

Budget Study in Brief & Referral Guide for HIV and SRHR of Migrants (including MSM migrants) in Nepal

Status, Interventions, Outcome, Challenges and Recommendations

An Assessment Conducted by
POURAKHI NEPAL
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CARAM ASIA
Co-ordination of Action Research on AIDS and Mobility



An Organization of returnee women migrant
सुर्खित बेरोमिअ रोजगार, हामी सबैको साफल तरिका

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1 Introduction to Report

Health issue particularly HIV and Sexual Reproductive Rights of Migrants requires more attention from the concerned stakeholders considering the gravity of their vulnerable situation. In the pretext of increasing labour migration and vulnerabilities associated to their health, this report has been prepared with sole purpose of developing referral guide for the migrants who are at the potential risk of HIV infections and those living with HIV. The report gives an overview of existing services/responses on the prevention, care, treatment and support services provided by government entities, private sectors and civil society organizations. The report has been prepared based on the primary data collected from focused group discussions, key informant interview and supplemented with secondary data collected from review of different reports, strategic plan, bulletins, website of the concerned entities etc. This report is limited to its scope hence might not reflect the larger picture of HIV related response from the all the concerned entities.

1.1 Labour migration context:

Labor migration has become a common phenomenon for huge section of Nepalese society. The hard earned remittance has become

a lifeline for national economy for past many years. It has been estimated that every year, around half a million Nepali people enter into the labour market.¹ Unfortunately, due to the lack of adequate job opportunities within home country, everyday about 1200 to 1600 Nepali youths (excluding migration to India) migrate to overseas countries for work and income opportunities. The Department of Foreign Employment has issued more than 4 million labor approvals till fiscal year 2018/19.

The migrant workers in Nepal is said to have made significant contribution in national economy of Nepal with 24 percent in total national GDP (World Bank, 2021). Further, remittance has contributed significantly to reducing poverty, household income, and expenditure of 56% of households in Nepal. With the increasing number of labour migrants, their health issues are being unfolded with increased number of HIV cases among the migrant labours.

Migrant workers especially in informal sector are believed to be facing high occupational risks. The social isolation and discrimination, language barriers are the issues that impede migrant's ability to seek health treatment. Further, the policies and laws governing migration in labour destinations, are disorganized which is therefore putting migrants' health at risk. The unfavourable

1 Ministry of Finance, Economic Survey 2019/20 (Kathmandu, Ministry of Finance, 2020), <https://www.mof.gov.np/site/publication-detail/2494>

social, economic, and political factors in both the origin and destination nations increase the risk of HIV infection among labor migrants. Separation from wives, children, social and cultural norms, as well as substandard housing and harsh working conditions, are only a few of them. Due to lack of adequate awareness, migrant workers may engage in practices that increase their HIV risk as a result of their isolation and stress.

1.2 HIV Cases in Nepal:

HIV case was diagnosed first time in 1988 and the epidemic increased rapidly afterwards. According to the government report published by NCACE in 2021, the estimated number of people living with HIV in Nepal is 30,300 where the number of male is more with 16,314 (53.8%) than that of female 13,986 (46.2%). And out of total 4573 migrant workers with HIV infection, number of male workers is 4199 which is far more than the number of female migrants which is 374 in total. Similarly, spouse/partner of male is very high with 3177 compared to the that of female which is 274. This shows that men are more likely to transmit HIV to their female partners than female does. Although injecting drug use is still an important route of transmission of HIV in Nepal, the current major mode of HIV transmission is sexual, accounting for 85% of new infections.

Infected Migrant workers	No of Infected	% Ratio
Male	4199	92%
Female	374	8%
Total	4573	100%
Spouse/partner of male	3177	92%
Spouse/partner of female	274	8%
Total	3441	100%

1.3 Key at Risk Population:

The key population of HIV at risk people are sex workers, people who inject drugs, men who have sex with men (MSM), clients of sex workers, migrant workers and their spouse/partners. This population should be made much aware on the risk factors of HIV transmission. The behavioural change interventions including provision of condoms, HIV testing, counselling, diagnosis and treatment of STIs and referral services, could help to minimize risks associated with HIV transmission.

1.4 Problems/challenges of people living with HIV in general:

The biggest problems HIV positive migrants today face are the social stigma due to which they hesitate to go for testing, treatment, counselling

and other needful health service. In Nepal many people are still believed to be living with HIV and dying without knowing the cause of their death. Timely response could save the life of many people but the fear of social stigma discourages people to access HIV related health services and openly discuss these issues both in urban and rural socio-cultural set up. The socio-economic hardship and lack of moral support from family and society further pushes them into vulnerable situation. Further, other than medical support, there is no any government support for the social protection system of vulnerable population living with HIV in Nepal.

1.5 Constitutional Provision & Plan:

Nepal's Constitution in its Section 35 (1) has guaranteed the fundamental right to access to free basic health services. In line with this, the National HIV Strategic Plan 2016-2021 maintains the ethos of this constitutional mandate to guarantee access to essential health care as a fundamental right of every person. The National Planning Commission has pledged to lead multi-sector HIV coordinating efforts. Nepal's commitment to the global Joint United Nations Programme on HIV/AIDS (UNAIDS) Strategy 2016-2021 and the United Nations General Assembly's Sustainable Development Goals (SDGs) includes a commitment to Fast-Track the HIV response in order to eliminate the AIDS epidemic as a public health threat by 2030.



