

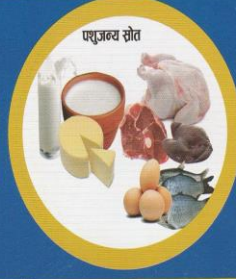
हरेक बार खाना चार



शक्ति दिने खानेकुरा



नेडागडी



एउजन्व चोत

शरीर वृद्धि गर्ने खानेकुरा



शरीर सुरक्षा गर्ने खानेकुरा



ग्रामीण सामुदायिक संस्था विकास (रिकोड)
गोदावरी न.पा.-११, चापागाउँ, ललितपुर
पो.ब.नं. १२७७५, काठमाडौं, नेपाल, फोन नं. ९७७-१-५५७२३०८
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ANNUAL REPORT

FY 2078/079

(16th July 2021 to 16th July 2022)

RURAL INSTITUTION FOR COMMUNITY DEVELOPMENT (RICOD)
Godawari Municipality -II, Chapagaon, Lalitpur Nepal
P.O. # 12775, Kathmandu Nepal
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BACKGROUND

The Rural Institution for Community Development (RICOD) is registered at the Lalitpur District Administration Office and has been affiliated with the Social Welfare Council since BS 2051 (1995). Since its inception it has been working with children, women and youth in the area of basic health, nutrition, education, peace and development in Nepal.

A board of 9 persons governs RICOD. The board is elected once every five years and meets at least in every three months. There are 18 female and 20 male general members who assemble once a year for the general assembly. The members have experience in planning and implementation of community development, health and relief & rehabilitation programs. Some members also have experience working in rural community development regarding health, education, nutrition, HIV and AIDS, social research, institutional capacity building, volunteer's mobilization and disaster response.

In a long journey of 27 years, RICOD has partnership with Ministry of Youth and Sports, District Development Committee Lalitpur, Youth Information Center Lalitpur, District Public Health Office Lalitpur, Terre Des Hommes (Tdh), Chemonics International/USAID, European Union (EU), Mennonite Central Committee (MCC), World Vision International (WVI), Canadian Foodgrains Bank (CFGB), Volunteer Service Overseas (VSO), Merlin Nepal, Save the Children, Restless Development, Norwegian Agency for Exchange Cooperation (NOREC), Atlantic Council for International Cooperation (ACIC), Solid Nepal, Beyond Beijing Committee(BBC), MAMATA India and Effort for Rural Advancement (ERA) Bangladesh for the improvement of livelihood, health, education and nutrition status of rural communities in Nepal.

The COVID-19 pandemic is defined as public health crisis affecting societies and economies at their core. On the top of that, it increased poverty and inequalities at a global scale. Nepal being no exception has serious issues in country's economic, health and social sector. In addition, government enforced lockdown and movement restrictions for several times over a period of 2020-2021 which affected RICOD in many ways. As a result, the forth strategy period (2016-2020) extended up to 2021 December. However, RICOD did wider consultation with its executive committee,

members, staff, beneficiaries, partners and stakeholders, RICOD has produced its fifth strategic plan (2022-2026) aligning with Sustainable Development Goals (SDGs) and 15th five-year plan of Nepal.

VISION

Fair and impartial communities for the well-being of all

Mission

Build a just and equitable society by empowering the community

STRATEGIC OBJECTIVES

1. To increase and enhance the targeted group's access on primary health care services
2. To improve quality of early childhood development and basic & secondary education
3. To improve Food security of target groups
4. To provide humanitarian assistance to households affected by disasters
5. To address Climate change issues at household, community and RICOD level

STRATEGIC APPROACHES

- ***Empowerment***

Empowerment includes awareness and knowledge of one's situation and ability to claim rights. It also includes understanding of constitutional fundamental rights and obligations of the government, community, family and individuals.

RICOD facilitates to explore community potentialities as change agent for affirmative actions. In addition, it equips rights-holders and duty-bearers with knowledge, skills and attitudes so that opportunities and confidence of rights-holders is increased. This action actively involves people in all aspects of their development.

- ***Integrated and Sustainable***

The integrated approach aspires for comprehensive development to achieve the agenda of human dignity and wellbeing. Moreover, it entails holistic programming which deals with all facets of people's lives, addressing the rights and needs of individuals and communities. RICOD's focus is given to the ways in which various components are inter-linked and programming is done accordingly.

