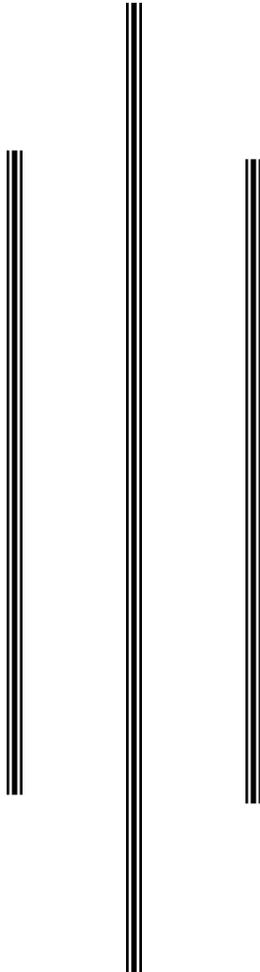


Progress Report of

Shakti Milan Samaj

2015 / 16



Abbreviations:

AIDS:	Acquired Immune Deficiency Syndrome
HIV:	Human Immunodeficiency Virus
SMS	Shakti Milan Samaj
MDGs	Millennium Development Goals
PLHIV	People Living with HIV and AIDS
NAP+N	National Association of People Living with HIV/AIDS in Nepal
EWCAH	Empowering Women and Children against HIV/AIDS
SECA	Supportive Environment for CABA
NCASC	National Center for AIDS and STD Control
SRH	Sexual Reproductive Health
STI	Sexual Transmitted Infection
STD	Sexual Transmitted Disease
VCT	Voluntarily Counseling Therapy
OI	Opportunistic Infection
ARV	Anti Retro Viral Therapy
PMTCT	Preventing Mother to Child Transmission
WLHIV	Women Living With HIV

1. Organizational background:

Shakti Milan Samaj, is a social organization which was formed and started working since 2003 but formally registered in Nepal Government in the year 2006, has been striving for safeguarding the cardinal rights of HIV/AIDS infected/affected women and children through multiple approaches such as awareness and advocacy, capacity building training, income generation support, vocational training, counseling, medical support, short term shelter facility, nutrition support, education support etc. All the strategies are directed towards creating a society where HIV/ AIDS infected/affected woman and children can live and grow with dignity and social justice.

Main issues of HIV infected women

- Stigma and Discrimination of People Living with HIV/AIDS in the society including family, communities, hospitals and schools
- Lack of care and treatment as well as counseling and prevention services for women living with HIV/AIDS.
- Lack of awareness and rights intervention towards the issue on HIV/AIDS in the society.
- Women living with HIV/AIDS are deprived of their rights and have less power to make independent decisions.
- Lack of Access to and control over resources and property inheritance by women.

Vision:

A just society where rights of HIV infected people, their children, and those at risk of HIV are protected.

Mission:

To facilitate health care and ensure access to resources, human rights of women and their children living with HIV/AIDS through advocacy, capacity building, care, support and referral service for treatment.

Values and Principles

The agency's values and principles are interwoven with each other's, and one is derived from another and vice-versa. These include working together with like-minded organization (partnership), neutrality, confidentiality, non-profit making, transparency, accountability, and professionalism.

Goal:

To reduce Violence, stigma and discrimination, improve care and support for women and their children living with HIV/AIDS

Objectives:

1. To raise awareness, to change negative attitude of people towards women and their living with HIV and AIDS and reduce the risk of HIV infection among women and children.
2. To reduce stigma and discrimination among women and their children living with HIV and AIDS.
3. To ensure access to treatment and provide care and support for women and children living with HIV and AIDS.
4. To empower women living with HIV and AIDS with information about their rights including their rights to access and have full control over economic resources.

