



ADRA

ANNUAL REPORT 2024

ABOUT ADRA NEPAL

ADRA, the global humanitarian organisation of the Seventh-day Adventist Church, is dedicated to delivering relief and development support to individuals in more than 120 countries – regardless of their ethnicity, political affiliation, gender, or religious association. By partnering with local communities, organisations, and governments, we ensure our programs are culturally appropriate and empower local capacities for sustainable change.

In Nepal, ADRA has been a trusted development partner for over 35 years, with expertise in health, livelihoods, education and disaster risk management. We work with all three levels of government and with civil society, with a focus on the provinces of Madhesh, Bagmati, Lumbini, Karnali and Sudurpashchim.

Justice.
Compassion
Love

To serve humanity
so all may live
as God intended.

Connected.
Courageous.
Compassionate.

CONTENTS

Message from the Director	4
Where We Work	5
Story: Between Two Worlds	6-7
Nutrition	8-9
Equal Access to Healthcare	10-11
Enhancing Livelihoods	12-13
Climate Change and Biodiversity	14
Inclusion	15
Emergency Response	16
Research and Development	17
United for Education	18
Finance Report	19
Story: From Struggle to Success	20
Partners, Donors & Staff	21

MESSAGE FROM THE DIRECTOR



BOARD MEMBERS

Board Chair
Dr. Yo Han Kim

Board Secretary
Tom Pignon

Members
Tae Seung Kim
Hiroshi Yamaji
Umesh Pokharel
Dr. Hector Gayares
Frank Reimann

Dear Friends,

Reflecting on 2024, I am incredibly proud of what we have achieved together. ADRA Nepal has always been about people – serving communities, supporting families, and working alongside partners to create lasting change.

In this annual report, you'll see how we've strengthened health systems, tackled child marriage, and advanced gender equality, disability and social inclusion. We've helped smallholder farmers build more resilient livelihoods through climate adaptation, biodiversity conservation, and improved cattle breeds. From responding to emergencies to ensuring children stay in school, our efforts have made a critical difference. It hasn't been easy, but thanks to our dedicated team, resilient communities, and generous partners, we've made a real impact.

In the past year we have developed a new Country Strategy to guide our work over the next five years. This comes at a crucial time as Nepal prepares to graduate from Least Developed Country (LDC) status in 2026, a milestone that brings both opportunities and challenges. ADRA remains committed to standing alongside communities, supporting Nepal's development journey, and ensuring that no one is left behind. Our focus will continue to align with national priorities and the

Sustainable Development Goals (SDGs), working towards a future where all people can thrive.

However, we are also entering a world where many countries are scaling back foreign aid and development funding. This shift will have a significant impact on the poorest within our society – those who are already marginalized and struggling to access basic services. Now, more than ever, we must strengthen our partnerships, innovate in our approaches, and advocate for those who are most at risk of being left behind.