Sustainability depends on the policy, institutional, environmental and financial assurance of the action. RICOD ensures that these elements are included in all actions for future sustainability.

- ***Partnership and Networking***

Partnership emphasizes on sharing technical or financial resources among organizations to achieve common goal. RICOD promotes partnership/collaboration considering the importance of the action, resource limitation and to generate synergy. Networking and collaboration are intended to ensure better results. The success heavily relies on the level of coordination, collaboration and networking with relevant primary and secondary duty-bearers.

RICOD promotes collaboration with government structures at federal, province, municipal and grassroots levels. Also, it collaborates with civil society organizations, corporate sectors and individual right holders.

- ***Inclusion***

The policies and practice for assisting equal access to resources/opportunities for people who might otherwise be excluded or marginalized, such as people with special needs, women, children, elderly and members of other minority groups in a given context. RICOD ensures and promote diversity and inclusion in its every action.

CORE VALUES

- **Dignity and Justice**

Dignity is a term used in moral, ethical and political discussions to signify that a person has an innate right to respect and ethical treatment. Everyone is entitled to all the rights and freedoms, without distinction of any kind, such as race, color, sex, language, religion, political or other opinion, national or social origin, property, birth or other status. Justice is a human creation. Social and economic inequalities are to be addressed so that they both are for the greatest benefit of all. In institutions, justice raises issues like legitimacy, procedures and interpretation.

RICOD respects the dignity of every person and support communities in their efforts to achieve justice and human rights in all actions. RICOD facilitates the empowerment of those it works with to achieve these ends.

- **Transparency and Accountability**

Transparency is performing actions in an open and clear manner while accountability is having ability to provide sound reasoning for those actions. This leads towards good governance of the institution. RICOD maintains, applies and periodically reviews rules, regulations, policies, guidelines and procedures which ensure transparency and accountability. It is also ensured through reporting to the communities, funding partners, government and other relevant stakeholders.

- **Environment sensitivity**

In general, environment refers to the surroundings of an object or the natural environment including all living and non-living things. RICOD is sensitive towards conservation of the natural resources. RICOD ensures rational use of natural resources so that its actions will not deteriorate the environment. This includes use of bio-fertilizers, proper disposal of plastic materials, rational use of means of transport and adoption of eco-friendly technologies.

THEMATIC AREA

1. Primary Health Care
2. School Education
3. Food Security
4. Humanitarian
Emergency Response
5. Climate Change

TARGET GROUPS

- ✓ Women
- ✓ Children
- ✓ Youths
- ✓ People with special needs
(differently able, orphan,
geriatric, pregnant)
- ✓ Members of other minority
groups

GEOGRAPHIC TARGET AREAS

RICOD is legally registered in Lalitpur district. RICOD started work in the remote and marginalized southern part of Lalitpur district. It will continue to work in the existing municipals and extend to other municipals of Lalitpur district. RICOD will explore opportunities to intervene in other parts of the country.

Projects in FY 2078/079

Improving Mother and Child Nutrition in Rural Village of Lalitpur (Phased out on March 2022)

The organization run Improving Mother and Child Nutrition Project (March 2017-March 2022) with the support of Canadian Foodgrains Bank (CFGB) and Mennonite Central Committee (MCC), in two wards of Bagmati Rural Municipality ward # 6 and # 7 (Aashrang and Gimdee) and also all 6 wards of Mahankaal Rural Municipality (Bukhel, Manikhel, Gotikhel, Kaleswore, Chandanpur and Thuladurlung) since 2017 targeting newly marriage couples, pregnant women, children under 5 years and their mothers. After accomplished the planned activities the project has phased out on March 2022. During this Fiscal Year 1137 male, 1347 female and 945 children under 5 years were benefited.

In each ward a mother group network was formed and registered in the Local Government Office. The organization supported each group with one lakhs rupees as a seed money to implement the activities for. Currently, these networks are conducting various activities in coordinating with respective wards and have also submitted network plans to the local government and requested for the support.

