

The Relief Trust

Newsletter Updated 2015

Institutional Activities

1. Honor and Felicitation



March 8 2015, The Relief Trust, organized **Honoring Distinguished Personalities** where 2 eminent personalities Ms. Tula Rana aged 79 (Woman Activist) and Mr. Chinta Bahadur Basnet aged 92 (Joint Secretary, Raj Parisad Member and former Superintendent of Police). At the same time 2 Senior Security Officers Additional Inspector General of Armed Force Dr. Krishna Kumar Tamang and Senior Superintendent of Police Dr. Rajiv Subba were also felicitated for receiving the award of Doctorate in Security Force. Chief Guest of the program was Professor Dr. Prem Khatri.

2. Training/Workshops/Seminar:

2.1 Graduation Ceremony of Six Months Counselling Training



March 8, 2015, "**Graduation Ceremony of Six Months Counselling Training**," was organized. They were altogether 11 participants where **Prakishya Dahal**, a sightless was awarded a full scholarship to empower people with disabilities. The ceremony involved experience sharing of participants followed with drama. Chief Guest of the program was Professor Dr. Prem Khatri.

2.2 National Seminar:



Fredrick Ebert Stiftung, a Germany based INGO. Chief Guest of the programme was **Deputy Attorney General Mr. Badri Prasad Gautam, office of the Attorney General, Nepal**. The special guests were Inspector General of Police IGP Mr. Dhurba Bhadur Pradhan, (Retd) Nepal Police, Former chief of National Investigation Department (NID) Mr. Hari Babu Chaudhary and Mr. Devi Ram Sharma Additional Inspector General of Armed Police (AIGP) (Retd) Mr. Thakur Mohan Shrestha, including the Deputy Inspector General of Police (DIGP) Mr. Mingmar Lama, Director of Women and Child Service Police Headquarter. There were altogether 3 papers with the topics as: **Psychological aspect of violence against women/children and its intervention, Legal instruments, policies and its implementation related to violence against women and children and Public Security and preventive Measures of Violence Against Women and Children**. The paper presenters were; Chetana Lokshum (Psychologist), Mr. Saraj Raj Thapa, Legal Expert, National Women Commission and AIGP Mr. Ramesh Kumar Shrestha (Retd.) respectively.

2.3 Training for District Peace Committee, Dhunche, Rasuwa:



April 21-23, 2015, a training was conducted on Awareness on Psychosocial Counseling to the political members of District Peace Committee, Dhunche, Rasuwa. It was the first training conducted among all the District Peace Committee after the Peace Restoration.

3. Psychological First Aid (PFA) Training for the Volunteers to work with earthquake survivors:



After the megha earthquake hit Nepal, TRT rigorously worked to support the survivors. For this cause, a three day PFA training was conducted in collaboration with District Public Health,

Kathmandu and Birat Nepal Medical Trust for 70 volunteers on May 14, 15 and 16, 2015. The volunteers were deployed in different 12 places of Kathmandu for a month. Panga Bal Kumari, Kirtipur, Satungal, Badabhanjyang, Ramkot, Sitapaila, Dharmasthali and Jitpurphedi, Manamaiju and Phutung, Gongabu and Kapan, Nayapati and Sundarijal, Nanglebari and Lapsiphedi. Below are some of the clips working with the children:



3.1 Psychological First Aid (PFA) Training for the teachers:



In coordination with Education Ministry, Kathmandu, TRT conducted a one day workshop for the teachers of 25 schools on May 28, 2015 in Brihaspathi Vidya Sadan School, Bal Mandir, Kathmandu.

3.2 Psychological First Aid (PFA) Training for the Volunteers of Landslide:



Similarly, two day PFA training was conducted in coordination with CWIN on June 22, 2015. There were 45 participants altogether. The aim of this training was for the volunteers of Terathum Landslide survivors.

4. Celebration of Mental Health Day:

On the occasion of Mental Health Day October 10, 2015, TRT in co-ordination with Birat Nepal Medical Trust (BNMT) conducted a one day Expression through Art workshop for the children of Prisoners Assistance in Nepal (PA-Nepal) on October 14, 2015 (Asoj 27, 2072) at Naya Bazar Transit Home.

5. Service:

5.1 Service after earthquake at Tudikhel:



TRT in collaboration with District Public Health, Kathmandu conducted 7 days Psychosocial First Aid Service to the earthquake survivors from April 16 - 22, 2015. It was a great relief for the victims to find someone to share their worries. At the same time, Relief Materials were provided to the lactating mothers.

5.2 Service at Chuchepati, Chabahil, Kathmandu



6. Relief Distribution to different parts of earthquake affected areas:

6.1 Talakhu VDC, Nuwakot:

Talakhu VDC, Nuwakot was one of the area where TRT has been trying to uplift the community with different activities such as health and sanitation, education. Digam village under Talakhu VDC consists of only 19 household and has been on the less priority to the Government. Open toilet, no school, no health post and no motorable roads have made the community suffer a lot. So, with fund raising from different individuals as well as from Nepalese working in Bahrain to construct toilet but all the toilets built and the houses were destroyed. So, we supported whole Talakhu VDC-6 comprises of 5, 6,7, and 8 ward having 250 households with essential commodities, tarpaulin and blankets in three phases. Amreci Nepal Sahayogi Samaj, Tao Jagaran

Association and Shangri-La Orphanage and individual donors; Sabin Shrestha from USA and Bejana Rai from UK.

