



Chay Ya
Nepal
HEALTH & EDUCATION
IN THE HIMALAYAS

ANNUAL REPORT

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Foreword

Kamal Thapa

2021-2022 was an incredible year for Chay-Ya's expansion and reach, achieving a wide range of inspiring milestones:

We successfully established two more health care facilities with birthing centers, provided support to the medical staff, and supplied the necessary equipment, medicines, and lab materials. Currently, we are working on the final phase of our first community hospital in Dharche Rural Municipality, Gorkha, which will serve more than 20,000 people in that region.

Likewise, we have successfully developed Water, Sanitation and Hygiene (WASH) plans for 54 local governments in the Madhesh and Karnali Provinces and established WASH infrastructures in schools in four municipalities of Madhesh Province, with the financial support from UNICEF Nepal. Additionally, we established disability-inclusive water supply systems in 25 schools in Mugu and Karnali.

Similarly, we are extremely happy to soon complete our Tulsipur Disability Learning Center as an important project for children and teenagers with disabilities in Tulsipur Sub Metropolitan City, where 25 students will be accommodated in an appropriate learning environment.

Due to our persistent commitment and our outstanding partners' collaboration, Chharka Bhot, a rural municipality in Upper Dolpa (also, the world's highest community), now has access to drinking water in the form of nine tap stands.

Our organic farming project in Ghunsa, Solukhumbu will soon be successfully completed. Even now the women are already making a sustainable living from their land and have improved their living standards significantly.

We believe quality education ensures a bright future. Therefore, we consider appropriate infrastructure and a good environment to be crucial for pupils. To promote this, we are consistently working with local institutions to carry out constructions of high standard classrooms.



By now, 20 schools have thus been (re)built! Additionally, we support students with reading materials and uniforms to encourage them to keep going to school. To further improve the teaching and learning process, we have been conducting teacher trainings every year since 2015.

Our incredibly competent and professional group of teams played a vital role in successfully completing all the above-mentioned projects. We are grateful and appreciate your commitment and dedication towards the organization.

Lastly, we would like to express our sincere gratitude to all donors, local partners, CSOs and community members for supporting us throughout our journey over the years. We look forward to collaborating with you on a variety of exceptional initiatives in the future.

Together, we can reach the unreached and unserved communities.

Kamal Thapa
(Executive Director Chay-Ya Nepal)



"Chay Ya" is Tibetan and can be translated as "let's do it"

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Chay Ya's expertise around drinking water access grows rapidly

WASH stands for Water Sanitation and Hygiene

Current status of our focus areas

Association & Team

Chay-Ya Nepal's team has grown in the last years as CYN has expanded its work in Water, Sanitation and Hygiene (WASH), especially thanks to our new WASH projects funded by UNICEF Nepal. The staff numbers from previously 13 employees grew to 24 in 2022! Thus, we would like to introduce some of our new team members:

Priyanka Thakur:

Working with CYN has been a privilege and an amazing experience for me. It feels fantastic to work in such a positive environment where everyone's opinion matters, and I will always be grateful to CYN for giving me the chance to do so with such a passionate team that inspires me every day. In addition to this, what motivates me most about CYN is that it has reached out to marginalized people who are unable to access basic human necessities like education, health care, and clean water, among others. It is commendable that CYN was able to accomplish these initiatives and make these people aware of the necessities they need to survive.

Pratima Basnet:

NAMASTE! My experience with CYN is an incredible and joyous one. I first came to know about CYN through a friend and learned more about it once I joined this organization. I admire the passion and zeal of our team who is continuously working to improve the health and education in the remote parts of Nepal. I look forward to working more with underprivileged communities and contributing to making their lives better.

Ruby Shakya:

I'm delighted to be a part of this NGO. I learned about CYN through social media. This NGO's objective is to enhance the standard of living for disadvantaged inhabitants in remote Himalayan villages. This inspired me to make the effort to support those in need. I'm enthusiastic to work on a variety of projects in the future and learn new abilities.