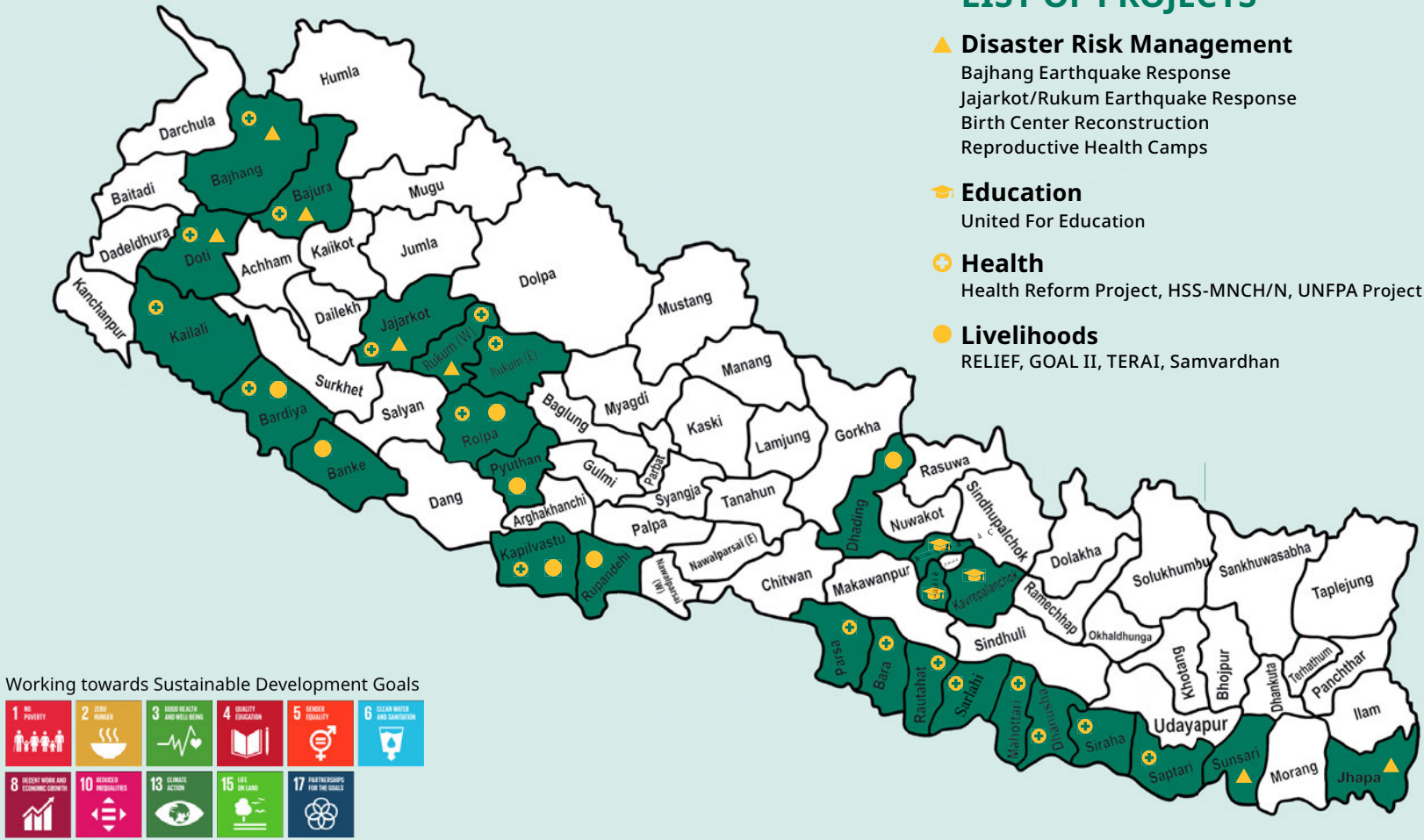
This report is more than just numbers and stories – it's a reflection of the hope, resilience, and strength of the people we serve. None of this would have been possible without your support, and for that, we are incredibly grateful.



WHERE WE WORK

LIST OF PROJECTS

- Disaster Risk Management**
 - Bajhang Earthquake Response
 - Jajarkot/Rukum Earthquake Response
 - Birth Center Reconstruction
 - Reproductive Health Camps
- Education**
 - United For Education
- Health**
 - Health Reform Project, HSS-MNCH/N, UNFPA Project
- Livelihoods**
 - RELIEF, GOAL II, TERA, Samvardhan





BETWEEN TWO WORLDS: A NURSE'S JOURNEY TO EARTHQUAKE-HIT COMMUNITIES

My name is Puja Chaudhary, and I'm a nurse. For years, I've travelled to the farthest corners of Nepal, bringing healthcare to those who need it most. But this year was different. When ADRA Nepal asked me to join their reproductive health camps in Jajarkot and West Rukum, areas shattered by the 2023 earthquake, I felt a bit anxious. Not just because of the challenges ahead, but because it meant leaving my two children behind again. As I packed my bags, my youngest son who is 3 years old, clung to my leg, asking, "Aama, when will you come back?" I hugged them tightly, promising it wouldn't be long. My elder son who is 13 years old, was not phased, but before I left, he said, "Come back soon Aama, if flights are cancelled due to weather, take a car and come." My family has always been my rock. They take care of the kids while I'm away. Without their support, I couldn't do this work. Still, saying goodbye never gets easier.

