



Chay Ya
Nepal
HEALTH & EDUCATION
IN THE HIMALAYAS

ANNUAL REPORT 2020/21

WWW.CHAY-YA.ORG

Imprint

MEDIA OWNER & PUBLISHER: Chay Ya Nepal

EDITORIAL OFFICE: Katharina Becker, Astrid Brucker, Kamal Thapa

PHOTOS: Chay Ya Nepal, Roots for Life, Tomasz Salinski

DESIGN: Eva Urschler

(Atelier Windschatten: www.windschatten.net)

All rights reserved.

Reproduction of any kind and copying of this report or parts thereof, is only permitted with the express written permission of the publisher.

Chay Ya Nepal
Tokha-9, Gongabu
Ganeshtan Kathmandu
Nepal 44600

Tel.: +977 1-4354948
e-Mail: nepal@chay-ya.org
Web: www.chay-ya.org

Helping during the pandemic:
**INSIGHT INTO
LOCAL CHALLENGES**

The women of the
organic model farm in Ghunsa:
**SUSTAINABLE
AND SELF-DETERMINED**

Foreword



In 2021, CYN has already achieved further milestones in terms of project expansion and reach. We are currently building our first-ever community hospital in Dharche Rural Municipality, Gorkha. We were successful in developing WASH plans for 24 local governments in Province No. 2 and in Karnali. Another major project initiated this year is disability-inclusive WASH in 25 schools and 6 water supply projects in Mugu, Karnali. Furthermore, CYN is building a drinking water system in the world's highest human settlement in Chharka Bhot Rural Municipality in Upper Dolpo. And last but not least, we completed our first-ever waste management project. This year has undoubtedly been one of the most productive so far.

And all this despite the Covid-19 pandemic and the lockdowns that wreaked havoc in the lives of so many people, especially the daily wage earners and migrant workers. Our CYN team immediately started to collect funds to offer relief to those most affected. Thus, we provided 2,500 families with food during the first and second lockdown. Plus, we also supported the construction and equipping of 29 quarantine stations and provided around 50 hospitals with protective gear.

We would like to extend our sincere gratitude to all of you for being with us all these years on our journey.

We look forward to your continued support and many more great projects in the future!

Kamal Thapa
Executive Director



2020 was an important year for Chay Ya Nepal (CYN). With the Covid-19 pandemic hitting the world, we faced many challenges, but this did not stop us from implementing and completing our projects. We are delighted to share this year's annual report detailing some of our major achievements. None of these would have been possible without our generous donors, helpful partners, dedicated team, and our supporters.

Since its establishment in 2015, CYN has been committed to improving the lives of people who are deprived of their basic rights and are living under extreme conditions (especially women and children). To that end we have built education and health care facilities in remote areas, empowered women and girls by facilitating and developing their livelihood capacities, installed WASH infrastructures in schools and health institutions, and worked on environmental conservation awareness campaigns.



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

Contents

- 4 Association & Network
- 5 Get to know the core team
- 6-7 Our successes
- 8-9 Covid-19 in Nepal
- 10-11 Sustainable Development + The women's project in Ghunsa
- 12-13 Projects from the heart
- 14 What we achieved in 2020/21
- 15 Quiz
- 16-17 Ways to support us
- 18 Annual financial statement
- 19 Our sponsors

Interviews with our colleagues

With raffle and prizes!

Would you like to support our work or become active yourself? Here you can find out how.



The team of Chay Ya Nepal

From kitchen table to professional association

Chay Ya is a Bhote Lama (Tibetan) dialect and means - Let's get it done! And that is exactly what we are doing: Chay Ya tackles injustice directly at its roots and actively works for a world in which all people can live in dignity. The focus is on medical care, education, food security, and equal opportunities for women and girls in Nepal.

Eye level principle

Chay Ya Nepal works closely with local decision-makers; all projects are implemented with the participation and assistance of the local population. Each partner community forms a committee with a minimum of 30% women. Plans and decisions are made jointly, and the willingness to learn from each other is paramount. All our partners bring in their expertise on an equal footing and we use this potential to discuss and develop further.

Network

Since the establishment of Chay Ya Nepal, our network has grown from year to year. Meanwhile, we can count sister organizations in four countries and four Austrian provinces as part of this network. Most of our projects are also carried out with our Austrian sister NGO Chay Ya Austria. Since we work at the grass-root, we make sure that we work in close partnership with the local governments and stakeholders to create a conducive environment for all our projects and achieve a lasting impact.

