

## **Project Category- Public Health**

### **1. Proposal Summary**

Youth Thinkers' Society seeks \$20,436 for pregnant, lactating and women in postpartum period to safeguard their and their babies' health. The support will be utilized in providing sustenance supplies and special motherhood packages for the women affected by earthquake.

### **2. Organization Description and History**

Youth Thinkers' Society is an independent organization established in June 2014 with the aim of youth empowerment, as well as helping Nepali youth realize and tap into their true potential. Furthermore, we aim to guide them so that they gain knowledge and expertise in terms of ability, agency and accountability. They can, then, in turn, apply this knowledge and help transform their communities.

Post-disaster, we have been a relief organization striving to restore and reintegrate the lives of the affected people. We have a strong team of Youth and we have been working if providing relief materials, medical supplies and medical camps, post traumatic stress relief programs focusing on Children and School teachers. Apart from this we have a strong network of scouts who are responsible for verifying information received from different sources in terms of immediate needs and collect demographic data and do the need assessment of the particular areas. We have consolidated 500+ youth from diverse backgrounds under our banner who are volunteering to succor the affected people.

We operate our activities from our Contact office in Kamaladi, Ganesthan, GPO 8975. The office is the focal point where the supplies are procured, stored and distributed.

The profile of Board of Directors of YTS are as follows:

1. Mr. Chewan Rai- Founding President
2. Ms. Kritika Thapa- Founding Vice-President
3. Ms. Grishma Bista- General Secretary
4. Mr. Sushan Shrestha- Secretary
5. Mr. Kshitiz Bhattarai- Treasurer
6. Ms. Nischala Arjal- Founding Member
7. Mr. Subash Pathak- Founding Member

Additionally, the following serve as the executive members of YTS:

1. Ms. Sabrina Basnet
2. Ms. Chhitija Limbu

3. Mr. Swagat Bhetuwal
4. Mr. Rukesh Rai
5. Ms. Chadani Sharma
6. Mr. Utsav Bhetuwal- Founding Member

YTS was established primarily with the objective of creating a platform for youth to sow and grow their ideas. To match our fundamental objectives of youth empowerment, we are currently focused on the following working areas:

1. Education- Enforce Right to Education in children and youth by providing them with need based scholarships.
2. Entrepreneurship- Create employment opportunities for youth in their home country and curb brain drain
3. Culture and integration- The Everest International Model United Nations which is a platform for students and young professionals, from all walks of life, to debate and discuss on imminent global issues.

Post-quake scenario has impelled YTS to shift its focus to relief, reconstruction and rehabilitation of Nepal. Under YTS's Immediate Relief Operations Program, we have been consolidating, collecting and distributing sustenance supplies.

The very basic essence of livelihood is at stake at present; just when harvesting season was approaching, crops have been wrecked to rubble. YTS has been receiving staple food commodities such as rice, lentils, Soya nuggets, Beaten Rice, Puffed rice along with salt, sugar and oil. Furthermore, collection of dry food such as instant noodles and biscuits has been a prime focus since the very first day. YTS will continue its endeavor to ensure no family faces hunger; we are accumulating basic commodities for sustenance and livelihood to avert starvation.

YTS also acknowledges the demography which requires extra care during such times. Pregnant women, lactating mothers and infants face a greater vulnerability of malnourishment. We provide food high in protein and carbohydrates, such as mixed beans, soup, juwaano, lactogen and the likes to attain a healthy balanced diet to ones needing it exigently.

Till date, YTS has distributed food commodities to over 11000 people in these affected areas:

- 1.Kathmandu
- 2.Lalitpur
- 3.Bhaktapur
- 4.Nuwakot
- 5.Sindupalchowk
- 5.Ramecchap
- 6.Rasuwa
- 7.Gorkha
8. Dolakha
9. Kavre

Out of the 11000 people, 800 have been pregnant and lactating mothers and 3200 have been children below 5 years of age. YTS wholly understands that women in pre-partum and post-partum stage require special physical and psychological attention. Prenatal and postnatal care is the responsibility of all the citizens to safeguard a mother's overall well-being. The fundamental right of living with dignity is not only conferred upon the mother but on the unborn child as well; no child should suffer from malnourishment and deformities as a result of lack of proper care.