The journey to these remote villages is never simple. The roads are rough, and some places are so cut off that we have to carry our medical supplies on our backs, hiking for hours. Mobile networks are almost non-existent, and when I do manage to get a signal, I'm often too exhausted to talk to my family.

When we finally reach the site of the reproductive health camp, the real work begins. We unpack boxes of medicines, set up makeshift consultation areas, and prepare for the long line of patients already waiting. The days are gruelling. I help the doctors who start with counselling women on family planning, conduct prenatal check-ups, and treat conditions like pelvic organ prolapse, a painful reality for so many women here. It breaks

my heart to see them suffer, often for years, simply because they have no access to care. One woman, her face lined with exhaustion, told me she had walked six hours to reach us. She carried her toddler on her back and hadn't eaten since morning. "I've been living with this pain for years," she said, her voice trembling. "When I first heard about the medical camp, I knew I couldn't miss this opportunity. If I didn't go, I would have to live with this health condition for many more years." Stories like hers stay with me long after the camp ends.

But amidst the exhaustion, there are moments of pure joy. The locals, grateful for our presence, often prepare meals for us. Sitting on the ground, sharing a plate of dal bhat with the rest of ADRA's medical team and the community, I feel a deep sense of connection. These moments remind me why I do this work, not just to treat, but to connect, to show these women that they are seen and valued. When the health camp ends, I feel a mix of emotions. Relief, because I know I'll soon be home with my children. Sadness, because I have to leave these communities behind, knowing their needs are far greater than what we can provide in just two days. As we pack up the supplies, women often approach me, asking, "Will you come back?" I promise them I'll try, even though I know it's not entirely up to me.

On the trail back, I think about the women I've met, their strength, their resilience, their gratitude. What I just experienced, walking for hours, is part of their daily routine. I hope that one day, they won't have to walk for hours just to see a nurse or doctor. I hope that one day,



healthcare will reach them, not the other way around. For now, I'm grateful to serve with ADRA. This work is hard, but it's also deeply fulfilling. And as long as I'm able, I'll keep coming back, one camp at a time, for the women who wait for us, for the communities that welcome us, and for the hope that we can make a difference, even in the smallest way.

When I get home, I rest, spend time with my family and continue working to prepare for the next health camps.



NUTRITION

Addressing malnutrition among mothers and young children by health system strengthening and increasing community engagement.

Our nutrition program focuses on improving health outcomes in Lumbini and Madhesh Provinces, including among indigenous, Muslim, and Dalit communities. We take a dual approach—enhancing both the supply of quality health services and encouraging greater demand and utilisation within local communities.

On the supply side, we are building on existing health systems by supporting infrastructure upgrades, providing essential equipment, and strengthening the capacity of health workers to deliver skilled and compassionate care. On the demand side, our community engagement efforts focus on raising awareness of available health services, building trust, and promoting positive health-seeking behaviours, particularly among those facing social or economic barriers.

This integrated approach has led to a significant increase in the use of services, as well as improved nutritional knowledge and practices in our project areas. Training health workers has been a vital part of the program, resulting in more inclusive and respectful care for marginalised communities and fostering stronger relationships between communities and health facilities.



314

community groups trained in nutrition

4,922

children referred for growth monitoring

101

farming households trained in developing kitchen gardens

1,348

health workers trained in nutrition or growth monitoring

36

health facilities upgraded with equipment for their nutrition service

COMMUNITY ENGAGEMENT

Community engagement is crucial for the success of any nutrition program. A community-based approach involves collaboration with local health workers, Female Community Health Volunteers (FCHVs) and families. We delivered services in the heart of the community, working with FCHVs, mothers' groups, developing care groups and engaging key community members such as local religious leaders and family members to provide nutritional information, and inform them about services available.

