

# PROPOSAL

 **हाम्रो  
बहिनी**

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## **Background**

### ***Mission***

"To promote sexual and reproductive health and rights through education, advocacy, and community engagement in order to empower individuals and communities to make informed decisions and lead fulfilling lives."

This statement communicates the organization's goal of promoting SRHR through education and advocacy, and by engaging with communities. It emphasizes empowering individuals and communities to make informed decisions and lead fulfilling lives. It highlights the organization's commitment to make a positive impact on the communities it serves, by providing them with the knowledge, skills, and resources needed to improve their sexual and reproductive health.

### ***Vision***

"Empowering communities through comprehensive and inclusive Sexual and Reproductive Health and Rights education and advocacy."

This statement communicates the organization's goal of empowering communities by providing education and advocacy on SRHR issues, with a focus on inclusivity and comprehensiveness. It reflects the organization's desire to make a lasting impact in the lives of individuals and communities by providing them with the tools and knowledge they need to make informed decisions related to their sexual and reproductive health.

### ***Background of the project idea***

Message from Program Director: Prakriti Dhakal

Coming from the faculty of health and policy, I have initiated, participated in, and supported health-related projects and events with great avidity and success. I am a Medical Imaging Technology (Radiology) Graduate from Tribhuvan University with an ardor for community health literacy and service delivery. In 2021, I led the Nepal Health Conclave and organized the Medical Model Provincial Assembly 2019. I have also participated in WHO Simulations at UNSW Australia 2018 and have facilitated similar simulations in Nepal. Visiting the World Health Organization in Geneva, Switzerland 2022 has further inspired me to delve deeper into community health related matters and contribute towards community awareness, empowerment, and development.

Being a US Department of States Community Engagement Exchange Program fellow, I had the opportunity to work in The Global Foundation for Peroxisomal Disorders (GFPD) and volunteer at Youth Services Tulsa (YST). GFPD is a nonprofit organization that focuses on rare genetic diseases. It undertakes extensive research on the health problem and offers service and impact to its target community to revolutionize the Healthcare System. YST on the other hand, encompasses many domains, out of which I volunteered in the wing of Sexual and Reproductive Health (SRH) Literacy. I was really intrigued by the case study-based education and training of young people on SRH matters. The impact ensuing from the approach seemed more vivid and effective. Furthermore, the interaction

and experience sharing with the CEE fellows regarding our local community challenge and our aspiration and perspectives to address the problem highly encouraged me to explore the precise and pressing health related challenges of the Nepalese community. Researching on the matter, along with consultation with concerned stakeholders of health from Nepal, I decided to initiate a project on 'Community Mobilization for Health Literacy'. Taking one step at a time, 'Hamro Bahini' is the stepping stone to strengthening community health in Nepal.

With the network and support of passionate youths bound by the same objective of educating on and empowering community health, initially by focusing on SRHR literacy to adolescent girls aged 10-19 years of the Nepalese community, Our team has been able to materialize the idea into an exceptional initiative. We are hopeful that our endeavor will create a significant impact on the community and support us in our future ventures.

## **Project Objective**

The aim of the project is divided into secondary and primary objectives.

### ***Secondary objectives***

- To aware, empower and educate adolescent girls regarding SRHR.
- To mobilize medical college students and youth as SRHR champions to uplift adolescent girls in government schools of Nepal.
- To collect real-life cases, reports, stories, and facts for teaching handbooks.
- To develop a recommendation paper or report for concerned stakeholders, especially the health ministry, for their perusal.

### ***Primary objectives***

- To develop a comprehensive teaching curriculum that is accurate and locally contextualized. and addressing the roles, and responsibilities of teachers, parents, community, and peers.
- To formulate and create a handbook of realistic case studies on the major themes of SRHR.
- To integrate the practice of case story into the curriculum to create awareness of SRHR. The curriculum shall be distributed in separate handbooks for teachers, students, and parents regarding the reproductive and sexual health of adolescent girls which will foster and perpetuate the awareness movement across the nation at all levels.

