

RICHA BAJIMAYA MEMORIAL FOUNDATION

New Baneshwor, Kathmandu, Nepal

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Richa Bajimaya Memorial Foundation is a Nonprofit Organization established in the year 2007 as a tribute to Late Ms. Richa Bajimaya born on 28th October 1984, who left us all on 25th March 2007, fighting till the very end with **cancer** (Ewing's Sarcoma – **cancer** found in bone or soft tissues like tendons, ligaments etc.). Since the time of establishment, Foundation has been working in the field of **cancer** and its periphery. Primarily, we wish to develop positive attitude towards **cancer** and **cancer** patients, to create a society who understands that **cancer** is a disease and not a curse, to see **cancer** as a manageable and preventable condition provided you yourself are committed to strive for it. We envision a society who sees **cancer** patients not as a subject of pity but admires them for the courage that they along with their family together show. **Therefore, understanding prevailing context, Richa Foundation is extensively committed and involved in every possible way in its battle against Cancer, thus paving its way to meet its vision.**

ORGANIZATION STRATEGIES

VISION

“**Cancer** fear-free society”

MISSION

To create an enabling environment for a **cancer** conscious society and to extend support towards holistic **cancer** care through community awareness, action research, and knowledge based advocacy, quality service and effective collaboration.

OBJECTIVE

To create and promote a positive social movement by involving all societal forces in discovering their own strength, envisioning positive future, architecting pathways & getting their commitment and ownership towards the building of **Cancer** – Fear-Free Society.

GOALS

- To be a recognized organization working for **cancer** awareness and prevention,
- To be a prominent organization working for **cancer** research in Nepal,
- To establish capacity building and learning platform for developing **cancer**-conscious youth,
- To provide support to the **cancer** patients and their families,
- To advocate in development and implementation of **cancer** related policies.

SCOPE OF WORK

- **Cancer** prevention
- **Cancer** Screening and Awareness
- **Cancer** education-mainly youth focused
- **Cancer** Advocacy, interaction and capacity building
- Research on **Cancer** and its other aspects

TEAM

BOARD OF DIRECTORS

Dr. Deepak Sundar Shrestha, President, RBMF

MD Internal Medicine

Consultant Physician and Medical Director, Suvekchya International Hospital

Dr. Dipesh Tamrakar, Vice-President, RBMF

Lecturer, Kathmandu University School of Medical Sciences

Er. Prabesh Maharjan, General Secretary, RBMF

Managing Director, Link Innovations International Pvt. Ltd.

Managing Director, Spur Engineering Company Pvt. Ltd.

Financial Analyst, Butwal Power Company

Ms. Shreya Bajimaya, Treasurer, RBMF

Fund Director, RBMF

Dr. Nija Rajbhandari Batajoo, Executive Member, RBMF

MD OB/GYN Registrar, Norvic International Hospital

Dr. Upasana Maskey, Executive Member, RBMF

MD OB/GYN Registrar, Nepal Medical College

Teaching Hospital Consultant, Everest Hospital

Ms. Sajani Manandhar, Executive Member, RBMF

Research Officer, New ERA

ADVISORS

Mr. Biraj Chhetri: Principal, Ideal Model School

Mr. Shyam Sundar Bajimaya, Retired Government Officer

Mr. Rameshwor Bhattarai, Legal Advisor

Dr. Roshan Prajapati, Medical Oncologist

Mr. Dilendra Sherstha, Past President, Rotary Club

Mr. Nirmal Krishna Shrestha, Business Entrepreneur

Dr. Sudeep Shrestha, Medical Oncologist

HIGHLIGHTED ACTIVITIES

Amidst several activities we have been conducting in the field of **cancer**, some of the major programs and activities are highlighted as follows:

Programs/Activities

Elixir Club

Elixir Club is the heart of Richa Bajimaya Memorial Foundation where we intend to bring youth under common arena to mobilize them for **cancer** awareness and prevention. This Club was developed based on our belief that a proper knowledge imparted to young minds will guide them towards positivity and spreading the same to the whole society. As the name itself suggests, ELIXIR – referring to an imaginary potion containing cure for all ills, it is a club of young energetic individuals who understand the value of working together for health promotion, **cancer** awareness and prevention, and of individuals with a sense of responsibility to oneself and to humanity. We believe awareness comes from self realization and that imparting awareness should be a continuous process rather than interval based. With this vision, we have successfully run Elixir Clubs in 8 schools of Kathmandu valley out of which 2 are still running successfully and have been conducting **cancer** prevention programs by themselves which in itself has set an example of sustainability and Uniting Against **Cancer**.

Cancer screening (Breast and cervical cancer) program

It is now well perceived that early detection of **cancer** makes its cure possible. Therefore, one of the major programs of the Foundation is breast and cervical **cancer** screening program which is being conducted at various institutions across Kathmandu valley and its periphery. This is coupled with awareness activity where women are made aware about breast and cervical **cancer** and its prevention. The fund for this program is generated every year through Ride Against **Cancer** which we pledge for screening of 1000 women in the country. Till date, the Foundation has been able to conduct breast and cervical **cancer** screening of 1749 women.