SCREENING

Community screening in a nutrition program identifies individuals who are at risk of malnutrition. In this regard, we trained 314 health care workers to screen for malnutrition. They went door-to-door in communities to identify vulnerable mothers and children. Over 5,000 pregnant and breastfeeding women and children under five were screened in Mahottari and Sarlahi districts of Madhesh Province. In Bardiya we held healthy baby contests as a way to screen for malnutrition in children.

IMPROVING NUTRITIONAL OUTCOMES

SYSTEM STRENGTHENING

System strengthening involves efforts to improve the overall functioning of the health system that supports nutrition interventions. For this purpose we have worked to improve existing health facilities services and systems through the creation of nutrition corners in health posts across Bardiya, and provided equipment for measuring and treating malnutrition.

CAPACITY BUILDING

System strengthening also involves capacity building for staff and health volunteers. We delivered training to enhance and refresh the knowledge and skills of FCHVs and healthcare providers in Bardiya and Madhesh. Their expertise is key to ensuring effective monitoring, diagnosis and treatment of malnutrition in vulnerable communities.

EQUAL ACCESS TO HEALTHCARE

Taking healthcare to marginalised people, remote communities and improving health services for adolescents.



Health Camps in the remote hills of Jajarkot

15,132 2,384 4,128 6,140

household visits were conducted by CGVs couples were referred for family planning services children were referred for immunisation households were educated on hygiene and sanitation practices to reduce water-borne diseases

HEALTH SYSTEM STRENGTHENING

Through our longstanding partnership with UNFPA, we have been implementing programs on the Electronic Logistics Management Information System (eLMIS) for health facilities across all districts in Madhesh Province. This logistics tool effectively monitors and manages the stock and demand for health commodities. By digitalizing medication management, we aim to ensure a consistent and reliable supply of products throughout health facilities in the region.

In collaboration with UNFPA, we have also provided support to health facilities by upgrading them in both capacity development and equipment to make them more adolescent-friendly. Enhancing service accessibility for adolescents will play a critical role in addressing their health needs, including reducing the incidence of unintended pregnancies, facilitating early diagnosis and creating a safe environment for reporting risks associated with early child marriage.

96 health service providers were trained in eLMIS systems. 7 health facilities were certified as Adolescent Health Friendly Services



ENHANCING LIVELIHOODS

Enhancing livelihoods by addressing some common contributors to poverty, improving technical skills, opportunities, investment and access to markets.



We are supporting the Fulbari Farmer Group and many others with training in climate-smart techniques and growing wildlife-resistant crops, enabling them to improve their household income and protect crops against destruction by local forest wildlife.

CAPACITY BUILDING

Our farmer field schools (FFS) taught subsistence farmers about improved farming practices, such as growing vegetables using climate-adaptive technologies, raising healthy goats, caring for their cows for higher productivity, and using hygienic milking practices. They also learned about operating businesses and small enterprises, collective marketing, and accessing market and financial services. Through this knowledge, they have developed confidence, increased production, and boosted their incomes.

DEVELOPING AND STRENGTHENING LOCAL MARKETS

We established and strengthened collection centres and collection depots to streamline systematic collective marketing practices so our vegetable and goat farmers have access to larger markets. In addition, we supported and strengthened dairy cooperatives in rural areas of Rupandehi and Kapilvastu in Lumbini Province which provided our smallholder dairy farmers with a reliable market for milk sales and a good price. These improved markets benefited wider communities beyond the direct reach of the projects.

COLLABORATING WITH THE LOCAL GOVERNMENT

Working together with local governments to address local needs and partner on initiatives helps to ensure that systems and improvements continue beyond the project period. Initiatives included working with eight local governments from various parts of the country to work collaboratively in agriculture, livestock, dairy, gender equality and biodiversity sectors. With their matching funds, we were able to implement joint activities and develop initiatives for long-term improvements.