2. Major Accomplishments (2015-2016) at a glance:

- Medical Residential support provided to 300 HIV/AIDS infected women from crisis Care Center.
- Education support provided to 120 HIV/AIDS infected/affected children
- Nutrition Support was provided to 30 HIV infected children on monthly basis.
- Advocacy training was organized among the community level, school.
- SRH and HIV prevention training to 100 children
- Life skill development training for 60 youth
- Sensitization program to medial personnel
- Awareness program carried out in different school in different district
- Skill development vocational training to 20 Women
- Stigma and Discrimination training to community level
- Training and programs such as life skill development, Positive speaking training, Fundraising development, leadership training, shelter home, medical support, emergency support, nutrition support, counseling, advocacy, coordination and networking carried out with a huge emphasis and achievement

3. Major Accomplishments in detail:

3.1. Income Generation Program

With an objective to empower HIV infected women socially and economically, Shakti Milan Samaj has been launching income generation programs for HIV infected women from the year 2006. Seed money with technical support is provided to infected women to carry out economic reward activities such as agriculture farming, fruit shop, street shop etc. So far 20 women including 10 women this year alone have benefited from this program. They are now economically independent and be able to afford education for their children. Economic liberty has

boosted their inner confidence and subsequently become enthusiastic about their life as well.



Since economic progress is a vital for development of an individual and society, the need of the hour is to support more women with seed money and technical support. Number of single women is in hope for seed money, which the organization terribly lacks. Therefore we humbly request respected donor agencies to increase their support for this program.

3.2. Education Support for HIV infected and affected women and children

Since its establishment, Shakti Milan Samaj has been providing education support for HIV/AIDS infected/affected children. This year Shakti Milan provided 100 children to school level and 20 children to higher secondary level.

Education is a must for better tomorrow of humankind. Hundreds of HIV/AIDS affected and infected children are in our contact waiting for this education support program. Therefore we would like to draw the attention of authorities concerned including our valuable donor agencies on this grave issue.

3.3 Training on Effective Communication

With the objectives to enhance knowledge and skills on communication skills enhance knowledge and skills of children about effective communication to cope with the adversity , academic and environment, Shakti Milan Samaj provided training on effective communication to youth. In which the participants were supposed to understand the ways of effective communication, learn values from words, tones, postures, beliefs and values. Also Communication is the art and process of creating and sharing ideas. If you communicate well you can get your message across to others in an effective ways. So that it will help to cope with problem and adversity in the effective manner.

Considering the need of effective communication in their day to day life Shakti Milan Samaj provide the Effective communication training to youth CABA. In which children learns about the different is a two-way process, where each person takes responsibility for their own part. Effective communication helps to deepen the connections to others and improve teamwork, decision making, and problem solving. It enables to communicate even negative or difficult messages without creating conflict or destroying trust. When people communicate effectively, it helps them feel more comfortable in talking about important information, sharing concerns or asking for help. It helps the children how to convey a message so that it is received and understood by someone in exactly the way we wished-for, it's also how to listen to gain the full meaning of what's being said and to make the other person feel heard and understood the art and process of creating and sharing ideas. If you communicate well you can get your message across to others in an effective ways. Likewise participants were given the information about BARRIERS while communicating effectively, made conceptually clarification in which different points that hinders while communicating effectively: ie, Different assumptions, Different points of view, Emotions, Misunderstanding of language, Use of difficult words, Lack of attention, Poor clarity of speech, Conflicting body language, Cultural differences, Lack of trust, too much information. Moreover participants were clarified the ways to improve communication skills in which listening well, understand what others people are saying, use appropriate words, speak clearly, know exactly what other people want to communicate, encourage non- verbal communication, check people understanding. There was a active participation in the discussion and the presentation in the training. The training was much more understandable in connecting with communication through different group work, showing image; creative art showing how we see the things

The training was to provide knowledge about the effective communication and its importance that why it is so much important. In every step and in every academic status effective communication is one of the important tools to say our objective, goals and aims what exactly we want to say to them. Without effective

communication our words and sentence are incomplete. The mission that was set was complete and fulfilled effectively. Good communication skill, creative thinking and basic life skill play a vital role in to meet the goal and minimize the problem from day to day life. In conclusion, effective communication combines a set of skills including nonverbal communication, engaged listening, managing stress in the moment, the ability to communicate assertively, and the capacity to recognize and understand your own emotions and those of the person you're communicating with. Altogether work was fruitful and meaningful. The session was much more well-informed through different group works , games in relating to communication , idea to know the skill, presentation , sharing the experiences , sharing the learning and so on.



3.4. Awareness Program on HIV/AIDS

Awareness on HIV/AIDS can tremendously help to make general people aware of this pandemic; create positive environment in the society for people living with HIV/AIDS; and prevent further spread of this deadly disease. Therefore awareness program is always our top priority. We have been sensitizing vulnerable as well as general people through various means of awareness programs such as HIV/AIDS orientation program and street drama etc.