Mutual Learning for Improving Health and Nutrition Scenario (April 2020 to December 2022)

RICOD has been implementing Mutual Learning for Improving Health and Nutrition Scenario with the financial support of Norwegian Agency for Exchange Cooperation (NOREC) and in collaboration with ERA, Bangladesh from April 2022. The project is implementing in Mahankal Rural Municipality ward # 3 and in Godawari Municipality ward # 11. The project targets children under 2 years of age, their mothers and pregnant woman. The main objective of this project is to support nutrition status of mother and child through staff exchange between two organization (RICOD Nepal and ERA Bangladesh). The project goal is learn good practices from each other and follow those lessons in the respective countries.

Under this project, capacity building trainings of the mother group network were conducted as well. Breastfeeding week, children's day and nutrition week were celebrated in collaboration with the local level health institutions. Mobilization of doctor at Bajrabarahi Chapogaon Hospital and Gotikhel Health Post, regular mobilization of Female Community Health Volunteers to monitor the nutritional and health seeking

behavior of target women to measure the achievements of the project, creating collaborative work environment between local bodies and mothers group network, pregnancy checkups, delivery checkups, to increase the rate of institutional delivery and other activities such as; advocacy and lobby have been conducted to manage the outreach clinic in a regular manner. As the first three years project cycle will end in December, 2022.

Improving Food Security and Nutrition Project (Year 2022 to Year 2026)

RICOD lunched Food Security and Nutrition Project in Godawari Municipality and Bagmati Rural Municipality with the support of Canadian Foodgrains Bank and Mennonite Central Committee from April 2022. The project covers Devichour of Godawari Municipality and 5 wards (Ghusel, Malta, Bhattedanda, Pyutar and Ikudole) of Bagmati Rural Municipality. The project was developed after analyzing the situation of food security and nutrition project.

Youth Volunteer Mobilization Project (ongoing)

In this financial year, 8 foreign interns have "knowledge about core humanitarian standards, risk perception and disaster cycle" - "Culture exchange, contemporary theories and practices of humanitarian principles including development theories and new ways of thinking" and 1 out of 3 national interns Account and Finance and 2 interns on community development. 9 peer trainers were mobilized to study various activities of the Maternal and Child Nutrition Improvement project as well as the final impact of the project. 12 in Food security and nutrition project and 2 peer educators mobilized in Mutual Learning Project. Likewise, 9 Female Community Health Volunteers of ward #3 of Mahankaal Rural Municipality for assurance of food consumption, ANC/PNC visit and Growth Monitoring of the children under 2 and counseling mothers on nutrition and growth monitoring since March 2022.

Annual progress (FY 2079/078)

Establishing and revising the policies and guidelines

This year Policy against Fraud, Bribery and Corruption (ABC policy) has been developed and approved by RICOD executive committee. Personnel policy and admin and Finance policy has been amended. RICOD develop the complaint registration and addressing mechanism. ABC policies is developed for preventing from the fraud, bribery and corruption and PSEAH policy for preventing from sexual exploitation, abuse and harassment. These policies ensure that all RICOD board members, employees, associates, and partners are aware of their roles and responsibilities. RICOD takes all issues and grievances seriously and will conduct a thorough investigation into any complaints that are in breach of these policies. RICOD provided orientation on this to its members and has a plan to provide orientation to the project staff, peer educators and its associated members in current fiscal year (079/080).

Develop new concepts and Proposals

RICOD developed a proposal for the food security and nutrition project for 3 years and submitted to MCC Nepal. The project is approved by Canadian Foodgrains Bank and the project has been running since April 2022. For the third round (2022) of Mutual Learning project proposal has been submitted and approved by NOREC. Similarly, the proposal of the next cycle 2023-2026 has a plan to develop in coordination with ERA and will be submitted to NOREC.

Continue the ongoing projects

Food security and nutrition project has been started in 5 wards (Ghusel, Malta, Bhattedanda, Pyutar and Ikudol) of Bagmati Rural Municipality and 1 ward (Devichour) of Godawari Municipality after phased out of Improving Mother and Child Nutrition in Rural Villages of Lalitpur. However, Mutual Learning project has been continuous in Godawari Municipality ward #11 (Chapagaon) and Mahankaal Rural Municipality ward #3 (Gotikhel), under which 1 doctor was mobilized at Bajrabarahi Chapagaon Hospital for 4 days a week and Gotikhel Health Post for 1 day a week to provide services for the targeted patients.