PROVIDING LIVELIHOOD ASSETS

We invested in people, enabling them to develop their enterprises. Providing high quality breeding bucks to farmer groups improved their goat stock, allowing farmers to increase their earnings. Supplying equipment, such as steel milk cans, helped small dairy businesses reduce milk contamination. Additionally, we introduced climate- adaptive agricultural technologies, seeds, feed preparation machinery, irrigation infrastructure, improved sheds, and off-farm enterprise support to strengthen small businesses.

261

group leaders trained in group management (leadership, finance and savings)

5,221

people received specialist skill training (animal care, agricultural techniques etc.)

10%

average increase in annual income for farmers

106

people received startup support



CLIMATE CHANGE & BIODIVERSITY

The impact of climate change is clear across many areas. We are teaching our farmer groups how to adapt to reduced rainfall and changing weather patterns.

6,398 farmers trained in climate- resilient food production techniques.

By promoting climate-adaptive agricultural practices, farmers have significantly increased their production capacity, enabling consistent cultivation even during low-rainfall seasons. This has resulted in enhanced food security and improved income generation for rural communities.

Additionally, we are collaborating with 50 Community Forest User Groups that collectively manage 8,966 hectares of forest. Our efforts focus on strengthening governance structures and supporting sustainable forest management practices. These initiatives aim to protect biodiversity, address the needs of local communities, and identify viable opportunities for environmentally friendly enterprises.

SUSTAINABLE FOREST MANAGEMENT

We completed operational plans for ten community forests, ensuring sustainable forest management. Community forest user group members were mobilised to clean, thin and tend to 114 hectares of forest.

HUMAN-WILDLIFE CONFLICT

20 Farmer groups (469 households) affected by wildlife crop destruction are receiving support through Farmer Field Schools to identify crops and climate-resilient techniques to deter wildlife and maintain production in challenging areas.

INCLUSION

Gender Equality, Disability, and Social Inclusion (GEDSI) are integral to our programs, addressing barriers and empowering women and girls in decision-making. We used gender analysis, action plans, capacity building, support for women's networks and local governments, to develop gender-responsive systems. Implementing transformative approaches help to dismantle systemic barriers and harmful stereotypes, ensuring inclusivity, shared decision-making, and equitable participation in all initiatives.

Our farmers groups include a high number of female participants enabling them to develop skills, enterprises and opportunities to provide for their needs and support their families. The self-governing livelihood community groups directed support to people with disabilities and the most vulnerable to develop enterprises enabling them to provide for their families.



We have observed stark differences in gender roles. While in some communities, men and women share responsibilities equitably, in others, there is a disproportionate burden on women, limited decision-making power and reduced access to resources. Deep-rooted social norms reinforce these inequalities, making change challenging.

However, when both spouses participate in GESI training, a transformative shift occurs — it improves the well-being of the household, reduces poverty, and drives community development.

6,467

individuals received GESI related training

36

woman Human Rights Defenders developed and trained

6

schools provided with sensitisation on adolescent health and gender based violence.

2

municipalities supported with their GESI audit

3,943

women-led businesses supported

109

people with disabilities supported with enterprise start up.

EMERGENCY RESPONSE

Through our National Emergency Management Plan (NEMP), swift relief was provided to those affected by the Jajarkot earthquake in November 2023. By assessing community needs, leveraging strong partnerships with national authorities, local governments, and other INGOs we were able to respond quickly and continue supporting the recovery effort.

Throughout 2024, we provided health camps, constructed birthing facilities, and provided essential training programs. These initiatives addressed both short-term needs and long-term challenges while strengthening preparedness and reducing future risks.

Heavy rainfall in September lead to flooding and landslides across various parts of the country. We responded with cash grants to pregnant women in the flooded Terai region of Rautahat and Sarlahi so they could meet their medical, housing or nutritional needs.

1,010

shelter kits

3

birthing facilities reconstructed

500

winterisation kits

2

districts supported with Minimum Initial Service Package training

11,500+

served through reproductive health camps

115

pregnant women given cash assistance



Handing over Daud Birthing Facility to the Municipality.