This year, Shakti Milan Samaj organized awareness program targeting school going young students to equip them with knowledge, skill and resource to fight HIV/AIDS. Due to sexually active age, peer pressure, peer influence and ignorance, the young students are always at the risk of HIV infection and on the other side the fact is also that the well-informed student can play a solid and sustainable bridge between family, friends and community in disseminating HIV/AIDS information. Therefore we have selected students through whom we aim at sensitizing the whole society on HIV/AIDS related issues.

Similarly, Shakti Milan Samaj, different stakeholders and in coordination with Metropolitan office conducted awareness programme on the issue of Women Living with HIV/AIDS to reduce stigma and discrimination. The program was conducted at platform of Shanti batika in Ratnapark to cover all the local people. Street drama is the best medium to reach as many people as possible to sensitize them towards a problem like HIV/AIDS,



It was a one day program aimed to aware local people on the issues of Women Living with HIV/AIDS to reduce stigma and discrimination. It gives detail information on HIV/AIDS how it transfers along with prevention and precaution.

Street drama is a very crucial medium to spread awareness on issue of Women living with HIV/AIDS to reduce stigma and discrimination. Street drama started with the objectives to addresses the issue directly and also motivates the process of problem solving among the masses. The group performed the drama at a street of Shantibatika., The eight member group reached out the people to flow message. Each of the character addresses their certain role. All the performer of the drama was HIV positive so that the drama would look real as each person knows the extent of their own suffering or the total absence of meaning in their lives. The main objective of the play is to spread awareness on HIV, promoting safe behavioral practices and fighting stigma and discrimination against people living with HIV. The play is all about the lives of HIV positive people, stigma and discrimination they faced in society, strength in overcoming the problem. The drama has helped to break many myth regarding HIV/AIDS. The drama was based on the reality that is happening in our society and the audiences felt the drama so emotional and splendid. Each of the members played their role exquisitely. The

drama end with feeling of realization and remorse which gives a loud and clear message to all the crowded audiences After the end of the drama there's a big applaud from a crowded audiences.

To bring the change in the society, there need to change in the attitude of family and society towards WLHA. The practices can be brought only when women recognize their own values and develop confident to talk about themselves, their feelings and ideas. The street drama is one of the best medium to enhance our confidentiality in front of the general people and we are able to give people the message regarding the HIV/AIDS.

Program became successful with enormous number of people participation. The overall program is to flow message to all the local people so that they get message on HIV/AIDS and also can evolve their thoughts and perception on WLHA. The event was graced by schools' students, press, different stakeholders, police and local people. The play will encourage general people to lean from HIV positive people on how to bring a positive meaning in owns life despites all those pain and challenges they have been and still have that enthusiasm to lead a happy and successful life. The program end with the message " To end the discrimination and stigmatization each one of us has to begin the revolution within the walls of house". We directly benefiting 1000 people. . Orrientation program on HIV/AIDS, mode of transmission, discrimination, stigma, STI, social and economic consequences, treatment aspect was carried out in 10 schools from Kathmandu, Lalitpur and Bhaktpur directly benefiting 1200 young students of secondary level student. Besides Shakti Milan Samaj staff, and members; family members of HIV infected women also participated in the orientation program and shared their bitter experience of discrimination and stigma with the students. Students in return made a strong commitment to aware their friends, families about HIV/AIDS and create a positive environment for HIV/AIDS infected and affected people to live in the society with dignity.





School Orientation Program

3.5. Publication of IEC materials and distribution

Shakti Milan Samaj published IEC materials such as poster, leaflet, magazines and bulletin on HIV/AIDS in order to aware general people about this epidemic; make concerned authority and policy maker to heed to our plea and to create society where HIV/AIDS infected and affected people can live and grow with dignity and social justice.

