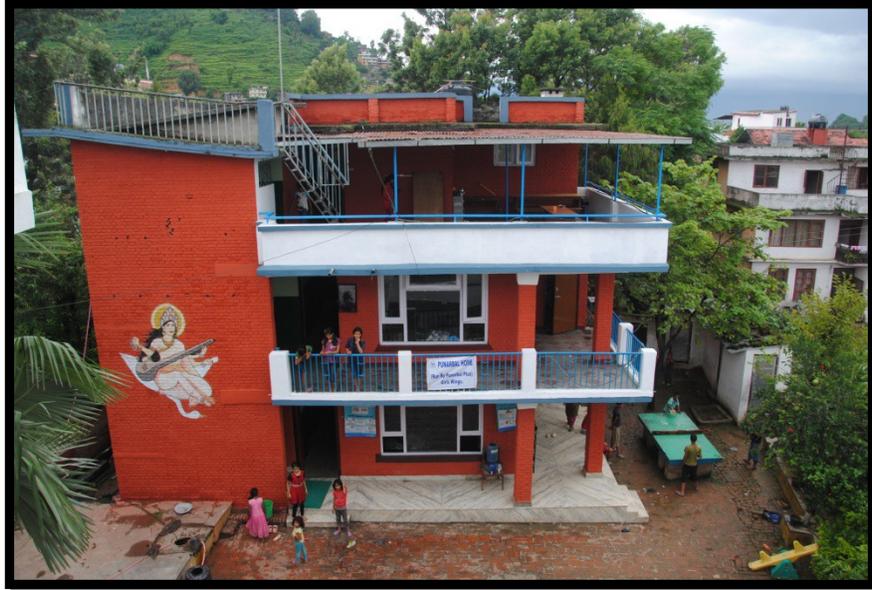


# Progress Report

## Punarbali Plus

*January - June 2016*



# Punarbhal Plus

Sitapaila, Kathmandu; Telephone: 977+014284497;E-mail:info@punarbhalplus.org;  
Website: www.punarbhalplus.org

## **Table of Contents**

<b>1 General information</b> .....	<b>Pg. 3</b>
<b>2. Executive Summary</b> .....	<b>Pg. 4</b>
<b>3. Background</b> .....	<b>Pg. 4</b>
<b>4. Project activities</b> .....	<b>Pg. 5</b>
4.1 Overview of children.....	<b>Pg. 5</b>
4.2 Capacity Buildup training.....	<b>Pg. 5</b>
4.3 Education.....	<b>Pg. 5</b>
<b>5. Separate homes for girls and boys</b> .....	<b>Pg. 6</b>
<b>6. Health and wellbeing</b> .....	<b>Pg. 6</b>
6.1 Overview of health.....	<b>Pg. 7</b>
6.2 Nutrition and meals.....	<b>Pg. 7</b>
6.3 Counseling.....	<b>Pg. 7</b>

6.4 *Yoga classes*..... Pg. 8

7. *Finances*..... Pg. 8

8. *Key challenges*..... Pg.9

9. *Future plans*..... Pg.9

10. *Conclusion*..... Pg.10

***Appendix 1 Financial report***

***Appendix 2 Case Study***

## Executive Summary

This report provides an overview of project activities for Punarbal Home of the period 1<sup>st</sup> Jan to 30<sup>th</sup> June 2016. This report is submitted to the **donors** as part of the reporting compliance. This report demonstrates not only the activities that Punarbal has undertaken in order to support the children in the Home, but how Punarbal has attempted to address the issue of discrimination facing infected/affected orphans in Nepal. **This has been a challenging and rewarding period for Punarbal Plus as an organization.**

Currently there are 35 children in total at the Punarbal Home - 29 children are infected and 26 receive anti-retroviral treatment. Except for 7 small children, 23 big children go to Public School and 5 children gave the SLC examination.