YTS collects and distributes supplies based on the necessity of the affected areas and its people. This need-driven approach ensures that resources are allocated as per necessity which averts the risk of wastage. Optimal allotment of resources creates a mechanism of check and balance ensuring transparency of the process.

### **3. Statement of Need:**

The mega-earthquake devastated lives and property of many. The unexpected scarcity of proper food and care left thousands of lives in paranoia. At a time like this, it is imperative to identify the most vulnerable groups amongst the affected people: pregnant, lactating mothers and women in postpartum period.

Exposure to disaster increases the likelihood of complications during and post pregnancy. Pregnant and postpartum women require maternal health care services including antenatal care, safe delivery services and emergency obstetric care. In addition, they require extra-nourishment supplies for themselves and their babies. The statement published by UNFPA on 27<sup>th</sup> April, 2015 calls for urgent response to the vulnerability of pregnant and postpartum women facing the tragedy. The report states that pregnancy-related death toll would rise if we do not prioritize the needs of pregnant women. A month later, on May 26<sup>th</sup>, 2015 UNFPA estimates 1.4 million women and girls of childbearing age to be affected by the disaster amongst which 93,000 are pregnant women. Around 10,300 women will give birth each month, requiring access to safe delivery conditions and postnatal care.

The situation demands a multidisciplinary support for women at the risk of physical and psychological trauma. A concrete reproductive health assessment framework is important to ensure consistent follow-ups for pregnant women. As an immediate response

framework, YTS aims to facilitate the supply-chain management where pregnant women and new mothers get necessary attention with regards to nourishment supplies. The present scenario sees a supply of relief materials based on what is available, rather than what is needed. To bring a shift to this paradigm, YTS collects and distributes supplies based on the necessity of the affected areas and its people. This need-driven approach ensures that resources are allocated as per necessity which averts the risk of wastage. Optimal allotment of resources creates a mechanism of check and balance ensuring transparency of the process.

40 youth are assigned with the task of scouting the affected areas. The scouting team assesses the requirements of a particular territory, evaluates the geographical and weather conditions and takes account of the current living status of the total population. The volunteers then submit their data and facts to YTS which is analyzed by the same.

During the need-assessment process, our volunteers recognized a dire need of proper nourishment and medical supplies for pregnant and postpartum women. In addition to staple food commodities, they require other nutrients in the form of Thyme seed, Sprouted beans, Ghee, Sesame seed and the likes along with medical, sanitary supplies and mobile reproductive camps. This crisis should garner immediate attention as the health of each mother and each child is at stake.

#### **4. Project Description:**

Population of Interest: Women who are pregnant, in postpartum period, lactating mothers and infants below 6 months of age.

Goals of the project:

- a. To ensure safe transformation of women from pregnancy to motherhood;
- b. To reinstitute the fundamental right to a dignified life for both the mother and her child;
- c. To safeguard the unborn child from health complications she/he might face later on.

#### **Our approach:**

Our **need-driven** approach ensures a stringent scrutiny of the Supply-chain management; the scouting team will assess what is in demand at that particular territory at that particular time. YTS becomes the centre to bring-in the required supplies and distribution is efficiently managed through our volunteers. Another team of volunteers would visit the same sites after a margin of 7 to 10 days. We will proceed to send in the supplies backed by our check and balance mechanism. Medical camps will be conducted every 7 to 10 days to address the persistent health

issues. We can also evaluate the effectiveness of nourishment and medical supplies by comparing the number of patients and individual cases reported in the camp. The first medical camp will be a baseline against which our goals will be measured. Geographical and logistical constraint will be a major hindrance while implementing the project. As we are aiming to reach the deep interiors, lack of proper roadways would be an obstruction.

The focal contact person to operate this project is **Mr. Chewan Rai** who serves as the founding president of YTS. His experience of supervising the relief activities and being the focal coordinator of all of YTS's immediate relief operations would be an asset for this project.