एच. आई. भी. (HIV) संक्रमित महिलाको समस्या/अवस्था
 एच. आई. भी./एड्स (HIV/AIDS) अन्य रोग जस्तै सामान्य रोग हो। तर नेपाल जस्तो विकासित देशमा विना र चेलाको कमीले एच. आई. भी./एड्स (HIV/AIDS)लाई बढी बरिबर जोडेर हेरेरन्छ। महिलाको सम्बन्धमा न सामाजिक, आर्थिक र व्यवहारिक कारणले अझ बढी चुनौतीपूर्ण छ। महिलाबाट उर्वरको बाधकत्विक र तिनको विना र सामाजिक मुद्दालाई निरूप अझ धेरै सम्भाव्य छ।

मुख्य समस्याहरू:

आयत	जीविता/अन	रिजु/सर्व/अन	पुस्तक/अन	सामाजिक/अन
नेपालमा एच. आई.भी. (HIV) संक्रमितहरूको रिपोर्ट संख्या	१०७५ को डिसेम्बर सम्म एच.आई.भी. संक्रमितहरूको रिपोर्ट संख्या	१०७५ को डिसेम्बर सम्म एच.आई.भी. संक्रमितहरूको ए.आर.टी. ना पर्य	महिला १०७५	महिला ५६८०
पुरुष १०७५	पुरुष ६२५२	तेस्रो सिङ्गु ७०	तेस्रो सिङ्गु ३०	कुल संख्या १०७५
कुल संख्या १०७५	कुल संख्या ६२५२	कुल संख्या १०७५	कुल संख्या १०७५	कुल संख्या १०७५

एच.आई.भी. (HIV)को जोखिम समूह:

- बुद्धिमान सम्बन्धन
- एच.आई.भी. संक्रमितको साथै साथी
- एच.आई.भी. (HIV) संक्रमितको साथै साथी
- एच.आई.भी. (HIV) संक्रमितको साथै साथी
- एच.आई.भी. (HIV) संक्रमितको साथै साथी

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- एच.आई.भी. (HIV) संक्रमितको साथै साथी

3.6 Relief Materials Distribution to Earthquake Affected Family:

On April 25, 2015, A powerful earthquake measuring 7.9 Richter has caused devastation in many areas of Nepal mostly affecting central region which includes capital city Kathmandu and historical places like Bhaktapur, Lalitpur, Gorkha ,Sindhupalchok, Nuwakot. The devastation is unimaginable and many people have lost everything. More than 8000 persons have died injuries after being buried under the collapsed structure. Displacement in urban and rural areas has an immense impact on daily life. Afraid of returning to their homes, many people have stayed in makeshift tents along road sides or in friends and neighbors' gardens in Kathmandu. The devastation is unimaginable and many people have lost everything; lives have been lost, homes have collapsed, food or equipment to prepare food is limited, and livestock has been killed. Realizing such critical condition, Shakti Milan Samaj had provided with different material for the earthquake affected children and family living with HIV/AIDS. In this program activities, those children and family are prioritized who are mostly affected by divesting earthquake.



Relief material distribution to Kids in Kathmandu



Relief Materials Distribution in Makawanpur



Relief Material Distribution in Ramechhap District

3.7 Exposure Visit:

Exposure visit is necessary part of the project in which the children gets an opportunity to observe; learn and explore knowledge and thoughts from the activities from unique one. With reference with the activities Shakti Milan Samaj children were taken to Zoo where they can enjoy and have recreation. Zoo is a place of charisma for children where different animals and birds are kept. Considering this aspects Shakti Milan Samaj planned the exposure visit to Zoo for the kids to make them exposure with the different entertaining options so that children were exposure to various types of birds and animals ie peacock, tigers, deer, elephants, Zebra, bears, elephant, crocodiles etc



Children getting enterataining watching different animals and birds in Zoo

3.8. Work shop on Child Abuse :

Child Abuse is a complex issue. It is one of the most serious violations of Child Rights. Every child need to how they get abuse and the forms of abuse. It is reasonable to make them aware as this age is at high vulnerability .Due to the probable sexually active age, peer pressure and peer influence. Children should be introduced with such issues. The children need to be made aware of Child abuse and violation of their rights related topic in order to make them conscious about their body. Realizing the need of this type of Workshop in order to identify whether they get abuse or not, type of abuse do the most children get, how they are suffering, effect of child abuse and how can they prevent it . In such a workshop children were make aware and given the knowledge about how to find out whether they are getting abuse, what should they have to do if they get abuse and how to prevent themselves from abuse. The main objective of the workshop is to give knowledge about child abuse, to enhance knowledge and skills of children to protect them from abuse and to cope with adversity and to make understand the symptoms of child abuse. Most importantly children were aware about the GO- NO – TELL strategy.