Our organization could continue the operations because of generous funding and technical support from **Stephane –Guy Croisier Foundation, Mrs. Sylvie Nahum, Members of SASS** and the committed staff of Punarbal Plus. This report not only demonstrates the range of activities undertaken in this reporting period, but outlines the effective financial management to ensure funds have been used appropriately to support the outcomes of the program.

## 1. General Information

Project Title	Punarbal Home
Project Location(s)	KarkhanaChowk, Swoyambu, Kathmandu
Dates of Reporting Period	1 <sup>st</sup> Jan to 30 <sup>th</sup> June 2016
Organization's Name	Punarbal Plus
Postal Address	Sitapaila, Kathmandu Post Box No: 24891
Project Contact Person	Apsara Karki
Telephone Number	977 -014284497 office
Email Address	<a href="mailto:info@punarbalplus.org">info@punarbalplus.org</a>
Website	<a href="http://www.punarbalplus.org">www.punarbalplus.org</a>
Total Amount	

## 2. Background

HIV infected people in Nepal still face discrimination every day due to stigmatization. Children are expelled from schools and are not given opportunities for education. They often come from poor families; having lost one or both parents they don't have access to healthy food, medicine or proper clothing. Sensing the urgency of the issues and the need to act quickly, in May 2007 Punarbal Plus established a school "Punarbal Shikashya Sadan" to provide educational and nutritional support for the orphaned and infected/affected children.

The school started with 31 HIV/AIDS infected students. However, soon after opening the school, Punarbal Plus realized the importance of integrating infected children as people started stigmatizing the school as the school for the infected children only. Therefore, in the following year, children from deprived families, orphans and conflict affected children, were also admitted. This was the first step of the organization towards integration. The benefits of this process were numerous. The school started making its identity as a "normal" school again. Infected children who once lived in isolation now had the opportunity to play and interact with other children. This had a positive impact on their behavior. It provided opportunities to children who were disadvantaged and had not been able to attend school previously. At that stage, the school only supported children within the Kathmandu Valley.



The demand for admission for HIV affected and infected children/orphans started pouring in from remote parts of Nepal. Admission for any of those children also meant the need for a place to live. Hence, in November 25, 2009, Punarbal Plus initiated "Punarbal Home", a care and support center for those children who had nowhere else to go due to prevailing discrimination. Punarbal Home now houses 35 needy children who, without support, would probably live a life of extreme poverty and discrimination.

With continuous lobbying for rights of education of the infected children with school authorities, government officials, doctors, like minded organisations, journalists, Punarbal succeeded to integrate its first batch of students in grade 5 in 2013 in a government school in Sitapaila. The school agreed to admit only bigger children initially as the school authorities were afraid that smaller children may fight with each other and get infected. But as time passed by the school agreed to integrate children from grade 2. At the same time due to lack of funding support Punarbal Plus had no option but to close Punarbal Shikshya Sadan School. The non infected children from the community were integrated in other schools with free of cost education. Where as the smaller infected children were home taught by the hostel in charge of Punarbal Home with a vision to integrate them when they reach grade 2. This strategy helped children who

came from far away villages and who did not have the opportunity to go to school due to prevailing stigma and discrimination towards the disease. This was a blessing in disguise for Punarbal as it had always been the goal for Punarbal – to close the school once the community is ready to overcome discrimination and allow infected children to study in local schools. This was a real achievement brought about by a range of interaction awareness programs

### 3. Overview of Children

Currently there are 35 children in total residing at Punarbal Home - 29 children are infected and 26 are under anti-retroviral treatment. To date, 24 children have been integrated into other schools, 7 children receiving pre-school education informally in Punarbal Home and 4 young adults gave and passed SLC examination.



### 4. Project Activities

Different activities were conducted during six months period.

#### 4.1 New Admissions

This year Punarbal admitted 7 new children from 4 different districts of Nepal. They are all HIV positive. At Punarbal Plus, they will be able to gain education and are provided with the necessities that may not have been available at their home. Punarbal is happy to welcome these new children and are excited to see them flourish in the coming years.