## Theory of Change

RESOURCES	ACTIVITIES	OUTPUTS	OUTCOMES	IMPACT
<ul style="list-style-type: none"> <li>• Hamri Bahini Team</li> <li>• SRHR Expertise</li> <li>• SRHR Champions</li> <li>• Government School</li> <li>• Group of Students</li> <li>• Training and Conference Venue</li> <li>• Fund</li> </ul>	<ul style="list-style-type: none"> <li>• Selection of SRHR Champions</li> <li>• Piloting of Case Study</li> <li>• Training for SRHR Champions</li> <li>• Selection of Schools</li> <li>• Training on SRHR theme-based case study by SRHR Champions at Schools</li> <li>• Collection of data for case study</li> <li>• Conference</li> <li>• Review of Case Studies</li> <li>• Handbook for Case Study</li> <li>• Curriculum Integration Process of Case Study</li> </ul>	<ul style="list-style-type: none"> <li>• 50 SRHR Champions</li> <li>• Final Case Study Samples for Training</li> <li>• 50 Trained SRHR Champions</li> <li>• Selection of Government Schools</li> <li>• Case Study-Based Community Intervention at Government Schools</li> <li>• Data for updating the case study</li> <li>• One conference event</li> <li>• Final Draft of Case Study</li> <li>• Case Study Handbook</li> <li>• Integration of Case Study in Curriculum</li> </ul>	<ul style="list-style-type: none"> <li>• SRHR Champions as Agent of Change</li> <li>• Integration of Case Study Approach in Curriculum to address the specified themes of SRHR</li> </ul>	<p style="text-align: center;">Change in the mindset and awareness on the specified themes of SRHR</p>

## Project Activities

The detailed description of each phase of the project is attached [herewith](#).

S.N	Phases	Tasks	Timeframe
1	Initial Phase	Selection of SRHR Champions	
		Piloting of Case Study	
2	Execution Phase	Training for SRHR Champions	
		Selection of Schools	
		Training on SRHR theme-based case study by SRHR Champions at Schools	
		Collection of data for case study	
		Conference	
		Review of Case Studies	
		Handbook for Case Study	
3	Closing Phase	Curriculum Integration Process of Case Study	

### **Monitoring, Evaluation Plan and Indicators**

The detailed description for the impact measurement of each phase of the project is attached [herewith](#).

- Pre and Post survey of the SRHR Champions before and after the program to measure the effectiveness of the training
- Pre and Post survey with adolescent girls before and after the training to measure the effectiveness of the case study and training.

### **Community Intervention Program**

The trained SRHR Champions will be sent to nooks and corners of Nepal to herald the movement of awareness across the nation. The knowledge and information on the thematic areas will be imparted to young girls in the most comprehensible manner. The theoretical discussion, interactive case study method, and Q&A session identifying the curiosity and practical problems of the target group will not merely make adolescent girls aware but will have a ripple effect in the country where the trained young girls will champion this particular issue in their respective communities. Moreover, the distribution of handy manuals will help girls find recourse for themselves and others in an easy, accessible, and affordable manner in the long run too.

<b>Day</b>	<b>Activity Details</b>	<b>Expected Outcome</b>
<b>SCHOOL AND COMMUNITY</b>		
1	1. Pre-Program Survey 2. Orientation Program: 3 Themes (Sexual and Reproductive Health and safe abortion, Dignified Menstruation, Relationship Abuse), 2 hrs each = 6 hours <b>- Case Story</b> 3. Consent letter	Pre-project intervention survey to measure the impact  Video documents to develop case studies from
2	1. Storytelling and writing activities 2. Video documentation of shortlisted students - Their Cases, life events, Social issues/stigmas of the community around SRH 3. Post-intervention Survey 4. School Representative Selection	
3	Focused Group Discussion with School Faculty and Community Women	Audio/Video Documents Survey