Emphasize on developing activities more effective, transparent and accountable

RICOD organized MPAC meeting and social auditing in all project areas. Information and suggestions were collected from municipalities where the projects are run by the organization and plans and budgets of the projects are shared to the participants during municipality level advisory committee meetings. Also, in the end of the year of the project, social audit is done. Moreover, in this fiscal year, the annual plan and budget of the project is explained and submitted to the municipalities where the projects are operated.

Emphasize on enhancing partnerships and its practices

In this fiscal year, partnership has been continuous with ERA Bangladesh, NOREC, Norway and Mennonite Central Committee Nepal. Similarly, the partnership for internship program has done with Atlantic Council for International Cooperation (ACIC-Canada) and University College of Copenhagen (KP), Denmark. Likewise, with the sound collaboration with Looniva child concern group and Patan CBR, a speech competition was held between secondary schools of Mahankaal Rural Municipality.

It has been agreed for 1 SALter from MCC to conduct a research on the impact of climate change in the next fiscal year.

Internal Development of the organization

27th annual general assembly of RICOD was held on 13th Kartik. 2078. The board member meeting was held for 6 times, advisory committee meeting 1 time, the project management committee meeting 9 times, and the procurement sub-committee meeting 7 times. Organizational 5th Strategic plan (2022-2026) has been prepared. One motorcycle, two laptops and one printer were purchased. Organizational landline phone has been shifted from old office to new office, new accounting software has been introduced and the website is upgraded and operated.

Promotion of volunteer mobilization program

Three national interns 6 international volunteers and 21 youth peer educators were mobilized. Similarly, 63 Female Community Health Volunteers have been mobilized in Mahakaal and Bagamati Rural Municipality to improve the nutritional health status of the mother and children. A volunteer mobilization manual has been revised.

Enhancing partnership and cooperation with local government:

With the collaboration of Mahankaal Rural Municipality and Godawari Municipality the organization celebrated children's day, breastfeeding week, and nutrition week. Mobilization of medical officer with the collaboration between organization and Bajrabarahi Chapagaon Hospital.

At the same time, a proposal has been submitted to MCC, Nepal for the completion of partially built community building in ward # 7, Gimdee of Bagmati Rural Municipality and hence the work has been accomplished.

Advocacy and lobby

Series of advocacy meeting with local government has been conducted for establishment/upgrade of Out Reach Clinic (ORC), increment of Antenatal and Post natal Check-ups, discourage junk foods for adolescents and children. In addition, RICOD advocate to manage the nutritious mid-day meal for children in the school and advocate for registration of mother group network in local government.

Affiliation and Networking

RICOD is member of Federation of Non-government organization (NGO Federation, Nepal), disaster preparedness network, reproductive health coordination committee, District AIDS Coordination Committee, District Drinking Water and Sanitation Coordination Committee, Safe motherhood network, Girls are not bride, National Maternal and Child Network. Due to COVID-19, various virtual meetings were done to work in a collaborative manner.

Coordination and Collaboration

Each of the project team has been coordinating with all concerned department (Health, education, women and children, livestock and agriculture) of local government and the other local organizations to achieve the planned project target. Moreover, various meetings with with chair, vice chair as well as ward chairperson of the local government has been conducted to coordinate the activities in local level. Similarly, the feedback and suggestions from events like social, audits, MPAC, formal and informal meetings has been collected and incorporate them in upcoming plan and program. The main barrier which prevents us from coordination and collaboration is their time constraint.

Monitoring and Evaluation

In this fiscal year, RICOD treasurer Ms. Rachana Maharjan, EC member Ms. Sita Neupane and general members of the organization monitored its project in the community level. Executive Director of RICOD frequently visited the fields for monitoring the project outcomes. The project coordinator of MCC, Nepal visited field for monitored the project. During the visit the team interacted with government authorities, stakeholders, beneficiaries and community people. Home visit of targeted people has also been done and virtual monitoring has also been done because of lock down due to the COVID-19 pandemic.

Internal and external audit

The international audit has been accomplished by the finance sub-committee to internally audit of FY 2078/079 and external audit has been done by R & P associates, Chartered Accountancy. In the same way, partner financial monitoring visit has been done by MCC Nepal staff.

Complains Response Mechanism

We have also kept in mind to be transparent with our stakeholders. So, we get feedback, suggestions from our beneficiaries and all concerned stakeholder though social audit, MPAC and other formal and informal events. RICOD collects community feedback and complaints through phone calls, complain boxes, email and phone messages from the community as well as they provide verbal feedback to the project staff. Moreover, board monitoring visits and direct interaction with beneficiaries also helps us to get into the real scenario. Furthermore, we also collect issues and community feedback collected by the project staff from monthly staff meetings. RICOD has finalized its community feedback and complaints response mechanism.

