

Food and other Materials Distribution program for 35 Old Aged People in Nepal.

1. Project location:

There is an Elderly Home entitled Manakamana **Elderly Home** located Khandbari Municipality Ward no 13 of Sankhuwasabha district of eastern Nepal. The home is situated on the bank of the Arun river, in the premise of the Manakamana temple. Now there are 35 old aged people there. This is a sacred pilgrimage site for Hindus and Buddhists. Located **three (3) Kilometer** far from Tumligtar airport. The home has been running privately without any government support since 1961.



2. Infrastructure:

There is a one-story building with 16 small rooms with single bed and 15 other small Kutis (Huts). Now 35 elderly people (7 male and 28 female) between the ages of 55 and 85 have been living there. We see there are 3 old ladies who are above 80 years old.

3. Their Problem

Almost all the old aged people living there old and helpless. They have come there because of their household problems. Some have been forcefully chased by their sons and daughter – in laws from home. Some of their husbands remarried and were very badly behaved at home and left home and came there to take shelter.

4.How do people live there?

The elderly people gather in the prayer hall in the morning and in the evening and pray to God for peace and prosperity among human being. and also do meditation. In the evening sometimes their prayer is disturbed because the elect city goes off.

All the elderly people living there depend on charity donation from the pilgrims. Those pilgrims from different places donate them limited food material and some items of clothing.

Sometimes of a year very few pilgrims come to worship to the Temple and their food material donation also is limited. So, the old aged people have lack sufficient materials to eat are forced to live on their reduced food materials.

5.Other limited Facilities:

The electricity is not regular at the elderly. It goes off from time to time. Most of the people have very limited kitchen utensils. They cook with firewood in their own room. Since there is not proper ventilation system in the room, it is full of smoke while cooking. As a result, almost all the elderly people have been suffering from respiratory disease-like cough, asthma. etc. They collect the drift wood in the Arun River and make a bed of it in the rainy

6.Bed materials

Their mattresses and **blankets pillows, bed sheets** are very **old and torn**. Their mosquito nets are mold and full of holes. They have been suffering from lots of mosquito bites during the nights

7.Water supply.

There is piped water supply at the Elderly Home. But the water is supplied only on the alternate day. One day their water is supplied. The next day there is no water supplied. They have one 500-liter water tank donated by our MAST Company to collect and store water. It is not sufficient for them.

8.Home management

There is an **Elderly Home** management committee of 9 members. But the committee does not have any source of income apart from some bank interest of a small fund. With the interest the committee has been able to pay the home's water and electricity bills every month.

The committee helps the **Old Aged** people by sending a medical doctor for their check up from time to time.

In 1995 the government of Nepal introduced a pension scheme for people of 70+ years of age and 60+ year old widows, which now amounts to \$40.00 per month per person. Despite being small in amount, the pension has been a subsidy to purchase medicine, food, and/or clothing and has given strength to elderly people. Rural dwellers appreciate the pension more highly than the urban dwellers.

9. Objectives

The project has been created to support fulfil the basic needs like food, water, bed, kitchen utensils medical treatment for the 35 old aged people living at Manakamana Elderly Home.



Proposed Activities in order to achieve the objective of the project we are purposed to

1. Provide 10 kg rice per person per month
2. Donate USD 5 per person per month for fruits and vegetables.
3. Distribute 35 improved smokeless cooking stoves for cooking.
4. Handover 35 mattresses and blankets, bed sheets, pillows including mosquito nets.
5. Donate two five-hundred-liter water tank for collecting and storing water.
6. Distribute necessary kitchen utensils like pots, glass, bucket, cups, etc.

3. Source of income :

a. Fund raising 70%

In order to support the 35 Old Aged people to fulfil their basic needs like food clothes we raise 70% of the total budget online through global giving as well as off-line. We will appoint some volunteers who are interested to help us by raising fund for our program.

b. Company Donation 20%

SESF has registered and established Makalu Arun Social Trek (MAST) a nonprofit distributing social trekking company in Khandbari, Nepal. The company will organize social trekking program for people who are interested to enjoy social trekking around Makalu Arun Valley Region of Nepal. The company will cover 20% of the total cost of the **Elderly Home** so that that this organization will be able to achieve its social objectives.

c. Other donation collection 10%

SESF also receives **10%** donations of the total cost for its committee members, as well other socially conscious people.

Impact

a. Reduce Hogner, Poverty

- This project will provide food materials as well as other materials of daily use for 35 elderly people.

. Sustainability

1. SESF has established a tourism business entitled Makalu Arun Social Trek (MAST). This is a nonprofit distributing trekking company established in Khandbari. Since 2010 MAST has been organizing, facilitating social trekking for the interested individuals around Arun Valley Makalu region of Nepal.
2. Through Global Giving SESF will not only be raising money for the elderly people but also advertising MAST tourism product. This will help attract more tourists from Europe, America, Australia. More tourists mean more revenue for SESF, more jobs for the local people and more tax for the government.

5. Proposed Project Budget

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| 1. Rice | 20 * 12*35 = | = USD 8400 |
| 2. 35 Blanket, Mattress Pillow, Mosquito net. | | = \$300 |
| 3. . Transportation | | = \$100. |
| 4. Two -500 litter ater tank | 60*2 | = \$120 |

Total 8920

The End