### Project Budget

BUDGET CATEGORIES & BUDGET LINE ITEMS	NO. OF UNITS/ INVOLVED person	Rate	Total (NRs.)	% Of TOTAL BUDGET
<b>1. Operating Expenses (Project Management and Administrative cost)</b>				12%
Temporary Website Development	1.00	40,000.00	40,000.00	
Communications, Phone call, and internet	7.00		15,000.00	
Transportation	7.00		15,000.00	
Stationeries		15,000.00	15,000.00	
Program Promotion (Social media promotion/Google Ads/Boosting)			250,000.00	
Miscellaneous		20,000.00	20,000.00	
<b>Sub-total</b>			<b>355,000.00</b>	
<b>2. Project Activities</b>				3%
2.1. Training to Champions- (Incubation Session)				
Trainers (Experts)	7.00	10,000.00	70,000.00	
Communications (zoom subscription, phone calls, internet)	1.00	5,000.00	5,000.00	
Miscellaneous			10,000.00	
<b>Sub-total</b>			<b>85,000.00</b>	
2.2. Solutions Fund (Seed Fund)				24%
Champions-led Community Outreach (Logistics - Transportation, Lodging and fooding, stationary)	25.00	20,000.00	500,000.00	
Students Representatives seed fund	25.00	5,000.00	125,000.00	



Data collection (FGD, Survey, Personal Interview)	25.00	5,000.00	125,000.00	
<b>Sub-total</b>			<b>750,000.00</b>	
2.3. Hamro Bahini National Virtual Conference				0.5%
Communications (zoom subscription, phone calls, internet)	1.00	5,000.00	5,000.00	
Miscellaneous			10,000.00	
<b>Sub-total</b>			<b>15,000.00</b>	
2.4. Sexual and Reproductive Health Conference				32%
Conference Venue (Venue Charges including sound system, foods and beverages)	200.00		500,000.00	
<b>Consultants and Experts</b>			100,000.00	
Travel Expenses			150,000.00	
Conference branding and Stationeries			150,000.00	
Miscellaneous			100,000.00	
<b>Sub-total</b>			<b>1,000,000.00</b>	
3. Post-Summit Activities				28%
3.1 Monitoring and Evaluation		50,000.00	50,000.00	
Review Meeting	30.00		15,000.00	
Field Visit for follow up (including transport and accommodation)	40.00	1,000.00	40,000.00	
3.2 Handbook Publication and Distribution				
Designing			100,000.00	
Printing	600 copies		500,000.00	

Distribution - Covered in 3.1	-		-	
Collected Data Analysis and Report Preparation			30,000.00	
Case Study Development- Digital File (for academic, awareness advocacy and precedent setting purposes)	15	6000	90,000.00	
Contingency (Emergency Fund)			50,000.00	
<b>Sub-total</b>			<b>875,000.00</b>	
<b>Grand Total</b>			<b>3,080,000.00</b>	

**Program Funding/Sponsoring Categories**

	<b>Golden Sponsor (Rs. 800,000-10,00,000)</b>	<b>Silver Sponsor (Rs. 500,000-800,000)</b>	<b>Bronze Sponsor (Rs. 50,000-500,000)</b>
<b>Logo in social media posts, paid ads and other digital promotion content</b>	<b>Yes</b>	<b>Yes</b>	<b>Yes</b>
<b>Advertisement in the middle of handbook</b>	<b>Full page</b>	<b>Half page</b>	<b>N/A</b>
<b>Logo in the cover of the handbook</b>	<b>Front and back</b>	<b>Back cover</b>	<b>Back Cover</b>
<b>Logo in the banner (virtual and physical) and Branded merchandise (Pen, Diary) for the conference</b>	<b>Yes</b>	<b>Yes</b>	<b>Yes</b>
<b>Desk in SRH conference</b>	<b>2</b>	<b>1</b>	<b>1</b>
<b>Push notification in website</b>	<b>3</b>	<b>2</b>	<b>1</b>
<b>Banner ad in website</b>	<b>3</b>	<b>2</b>	<b>1</b>

For the sponsors providing financial support below NRs. 50,000, any or all of the following offers will be provided based on their contribution:

- Logo on the back cover of the handbook
- Logo in the banner
- Logo in T-shirt

The support of the following sponsors or partners will be calculated in the monetary value and be provided the offers as mentioned in the table above -

- Financial sponsor
- In-kind sponsor
  - venue sponsorship
  - Handbook Design and printing
  - Logistics Sponsorship – Training, Travel, Accommodation
- Media sponsorship

## **Annex**

1. Detailed Project Overview
2. Case Studies
3. Impact Measurement
4. Sponsorship Plan
5. Team “Hamro Bahini”