Santosh, you have been with CYN for a long time. How has your experience been so far and where do you see CYN in the next few years?

It has been a productive and extraordinary time working with CYN since its establishment. Throughout my journey with CYN, I have worked to provide education and healthcare facilities to children and people living in Nepal's most rural and remote areas under extreme and vulnerable situations. I feel fortunate to have had the opportunity to serve the unserved and reach the unreachable through CYN's projects. CYN has a dynamic, energetic, dedicated, and motivated team, I can just see more CYN growth in upcoming years.

Ram, you have been with CYN for quite some time now. What do you enjoy most about working for us?

The friendly work environment, the opportunity to work closely with marginalized people in the remote regions of Mountain, Hill, and Terai, and seeing the cheerful faces of local people after receiving our services have made my time with Chay Ya Nepal the most enjoyable part of my career.

Nishant, you are also an old CYN hand. Is there a project, a person, or a moment that has always stuck with you throughout your journey with us?

Being in CYN has been a roller coaster ride for me. I will be forever grateful to CYN for giving me opportunities to grow through multiple projects. Out of the many projects I have been involved in, one project that is really close to my heart is building a school for children with disabilities. I was fortunate enough to work for the betterment of children with disabilities and bring real and positive change to their lives. Witnessing their lives change is something that I will remember all my life.

Surendra, you have been working on projects in some highly remote parts of Nepal. How has your experience been so far? Any particular experience you recall that you want to share?

Firstly, I will always be grateful to CYN for providing me with the opportunity to work in extremely remote areas. Although I have worked for other organizations before CYN, I never had the chance to visit and work in such regions of Nepal. Being able to work in such places has helped me grow immensely. Working in such extreme locations has its own fair share of challenges but to successfully complete projects there gives a different sense of joy and satisfaction which is hard to explain in words. One of the projects that I remember is building a school and drinking water system 4,300 metres above sea level in Chharka Bhot of Dolpo which is the world's highest human settlement. We had to cross a pass over 5,200 metres which is the highest altitude I have ever been to. It will definitely be one of my most memorable experiences.

Ramita, you are the newest CYN member. We are happy to have you with us. What made you decide to apply for CYN?

I'm so glad to be a member of the team. I heard about CYN almost four years ago. The main thing that inspired me to apply was when I found out about the disable friendly WASH program for school children and support for women who are in need. I have always wanted to be a part of such initiatives and finally being able to actually work for these initiatives makes me really happy. I look forward to working on many such projects in the near future.

CHAY YA NEPAL Team INTERVIEW



From top to bottom: Santosh, Ram, Nishant, Surendra and Ramita

Education & Training

APPROX.
4,550
STUDENTS
attend our schools

Provision of school equipment and learning materials for **750** children

Construction or reconstruction of **20** schools, incl. one boarding school for blind children & 1 inclusive school for children with disabilities + 2 projects under construction: Shree Chundevi Basic School in Machhegaun and a Disability Center in Lokaha + 3 more schools and 1 disability center in planning

67 teachers have been trained

Environment & waste management

60 children with disabilities learn how to sow and raise plants in the school garden at Supa Inclusive School + 1 project under construction: school garden at the Disability Center in Lokaha

120 nomadic children at Shree Chharka Bhot Basic School harvest from their own greenhouse at 4,300 meters altitude

5 environmental protection clubs at schools are very popular

90%
OF ALL GARBAGE
that passes through our hands can be saved from the landfill through recycling

Income generation

8 employees in the office in Kathmandu and for project organization on site

5 women employed in projects: three nurses, one teacher, one midwife

15 women receive a salary from the Nepalese government for the waste management project in Palungtar

130 WOMEN
are involved in cooperatives around our organic model farm projects, which allows them and their families to generate income

Health & Hygiene

229 births were assisted in our health posts and by our nurses at home

Organization of **55** Workshops: 25 WASH trainings, 30 dental hygiene workshops + regular prenatal and post-natal trainings for mothers

8 health posts built + 1 project under construction: Dharche Community Health Center in Khorlabesi + 1 health post in planning

APPROX.
20 000
PEOPLE benefit directly from our health posts each year

Emergency relief & rescue chains

COVID-19 CRISIS MANAGEMENT:

15,000 people provided with food for one month, sewing workshops and distribution of 10,000 washable masks, construction and equipping of 20 quarantine stations, 50 x provision of hospitals with Covid equipment

12 500
people benefited from our flood relief efforts

4 300
people benefited from our earthquake relief efforts

OUR successes

AND WHAT WE HAVE ACHIEVED
UNTIL NOW

CORONA-EMERGENCY RELIEF

Sushila Nepali, a day laborer from Kathmandu, and Dr. Ravi Raj Timasina, physician and Chay Ya Nepal member, talk about the Covid-19 pandemic and how Chay Ya supported Sushila's family in the lockdown



What is your name and what's your family status?