#### 4.2 Family Integration Program

This year one child, Anita, was interested in going home to her family. She is grown up and was not keen to study further after grade 7. Punarbal contacted her relatives and explained them about Anita's interest and her need. The relatives were also ready to take her home. With the Family Integration Program, she went home safely to live with her Uncle. She is trained in sewing and now collects clothes from her community for repairs. We are happy that Anita is now back with her family.

#### 4.3 Education

##### Education and Skill Training for Youth:

With some of the children having recently completed their SLC exams (higher secondary), they are ready to take the next step in their education. Punarbal instead of providing just an education has a vision to enroll them in the vocational skills training so that they could earn handsome amount once they complete the training after a year or two depending on the trade they select. Though the interest of the children was to get enrollment in nursing, health

assistant, community medical assistant, unfortunately some of them could not get required grade to enroll in the courses of their interest. In this case Punarbal is looking into other pathways for the children. Punarbal has started to look into some technical courses like electrician, plumber for the children. These courses will help the children further their education towards a pathway they are more interested in and help secure a brighter future.

- Jeevan- Health Assistant
- Ganga – Community Medical Assistant
- Insari - Management
- Binod Raule - Electrician
- Arjun- Plumber (Studying in grade 8 but due to his age and lack of interest in studies he wanted to try the course)

#### 4.4 Separate Home for Girls and Boys

As the children are growing into adults, a strong need is felt to have separate home for Girls and Boys. Therefore, from June 2016 Punarbal Plus shifted its location to Sitapaila around 1km west of the previous location.



The new complex has two large buildings with 25 rooms and more space for the children to play. The first building in the front of the compound is used for an office, meeting room, room to accommodate two volunteers, T.V. room and residence for the boys. The boys will share their rooms like the previous home, only now they have much more space to move around and play in their rooms.

The second building at the back of the compound has a well set up infirmary, kitchen, dining area for the children, classroom for smaller children and the girl's residence.

Located between the two buildings is a large courtyard where the children can play games with each other, relax between classes and are free to mingle safely after the school day. This space has a table tennis table, a small gardening area and a raised “stage” for dance classes to be held. Punarbal is very fortunate to have this new complex and with the larger buildings to house the children more comfortably.



### 5. Health and Wellbeing

Punarbal Plus is committed to ensuring the health and wellbeing for all children residing at its Home. The range of activities such as nutritional support, yoga and counseling is available in addition to medical facilities where the children get proper medication and regular checkups. These are all important aspects for the children living with HIV.

## 5.1 Overview of Health

In June 2016, regular routine test with LFT(Liver Function Test) was conducted for all the children and the reports were normal for all children.

The HIV test is done twice a year, the CD4 test was done in June 2016. The CD4 report showed maximum 1280 and minimum 84. Out of 29 HIV positive children 26 children are under ARV medication.

A newly admitted boy had insufficient blood volume when he arrived to Punarbal so doctors infused him 3 pounds of blood and two girls are currently under TB medication. One of the boy's conditions is not improving due to not eating properly. Doctors have tried to take blood tests but the reason has not been identified yet. They have suggested for testing viral load again.

## 5.2 Nutrition and Meals

Below outlines the regular weekly meal planner and nutrition intake.

