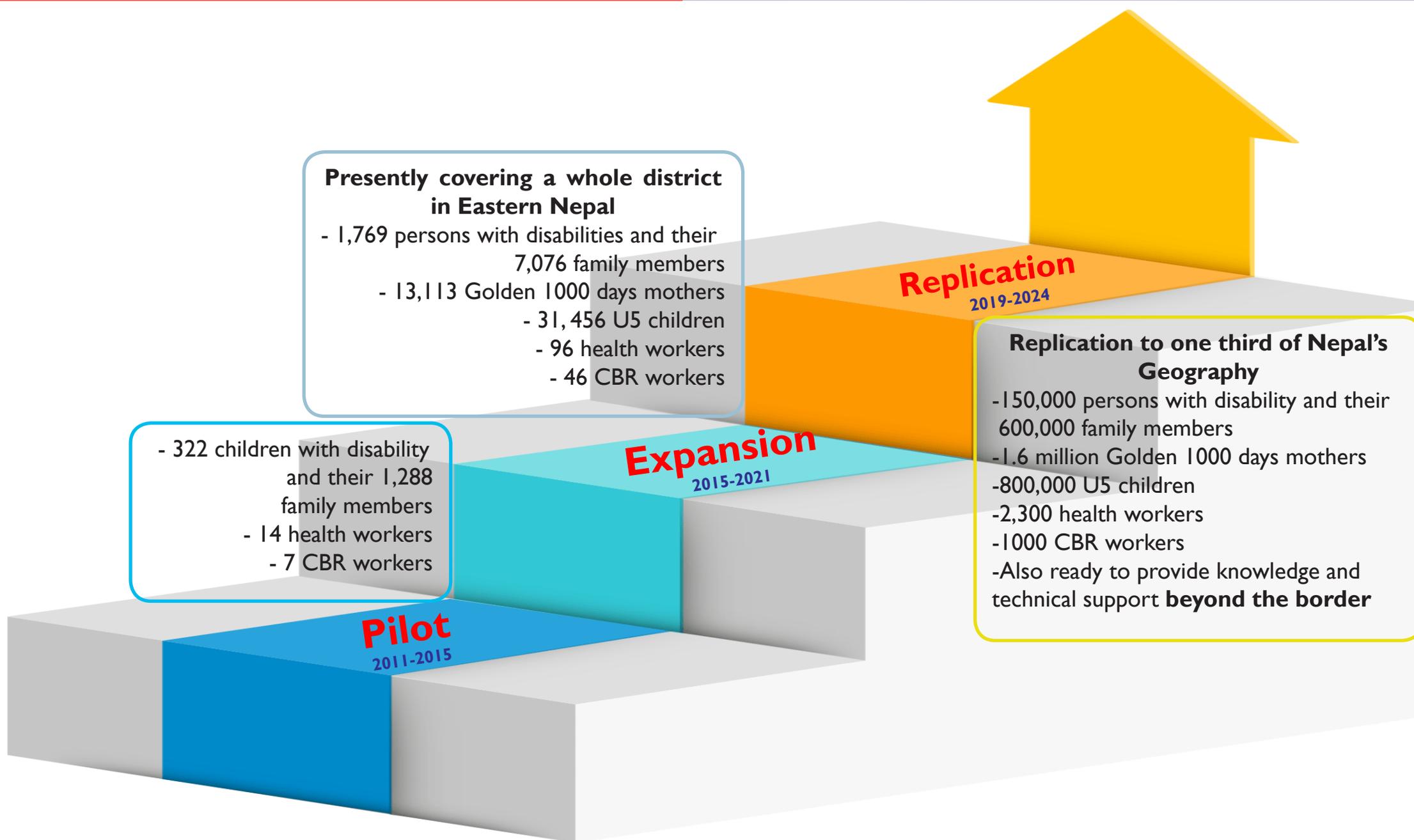
S.No.	Name of Projects	Funding Partners
4	Rehabilitation of earthquake affected families through Construction of Temporary Housings in Samundratar VDC, Nuwakot District in Central Nepal	GIZ, Nepal
5	Disability inclusive relief and rehabilitation after the earthquake in Nepal	Liliane Fonds via SHO Giro 555
6	Post earthquake restoration of educational infrastructure in rasuwa district of central Nepal	
7	Post-Earthquake Rehabilitation in Rasuwa district & Kathmandu	Ligth for the World
8	Post-Earthquake Rehabilitation in Ilam District	Makato Maki
9	Child Protection Project	UNICEF Nepal



## PEOPLE'S OPERATION

The organization has an inclusive human resource policy. By the end of December 2017, the organization had 49 fixed term team members; female making one fourth of the total team and team members with disability being 7 percent of total. The organization is committed to gender equity and diversity and is positively progressing in terms of diversifying its workforce.

## Gaint Leap: Replication of Inspire2Care





**CENTRAL OFFICE**  
294 Embassy Marg, Baluwatar,  
Kathmandu, Nepal  
Tel: +977-1-4410687  
Fax: +977-1-4413340  
E: [karunafoundation2007@gmail.com](mailto:karunafoundation2007@gmail.com)

**ILAM FIELD OFFICE**  
Malapath, ilam Bazar, ilam  
Tel: +977-027-521063

**SUNSARI FIELD OFFICE**  
Duhabi, Sunsari  
Tel: +977-025-5400834

**KARUNA ORTHOPEDICS**  
Itahari, Sunsari  
Tel: +977-025-588802

**Karuna** *foundation Nepal*  
Saving children from disability, one by one