

**Milijuli Samaj Nepal (MSN)**  
**Annual Report**  
**Jan 2019- Dec 2019**

**VISION**

We envision a healthy, empowered, a strong, sustainable community based service for the better quality of life.

**MISSION**

To improve the quality of life less privileged women, adolescents by facilitating the process of overall development through partnership.

**Activity 1: Women Health Awareness Program**

**Achievements:** Organized 3 workshops on women health awareness such as uterus prolapsed, Uterus cancer and breast cancer for 274 MSN partners' members. This awareness program was conducted in schools and cooperative.

**Indicators**

Women knew causes of the prolapsed and have committed to check up their health regularly to maintain a better health.

**Activity 2: Whole body check-up camp**

**Achievement:** Partner organization (cooperative Pratibadha Milijuli saving and credit) and MSN jointly organized a whole body checkup camp for 36 women members and their family members. This Camp was arranged in Samjhana Lavatory. Lalitpur District.

**Indicators**

One cancer diseases was diagnosed out of 36 members and 26 % members were affected by minor diseases. All members have assured that they will go for regular check up and medication. Their family members are very grateful with the organization.

**Activities 3: Women Health Camp (Pap smear)**

**Achievements:** Pap smear test was organized for 68 members in Nahuda Clinic Lalitpur District.

**Indicators:**

7 members have referred to the hospital out of 68 members for the further treatment.

**Activity 4: Scholarships and follow up program**

**Achievements:** 18 girls are studying in new grades 4 to 12 grade at present. They received scholarship to pay the admission fees, tuition fees, books, dress, computer course fees and stationeries. Follow-up program has been done in four different schools to know their study and family support.

**Indicators:**

16 girls could complete their study and rests of the other 2 girls drop-out from their study due to migration.

**Activity 5: Counseling Session for Student and parents.**

**Achievements:** 5 counseling sessions were conducted for 86 students and their parents. All participated very actively.

**Indicators:** Students and their parents learned about their responsibilities and learned how to communicate their feelings and how to maintain a good environment among them. After these counseling sessions a platform has been created for sharing among them. Office staff will help them to create a good environment in future too. Therefore they have committed to gather every alternate month and as per the need throughout the year.

**Activity 6: Sexual abuse against children: awareness program**

**Achievements:** Milijuli Samaj Nepal organized 3 awareness sessions on sexual abuse against children in three different schools named Dhapasi Kathmandu, Harisidhi Lalitpur and Balbinod Lalitpur districts. One hundred and eighty (180) students including teacher had attended this session.

**Indicators:**

The school management team has expressed positive responses about the program. So they are expecting that this session will help to reduce any sexual abuses surrounding students and also they can protect themselves. After the session students also expressed that how it is important aware of it.

**Activity 7: Cyber Crime Awareness Program****Achievements:**

Conducted a half day awareness session on use of cyber and how a crime happens among the users group especially in youth groups. 178 boys and girls participated actively in this session. The session's topic was focused in advantages, disadvantages of cyber and its consequences and how it creates crimes among users. The recourse person taught the **life skills** and its **ten characteristics of life skill**.

**Indicators:**

Students shared their experiences like; why and how they have been using cyber. After the session they learned about advantage and disadvantages of cyber use and they realized that how to handle it. Besides this cyber session they also learned **Life Skills and its Ten Characteristics**. They have requested to organize same session in more details again.

### **Activity 8: Dental Camp**

#### **Achievements**

One day dental camp organized in Sunakoti Lalitpur District for 108 community's people.

#### **Indicators:**

One hundred and eight (108) community's members benefitted from this camp, they also learned how to keep healthy teeth in life.

### **Activity 9: Skill Training for Income Generation Program**

**Achievements:** Two women members have completed three months beautician training course and one has completed six month tailoring course.

#### **Indicator:**

All of them have received a certificate from the training center and have planned to open their won beauty parlor and tailoring shop to earn money for their family support.

### **Activity 10: Income Generation Program; Vegetable Gardening**

**Achievement:** Ramila and Gita have taken revolving loan from the MSN partner Pratibadha Milijuli Saving and Credit Cooperative to start a vegetable gardening and poultry farm.

#### **Indicators:**

Both of them have started vegetables gardening and poultry farm and earning Rs.10,000.00 (ten thousand) per month. They are supporting their family members in education and health check up expenses from this income and saving money Rs.1000 per month in cooperative.

### **Activity 11: Waste Management Workshop- Awareness Program**

**Achievement:** Conducted waste management workshop two times for fifty six (56) cooperative members and housewives this year.

#### **Indicator:**

Participants learned how to re-use wastage goods like vegetable's rind, grass, used plastic, used carton papers, news papers etc. They also learned how to make manure in a simple waste bin by reusing wastage goods. This training helped them to keep their environment clean.

