Quarterly Report of Zonta Club Kathmandu, Nepal

After the major earthquake of April 2015, most of the villages in hilly regions were either destroyed or severely damaged. Zonta Club Nepal had reached out to these villagers immediately. By the time winter approached, these villagers had still not received much help from the Government, so once again Zonta Club Nepal started relief assistant to the earthquake survivors, who were bracing cold winter with no shelter.

Distribution of Relief Assistance for earthquake survivors in Sakhu Village
7th of January, Thursday 2016

Zonta Club Kathmandu, Nepal organized a distribution of relief material to earthquake victims in Shankharapur N.P.K. 4 Lapsiphedhi 3 Dhadhakatiri Sankhu. Zontains First Vice President, Shreejana Rana, Second Vice President Meera Jyoti, Education Chair Kamal Keshari Tuladhar and Zn. Ratna Karki distributed package winter items of blankets, caps and socks to the earthquake survivors. 150 packages of winter items were distributed to 150 houses to the earthquake survivors along with 20 bathroom pans for the community.
Zonta Club Kathmandu, Nepal organized a distribution of relief material to earthquake victims in Ramkot and Bhimdhunga village. Zontians distributed package winter items of blankets, caps and socks to the earthquake survivors at Ramkot and Bhimdhunga village, outskirts of Kathmandu. 70 percent houses were destroyed and damaged by the earthquake. Ramkot is a village development committee situated 2.5 kilometers west of Sitapaila in Kathmandu, Nepal. In Ramkot village, 70 packets of winter items were distributed and in Bhimdhunga village 80 packets of winter items were distributed to the earthquake survivors.

Ms. Pramila Acharya Rijal - President, Meera Jyoti - Second Vice President, Secretary-Seema Golchha along with other Zonta members giving packets of winters items of blankets, socks and caps to the earthquake survivors.
Distribution of Relief Assistance for Keruja Village of Gorkha District
16th January, 2016

Kerauja a remote village in upper Gorkha district in Nepal lies at the height of around 3700 meter. The village was ravaged by the earthquake which struck Nepal in April, last year. The earthquake triggered a large landslide that went through Kerauja village carrying huge boulders and rocks destroying the entire village. All the villagers were displaced and are now living in temporary shacks and tents on the hilly slopes around what used to be the village.

Zonta Club Kathmandu Nepal distributed warm clothes to over 1000 quake affected families at Kerauja. Zontains provided blankets, sweaters, gloves, woolen caps and socks to 884 household at Kerauja. Earthquake hit people in Kerauja were deprived of winter relief. The goods were air lifted by a helicopter as there is no means to reach Kerauja. The families of this village were very happy with this support.
**Distribution of Relief Assistance for Thaple Village**  
**17th January, 2016**

Zonta Club Kathmandu, Nepal, Secretary-Seema Golchha along with Zontains Ava Shah and Tumika Sthapit went to Thaple gaon in Bhimdhunga VDC to distribute package of warm clothes, blankets (100), socks (100) and caps (100) to the village women. School students of class 1 to 5 were given caps and jackets (50) by Zonta to keep them warm in cold winter.

**Distribution of Relief Assistance for Sarsuekharka VDC in Kavre**  
**24th January, 2016**

Zonta Club Kathmandu, President,-Pramila Acharya Rijal, First VP Shreejana Rana and Zonta members visited Sarsuekharka VDC in Kavre,about three hours drive from Kathmandu and distributed warm clothes to over 200 quake affected families. Zontains provided blankets
(200), woolen caps (246) and socks (248). The whole village was severely destroyed by the earthquake.

**Distribution of Relief Assistance for Khading and Bramdang villages, Lapa VDC, Dhading**

15th February, 2016.

Dhading is one of the remote mountain districts of Nepal that was severely affected by the earthquake in April 2015. The extreme cold in winter season added more hardships in the life and livelihoods of local people. Zonta Club jointly with The Mountain Institute (TMI) and HEED Nepal was able to provide support to 135 households of Khading and Bramdang villages of Lapa VDC in Dhading district. The selected villages are very remote and marginalized and have not received adequate attention from government and non-government agencies involved in the recovery program. The Zonta Club donated a total of 250 pieces of blankets, 250 pieces of woolen caps, 250 pairs of socks and 172 pieces of jackets, as well as NRs. 20,000/- for transportation of the items. The Khading Mothers’ Group has given an appreciation letter to the Zonta Club and TMI.