SUSHILA: My name is Sushila Nepali and I am 42 years old. I live with my husband, my 15-year-old son, and my 5-year-old stepson in a rented room.

What do you do for a living?

SUSHILA: I work at a construction site, carrying building materials from one place to another on my back.



Sushila carrying home the food she received from Chay Ya

Do you generate income for your family alone?

SUSHILA: I am a day laborer, just like my husband. He is an alcoholic, so most of his wages go to alcohol. Only my wages support the family.

How has Covid-19 and the country lockdown affected you?

SUSHILA: I don't know much about Covid. I've heard it's a dangerous disease that kills a lot of people and treatment is expensive. So for people like me, there's a high chance of dying if we get it. But the work ban was especially bad for us. We are day laborers: work means food, no work, no food. The lockdown shut down the construction sites; at first, we worked there secretly, but the police eventually stopped that. Without work, we can't feed our families.

Have you ever heard of Chay Ya?

SUSHILA: No, I have never heard of the organization. I don't have a good education, I don't know about such things.

How did Chay Ya help you?

SUSHILA: Chay Ya provided us with essential goods during the lockdown. They gave us rice, lentils, oil for cooking, salt, and hygiene items. This helped me to provide for the family. It was good to be able to provide for my

children. I can also skip some meals, but I can't explain to the children why they have to sleep with an empty stomach again.

Did the government or anyone else support your family during this time?

SUSHILA: I heard that the Ward Office distributes rice bags to needy people, but I don't know how to get them. I heard that people with connections get a lot of aid, but who helps us who don't know anyone? I got some money from Dr. Ravi, that's it.

How did you get help from Chay Ya?

SUSHILA: I didn't know that the organization was distributing food and other goods. One day I was sent to Dr. Ravi and he told me that there was help for needy people. I am very grateful to have been helped, especially for my children.

How has the food assistance helped you and your family?

SUSHILA: Our landlord kicks us out when we can't pay the rent. Chay Ya provided food for my family for one month. I didn't have to spend the money I earned from small part-time jobs on food, but I could save it for rent. This was a great relief for me!

Immediate help through project experience

Similar to Europe, Nepal only became aware of the Coronavirus in mid-March 2020 and all tourists were expelled from the country. This was also the case for the chairwoman of our sister organization Chay Ya Austria, Sabine Klotz, who had only just arrived. Due to our many years of project experience in the health sector, we were quite familiar with the inadequacies of the Nepalese health system and so at once began to plan how to help. Firstly, we immediately ordered urgently needed protective equipment to best protect the already scarce medical staff. Secondly, as in previous disaster relief efforts, Chay Ya focused on providing relief for the poorest.

Top: Supplying families in Rautahat that were hit particularly hard by the Covid-19 pandemic

Bottom: A Covid patient is provided with urgently needed oxygen at a health clinic in Rautahat.

Top right: A quarantine station in Kathmandu equipped by Chay Ya



The nationwide total curfew, which was to last from March 24 to July 21, 2020, meant no income for most occupations for several months. The already poor day laborers, field workers, and street vendors were hit particularly hard. Not even the harvest from the fields could be collected. Many had to fear starvation and the suicide rate increased alarmingly. Fortunately, the Chay Ya Nepal team managed with a lot of effort to get exit permits so that we could help on site. Starting in May, we were able to distribute food packages to those most in need and provide essentials to isolation centers. In doing so, we were also able to draw on our nationwide network of projects and partners since many of our project sites served as central distribution points of food for the poorest.

In total, almost NPR 13.5 million in emergency aid was distributed in all seven provinces of Nepal in 2020 thanks to our generous supporters:

20 isolation centers were equipped with medical equipment, such as thermometers, disinfectants, and medicines, as well as masks and personal protective suits. Chay Ya also provided many centers with urgently needed beds to accommodate enough patients.

