



MENSANA

Guaranteeing adequate nutrition for the children of the schools of Dupcheshwori, Aarukharka and Thangdor through the renovation and the enlargement of the canteen and kitchen.

WHERE

Rural Municipality of Naukunda, Rasuwa District, Nepal



SITUATION

The terrible earthquake that struck Nepal in 2015 has inflicted a very deep wound on the whole country: 8,800 victims, including almost 2,300 children, over 875,000 buildings including homes, schools and health facilities, destroyed.

For children and families in the vast mountain areas surrounding the capital of Kathmandu, such as those in the Rasuwa district classified by the government as “severely affected” by the earthquake, **the social, economic and emotional distress is still profound given the total destruction that surrounds them.**

ASIA intervened immediately after the earthquake to bring relief to the population and remained with a project to rebuild schools and develop agriculture. Now, once the primary need for school infrastructure has been met, another important need has emerged: **taking care of the condition of child nutrition**, both to **improve the health of children** and **increase the schooling rate**, and to **encourage the socio-economic development** in these extremely poor areas.



In fact, **in Rasuwa the literacy rate is 54%** and is much lower than the national average of Nepal which is 81%. Sending children to school here involves a number of concerns for parents: the long stretch of road, even **more than an hour's walk** from the most distant villages, **crossing rivers and roads often collapsed due to heavy rains**, and **the impossibility to have lunch in the school**, discourage school attendance.

After meeting the parents and the teachers of the schools, ASIA decided to accept their requests and to **equip the three schools of Dupcheshwori, Aarukharka and Thangdor** - rebuilt after the earthquake - **of a canteen, a kitchen, all the necessary furnishings and equipment**. In order to guarantee its sustainability and help the local community to start this new activity, the project foresees also **a supply of food for the first six months**.

The request of the Rasuwa community is supported by alarming data on the condition of infant nutrition in Nepal: 36% of children suffer from growth arrest and 53% of anemia, while 50% do not consume the largest sources of protein. More generally, **41% of Nepalese childhood suffers from chronic malnutrition**, with the serious consequences of **increasing the risk of infant mortality and compromising their cognitive functions**.

For this reason, the project will focus also on the quality of food, including **an expert nutritionist** to set up the preparation of balanced meals with a healthy supply of energy and to **train school staff and mothers of students on the basic rules of healthy nutrition and health and hygiene education**.



THE GOAL

Migliorare la condizione della nutrizione infantile e aumentare il tasso di scolarizzazione nella Municipalità Rurale di Naukunda.

THE ACTIVITIES PLANNED

1 ACTIVITY 1: CONSTRUCTION OF CANTEEN AND KITCHEN

ASIA with the collaboration of local partners and families of the municipality, will realize a canteen and a kitchen and will provide them with the necessary furniture and equipment.

2 ACTIVITY 2: OFFERING A MEAL COMPLETE FROM A NUTRITIONAL POINT OF VIEW AT LUNCHTIME

Once the canteen and the kitchen have been realized, the project will support the purchase of nutritious food for the lunch to all school students for the first 6 months.

3 ACTIVITY 3: TRAINING FOR THE MAINTENANCE AND THE SUSTAINABILITY

In order to guarantee the sustainability of the project and the maintenance of canteens and kitchens over time, 2 training sessions will be organized for 20 people who will constitute the maintenance committee, at the end of which a calendar will be prepared with specific tasks for the individual members.

4 ACTIVITY 4: TRAINING ON NUTRITIONAL VALUES OF FOOD AND PERSONAL HYGIENE

A 3-day training course will be organized for 100 mothers in the area of each school to inform and make them aware of the basic principles of child nutrition, the importance of personal hygiene and proper hygiene in the home and in particular of the kitchen. The course will also be aimed at kitchen staff and will be conducted by an expert from the District Health Office.



WHO WILL BENEFIT

391 students currently attending the schools of Dupcheshwori, Aarukharka and Thangdor, their families and the entire community of the Rural Municipality of Naukunda.

COSTS

The cost for the realization of the entire project in a single school is 113,142€, for a total of 339,426€ for three schools.



WHO IS ASIA

ASIA – Associazione per la Solidarietà Internazionale in Asia – is a Non-Governmental Organization acknowledged by the Italian Ministry of Foreign Affairs and signatory of the partnership agreement with ECHO (European Civil Protection and Humanitarian Aid Operations).

Since 1988 ASIA has been actively involved in Himalayan regions with projects that promote the economic, social and health growth and the safeguard of cultural identity of this geographic area populations.