TMI looks forward to future opportunities to work jointly with the Zonta Club to support marginalized mountain communities.

Hand over of material to TMI from Zonta club, President
Provide nutritional supplement and daily requirements in earthquake affected areas

15th April 2016

Sindhupalchok is one of the worst-affected districts as a result of the earthquake that took place on the 25th April. Many VDCs have still not been reached due to remoteness and accessibility both in terms of roads and telecommunications. The Sunkoshi River was blocked, creating a high dam that affected lives and livelihoods both upstream and downstream.

Zonta Club, Kathmandu jointly with the Child Care Foundation Nepal was able to provide nutritional supplement and daily requirements to 500 households of three VDCs (Sunkhani-250, Thumpakhar-200 and Thulopakhar-50) in Sindhupalchok district. The selected villages are very remote and marginalized.

The Zonta Club, Kathmandu donated a total of 500 pieces of Mosquito Net, 500 of Piyush (Water purifying tablets), 50 boxes of Nava Jeevan (Anti diarrhea medicine) and 1000 packets of Sarbottam Pitho (Baby food), as well as NRs. 10,000/- for transportation of the items.
Zonta Club Kathmandu Provide Birthing Instruments to Gorkha Hospital
6th February, 2016

The Gorkha District Hospital has been severely damaged by the earthquake on 25th April, 2015. Pregnant and lactating mothers are staying in tents within the hospital premises. Lacks of birthing instruments have caused complication in safe delivery services and post-partum care.

Zonta Club, Kathmandu team visited the Gorkha hospital in Gorkha. President, Pramila Acharya Rijal handed over the birthing instruments to Gorkha Hospital Committee chairman. The instruments handed over were: Delivery table’s, Baby resuscitation table with radiant heater, Surge holder’s, Straight Kocher’s forceps, Vaginal speculum, Cusco’s, Sim’s, Instruments trolley’s, 10 Patient beds, Height adjustment stool’s.
Zonta Club Kathmandu launched the Community toilet in Goldunga, an earthquake affected area in the outskirts of Kathmandu, using the Sulab technology which has been declared as one of the Global Best Practices. The Sulabh technology toilet consists of a pan with a steep slope of 25°-28° and an especially designed trap with 20 mm water seal requiring only 1 to 1.5 liters of water for flushing, thus helping conserve water. It will have 2 pits system where there are no sewage facility available, thus making it environment friendly. The Community toilet has been built in earthquake affected areas.

The foundation stone lying was done by President, Pramila Acharya Rijal on 12th February, in Goldhunga. Treasurer Samjhana Acharya and Zt. Padmasana Shakya were also present.
Awareness Program
5th February, 2016

Zonta Club Kathmandu, Nepal in collaboration with Jayanti Memorial Trust organized an awareness program on February 5th in Kathmandu. The event held a discussion on ways to solve issues concerning heart diseases and helping financially marginalized women of cardiac patients. Cardio vascular disease is the second highest killer in non-communicable disease in Nepal.

President, Pramila Acharya Rijal spoke at the Club collaborated with the Jayanti Memorial Trust in order to work together to achieve their shared goals—to raise awareness and raise funds.

Renowned Cardiac surgeon, Prof. Dr Bhagwan Koirala, Jayanti Memorial Trust (JMT), Chairperson Singha Bahadur Basnet, Zonta-President, Pramila Acharya Rijal, Zonta, First VP/JMT Vice-Chairperson Shreejana Rana and Dr Rita Singh participated, among others targeted groups were principals from educational institutions, representatives of their student body, the Media with a focus on youths.

First Vice President and Chairperson of Health Committee, Shreejana Rana briefed the works of Jayanti Memorial Trust and stated that the ensemble has been organizing free health camps, medical educational programmes for doctors and nurses, and various awareness programmes.
Zonta Club Kathmandu, Nepal had printed the yellow rose day cards. The purpose was not just to raise money but also to appreciate women on international women’s day (8th of March). It was a unique idea to sell the card to men, who further gifted it to the women they wanted to express their appreciation to. Each Zonta member sold 50 cards. Rose day concept was appreciated by all and thus Zonta Club Nepal plans to continue it next year too.