Amit Thapa:

First and foremost, I want to express my gratitude to CYN for giving me this fantastic opportunity to work in remote areas of Nepal. I've learned a lot and gained experience ever since I was hired as the COVID-19 project's field coordinator. I was able to engage with a variety of stakeholders. I was so proud when CYN completed the construction of a disability friendly hostel for children with special needs. I intend to continue working for CYN and support the efficient functioning of the organization.

Ankit Shrestha:

It has been one of the most wonderful experiences of my life to be a part of the CYN family. My admiration for CYN has always been based on its mission to offer high-quality healthcare and education in the Himalayas. I will continue to contribute to CYN by participating in various projects and offering my best effort. A key lesson I've learned during my engagement with CYN is how to work as a team rather than as an individual. I wish to learn and contribute more to health and education sectors under the guidance of CYN.



Our team in Kathmandu

Nishma Karki:

Being a member of CYN has given me the opportunity to develop professionally and personally and working with the core Madhesh districts in particular taught me a lot. I consider it a privilege to have been given the chance to take part in the WASH Plan, a large-scale project, and to contribute in some small way to the progress of our nation. I'm excited to work on more similar projects in the future.

Homnath Acharya:

I began working with CYN in February 2020 as a consultant WASH expert, and I have since led workshops on data sharing and facilitated the development of WASH Plans at the Palika level. Since January 2022, I have been working for CYN as a core staff member. I'm helping UNICEF Nepal with a project to develop a WASH Plan in 50 Palikas in the Madhesh Province. Working with the CYN team is enjoyable since they are all young, enthusiastic, committed, and focused on getting things done.

Meen Rawal:

I've collaborated with Chay-Ya since 2017, and joined the team in September 2020. It was through Chay-Ya that I had the opportunity to lead various projects, for which I will always be grateful to the organization. We implemented different projects in Karnali Province. The approach to cost sharing and cooperation that Chay-Ya has taken with communities and local governments plays a vital role in ensuring the sustainability of the project. In the coming days, I will be involved in the management of the programs and budgets following the organizational strategy.

EDUCATION & TRAINING

Distribution of school materials, school uniforms and furniture to **5** schools

CONSTRUCTION OR RECONSTRUCTION OF **20** SCHOOLS

+ 4 further schools under construction

42 children have been able to attend school thanks to our sponsorships

Training or further education for about **100** teachers

OUR successes

AND WHAT WE HAVE ACHIEVED UNTIL NOW

HUMANITARIAN SUPPORT & EMERGENCY RELIEF

COVID-19 EMERGENCY AID BETWEEN 2020 & 2021

in the form of food packages, medical equipment (masks, protective suits, disinfectant, beds, gloves, medicine) and hygiene workshops in schools and communities.

16 800 people benefited from our FLOOD RELIEF & EARTHQUAKE RELIEF EFFORTS

HEALTH & HYGIENE

8 HEALTH POSTS WITH BIRTHING CENTERS BUILT AND INAUGURATED TO DATE

+ 1 health post under construction

EQUIPMENT: x-ray room, lab equipment and incubator provided to 2 health posts

About **100** WASH workshops held

760 households have received access to safe water

DISABILITY & INCLUSION

CONSTRUCTION OF **3** DISABILITY LEARNING CENTERS WITH A TOTAL OF 91 CHILDREN

+ 1 center under construction

& Construction of 1 inclusive playground for children with disabilities, + 2 more in planning

Physiotherapeutic treatment for children with disabilities **70**

WOMEN EMPOWERMENT & INCOME GENERATION

106 WOMEN ARE INVOLVED IN COOPERATIVES AROUND OUR ORGANIC MODEL FARM PROJECTS, which allows them and their families to generate income