RESEARCH AND DEVELOPMENT

Working in breed development at a national level to help improve milk production at the local level.

Through our program with Jersey Overseas Aid, we are supporting the National Livestock Breeding Office (NLBO) under the Department of Livestock Services for Jersey breed development through their breeding improvement program. The high genetic merit breed produces milk in higher yields than local breeds. We provided 50 Jersey embryos to the NLBO which were implanted as part of the embryo transfer training program we held, and are now seeing the first calves from these. The calves will help meet the demand for quality semen and breed improvement for farmers across the country.

We distributed 1,755 doses of HGM Jersey sexed semen to smallholder farmers through the NLBO. we also provided 300 doses to the NLBO and 200 doses to the National Cattle Research Program to develop the nucleus herd of Jersey cattle for breed improvement in Nepal. This initiative aims to improve the quality of breeding in successive generations of the existing cattle breeds, leading to higher milk yields and improved incomes for farmers.



HERD MANAGEMENT SYSTEMS

We are working with four municipalities to test software - InterHerd+ developed by PAN Livestock, UK, for cattle and buffalo herd data. These database entries will support farmers and local governments in understanding the status of these livestock for herd management. The software has been used extensively in various countries.

UNITED FOR EDUCATION

We work with government schools to identify and support children most at risk from dropping out and provide sponsorship support for them to complete their secondary education.

We continued to support children providing them with the resources and motivation needed to attend school. This year, in addition to their standard support, we were able to provide livelihood support to two families with no stable work. Now they can sell buffalo milk and receive a regular income. Among the grade 12 students, 87% passed and are planning to on to further study.

225

children sponsored

16

government school partners

4

classrooms constructed

3

families provided with livelihood / medical support

Reshma, a determined student from a marginalized community in Kavre, faced financial struggles that threatened her education. She is from a large family dependent on subsistence farming and despite these challenges, she remained committed to her studies. Her breakthrough came in seventh grade when she received an ADRA sponsorship, which lifted the financial burden and allowed her to continue her education.

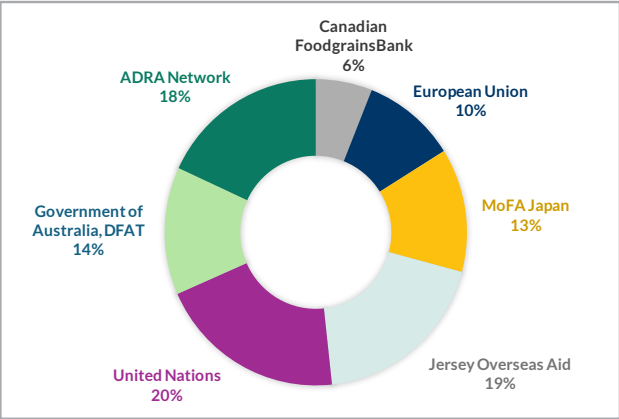
With this support, Reshma successfully completed her Secondary Education Examination (SEE) and achieved a commendable 3.25 GPA in Grade 12. Beyond academics, she excelled in extracurricular activities, completing the 100-day National Cadet Corps (NCC) program, where she developed leadership skills in shooting, sports, and public speaking. These experiences aligned with her dream of joining the Nepal Army.

Reflecting on her journey, Reshma expressed gratitude for the ADRA sponsorship, which not only enabled her education but also brought pride to her family. She remains hopeful for continued support as she works toward her goal of serving in the Nepal Army. Her story is a testament to how educational sponsorship can transform lives, offering young individuals the chance to build a better future despite financial hardships.