Organizational plan and program for Fiscal Year 2079/080

Policy 1: Continue ongoing projects

Program: Continuous of project "Improving Food Security and Nutrition, Mutual Learning for Improving Health and Nutrition Scenario and Volunteer Mobilization Projects in the FY 2079/080.

Policy 2: Emphasis on Human Resource and Institutional Development

Program: Expand membership including minorities groups, conduct trainings and workshops for the members as per needed, make organization technology friendly, print the annual report of the organization and disseminate to the relevant stakeholders, make a board of organizational vision, mission and focal person, Approve the annual plan and budget before starting the new fiscal year, organize organizational annual review meeting, Develop logical order filling, manage softcopy back-up system and publication of findings.

Policy 3: Develop new concepts and proposals

Program: Prepare a project proposal by studying climate change and resilience/adaptation, senior citizen and school education theme.

Policy 4: Develop and review the policy as per the need

Program: Review of personnel policy, admin and finance policy and social auditing guideline. Develop GESI policy, Cost sharing guideline, Fund rising/resource sharing guideline, participatory planning guideline. Reviews of guideline using the conflict of interest view and revised if need. Develop complaint Response Mechanism.

Policy 5: Emphasis on program effectiveness, transparency and accountability

Program: Create effective program of social audit. Establishing minimum service standard for projects. Orient of child protection and PSEAH policy to staff, members and participants. Printing the informative sticker regarding on the complaint. Manage two complaint box. Develop program quality assurance tools.

Policy 6: Build cooperation and partnership with local government and other supporting organizations

Program: Develop project proposals and submit to the local level for working in coordination with cost sharing basis. Conducting the program in coordination with other organizations working in the same areas

Major Achievements:

- ≈ Registration of Mother Group Networks of 6 wards of Mahankaal Rural Municipality and 2 wards of Bagmati Rural Municipality in their respective wards.
- ≈ Creating a favorable environment between schools, wards and educational departments to successfully launch mid-day meal programs and Iron tablet distribution to the school adolescence girls
- ≈ The Health Post Management Committee committed to identify the internal resources and approach municipality/ward to get more resources to use it for the mother and child health.
- ≈ FCHVs are home visiting 45 lactating and pregnant mothers following with the regular counseling
- ≈ Mothers' group network are able to figure out their strengths, weakness, opportunity and threats and developed a yearly plan
- ≈ Medical officer providing standard care of medicine to under privileged community with minimal resources.
- ≈ Enhanced skill of Doctor on his personal clinical experience regarding consultation among colleagues and seniors.
- ≈ More information gained from the learning visit in the project area of ERA.

Learning:

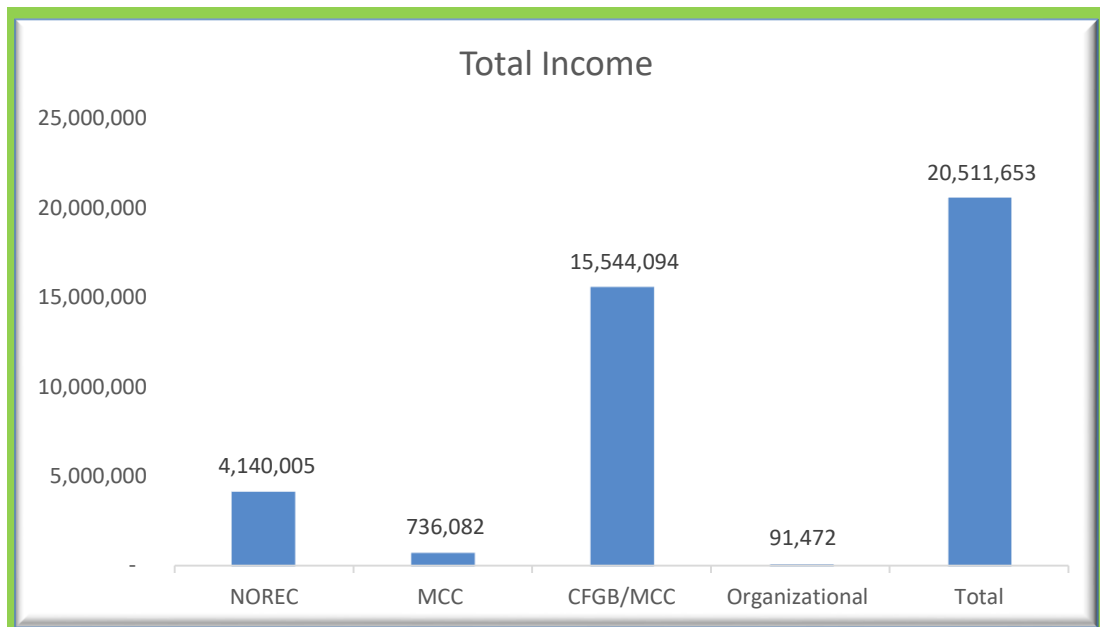
- ≈ Coordination with the local level and the other private organizations and non-governmental organizations will be effective during the formulation of the annual plan.
- ≈ Achievement can be measured by periodic and post-completion follow up.
- ≈ The situation should be analyzed time to time for the development of the organization.