- **Referee Organizations:**

We have been working with different organizations to provide supplies to the affected families. Following organizations remains our strong supporters and sponsors and you can get in touch with them for reference regarding our request and work.

1) **Sahayeta.org**

**Nisha Thapa- President**

We have been working with them in providing sustenance and reconstruction materials in Gorkha, Kavre, Sindhupalchowk and Makwanpur. Till date they have provided us with financial support of more than \$20000 and we are planning to work on long term basis.

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[Nishathapa82@gmail.com](mailto:Nishathapa82@gmail.com)

2) **SEBS-NA**

**Kiran Sitoula – President**

We are sending sustenance and sanitary supplies to Kavre from the support received from SEBS-NA. We have received \$10000 funds from them for the aforementioned purpose. This will cover 560 families for sustenance supplies.

[Sitoula@gmail.com](mailto:Sitoula@gmail.com)

3) **Resource Nepal**

**Bijay Niraula**

[bjvanj@gmail.com](mailto:bjvanj@gmail.com)

**Rashmi Tuladhar**

[rtuladhar@gmail.com](mailto:rtuladhar@gmail.com)

<http://www.resourcenepal.org/>

Our team in USA. Please check our website for what we have been doing.

4) **CAN-USA**

**Sushil Subedi**

[sushilsubedi@gmail.com](mailto:sushilsubedi@gmail.com)

One of our supporters is CAN-USA. We have worked with them in the past in providing sustenance supplies in Kavre.

5. **Project timeline:**

As the nature of our project is providing essential supplies to the most vulnerable groups as promptly as we can, a standard timeline cannot be designed. However, we are confident that we will be able to dispatch our team to procure, pack and distribute supplies in the needed areas within 3 days from the date of receiving funds.

Follow up starts after 21 days and within 7 additional days our team will follow through the post distribution assessment and prepare reports.

We do not have any overhead costs, neither will we use the fund received for administrative costs.

0.01% of the total funds received will be used in transportation and to provide lunch to volunteers. All the remaining funds will be used to procure supplies for the needy.

As stated earlier, we have a strong network of volunteers who have been working with us and we are confident that with 500+ volunteers we can execute this project in most effective and efficient way.

## 6. Budget:

The received amount will be immediately allocated towards procuring the following supplies:

### Required Budget:

For one family,

<b>Nourishment Supplies</b>	Cost	Total quantity and price
1. Sprouted Beans	1/kg	2 kgx1= \$2
2. Lentils	1.5/kg	2 kgx1.5=\$3
3. Thyme seed	4/kg	2 kgx4=\$8
4. Sesame seed	4/kg	2 kgx4=\$8
5. Mustard Oil	1.8/ltr	2 ltrx1.8=\$3.6
6. Infant Formula	5/pkt	3 pktx5=\$15
7. Ceralac	4/pkt	3 pktx4= \$12

Total: \$51.6

<b>General Supplies</b>	Cost	Total quantity and price
1. Baby cloth	2.5/set	1 set x2.5=\$2.5
2. Reusable diapers	3/set	2 set x3= \$6
3. Milk bottle	0.30/piece	1 pc x.30= 30 cents
4. Toothbrush, toothpaste	0.40/set	1 set x.40= 40 cents
5. Bucket with jug	3/set	1 set x3= \$3
6. Mosquito net	6/piece	1 pcx 6= \$6
7. Petticoat	1/piece	1 pc x1= \$1
8. Sanitary pads	0.60/pkt	3 pkt x 0.6= \$1.8
9. Antiseptic liquid	2/bottle (250 ml)	1 btl x 2= \$2
10. Dettol soap bars	4 for 12 units	\$4

Total:\$27

No. of families: 260

Total Budget for one family: \$78.6

Required Budget: 260x78.6=\$20,436/-

Apart from this Wilson Lee, a guy from USA came to Nepal with tents for the pregnant and lactating mothers and we will be distributing the tents along with the aforementioned supplies. Aacha Group from USA has pledged to provide emergency lights for this same project.

If there is anything you need from us then please let us know. Hoping for positive response from your organization to continue our effort to help the affected and most vulnerable groups.

Thank you,

**Chewan Rai**  
Founding President

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