Approximately 2,500 families, or over 15,000 people, were provided with our food aid packages. We say a big THANK YOU to all supporters!

Handover of medical equipment to the Rautahat District Hospital





SUSTAINABLE DEVELOPMENT GOALS

In 2016, the United Nations adopted a global plan to promote sustainable peace and prosperity and protect our planet, the 2030 Agenda, which consists of a total of 17 Sustainable Development Goals (SDGs).

FIND OUT MORE AT [SDGS.UN.ORG/GOALS](https://sdgs.un.org/goals)

All Chay Ya Nepal projects are guided by the principles of sustainability and equity. We only implement projects if they promote at least one of the 17 goals, can be continued sustainably and independently in the target community, and are designed and executed in cooperation with the affected target group. We are particularly concerned with the goals 1 *No Poverty*, 2 *Zero Hunger*, 3 *Good Health and Well-Being*, 4 *Quality Education*, 5 *Gender Equality*, 6 *Clean Water and Sanitation*, 8 *Decent Work and Economic Growth*, 10 *Reduced Inequalities*, and 17 *Partnerships for the goals*.

Organic Model Farm in Ghunsa — Women Empowerment

On this page, we present a project that combines several of these goals: the Organic Model Farm in Ghunsa, Solukhumbu. This project was created in collaboration with the organization Roots for Life. The village of Ghunsa suffered severe damage (along with its surrounding villages) during the massive earthquakes of 2015. The already precarious food situation was vehemently exacerbated by this emergency.

Women have a lower social status than men in the traditionally patriarchal system in Nepal, which makes their access to education, medicine, food, and income much more difficult.

After more than three years of project operation, more than 70% of the women in the village have completed workshops on sustainable vegetable cultivation. This includes planning and constructing vegetable beds, fields, and greenhouses, sowing and growing vegetables, fruits, and grains, developing production chains, and selling produce to middlemen or at markets. In this way, the women are not only able to feed their families by growing their own food, but they also generate their own income by selling their products. This new economic independence of the women in Ghunsa has led to a shift in the social power relations in the village – the women stand up for their rights!

Top left: Landscape view of the project region Solukhumbu and the Himalayas

Bottom left: Member of the women's cooperative in Ghunsa harvesting in front of one of the greenhouses

Bottom right: Knowledge transfer from international experts to the women of the cooperative.



NISHANT GAUTAM: THE SUPA SCHOOL IN KAILALI

Nishant, would you like to introduce yourself?

NISHANT: My name is Nishant Gautam, I am a Program Officer at Chay Ya Nepal, where I have been working for more than four years now. In addition to my work for CYN, I am pursuing a Master's degree in Public Administration with a focus on Development Management.

You have witnessed the implementation of many projects at CYN. Is there a project that is particularly close to your heart?

NISHANT: Yes, there is. I would like to talk about the project for children with disabilities in Kailali because that was my first project with CYN. Since I have been with CYN, this school has been very close to my heart. I have seen many positive results of this project. Also, it has taught me a lot professionally and personally.

Let's talk about this project. What is it about?

NISHANT: The Kailali Disability Center (Supa School) is a school that houses children with physical disabilities, it is a kind of boarding school. The children go to school there and are taught from grade 1 to 6. CYN did not know about this school at first until a stakeholder came and asked for support. After that meeting, representatives from CYN themselves went to the school to see for themselves. And when they were there, they saw a very devastating situation. At that time, there were 15-20 children with disabilities, aged 5-12. They had no proper toilet or bathroom, no hygienic food. The school

was located in the jungle, there were foxes, jackals, and many monkeys on the premises, which was dangerous for the children. We also evaluated the quality of the school teaching, it was below the basic level.

What is the situation at the school now?

NISHANT: We worked in Kailali in phases. In the first phase, we started with the kitchen because the children were not getting hygienic food. After that, sanitation was the most important thing, so we worked on accessible toilets and bathrooms. In phase three, the main goal was to build a greenhouse. The children were to be provided with nutritious food, vegetables, and fruits. At the same time, we also built a playground with varied equipment. The main goal here was to improve the physical mobility of the children. Today, 60 children live in the

school and are cared for by five teachers and three staff members.

What does this project mean to you personally?