3.9. Shelter home for HIV/AIDS infected women

Shakti Milan Samaj is running a shelter for needy people living with HIV. Firstly, it runs a Community center where people from out of valley are assisted in managing their health problems. They are allowed to stay in community care Center only up to one month, as soon as their health problem is solved, they return to their respective place. Similarly some clients who need long term support in course of medical treatment they can live up to six month or one year. Up till now more than 4000 infected people have supported in community care centre providing various facilities like medical treatment (OI treatment, HIV test, CD4 Count, ARV medicine, STI diagnosis and treatment, VCT service) food, lodging, and counseling.



In the one hand sufficient funding for a community care center lacks and people don't want to give their home for such kind of center on the other. These factors pose constant obstacles to run crisis center. The center has proven to be life blood to HIV infected women. Unfortunately support for real need has always been found neglected by the concerned authority. So we urge all the concerned body to address this grievance by supporting us to build a permanent shelter where we can run crisis center.

3.10. Psychosocial Counselling, Medical Support and Emergency Support

Shakti Milan Samaj has been providing counselling for HIV infected people. Infected people in the beginning naturally fall prey to trauma and later the trauma is compounded with depression and frustration with the increasing discrimination and stigma in the family and society. In this situation to avoid an untoward incident, HIV infected people need counselling. Depending on the mental and physical state of the people with HIV/AIDS, various level of counseling is being provided by technical staffs of Shakti Milan Samaj on regular basis. Similarly, the organization also provides counseling to the infected women in hospitals. Counseling brings positive changes in the patient and they start living positively. This year alone we provided counseling to more than 300 HIV infected people.

Shakti Milan Samaj has been providing medical treatment support to HIV infected women all across the country. The support includes HIV test, OI treatment, VCT service, CD4 count, ARV medicine, hospital visit, and hospitalisation. Field activists, or staff or housemother or member took the patient to hospital. Even in case of hospitalisation, Shakti Milan Samaj provides full assistance. This year alone we provided this service to more than 500 HIV infected. We have also coordinated with medical personnel and hospital authority to provide hassle free treatment and also for free bed, free medicine and other possible free services.

People still feel harassed while visiting hospitals for being HIV infected . Therefore we feel there should be a strong mechanism in place at hospital to ensure a treatment without discrimination. Even medical personnel behaviours towards people living with HIV/AIDS are pathetic.

Shakti Milan Samaj has been providing emergency support to the infected women who urgently need medical support. This support is provided in medical check up/treatment, medicine and basic needs for the patients in food, lodging, cloths and other urgent required support such as funeral support. This year 25 infected women got benefited from this support, while 3 women in PMTCT case.

3.11. Nutrition Support

From its inception, Shakti Milan Samaj has been regularly providing nutrition support (nutritious foods such as grains, egg etc) for HIV infected children 30 children got the nutrition support in this year. With this support, health condition of infected women has improved significantly.



3.12. Advocacy for the rights of HIV/AIDS infected women and children

The activities of Shakti Milan Samaj have hugely concentrated on establishing the cardinal rights of HIV/AIDS affected and infected women and children. The organization carried programs like meetings, discussion, talk programs and interaction to reach the Human Rights issues of HIV and AIDS infected and affected people to the policy making level. The remarkable number of participation of constituent assembly members, political larders, and representatives of national and international organizations and extensive discussion on various topics such as discrimination, stigma, medical treatment, violence, and enacting laws and policy to ensure human rights had made a program a success. We believe that this program would contribute to influence the government to work for the issue of HIV and AIDS and to enact laws and policies that protect the rights of people living with HIV and AIDS. Similarly the organization organized press conference, coordination and networking meeting in order to strengthen further the interest and issues of women and Children living with HIV/AIDS. The organization has achieved success in raising voice against women violence, and advocating for infected/affected women's rights not only in the local level but also in the nation level.

To address grievances faced by HIV infected people in the health service center, the organization successfully carried out an interaction program where concerned stakeholders like health personnel, representatives from various hospitals, media, were present to identify the problems and thus to find a solution so that HIV and AIDS infected people can get medical facilities easily in a convenient way. People living with HIV/AIDS (PLWHA) shared their bitter experience of challenges and discrimination they faced in hospitals with health personals and representatives from various hospitals. Director of Teku hospital and representatives of different hospitals made a strong commitment to create a favorable environment to HIV infected people at hospitals for convenient and hassle free treatment.