Ride Against Cancer (February/March)

Adhering to the motto of our organization “United Against **Cancer**”, we conduct Ride Against **Cancer** every year in collaboration and coordination with different stakeholders including governmental and non-governmental organizations, educational institutions, social clubs and groups, companies and local people. The main objective of this event is to raise awareness on **cancer**, promote healthy living and mainly raise funds for breast and cervical **cancer** screening.

Breast Cancer Awareness Month (October)

Marked in October, breast **cancer** awareness month is a health campaign organized all over the world. And with our mission to create an enabling environment for a **cancer** conscious society, we mark this month with extensive breast **cancer** awareness and screening programs.

Awareness, interaction, orientation and capacity building programs

Richa Foundation is currently highly focused on different aspects of **cancer** prevention. As such, it has been extensively conducting various awareness programs on **cancer** be it lung **cancer**, oral **cancer**, breast or cervical **cancer**. It is also actively engaging in activities such as wall painting, hike for health, screening of anti-smoking related documentary, distribution of

IEC (Information, Education and Communication) materials related to different facets of **cancer** and its prevention. Besides awareness programs, foundation has also been actively supporting the FCTC (Framework Convention on Tobacco Control) implementation through orientation and mass campaign.

World Cancer Day (February 4)

Foundation has been celebrating World **Cancer** Day every year with the memorial essence that it holds. Apart from carrying out various awareness generation activities through different medium, we focus on candle lighting program in the memory of the all the people lost to **cancer** and honoring people who have been fighting against **cancer** as well as those who have won over **cancer**.

World No Tobacco Day (May 31)

Richa Foundation has been mobilizing school students and the leadership is usually taken by our Elixir Club for the celebration of World No Tobacco Day whereby they organize various awareness raising and thought provoking activities in the form of competitions involving essay, debate, art, speech, drama etc. We mainly focus on bringing together youth into common platform this day to draw their attention towards negative health impacts of tobacco use thereby refraining them from its consumption.

Foundation Day (March 25)

We mark Foundation Day with memorial essence as we lost our beloved friend Richa Bajimaya on this day. We also conduct various awareness raising, capacity building and interaction programs on this day. As a part of dissemination of our activities and opinion about varied aspects of **cancer** from the perspective of medical professionals, students, **cancer** survivors and people from multi-dimensional disciplines who are associated with us in Uniting Against **Cancer**, we publish newsletter which was launched on this day.

Crystal Rose Day (October 28)

Crystal Rose Day is a birthday of our beloved friend Richa Bajimaya and thus we mark this day with our involvement in social causes such as conducting tea for free program for street children, blood donation, food distribution for children in orphanage etc.

Health camp and earthquake relief activities

During the period of post-earthquake period, Richa Foundation was actively involved in its efforts to provide and distribute relief materials such as food supplies, tarpaulin, water and Piyush (water disinfectant) to the earthquake victims of different communities of Dhading, Nuwakot, Lamjung and Sindhupalchowk. Altogether, 500 families were benefitted through this effort. Besides, health camp was also organized for the earthquake affected populace where many people with diverse disease condition received comprehensive health treatment from the panel of expert health team and altogether, more than 550 people were benefitted. Ultimately, Foundation is very keen to working for the welfare of the society.

Fund raising programs

Over the span of 10 years of its establishment, Foundation has been conducting its activities and programs with the help of funds raised through fund-raising programs. We have been doing several fund raising programs coupled with **cancer** awareness programs to generate

funds that are solely utilized for the activities of the Foundation. Some of the fund raisers we did are musical event for togetherness, fun filled healthy winter camp etc.

CSR PARTNERS

- Link Innovations International Pvt. Ltd.

COLLABORATORS

- Rotaract Kathmandu
- National Cancer Relief Society
- Heartbeat
- Rotaract Club of Dillibazar
- METTA Volunteers
- Women's Federation for World Peace-Nepal
- Youth's in Empowerment Network (YES)-Nepal
- Nepal Cancer Hospital and Research Centre Pvt. Ltd.
- Nepal Breast Cancer Foundation
- National Cancer Hospital
- Cancer Care Nepal
- Cycle City Network Nepal (CCNN)
- Rotary Club of Kavre, Banepa
- Vishram Society etc.

AFFILIATION

- Center for Advanced Palliative Care

OTHER DETAILS

- Legal status Registered Under District Administrative Office, Kathmandu, Nepal
- Registration no: 431/064/065
- SWC affiliation no: 23737
- Date of registration March 8, 2008 (08/11/2064)
- PAN 302 889 576
- Bank details NIC Asia Bank Limited
Kamaladi, Kathmandu
(A/C no: 3218157770524001)

HOW CAN YOU SUPPORT US?

- By uniting with us to raise cancer awareness and work for cancer prevention (screening) in our/ your communities.
- By collaborating in our efforts for Uniting Against Cancer such as through volunteering, becoming member, writing for us, providing us your opinion or expertise and or working with us together.

- By providing sponsorship for an event organized by RBMF.
- By providing financial support.

SOME OF THE GLIMPSSES OF OUR RECENT PROGRAMS





How many **women** do you know?? **क्यान्सर भयमुक्त समाज**
Cancer Fear - Free Society

Just **look around!** What if we told you that with just
Rs. 500, you can potentially **save a life??** It could be of your
mother, sister, wife, or a friend!!!

UNITED AGAINST CANCER
 www.unitedagainstanccancer.org.np

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