6.2 Bhaktapur



6.3 Dignity Kit Distribution:



United Nation Family Population supported 150 packets of Dignity Kit to TRT for earthquake survivors with special focus to pregnant women, lactating mothers, and elderly household women. TRT along with Former Police Counsel distributed the packets to 41 pregnant, 78 lactating mothers, 26 single mothers (10 senior citizen) and 5 disabled. The recipients are all Earthquake survivors of Jaukhel-5 Chagunarayan, Bhaktapur on Sept. 29, 2015 (Asoj 12, 2072).

7. Counselling Service:

7.1 On July 19, 2015 (Shrawan 3, 2072) Dorje Tamang (Kidney Patient) and his wife visited TRT. He is from Nepal Army. Dr. Chuda counseled him.

7.2 Psychosocial Counselling to the Adolescent Clinic of Police Hospital, Maharajganj is ongoing.

7.3 Psychosocial Counselling Clinic is ongoing

8. Capacity Building for staff members:

Transcultural Psychosocial Organization (TPO), University of Colorado, Natural Hazards Center, Enhancing Learning and Research for Humanitarian Assistance-Department for International Development (ELRHA-DFID) and Welcome Trust had organized a 3 day Disaster Mental Health Intervention for Earthquake Survivors in Kathmandu Valley on July 13-15, 2015 (Ashar 28-30, 2072) Ms. Kusuma Rayamajhi, Ms. Roshni Gajurel and Mr. Ashish Kafle had participated.

Isra-Aid conducted a two day workshop on Expression of Art on August 25 & 26, 2015 (Bhadra 8 & 9, 2072). Ms. Chetana Lokshum and Mr. Ashish Kafle participated.

Arthealing from Australia had conducted a training on Trauma Healing on on August 26-31, 2015 (Bhadra 10-14, 2072) and Training of Trainers (TOT). Ms. Chetana Lokshum and Ashish Kafle participated in the training.

Isra-Aid conducted a three day workshop on Loss and Grief Management through Expression of Art from Septmber 7-9, 2015 (Bhadra 21 -23, 2072). Ms. Chetana Lokshum and Ashish Kafle participated in the training.

Americare had conducted a three day workshop on Mental Health Psychosocial Support. Ms. Chetana Lokshum, Ms. Kusuma Rayamajhi and Ms. Roshni Gajurel participated the training. It was organized on (September 13-15, 2015) Bhadra 27-29, 2072.

9. General Assembly:

TRT General Assembly was conducted on August 20, 2015 (Bhadra 3, 2072). The new executive members were formed. The names are as follows:

President	Ms. Omu Tenpa Lama (Woman and Social Activist)
Vice President	Mr. Surya Kant Poudel (Former LDO and Social Activist)
Treasurer	Dsyp. Keshav Bhattra (Retd)
General Secretary	Ms. Kusuma Rayamajhi
Member	Ms. Tula Rana (Woman Activist)
Member	Ms. Roshni Gajurel
Member	Mr. Mani Kadel
Member	Mr. Ashish Kaffle
Member	Mr. Padam Bahadur Malla

10. Psychosocial Counselling Training



June 8, 2015, 6 months of Psychosocial Counselling training was organized by the organization. There were altogether 11 participants where five were officers from Women Cell, Police Department. It was the first time the internship was allowed in the central jail for the inmates. The training was conducted in the module of 40 per cent theoretical and 60 per cent of practical.

11.Honor and Felicitation



December 27 2015, **Honoring Distinguished Personalities** where organized. The nomination for the award was according to the service they had contributed to the society. There were altogether 4 eminent personalities. DIGP Dr. Kulesh Thapa, (Retd.), Mr. Dev Raj Dahal, Country Director, Friedrich-Ebert-Stiftung, Dr. Usha Kiran Subba, Head Psychology Department, Trichandra College and Ms. Indira Rana Magar, Founder, Prison Assistance in Nepal (PA Nepal). The Chief Guest of the Ceremony was ***Honorable Mr. Masashi Ogawa, Ambassador of Japan to Nepal.***

Training/Workshops/Seminar:

Graduation Ceremony of Six Months Psychosocial Counselling Training





December 27, 2015, "**Graduation Ceremony of Six Months Counselling Training,**" was organized at Police Academy, Maharajganj. The ceremony involved experience sharing of participants which was followed with a drama. The Chief Guest of the Ceremony was ***Honorable Mr. Masashi Ogawa, Ambassador of Japan to Nepal.***

Partner Organization:

Former Police Council Nepal (FCON)

Peace and Development Studies (PeDS)

Police Hospital

Prison Assistance in Nepal (PA-Nepal)

Wildlife Conservation in Nepal (WCN)

District Public Health Office, Kathmandu (DPHO)

British Nepal Medical Trust (BNMT)