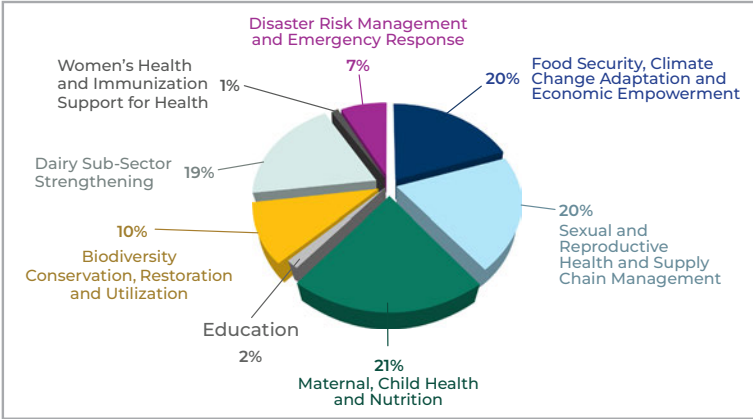


FINANCIAL OVERVIEW

WHERE OUR FUNDS CAME FROM



HOW WE SPENT FUNDS



IN 2024 WE SPENT \$2,152,795
HELPING COMMUNITIES ACROSS NEPAL.



FROM STRUGGLES TO SUCCESS

Tirshana, from Pyuthan, was a subsistence farmer who primarily grew wheat and maize for her family's consumption, selling any surplus for income. This provided for her family for only five to six months of the year. Her husband had to seek employment abroad to support their two children and his mother, who lived with them. Tirshana spent most of her time managing household chores.

When she joined ADRA's livelihood project, she learned improved farming techniques and discovered that vegetable farming could provide additional income for her household. She decided to switch to growing vegetables on their plot of land.

During the project, she gained the knowledge and skills to successfully grow vegetables year-round using climate adaptative technologies and practices. Just from one tomato crop, she earned NPR 65,000 from her small plot. She also cultivates cabbage and beans, rotating her crops , which brings her additional income.

"I'm very happy with the additional income. As a family, we now eat more vegetables, and I spend my time tending to the produce. Community members often visit me to learn how to grow vegetables and start their own agricultural businesses. I'm happy to share my knowledge because we can all sell our vegetables easily."

The project also established a produce collection centre, making it easier for farmers to sell their crops at fair prices.

"Thank you to ADRA for your support. If this project had not been implemented here, I would never have known I could run a farm business. It has given a great opportunity to people like me."



THANK YOU

Thanks to our donors, partners and staff for working with us to reach so many people this year.

PARTNERS



DONORS



ADRA Offices: Australia, Austria, Canada, International, Japan, Korea, Netherlands, New Zealand, Switzerland, UK

STAFF

Anil Chandra Neupane	Dibash Chandra Karki	Karuna Baral	Rajeev Kumar Yadav	Shanti Khadka	Suman Lamichhane
Bimala Tamang	Dilip Chandra Dhakal	Kaylene Pignon	Ram Kumar Sah	Sharad Adhikari	Dr. Suman Rawal
Bikram Dangol	Dr. Ghanshyam	Nila Kantha Gautam	Rashmi Dhungana	Sneha Sharma	Suraj Acharya
Binod Lamichhane	Bhatta	Nirmal Kushwaha	Riti Baral	Subhechhya Bista	Surya Bdr. Lama
Deepa Shrestha	Jeevan Dangol	Pankaj Bhattarai	Sanjeeb Hujdar	Sujata Adhikari	Tara Gharti Magar
Dev Raj Chaudhary	Jagdish Prasad Pant	Prem Lal Chaudhary	Samir Bhandari	Sujit Kumar Sah	Tarka Bahadur Thapa
Devi Manandhar	Kabir Ratna Sthapit	Purna Lal Shrestha	Santosh KC	Sujit Kumar Sah	Tom Pignon



Bakhundol, Lalitpur,
Kathmandu
+977-1-5455913/14
info@adranepal.org
www.adranepal.org

ADRA Nepal is confident about the quality of our programs and the conduct of our staff, partners and stakeholders, however, if you have any concerns or comments please contact us through our confidential phone numbers: 1660-01-54251 (Toll Free NTC only), 9847692456 (all users, free call back) Mon - Fri 9AM-5PM.