

Project Proposal

Tarkang Community Health Center



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Proposal number: 0002-A

Gratitude to ANMF from Dristi and her Family

Dristi is the first baby ever to be delivered at the Tarkang Community Health Center. After



fifteen thousand US dollars fund reassurance from America Nepal Medical Foundation (ANMF) for the construction of the treatment room and birthing center, all required equipment for the delivery room were installed by August 2016. It was the perfect timing for Durga and her family. Nine months after

submitting the first project proposal to ANMF, Dristi was born on February 11, 2017. It couldn't be just a coincidence. That's what villagers believe. It also saved the family around 25 thousand rupees towards the cost of prenatal and delivery care. They are planning to use the saved money for the education of her.

I. Executive Summary

This proposal is created to request fund from America Nepal Medical Foundation for the construction of additional three rooms at Community Health Centre. As the health center started providing quality care with 24/7 nursing services, villagers trust has begun to increase exponentially. Since the inauguration of the new building last year, there were more than 1000 patient have been served and four health camps including dental surgery camp were completed.

II. Organization Description and History

The Tarkang Community Health Centre was established in 2011 to provide the health facilities to the people of Madi Gaun Palika, Ward No. 4 (previously known as Thumako Danda VDC). This organization started with one rented room supported by two staffs, ANM, and HAW. For three years they were paid by the community people, but the Government of Nepal has started supporting their salaries. The government has also supported with the supplies, medication and IV fluids. Health Minister of Nepal, Mr. Gagan Thapa, came to this site for a

visit and said, “trendsetter, one of the best community health centers in the country.” He is very positive towards adding the post of Health Assistant in the near future.

The project site is 14 kilometers from the district head quarter Pokhara. It is accessible via 1-2 hours bus or jeep ride through the treacherous gravel road. For many villagers, the cost of bus ride is not affordable, so they walk 3-4 hours to reach Pokhara. This health care facility has been serving more than three thousand population. Most of them are underserved indigenous people living in poverty. Basic health care outside of this facility is near impossible for many village dwellers.

III. Statement of Need

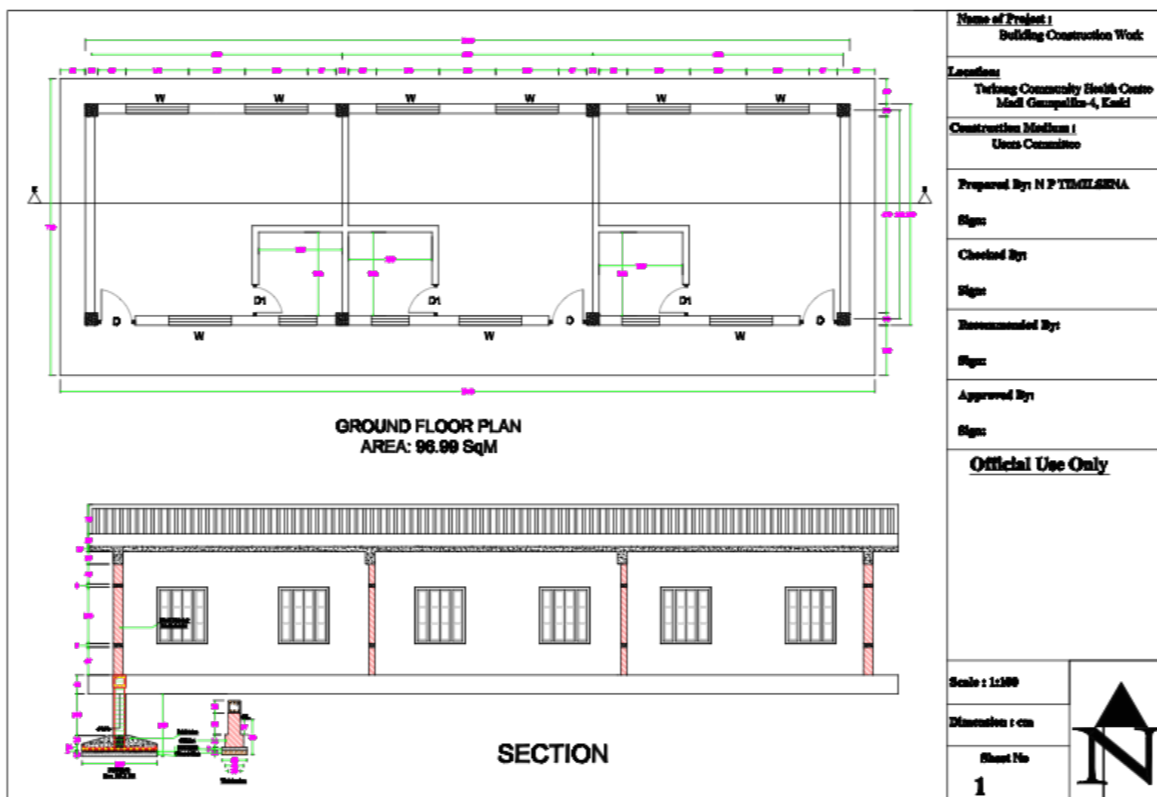
The most of the villagers are farmers and are struggling to make their end meals. Getting medicines for common diseases had been a challenge for decades. After the opening of new health center, they are getting their basic medical needs for free and are now depending on this facility even more. Once we started 24/7 residential nursing care, the current space has not been adequate at times needing long lines outside the facility. This health center also supports four surrounding schools. Although it has not happened for a few years, the pandemic of the diarrheal disease used to be very common here. Once expanded, this facility could serve as a primary triage center in such calamities and potentially save some lives.