### **Activity 12: Bakery and Nutrition Food Training**

**Achievements:** Conducted bakery training and nutrition training once, for sixty two (62) members and this training was focused on bakery skills and balance food for good health.

**Indicators:**

Nineteen (19) participants learned about balance diet and its impact on health as well as other forty three (43) members learned about bakery skills; like bread, buns, cookies, pizza and biscuits etc. One of them has planned to open a small bakery delivery business.

**Activity 13: First Aid training – Primary Health Care**

**Achievements:** First Aid training organized in Dadhikot community, Jorpati and Gyaneswor Churches. The recourse person taught about primary health care such as; nose bleeding, bone fracture, wound dressing, cut injuries, eyes injuries, snake bite, fire wound and coma patient etc.

**Indicators**

Participants learned how to care a suffering person, and where to refer them on time. After session First Aid Kits distributed to all participants for safety purpose.

**Activity 14: Celebration of International Women Day 8 March, 2019.**

**Achievements:** Celebrated International women's day on 8 March, 2019 in Kathmandu. The chief guest was Mrs Dropadi Rokaya general secretary of YWCA of Nepal. She highlighted about the theme of 2019 on Gender Balance. She also encouraged to all living in peacefully. President Diana Pradhan honored to the senior citizens of Pratibadha Milijuli Saving and Credit Cooperative members and women leader who has been appointed as a leadership position.

**Indicator:**

All members expressed their gratitude to the organization and also encouraged to organizing a meaningful program in future also.

**Activity 15: Monitoring and Review**

**Achievement:** The board committee was formed a group to do the review of Milijuli Samaj Nepal's program. The team was completed review work by one month then presented their review report to the board members, subcommittee members and staff.

**Indicator:** The team identified organizational strength and weaknesses, therefore suggested to do the more follow up of programs to reflect in a transformed society.

**Activity 16: General Assembly and renew of organization**

**Achievements:** General assembly held on December 2019. Yearly report and expenditure presented and then plan/budget for 2020 was submitted, the committee approved plan and budget after long discussion. Documents submitted to the District Development Office and Local Municipality Office Kathmandu.

**Indicators:**

Annual plan and budget approved by the board member and District Development Office Kathmandu for the year 2020. Program period has been renewed for one year. One office room has provided by partner organization Pratibdha Milijuli Saving and Credit Cooperative office use.

**Activity 17: Advocacy in Leadership Development**

**Achievement:** Advocated and took sessions to women's groups (our partners) on Important of Women Leadership in the community as well as organization.

**Indicators:**

One experienced and mature staff employed as a director post in Milijuli Samaj Nepal from April, 2019, another member serving gender specialist advisor for president of Nepal. Four women are leading and serving in local community as a group leader.

**Case studies/Program Photographs**

Man Maya sharing about her failure and success movements with her friends for encouragement. She is working as a teacher in a government school and studying bachelors' study in management at present.



Amrita Karthak teaching how we can maintain healthy relations with parents teacher and friends in daily life.



Group photo staff and students.

One of the youngest students of 2019

MSN coordinates with partner organization in supporting in getting loans for farming and animal husbandry: Khil Kumari's Piggery Farm



Review members monitoring Khil Kumari's piggery farm 2019.

### Chicken and vegetable farming



Mrs Geeta earning Rs10,000.00 (Ten thousand) per month from this poultry farm at present. She had taken loan from our partner organization PMSC Cooperative and repaying her loan monthly basis. She is also supporting to education and health expenses from this income.



Mr Jeewan (a resource person) conducting awareness session on sexual abuse against children in government school, Dhapasi Higher Secondary School.



Dhapasi Higher Secondary Schools Student, 2019



First Aid Training for Church members



Mrs Durga Tamang is one of the active members of our partner organization cooperative. She has completed 9 months beauty parlor training and earns NRs. 18000.00 per month. She is supporting her children's education expenses from her monthly income.



Ms Sheela Sharma  
taking nutrition session for members



Balance Diet Chart-2019



MSN Provides stationary once a year



Counseling: Discussing about study and family support with students.



Municipality staff Sanu Maiya Maharjan taking classes about waste management



Participants learning about manure/waste Management skill



On the occasion of 109 International Woman's Day Prsident Diana Pradhan honored to women leaders and senior citizens. YWCA general secretary Dropadi Rokaya delivered the speech on Theme.  
***The theme of 109 IWD was Better the balance, better for the world "Balance for Better".*** Many members participated this program and expressed to conduct again in 2020.



Staff & Doctors team organized  
Pap smear test in 2019



Nurse checking a client's pressure before  
pap smear test

## Awareness session on Cyber Crimes 2019



Youth are discussing about Cyber Crimes and its consequences



Orientation Session for youth



One of the member Rita Ale running a vegetables farming from July, 2019 she earned NRS.120000/- within 4 months and was able to pay back her loan on time.



MSN review presentation, 2019