NISHANT: Since I was a child, I've had a good education and, like my friends, I've lived a life without disabilities. I've been involved in sports and other activities. I knew nothing about what people with disabilities have to go through. When I first went to the communities with Chay Ya, I saw children crawling on the floor. How they survived all these years in such a situation was really hard for me to imagine. For the first time in my life, I was really emotional. I realized that I wanted to work in this sector. I realized that I had a very privileged life, and for the first time, I got a glimpse of another reality that I had never thought about before because I had no connection to the lives of people with disabilities.

Nishant with children from the Supa School



CLOSE TO THE

TWO COLLEAGUES SHARE THEIR THOUGHTS ON PROJECTS THAT TOUCHED THEIR HEARTS, AND OURS!



Sristi Silwal

SRISTI SILWAL: MUNICIPAL WASTE MANAGEMENT IN PALUNGSTAR

Sristi, would you like to introduce yourself and tell us a little about yourself?

SRISTI: I am an environmental specialist and have been working in the research and development sector since 2011. As the chairwoman of Chay Ya Nepal, I manage the organization. In collaboration with the board and other leaders, I set short- and long-term goals, plans, and strategies.

You've seen the implementation of many projects over the years. Is there a project that is particularly close to your heart?

SRISTI: As an environmentalist, preserving our environment has always been a concern of mine. Therefore, the Palungtar Solid Waste Management Project is particularly close to my heart.

Can you tell me a little bit about this project?

SRISTI: The project specifically aims to manage the waste of the Palungtar community with an efficient management system. The primary goal is to reduce and eliminate the negative impact of waste on the environment

and human health. This can ultimately help support economic development and improve the community's standard of living.

Why is this project special to you personally?

SRISTI: As an environmentalist, I have always advocated for a better environment, which can only be achieved by protecting that very environment. I strongly believe that municipal waste management is of utmost importance for the preservation of the environment and the health of people. Therefore, this project has inspired me personally and also encouraged me to continue working in this field.

Why do you think this project is important for the community?

The women's recycling team in front of the new waste management facility in Palungtar





WHAT WE WERE ABLE TO ACHIEVE IN 2020/21
THANKS TO YOUR SUPPORT

Finally clean running water at Jhyari village, Mugu

WASH initiatives

DEVELOPMENT of a comprehensive WASH- and water safety plan in 24 palikas of province No.2 and Karnali + 25 schools in Mugu, Karnali received technical assistance installing disability-friendly WASH facilities

- + Laying of water pipes to provide drinking water for Chharka Bhot (world's highest human settlement in Upper Dolpa at 4,300 meters altitude)

Covid-19 emergency aid 2020/21

Expenditure of almost **NPR 13.5 million** for humanitarian work, medical equipment and materials as well as the supply of approx. 2,500 families with food

Health

HAND-OVER OF 2 HEALTH POSTS with maternity wards to the village communities:

- Basantapatti, Rautahat
- Limi Valley, Humla

+ after a delay due to the Covid-19 pandemic, work on the Dharce Community Health Center could finally be initiated

Education

OPENING OF 5 SCHOOLS for up to 2,000 students

- + 2 project starts: Chay Ya Disability Center in Lokaha, Rautahat for 20 children and teenagers with disabilities / Shree Chundevi Basic School in Machhegaun, Kathmandu for up to 150 students

HAD A GOOD LOOK?

The answers to the questions can be found in the annual report. Send the solution via e-mail to nepal@chay-ya.org with the subject "Crossword" and win one of three Chay Ya t-shirts or bags.

Good luck!

- 1 What does the Palungtar project reduce
- 2 Number of children in Supa school
- 3 Position of Sristi Silwal in CY Nepal
- 4 92.4 % of our budget goes directly into our...
- 5 90 % of the garbage that passes through our hands can be saved from the landfill through ...
- 6 Where is Sristi Silwal's "project of the heart" located?
- 7 Number of SDGs
- 8 What Covid aid did families receive
- 9 Location of the first organic model farm
- 10 Number of schools opened in 2020
- 11 Linguistic origin of "Chay Ya"
- 12 Natural Disaster that hit Nepal in 2015
- 13 Principle for working with communities
- 14 All CY committees have a minimum percentage of women of ... %



By the way:

You can also order t-shirts and bags! All profits from the sales will, of course, go to our projects! Just send an email to nepal@chay-ya.org or call us at +977-1-435 49 48.