Challenges:

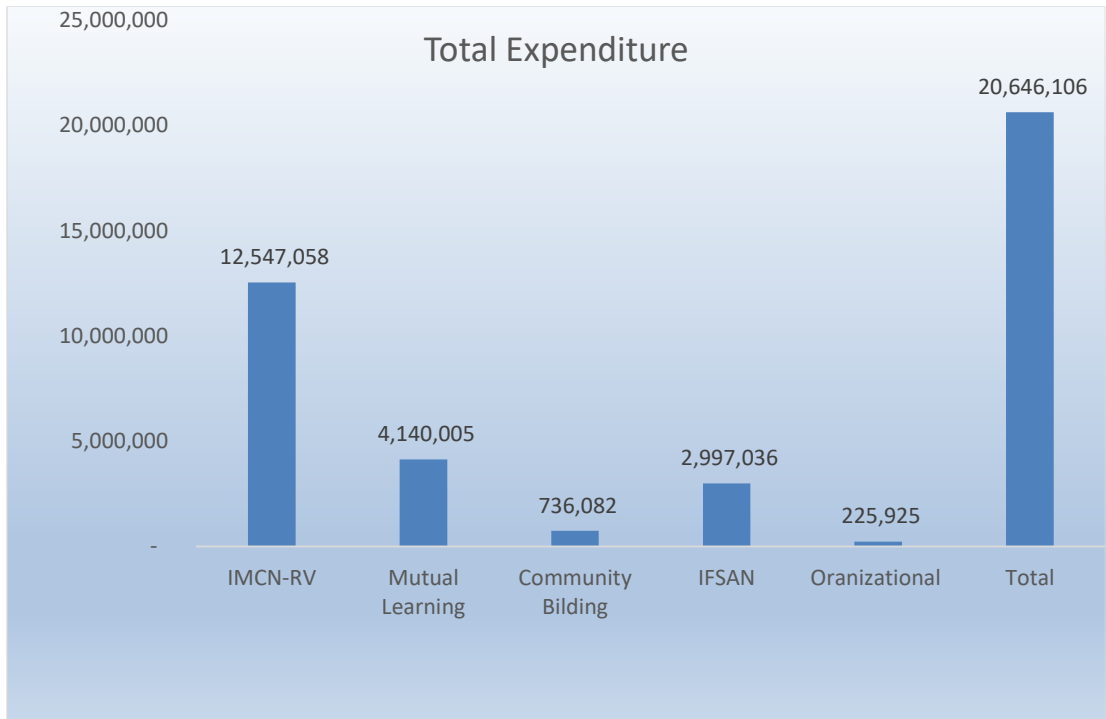
- ≈ Frequent changes of the local level personnel cause weak coordination.
- ≈ To identify and mobilize the local resources.
- ≈ Continuation of the mother group network after program phase-out.
- ≈ To collaborate the project plans with local level plans.
- ≈ To obtain funds for Lalitpur District from funding partners.
- ≈ Manage administrative cost in very low cost due to limited projects and its limited budget for administration.
- ≈ To address community's expectations in a timely manner.
- ≈ Heavy rains and Landslides.