24 EMPLOYEES in the office in Kathmandu, in the project regions and as project support in the first year



Tarebhir Basic School students in a maths lesson



Inauguration ceremony at Dhrubatara Secondary School in May 2022

4
SCHOOLS COMPLETED
IN THE YEAR 2021/22

EDUCATION, A HUMAN RIGHT



Nepal Rastriya Basic
School, Karkibada in
Mugu District

+ Under construction:
Shree Anhotil Secondary
School in Rautahat / Shree
Secondary School in Dang /
Shree Santijan Basic School in
Jumla / Shree Mahadev Basic
School in Kalikot

Dhrubatara Secondary School,
Carnevali Technical School and Shree Chundevi
Basic School in Kathmandu District

Education is a collective need and has been a human right since 1948. The 26th article of the Universal Declaration of Human Rights states: "Everyone has the right to education". By ratifying the Social Pact in 1991, Nepal also incorporated the right to education into its national law.

Political instability in the country has affected the education development of Nepal. With the earthquake in 2015, the already inadequate education infrastructure was destroyed on a large scale. Since then, the government has been trying to advance the education system through various reforms, for example by extending compulsory education to the 8th grade. However, money is still lacking in too many places, especially in remote areas of the Himalayas, where transporting materials is more expensive than in the cities.

Chay-Ya's goal is to expand and build schools because access to education is the most effective and long-lasting way to break the cycle of poverty. In doing so, we always keep the marginalized groups in mind, and special attention is paid to boarding schools for children with disabilities. The special situation of women and girls is also

taken into account by building clean and separate sanitary facilities.

School buildings are adapted to geographical conditions. Sustainable resources such as earth bricks are used whenever possible. Sufficient daylight, earthquake-resistant construction and equipment with furniture are central to the projects. The local population is involved in each project, for example in the form of a committee or even as laborers. Prior to construction, the local government also contractually commits to the continuation of the project. In this way, teaching is not only dependent on donations from abroad and the sustainability of the school is ensured.

Thanks to your help, we were able to open four schools in 2021/22 and begin construction of four more.

2 OPENING OF FACILITIES IN 2021/22



Boarding school for visually impaired children in Mugu

Disability Learning Center in Rautahat

+ Under construction:
Disability Learning Center in Dang

WHEN INCLUSION NEEDS TO BE LEARNED

Devi and Anjil at SuPa Inclusive School, Kailali



Happy children in our newly opened Disability Learning Center in Lokaha, Rautahat



According to traditional Nepalese beliefs, disabilities are interpreted as divine punishment for wrongdoing in the previous life (karma). Thus, disabilities are considered self-inflicted, especially among the less educated groups, and those affected often receive less care.

Nearly 96% of children with disabilities (CWDs) never benefit from education, much less vocational training, and the majority are denied any type of inclusion. Unfortunately, due to maternal malnutrition during pregnancy and a lack of medical attention during childbirth, disabilities are more common in Nepal.

back in 2015 known as SuPa Inclusive School-Kailali, which at the time was in a shockingly desperate state. Not only was it overcrowded, dirty, and underfunded, it was also woefully ill-equipped with no sanitary facilities or inclusive infrastructure to enable the children to live independently. For four years, Chay Ya supported the school by building accessible toilets and washrooms, a hygienic kitchen, more sleeping accommodation, and by creating a physical therapy playground and a school garden to strengthen the children's health.

In fact, Nepal is required to ensure that people with disabilities can live a life in dignity in accordance with the Sustainable Development Goals (SDGs) and the UN Convention on the Rights of Persons with Disabilities (CRPD). However, there are currently insufficient plans to put this into action because there is not just a shortage of funding, but also a lack of knowledge to combat societal stigma and implement inclusive policies. However, society is now increasingly focusing on this marginalized group, and there is also growing pressure on the government to implement inclusive education for children and youth with disabilities nationwide.

We have since applied the expertise we learned in this process to two other projects: the Disability Learning Center in Rautahat and the Blind Hostel in Mugu. Another Disability Learning Center in Dang District is under construction. The focus here is on supporting the children and young people within the scope of their disabilities - not only providing them with a loving home, but also enabling them to lead a self-determined life and be included in society by attending the local village school.

In the meantime, we have started to put more emphasis on working with peer groups and local politicians, in order to bring about a real change in society for the long term.