In this way Shakti Milan Samaj from the beginning has been constantly advocating for the fundamental rights of HIV infected women and children at the national level.



3.13. Stigma and discrimination training to HIV infected/affected women

HIV and AIDS is a global issue but people still need to understand this issue in depth so that the stigma and discrimination that are being faced by the People Living with HIV (PLHIV) and especially Women Living with HIV (WLHIV). Even if there have been innumerable efforts to mitigate such discrimination, HIV positive people still face discrimination and even violence for being infected with this disease. The Nepalese women become infected with HIV because of violence and then they face violence just because they are living with HIV. So it is only reasonable to conduct discussion sessions at community level such as social worker, hospital personnel

community people etc. To establish the positive attitude towards HIV infected people and support them to live a meaningful life.

With an objective to raise awareness on HIV/AIDS related issues including stigma and discrimination among general people and community of stakeholder people, street drama by infected and affected women and children in different public places have been performed on different occasions like World AIDS Day, International Children Day, Teez festival, candle light day.



3.14 : Sensitization Program to Media Personnel

An interaction and sharing program with the media personnel were conducted. On this discussion about HIV and AIDS, issue about the HIV infected people and the role of media. Positive and negative trend of media in the field of HIV and AIDS as well as present situation of society's injustice towards HIV Positive people. After that interaction and sharing of personal experience of PLHIV while dealing with media by member of Shakti Milan Samaj. Moreover, role of media to advocate the report issue related to HIV and AIDS by identifying both positive and negative impact the media plays while reporting news and raising the issue of PLWHA. Similarly there was a commitment session and suggestion to generate a sense of commitment among media personnel to take positive steps while covering news and portraying the issue of HIV and AIDS with diligence and respect and should play an ethical approach while attending to PLWHA and the issue of HIV and AIDS.



3.15. Coordination and Networking

Shakti Milan Samaj has been extensively coordinating and networking with the concerned government body and different national and organizations organization working in the field of HIV/AIDS from the very beginning of its establishment. The organization strongly believes that with effective coordination and networking with concerned body ensure a success in the fight against HIV/AIDS.

Shakti Milan Samaj organized coordination and networking meeting with various organizations to discuss and share experiences. It helped us to pinpoint the deficient area where we all must concentrate on for the betterment of HIV/AIDS infected and affected people. Hence coordination and networking meeting not only helps us work collectively for the cause but also helps to pressurize concerned authority to heed to our fundamental rights. Similarly it has been dragging the attention of media as well to advocate for the rights of HIV affected and infected women and children and to raise voice against ill treatment to people living with HIV/AIDS. Likewise, it has also been coordinating with hospitals comprehensively to ensure a convenient and discrimination free treatment to people living with AIDS.

In addition to own initiative coordination and networking build up programs, it has been taking part in various meeting, workshop, and seminar organized by different organizations as well. In such programs, it has been boldly raising the issues of women and children living with HIV/AIDS.



4. Challenges and difficulties:

Still HIV infected people are discriminated and stigmatized in the society since people don't regard HIV as our common matter of concern and their understanding on this epidemic is still significantly low even among educated people. Neither government nor political parties are taking HIV/AIDS issue seriously. This has terribly overshadowed this issue at national level policymaking process.

On the one hand women living with HIV/AIDS have to earn their livelihood on their own despite being illiterate, unskilled and abandoned by families and society, they have the responsibility to look after their children on the other. They also have an obligation to consistently raise voice to establish their rights. All these have undoubtedly made women living with HIV/AIDS a most suffered group among people living with HIV/AIDS. Situations where women get HIV without being involved in the potential risk behavior and again they become a subject to severe discrimination and isolation from our society is the worst behavior that any society can ever offer. However, with constant intervention the society is gradually changing attitude towards people living with HIV/AIDS. This is indeed an encouraging sign.

Opportunity for livelihood, medical support, schooling for children, and social justice are still largely inaccessible to HIV infected women. Multiple approaches are needed to address the grievances of HIV infected women. **Empowering through skill development training and facility of seed money and technical support can make a woman economically independent which in our experience can solve other number of problems emerged as consequence of HIV infection.** If Policy makers and donor community give proper attention to this issue then the challenges and difficulties that HIV infected women are facing can be diminished.