Day	Breakfast (7am)	Lunch (9:30am)	Snacks(4pm)	Dinner(7:30pm)
Sunday	Milk, roti & egg	Rice, beans, veg & salad	Fruits	Rice, dal ,green veg & salad
Monday	Milk, beaten rice & egg	Rice, dal, veg & salad	Gram & beaten rice	Rice, dal ,green veg & salad
Tuesday	Milk, biscuit & egg	Rice, beans, veg & salad	Gram & beaten rice	Rice, dal ,green veg & salad
Wednesday	Milk, bread & egg	Rice, dal, veg & salad	Noodles	Rice, dal ,meat & salad
Thursday	Milk, biscuit & egg	Rice, dal, veg & salad	Gruel(Jaulo)	Rice, dal ,green veg & salad
Friday	Milk, biscuit & egg	Rice, beans, veg & salad	Fruits	Rice, dal ,green veg & salad
Saturday	Milk, bread & egg	Rice, dal, veg, meat & salad	Noodles	Rice, dal , veg & salad

## 5.3 Counseling

Children at Punarbal Home have faced such challenging circumstances after losing both of their parents whilst facing a serious illness themselves. This means that they come to Punarbal with deep emotional scars. Counseling is one of the best methods which can be used to reduce or

remove these scars which often cause them to feel sad, isolated, maladjusted or mentally stressed.

Once a week, counseling session is conducted. The first three months focus on building a rapport with the children to gain their trust, then to commence individual and group sessions. The Counselor found some adjustment and behavioral problems such as teasing, cruelty, timidity, aggressive behavior, lying, fighting with siblings, creating disturbances, complaining, bragging and bed wetting. One girl has attention seeking behavior that is being rectified through individual counseling sessions.

After a course of counseling sessions, positive changes have been noted in many of the children. It has helped the children to share their feelings, loneliness, fears, interests, pain, and sorrows. This has created a positive and favorable atmosphere in the Punarbal family and supports in understanding child psychology. The new children are slowly adapting to the new environment and developing pro-social tendencies.

## 6.4 Yoga Classes

Patanjali Ayurveda Kendra, an organization that teaches yoga, are providing a yoga teacher every day for one hour from June 2013. Yoga is good for increasing the immune system. Before they started participating in the yoga classes, we could frequently see around five children getting sick every week. After doing yoga every day there are less children getting sick. Patanjali Ayurveda Kendra continued their support for till June 2016 and after that a new agreement will be done with the organisation.



## 7. Finances

During this six months period Punarbal Plus received fund from

S.N o.	Name of the Donor (Individual or organization)	Donation amount in Native currency	Donation amount in Nepali Rupees
1.	Stephane Guy Croisier Foundation		
2.	Mrs. Sylvie Nahum		
3.			

These funds will help Punarbal to continue support 35 children including 5 new ones. A detailed overview of expenditure is attached in Annex 1.

Some other resources such as stationary, clothers, games are also provided by international volunteers who also provide assistance with Punarbal's work. The Home also assists volunteers with a homestay arrangement. During this period, Punarbal has had 8 volunteers from two different countries including Australia and New Zealand.



### Networking

Coordination with the government, hospitals, stockholders, CBOs organization, Child Care Home Network (CNET) and SOS BAL Gram.

## 8. Key Challenges

**Punarbal Plus are facing a number of challenges to the project. These include the following;**

- High demand for admitting new HIV infected children at Punarbal.
- As the children often get sick, they miss the classes. Hence, the children are weak in their studies.
- The children who passed SLC and gave the entrance exam could not pass due less marks.
- Need of transit home. Hospitals & organizations working in HIV outside Kathmandu valley are requesting Punarbal Plus to open a transition home for children infected/affected by HIV/ AIDS (CABA). Many cases of HIV children from Child district hospitals are transferred to Kathmandu for further treatment. Follow up cases that have no place to stay or money for a guest house are sometimes referred to us from the hospital. We are providing places for them in our medical room on the floor.
- Most of the children due to stigmatization have mental problems. These problems cannot be identified easily but later creates problem.
- Finding a long term donor so that Punarbal can continue its work without any fear of closing down due to lack of fund.

## Conclusion

Punarbal Plus would like to thank all its donors who supported the good cause – supporting children living with HIV & AIDS in education, nutrition, medication, livelihood and care. Punarbal is committed to serve the children in need with a hope to expand to meet the demand of the needy. This initiative will provide greater assistance to the children facing discrimination in Nepal.