Chay Ya first became aware of an existing inclusive school

As with all our projects, sustainability is guaranteed by the local governments taking over all costs one year after construction is completed.

SOWING AND REAPING SELF-CONFIDENCE



NEPAL PROVINCES & DISTRICTS

2 SUCCESSFUL ORGANIC FARMS IN:

Ghunsa, Solukhumbu
and Mulkot, Dang

Katharina Becker and Sabine Klotz from Chay Ya Austria are celebrating the rich harvest of the organic model farm with the women in Mulkot



A warm welcome for our team at the organic model farm in Ghunsa

Women and girls usually have a low status in Nepal's patriarchal, religious society. Their task is child care and the household. Financial and family authority rests with male family members.

These social structures make it difficult for women and girls to access education, medical care and economic resources. The literacy rate for women, for example, is 55 %, while that for men is nearly 76 %. As a result, women are often in a dependent relationship with their spouses and other male family members.

Our organic model farms help to break this pattern to a certain extent. They not only improve the situation of individual women, but also create momentum to challenge and reshape the rigid patriarchal structures in their respective communities.

How are these projects structured? After selecting a suitable community (fulfillment of the climatic requirements for permaculture as well as high motivation on the part of the population are the two most important criteria), about 50 women are trained in vegetable cultivation techniques and animal husbandry. Later they can apply the learned practices on their own fields. Local and traditional agricultural techniques are the focus here. Networks are created between the female farmers to facilitate their access to the market. The fresh vegetables from the fields, as well as processed products, can thus be sold on the market to generate income and at the same time help improve the local food situation.

The women thus independently address the problem of malnutrition by growing a variety of vegetables. They also generate their own income, which positively changes their position in the family and in the community. Perhaps the most important consequence, however, is self-reliance and empowerment, which gives the women a new sense of self-confidence and strengthens their belief in their own abilities.



The vegetables on the farms are thriving



25 women have already received an official certificate for organic farming

CARE THAT SAVES LIVES

2

OPENING OF HEALTH POSTS INCLUDING BIRTHING CENTERS IN 2021/22: **Limi Health Post Birti Prastoka**

Although health care in Nepal has made progress in recent years, there is still a lack of health centers, doctors and access to medicines, especially in more remote areas.

Almost one third of all families spend more than 10 % of their annual income on health care. The infrastructure is mainly provided in urban areas, while the rural population often has to walk for several hours or even several days to get medical care. In addition, lack of hygiene, malnutrition and superstition play a role in the transmission of diseases. Women's health, menstruation and pregnancy in particular are still a taboo subject, which translates into a high mother-child mortality rate.

For this reason, Chay Ya has been committed to building medical infrastructure in remote areas since its foundation and offers health and WASH (Water, Sanitation, and Hygiene) workshops for the population to ensure better education. As a result, life-saving medicines can now be provided at eight health posts and mothers and children can receive adequate care.

Currently, we are in the process of building our biggest health project yet: the Dharche Community Health Center in Gorkha, in support of the Rural Municipality and Earth C-Air. More than 20,000 people from 2 remote municipalities are to benefit from this institution in the future! There will be beds for patients, specialists such as dentists, a lab, a pharmacy with medicine and x-rays. Staff training will be offered as well as the use of telemedicine to be able to reach even more patients and offer them the best care possible. Construction should be completed in 2023.

Dharche Community Health Center in Gorkha



Kamal Thapa officially inaugurating the Health Post in Birti Prastoka



The villagers are enjoying the clean drinking water at their door step

AT THE TOP OF THE WORLD: CLEAN DRINKING WATER SUPPLY

Chharka Bhot is our highest and most remote project site, right on the border with Tibet, at an altitude of 4,300 m.

There are no roads in the entire district, thus getting to the village requires a trek via perilous 5,500 m passes. The inhabitants live a semi-nomadic lifestyle due to the severe weather, working on the village's farmland whenever they can. Building is restricted to six months a year, sometimes the pass is snowed in even during the summer months and makes accessing the village with heavy loads impossible.