IV. Project Description



The primary goal of this proposal is to secure funding for the construction of additional three rooms; male ward, female ward and triage ward. As stated above, the government of Nepal will continue to support the required staffs and other logistics for the health center and potentially add a health assistant position. In last few months, this center has been able to manage multiple health camps including dental surgery. More than thirty villagers had their tooth pulled out during the camp, and more than 100 villagers got

the free toothbrush and paste, for many it was their first ever new toothbrush. Doctors from nearby medical colleges have participated in the camps and have ensured proper follow-up when needed. This facility has already signed MOU to have the funding for a solar unit which will support the electricity need for the entire building, one fridge, OT table lights and water purification system.



V. Project Timeline

- a. Land purchase - completed.
- b. It will take months from the first day of construction. As most of the labor would be from villagers, they will not have full participation during rice plantation and harvesting months.

VI. Budget

Total requested fund in Nepalese Rupees: **3547113.34**

US Equivalent (May 7 Rate): **34526.49**

S.N.	Description	No.	Length	Breadth	Height	Quantity	Unit	Rate	Amount
1	Site clearance work	1	20.00	10.00		200.00	m ²	18.54	3708.00
2	Earth work excavation in BM Soil	1				55.82	m ²	494.4	27597.40
3	Stone soling work	1				15.67	m ³	2760.00	43249.20
4	Lean concrete 1:3:6	1				9.15	m ³	8917	81590.55
5	Stone masonry in 1:6 cement mortar work Upto Plinth Level	1				22.93	m ³	8538	195776.34
6	R.C.C. work 1:2:4	1				68.46	m ³	12176.00	833568.96
7	Reinforcement bar for RCC works including cutting, binding, bending & placing as per drawing with 30m lead	1				7473.69	Kg	93.51	698864.81
8	Form work for Rcc-5 m ² /m ³	1				342.30	m ²	616.00	210856.80
9	6" thick Concrete Block 1:4 c/s mortar	1				22.11	m ³	6397.50	141434.33
10	Salwood frame with wood size 100*75mm	1				0.69	m ³	228317	156425.68
11	Sal wood shutter work	1				31.59	m ²	11790.54	372463.15
12	Flooring work (Earth transport, filling and ramming)	1				27.69	m ³	150	4153.50
13	Cement plaster work on Wall 1:4	1				359.65	m ²	312.44	112369.04
14	Cement Plaster work on Ceiling 1:4	1				138.45	m ²	363.44	50318.26
14	2coat-enamel paint with 1-coat primer	1				64.53	m ²	253.52	16359.64
15	2-coat-plastic emulsion paint with primer in inner wall and column face	1				179.82	m ²	261.52	47026.52
16	2 coat-weather coat over one coat primer	1				179.82	m ²	309.52	55657.88
17	2-coat-distemper paint over one coat primer on Ceilling and beam face	1				138.45	m ²	142.1	19673.74
						Total Civil Works			3071093.80
B	Sanitary Works @ 5% of the civil Works								153554.69
C	Electricity Works @ 5% of the civil Works								153554.69
						Total			3378203.18
						Contingencies @ 5% of Total Cost			168910.16
						Grand Total			3547113.34

VII. Miscellaneous

- ANMF has already funded the project through Pahar Trust before for same health center.
- Pahar Trust is SWC approved non-governmental organization.
- ANMF is the only organization that has been reached out for this funding.
- Tarkang Community Health Center can be used as a platform for future ANMF projects like Surgical Health Camps, Eye Camps, Telemedicine Clinics and Public Health Projects.
- Local community members will provide housing and foods free of cost for visiting team members from ANMF during camps.

COMPLETE DISCLOSURE: Dr. Santosh Sapkota, board member and Vice President of ANMF has been supporting this community. He sponsored the total expenses of one health camp. He was originally from this village but his family has migrated to Pokhara nearly 30 years ago.