



## NAMASTE FROM CDO NEPAL!

As we enter the final quarter of 2016, we'd like to share this update with you. CDO has made great progress and so we thank our staff, volunteers and generous donors for their tireless support!

Read our updates to learn about our recent achievements!

### Contents

<b>Health-Post</b> Update	<b>1</b>
<b>Safe Motherhood</b> Update	<b>1-2</b>
<b>Transforming &amp; Saving Lives</b>	<b>2</b>
<b>Good News!</b>	<b>2</b>
<b>Scholarship Program</b> Update	<b>3</b>
<b>Kabita's story</b>	<b>3</b>
<b>Mobile Health Clinic</b> Update	<b>3</b>
<b>CDO's Plan for 2017</b>	<b>3</b>

### Health-Post Reconstruction

This year, CDO began rebuilding two rural health-posts destroyed by Nepal's fatal earthquakes in April & May of 2015. Pregnant women, in particular, desperately need a safe place for check-ups and to deliver their babies. The new and improved health-posts in Thuladurlung and Malta will help to save many lives.



Thuladurlung's former & new health post

Heavy monsoon rains washed out many dirt roads, causing landslides that made traveling quite hazardous. Sick people in these remote villages depend on health-posts for medical care and treatment, so we hope to finish the reconstruction quickly.

**We're so grateful for your support!**

## CDO Nepal

### Fall 2016



**"Uplifting the  
People with Care"**

Visit us: [www.cdonepal.org](http://www.cdonepal.org)

### Safe Motherhood & Childcare Program (SMCC)

SMCC promotes women health and safe pregnancies by providing comprehensive ante-natal testing and distributing essential vitamins and nutritional supplements to pregnant and lactating and support for safe healthy hospital deliveries.

790 women participated in these educational seminars of the essentials of hygiene, promote pre- and post-natal care, nutrition, first aid, breast-feeding, vaccinations, safe delivery practices.



Workshop on breast-feeding in Bhardeu

# Transforming & Saving Lives

CDO was struck with joy and gratitude by the case of Ayush Bal. He was a tiny, four-month old baby when his teenage mother, Sujita, carried him to our health-camp. He was frail, weak and limp, weighing only 3.5 kg, or less than 8 lbs. He couldn't even hold up his head without support—and was extremely malnourished.



Ayush Bal, at 4 months and 15 months later, with Sujita Bal.

Sujita's lack of experience in breast-feeding had caused made her son underweight. Yet with CDO's help, Sujita learned about nutrition diet and breast-feed which improve both mother and son health after 4 month. To our delight, Ayush survived and gained 2 kg within six months. At his last weighing in April, he weighed 6.5 kg and had begun to walk with support of his mother! Sujita, now 20 years old, was happier and healthy, too.



CDO's **Safe Motherhood** project transforms lives by educating women on the importance of proper nutrition, immunization, first-aid, antenatal care (ANC), childhood vaccinations and more. Thus far, CDO has completed the project in eight villages, and is currently running the project in four remote villages. Starting in mid-November, we'll begin the project in two more villages.



Through SMCC, doctors offer postnatal care to women. This helps both mothers and children to be healthy.

The **Safe Motherhood & Childcare** project promotes safe and healthy pregnancies by providing comprehensive antenatal testing and distributing essential vitamins & nutritional supplements to both pregnant and lactating mothers. Many of the participants are uneducated and believe in traditional folk-wisdom, which often includes harmful superstitions. An integral part of the project is to educate communities about safe birthing practices and proper nutrition. We also offer workshops in organic gardening to help them provide organic vegetables & income for their families. When needed, CDO provides transportation and funding to enable safe deliveries in hospitals.

In 2015-16, we reached a high level of success in 4 villages:

- Antenatal Care (ANC): **193** women
- Postnatal Care (PNC): **123** women
- Safe deliveries in a health facility: **78**
- Ultrasound & pregnancy lab tests: **56**
- Pap smear & other tests: **13**
- Health check-ups: **2,890** people
- Education & training: **3,229** people

## Good News!

CDO-Nepal has received 10 awards and *Letters of Appreciation* for its **Safe Motherhood and Childcare** program. These came from local health posts, Nepal's Health Workers' Association, the District Public Health Office and a local public school. While the government is unable to provide women with sufficient medical care, especially in remote villages, it appreciates CDO's collaboration, training and workshops on public health!



CDO's programs always strive to reach those most in need, such as women & children in local brick factories or remote mountain villages, the elderly and internally-displaced people. In collaboration with government offices, CDO saves lives by helping women to safely deliver babies, covers hospital fees & supports those who fall through the cracks in Nepal's welfare system.



## Scholarship Program

In 2016, CDO provided 39 more scholarships to needy children of local brick and carpet factory workers. We now sponsor 49 students at community schools in Godawari.



Thanks to our donors, these children are proud to attend Kitini Higher Secondary School in Taukhel.

## Kabita's Story

Kabita Rai spent her childhood in brick factories. she grew up helping her parents to make bricks. They made just enough to eat and send her to primary school .

A bright and hard-working daughter, she force her parent to sent her school, with the support of CDO scholarship she is able to complete her graduated with a Bachelor's in Business and now works at a teacher in Montessori school. Now she became the source of inspiration and encouragement to other 49 scholarship children of brick kilns worker. Thanks to her education, now she lives better life than other in brick kilns.



***In 2017, CDO plans to expand its Health Education programs to more remote villages where people are dying due to lack of health education and basic medicines. CDO will continue the Safe Motherhood & Childcare program, Mobile Health Projects, Scholarships and Community Development projects. We truly count on your ongoing support to make all this possible. THANK YOU!***

***To learn more about making a donation, volunteering or your support , visit us at <http://www.cdonepal.org>***

## Mobile Health Project

Since 2012, CDO has successfully completed *Mobile Health Project* in eight remote villages, providing check-ups for more than 15,800 patients and training more than 5,600 people and in 2016 start in two remote villages. Due to poor hygiene and unsafe water, many children are also treated for diarrhea, conjunctivitis and worms.

### Mobile Health Clinic and Awareness Programme

Our medical health camps reach out to people in hard-to-in 18 brick and carpet kilns reaching more than 3700 workers, public schools and homes for the elderly. In 2015-16, CDO facilitated check-ups for 4,538 patients and gave health training and education to 1,010 people. Through Eye Camps, 657 people were benefited and successful completed cataract operations to 13 patients.



CDO's health-workers and doctors emphasize *prevention* through health education. More importantly, CDO run sustainable health training and education to health-workers and female health volunteers, who continue working among villagers in future.

In gratitude, we thank all of our donors, who have made the care and treatment of many people a success!



Elderly people and nursing mothers are very grateful to CDO for bringing medical care to them!