Chay Ya learned about Chharka Bhot in 2017, when a teacher approached us for support with the dilapidated school. While constructing classrooms, sleeping quarters, a green house and washing facilities, it became clear that another problem was access to clean drinking water. The river running through the village is heavily polluted and other springs were too far away for easy transport. So Chay Ya decided to provide the expertise and the funds to lay water pipes to a clean river further away as well as build tap stands throughout the village.

Fresh drinking water eventually made it to Chharka Bhot in 2021 despite Covid-19, rough weather, and challenges transporting the massive coils of pipe. The nine tap stands and the school were inaugurated in September 2022 in the presence of Chay-Ya ED Mr. Kamal Thapa in a lovely traditional ceremony. Thus, Chharka Bhot is a good illustration of how the establishment of a new boarding school and the provision of clean water can significantly raise the standard of living for an entire village.

WASH WATER SANITATION AND HYGIENE

ORGANIZING WORKSHOPS, CREATING AWARENESS, PROVIDING INFRASTRUCTURE

Since its foundation in 2015, Chay-Ya Nepal has put a special emphasis on the importance of WASH projects. WASH, which stands for Water, Sanitation and Hygiene, aims at providing clean drinking water, knowledge transfer regarding proper hygiene as well as infrastructure for safe sanitation to communities in need.



Prateek Bhusal teaching students the steps of handwashing



Awareness campaign for students on WASH in schools

The Problem

In Nepal, only 27% of the population has access to safe drinking water. While some parts of the country struggle with water scarcity, other parts suffer from extensive flooding, regularly destroying local infrastructure. 62% have access to basic sanitation facilities, the overall access to improved, safe sanitation, however, remains low. Without these basic needs, Nepal's children are at a high risk of water- and sanitation-related diseases. According to the Department of Health Service in Nepal, 3,500 children die each year due to water-borne diseases.

Community level awareness campaign on safe drinking water



Our Solution

Chay-Ya Nepal's solution lies in an all-encompassing approach. It's a bottom-up process which is best started at school. Children will share their new knowledge and practices with their families, eventually spreading the word across the community. Involving local governments in the process will nudge authorities to provide safe water and sanitation facilities to keep their people healthy. Our WASH experts regularly provide hygiene training to children at schools all over Nepal, menstruation hygiene training to girls and women, and sanitation training to government officials. Since 2018 we have been officially partnering with UNICEF Nepal, to decrease WASH-related issues all over the country.

OUR IMPACT

16 433 students in 68 schools supported with improved WASH facilities

2 433 students benefitted from menstruation hygiene management

578 locals trained in WASH

54 municipality level WASH Plans

Awareness campaign on World Handwashing Day





A washing station was built at Tarebhir Basic School to enable the children to wash their hands effectively

In 2021, Nepal was still severely affected by the consequences of the Covid-19 pandemic.

Official statistics show 11,594 people died that year as a result of the virus. The numbers are not very reliable, because comparatively little testing was done in Nepal. The number of unreported

cases of actual illness and death is therefore probably much higher. While the third vaccination was already available to Western Europe, the second dose was still being distributed to the population in Nepal. Nepal imported this from India. As long as there was a high domestic demand there, only little vaccine was given to the neighbor.

Between April 29 and August 11, 2021, the entire nation was under lockdown due to the large number of cases. As in 2020, this lockdown meant no income for most occupational groups for several months. Children were particularly hard hit by this lockdown, as schools were closed for many months at a time. Public schools in particular have no digital infrastructure, and home schooling was not possible in the vast majority of cases. The consequence was widespread learning absences. In order to prevent more school closures, Chay Ya started the COVID-19 Prevention and Rehabilitation Project by delivering hygiene training at a total of 15 school facilities in the districts of Kathmandu, Mugu and Rautahat. The children and the staff were also given instructions on how to use masks, wash their hands properly, and disinfect. Additionally, six health posts were also equipped with medicines, cleaning supplies, protective clothing, and masks.