Solution



Preparing earth bricks for school construction



For further information, please visit:

www.chay-ya.org

For questions about donations: nepal@chay-ya.org

volunteering: volunteering@chay-ya.org

Donation

It is not possible for everyone to help out on site. However, a financial contribution is just as important and necessary to advance our work. Private donations are the cornerstone for our own urgently needed budget, without which we would not be able to apply to foundations or federal/state governments for larger grants. Every penny counts here!

Would you like to support us further or for the first time? All donations to Chay Ya Nepal are tax deductible and 92.4 % of them go to our projects!

ACCOUNT NAME: Chay Ya Nepal
Bank Account No.: 0380 1000 0026 1201
BANK: Citizens Bank International Limited, Samakushi Branch, Kathmandu
SWIFT CODE: CTZNNPKA

We would also like to give thanks for sponsorships in the form of services or articles and the regular financial support of all our donors!

Volunteering on Site

It is particularly important for you to have project-specific qualifications when working in the field, so that people actually benefit from your assignment. Such an assignment can be incredibly enriching, present new challenges, give new perspectives and lead to great friendships. Many thanks to all the volunteers who have already supported our work so energetically!

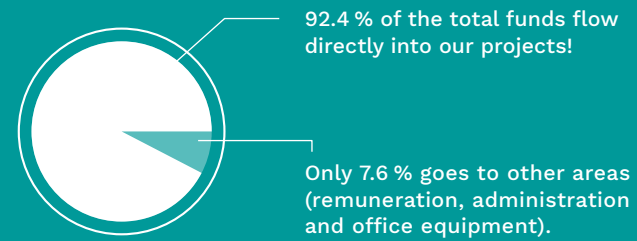
Volunteer Work

Chay Ya has evolved from a matter of the heart to an organization whose volume has grown not only monetarily, but also in the variety and number of projects in Nepal. Our volunteer work has many faces with different tasks. Proofreading, translations, taking care of the patrons, being responsible for social media, creating newsletters... All this would not work without the commitment and active support of many helping hands.

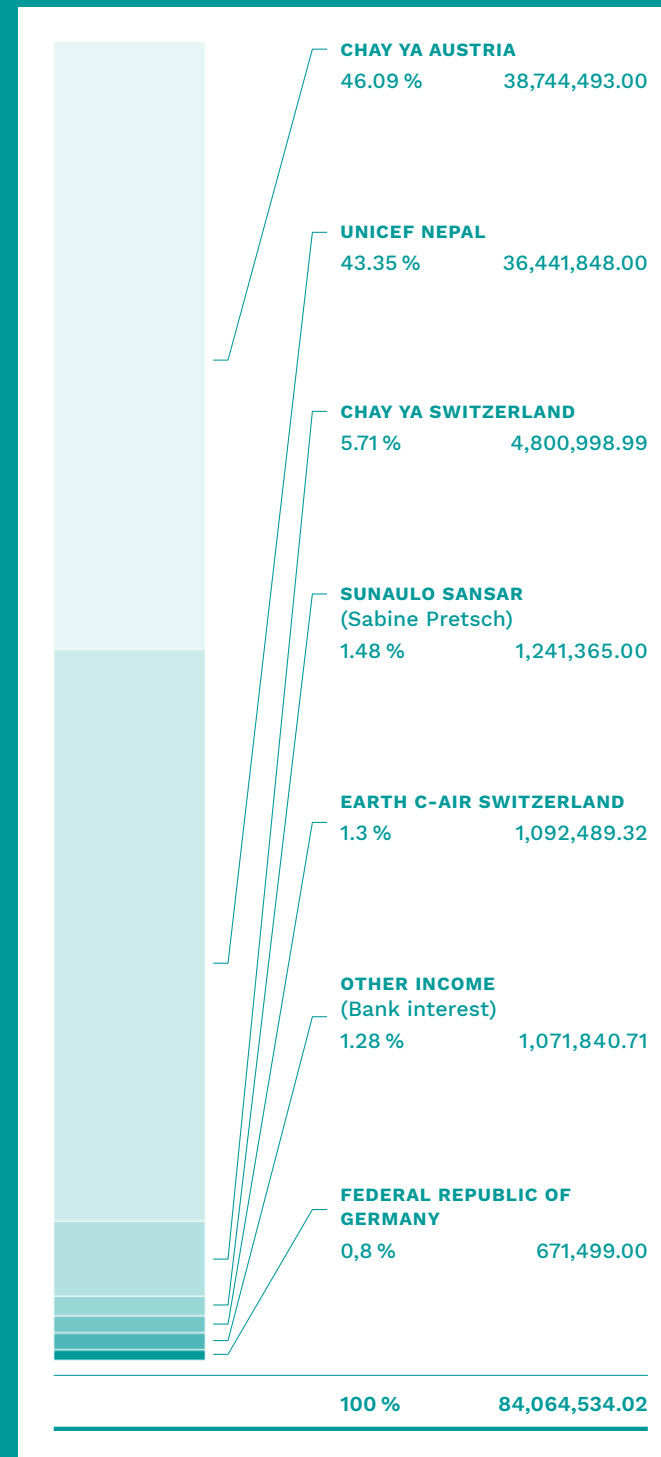
FISCAL YEAR 2077-78 (2020-2021)