Income and Expenditure

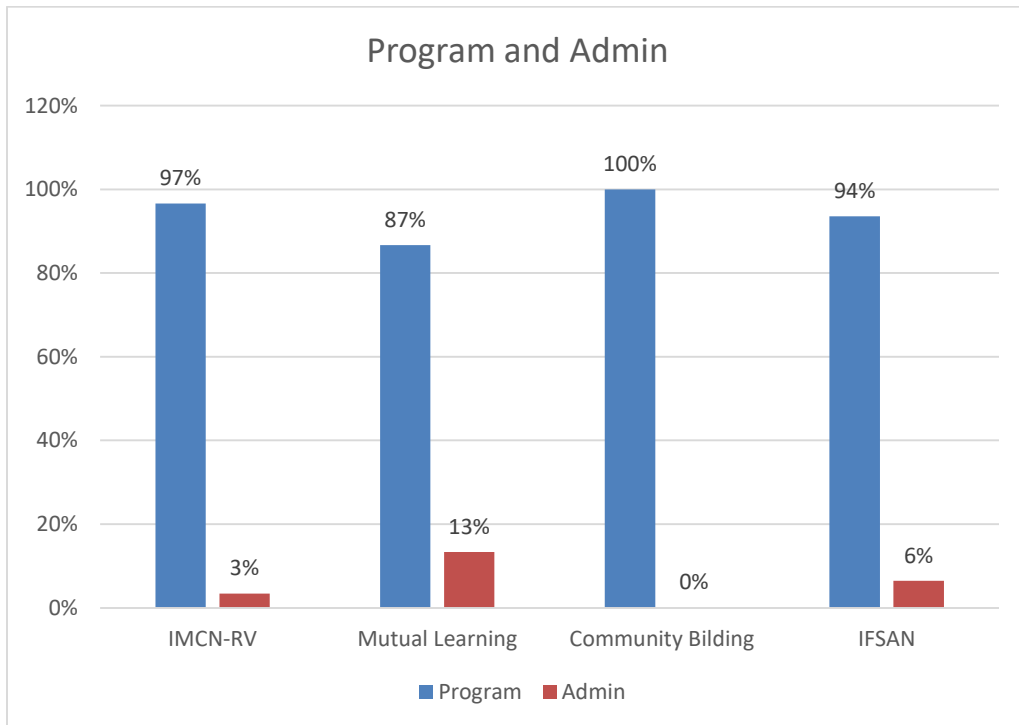
A. Income (FY 2078/079)



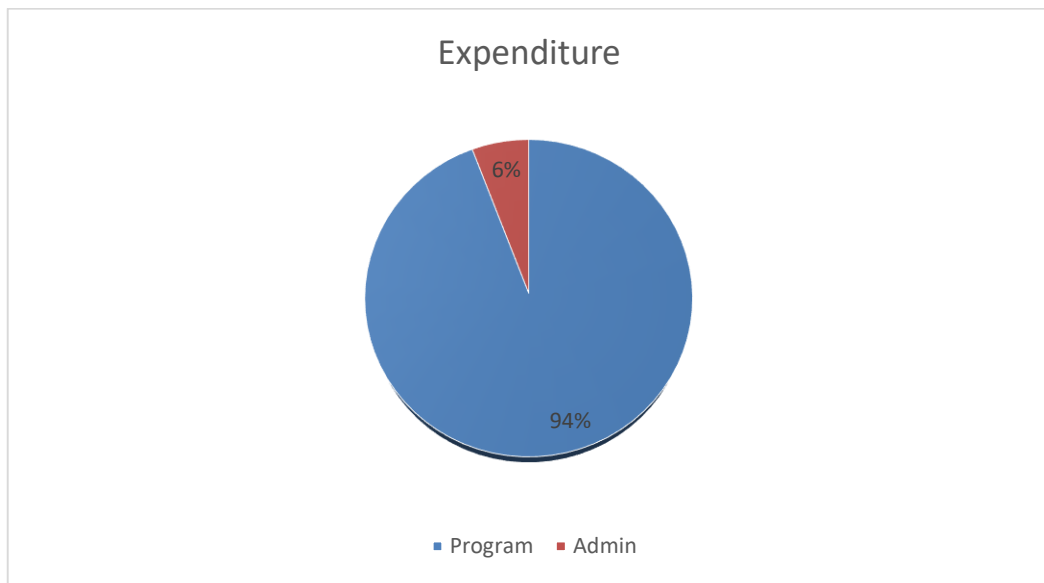
B. Expenditure (FY 2078/079)



C. Program and Administration



D. Accumulated Expenditure Program and Admin



Case story 1

She is Sangita Tamang. There are three in their family including her husband and a daughter. She is 25 years now and have a 4-year-old daughter. She resides in Manikhel village of Mahankal rural municipality. Before RICOD introduced its project, they did not have a proper job or any regular source of income apart from their small grain farm. She participated in a Nutrition training first through Ricod project.