Thanks to your support, Chay Ya was able to provide a total of approximately 29.3 million NPR for Covid-19 emergency relief activities in Nepal in 2020 and 2021, including 15.7 million NPR in 2021 alone.

COVID-19 EMERGENCY AID

HUMANITARIAN SUPPORT & EMERGENCY RELIEF

OUR PREVENTION, PROTECTION AND SUPPORT MEASURES CONTINUED IN 2021:

- + distribution of masks & protective equipment
- + food packages for more than 3000 families
- + oxygen cannula
- + setup of 118 hospital beds
- + 1900 antigen test kits
- + 800 PPE sets
- + 100 pulse oximeters
- + 5 wheelchairs

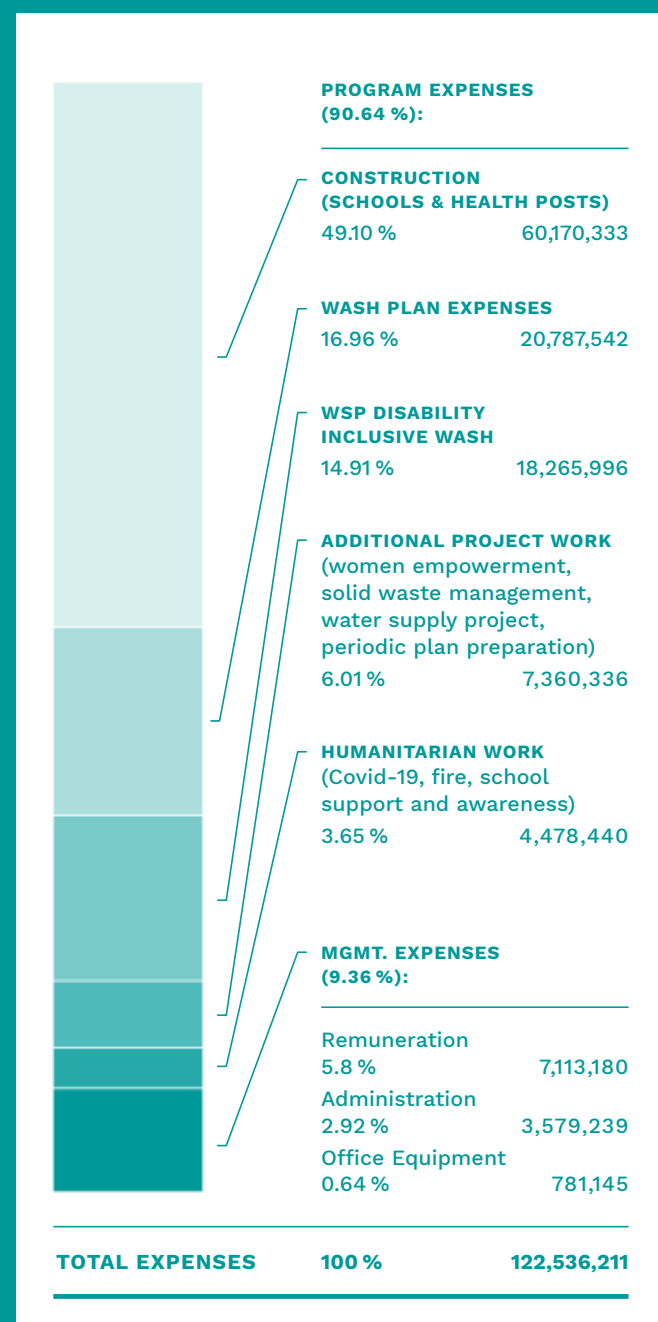


FISCAL YEAR 2078-79

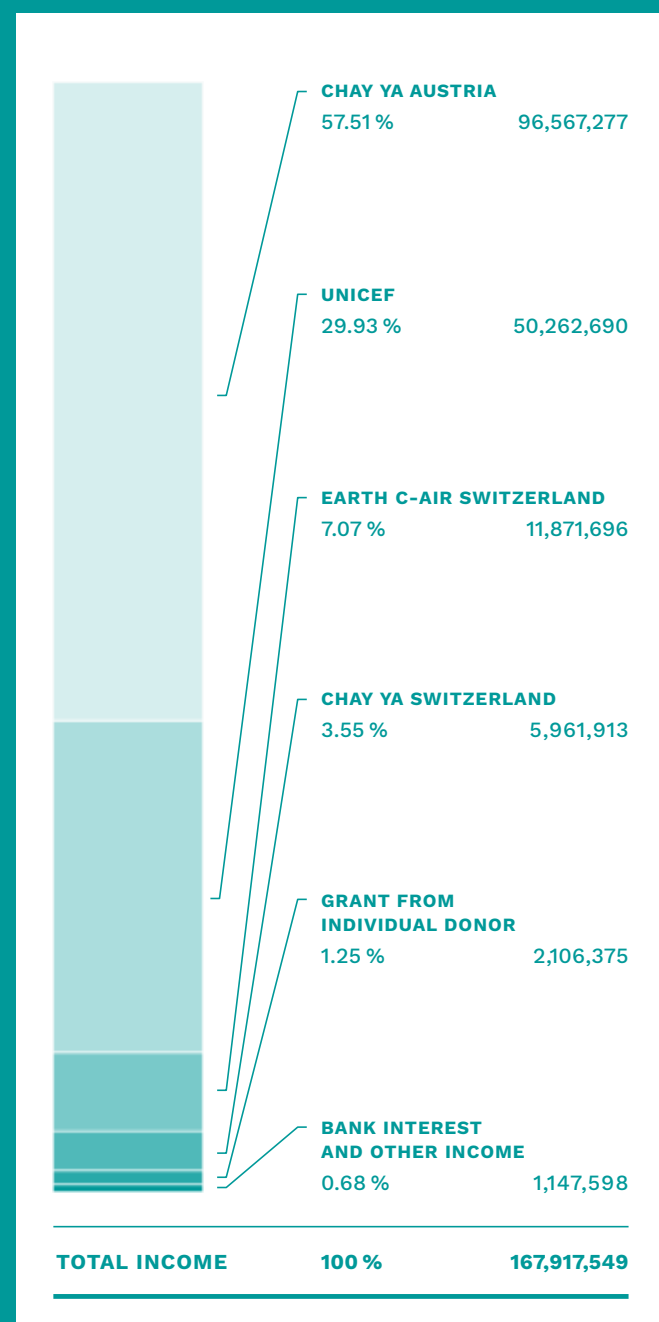
(2021-2022)

ALL AMOUNTS ARE IN RS. (NPR – NEPALESE RUPEE)

EXPENDITURE



GRANT INCOME



For questions about donations, please email us at nepal@chay-ya.org
 For further information, please visit www.chay-ya.org

A BIG

Thank you!

TO OUR WONDERFUL SPONSORS AND PARTNERS,



TO THE MANY MUNICIPALITIES AND PROVINCIAL GOVERNMENTS WHO COOPERATE WITH US AND TAKE OVER RESPONSIBILITY ONCE THE PROJECTS ARE COMPLETED:

Budhanilkantha Municipality Kathmandu, Chandragiri Municipality Kathmandu, Chhayanath Rara Municipality Mugu, Dharche Municipality Gorkha, Gokarneshwor Municipality Kathmandu, Kharpunath Rural Municipality Humla, Mugum Karmarong Municipality Mugu, Namkha Rural Municipality Humla, Palungtar Municipality Gorkha, Paroha Municipality Rautahat, Rajpur Rural Municipality Dang, Tulsipur Sub-Metropolitan City Dang, Chharkatongsong Rural Municipality Dolpa, Provincial Government of Karnali Province



AND OUR FANTASTIC CHAY YA NETWORK!
 (Chay Ya Austria, Chay Ya USA, Chay Ya Switzerland & Chay Ya Liechtenstein)