All amounts are in Rs. (NPR — Nepalese rupee)

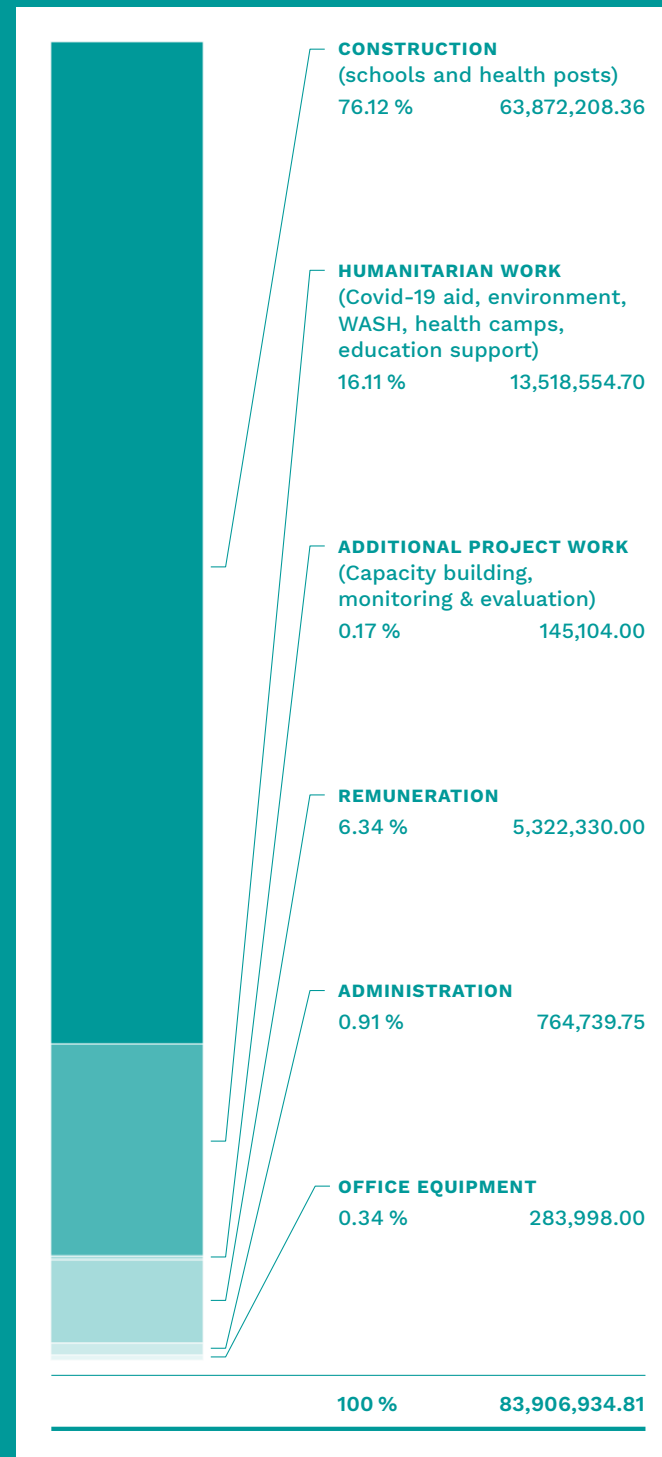
WHERE DOES THE MONEY GO? (see EXPENDITURE)



GRANT INCOME



EXPENDITURE



A BIG Thank you!

TO OUR WONDERFUL SPONSORS AND PARTNERS,



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



AND TO THE MANY MUNICIPALITIES 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, Chharkatangsong Rural Municipality Dolpa