"Durga miss trained us on a variety of topics about good nutrition, and I learned a lot during the course of the training. She then advised me to join mothers' group" says Sangita. She had to deposit 200 rupees for monthly savings on the mothers group. She had trouble depositing that amount on a monthly basis since she did not have any source of cash income.

Then she learned that RICOD was providing 5000 rupees to the needy families to help them generate income. So, she took the 5000 rupees as a loan from the groups provided by RICOD project. With that amount she bought a "pregnant goat" and a small male goat. When the pregnant goat gave birth to a male goat, she sold two small male goats for NRs. 25,000. With that 25,000 rupees, she bought a new female goat. Now she owns 5 female goats.

"Currently I earn NRs. 80,000 annually by selling the goats. Goat farming has become my central source of income" says Sangita happily. She uses this income for household expenses, tuition fees for her daughter and also save some amount in financial cooperative. Her family is content with their current financial situation. She further says, "I'd like to express my gratitude to RICOD for providing me with the opportunity to secure financial stability for myself and my family".

(This story is to provide a good example how the grant of mothers group supported a woman to achieve her empowerment. It also shows how the grant supports her to gain her financial stability in her life.)

Case story 2

Ms. Nita Yonjan (21 years old) lives in Gimdi village of Bagmati rural municipality, Lalitpur with her husband. She lives in a joint family of eight people. Her family relies on daily wages to make ends meet. Most of the time, their daily wages are insufficient to meet their basic needs.

She says "When I got married, I was 19 years old. Since my family was poor, I looked frail and malnourished. My in-laws did not help me with my household chores and did not provide me with enough food to eat". She alternated between staying at her own house and staying at her husband's house. Then she got pregnant.

RICOD team advised her family members to provide her with better nutritional food during her pregnancy. Since the family was underprivileged and poor, RICOD provided her family with food rations like rice, lentils, sugar, salt, oil and clothing as part of the support provided to the pregnant and lactating women in 2019.

"I gave birth to a daughter at home. She was underweighted at 1.5 Kgs during her birth. It was a time for happiness and desperation for me due to added responsibility of my daughter. I could not breastfeed my daughter because I could not produce milk due to insufficient nutrition" said Nita. Moreover, she used to feed packet milk to her daughter to quench her hunger. She started feeding her

with buffalo milk after she turned 3 months. She had to perform the household chores and look after her daughter alone and was tired all the time. She started to feel weak on her knees due to lack of nutrition. She started feeling giddy and could not perform activities that required physical strength. When she couldn't keep up with housework, her in-laws taunted her mercilessly.

Her daughter weighed only 5 kgs when she turned one. She could now eat boiled rice. She and her daughter were malnourished, so RICOD project team suggested her family to admit them to a Nutrition Rehabilitation Centre (NRC). But her family refused the offer to send them to the rehab Centre. Even after multiple efforts to convince her family to send them to rehab, her family declined the offer.

Although her nutritional status has not improved, she participated in the nutritional awareness program conducted by RICOD. Prabha Thapa (RICOD staff of Gimdi) and a lady in her neighborhood came forward to support her and her daughter with advice and regular follow up support. Moreover, they also encouraged her mother-in-law to participate in the nutrition training. Now, her mother-in-law cares for the child's nutrition and also supports Nita in household chores. Furthermore, her husband also supports to take care of the child. RICOD provided her with 5 Kgs of Sarbottam Pitho (super flower) for her daughter and started engaging her in the learning sharing events. RICOD team also came for numerous home visits to her home.

"Though my financial stability has not been secured but I am happy that my family is now supportive to care of my daughter and concerned about her nutritional status. In addition, my daughter has also gained weight and she looks more

nourished than before. I will be eternally grateful to RICOD for all of their kindness and support shown to me and my daughter" says Nita.