Budget Priorities of Nepal Government

2.1 Budget for HIV Response

Since the fiscal year 2011-2012, the Nepalese government has provided a dual stream of resources to the national HIV response: regular financing to the National Centre for AIDS and STD Control and a pool fund. The pool fund is a health-sector-wide approach that combines funds from the Nepali government and external sources such as the World Bank, KFW (a German financial cooperation), AusAID (Australian Agency for International Development), and the Department for International Development of the United Kingdom (DFID). The proportion of external resources to total resources in the pool fund has changed from year to year, but has consistently remained around a 20 percent yearly on an average. However, the pool fund's specific HIV financing stopped in 2015, and domestic HIV funding is now provided to National Centre for AIDS and STD Control through regular Ministry of Health allocations.

2.2 Budget in NCASE:

The National Centre for AIDS and STD Control (NCASC), which is part of the Ministry of Health, spends money on HIV prevention, care, and treatment programs in Nepal. The National Centre for AIDS and STD Control is given an

allotted budget about 550 Million (Approximately NPR. 55,00,00,000) on annual basis that covers practically all of the Nepalese government's HIV and STD expenses. This comprises human resource costs, training and skills development, program expenses, central, regional, and district monitoring, travel, and medicine procurement. According to NCASC, around 18% of the total annual budget is spent for human resource cost whereas rest around 82% is spent for treatment, test kits, medicines, viral load, awareness, capacity building and training to health technicians, doctors and volunteers.

2.3 Local Budget:

Regarding budgetary part at province level, around 3 million (NPR. 30,00,000) is allocated for HIV related response through Social Development Ministry in each province and implemented in coordination with district health offices, local municipalities and NGOs. The local municipalities could also allocate certain budget from its social development programs considering the gravity of situation at local level but it largely depends on how much sensitive the local authority is for HIV response. The NGO working in HIV sector reiterate that domestic HIV resources are inadequate and has not been increased significantly in recent years despite their lobby and advocacy initiatives.

Program and Interventions of Nepal Government

The people living with HIV need access to a range of services, including HIV testing, diagnosis, appropriate treatment and other health related services while in care, on treatment, and retention on treatment. Considering the gravity of situation, the national public health system has been extended with at least one health facility in each village development committee area. Female community health volunteers, health posts, primary health-care centres, district hospitals, zonal hospitals, regional hospitals and central hospitals provide services ranging from basic health services to increasingly specialized diagnosis and treatment and referrals, all free of charge.

3.1 Lead Actor in HIV Response:

National Centre for AIDS and STD Control is the leading actor in HIV response in Nepal which is primarily responsible for implementing the National HIV Strategic Plan at the national, regional, district, and municipal levels, using public health service infrastructure. Its execution is done in collaboration with range of stakeholders from government agencies, private sector, civil society and non-governmental organizations.

3.2 Available services at govt. level

HIV services available in the public sector include HIV testing, services for sexually transmitted infections, antiretroviral therapy, elimination of vertical transmission and screening of donated blood, all free of cost. Antiretroviral therapy services are available through 83 sites in 76 districts across the country as of July 2021.

3.3 Initiation of Art Service:

ART services started from February 2004 from Sukraraj Tropical and Infectious Disease Hospital Kathmandu. ART is available for free of cost for all People Living with HIV (PLHIV). As of July 2021, there are 83 ART (inclusive of 2 newly established ART sites-Damak Hospital, Jhapa and Rampur Hospital, Palpa) sites and 45 ART Dispensing Centers (ADC) in 76 districts. Nepal has adopted Test and Treat approach since Feb 2017. CD4 count services is available from 33 sites in 27 districts and this service is provided in coordination with District Health Office based in district headquarters of the concerned districts.

3.4 Viral Load Testing Services

Viral load (VL) testing services are available from 8 sites in the country. And these services are provided from province level hospital namely National Public Health Laboratory, Kathmandu, Provincial Hospital Kailali, Sukraraj Tropical and Infectious Disease Hospital and Bir hospital Kathmandu, Pokhara Academy of Health Sciences Kaski, Koshi Hospital, Morang. And two sites

Provincial Hospital Surkhet and Bayalpata Hospital Achham are using GeneXpert Machine.

3.5 Community and Home Based Care (CHBC)

CHBC responds to the physical, social, emotional, and spiritual needs of PLHIV and families from diagnosis to death and bereavement. National package of CHBC services consist of care and support to PLHIV for adherence, nutrition, education, hygiene and sanitation. Family planning, referral, linking with social services, emotional/spiritual support and counselling, infection prevention and end of life care. CHBC are functional in 57 districts, Lumbini province having the highest number (12 CHBE) followed by 10 in Bagmati province, 9 in Sudurpaschim, 8 each in Gandaki and Madhesh province, 6 in province 1 and Karnali province with 4 CHBC. And information about the CHBC services can be accessed through the District Health Office based in district headquarters of the concerned districts.

3.6 Community Care Centre (CCC) Services:

Community Care Centre Service is a short term care home catering to the needs of PLHIV and service as a link between the hospital and home/community. The key services include positive, prevention, medical care, nutritional support, treatment literacy for adherence, care and support and linkage to other social services. Community based testing services are provided to at risk

population by health workers and trained lay providers at a workplace, entertainment sites, hot spots, border check points, educational facilities or at home in coordination to district health office across the country.

3.7 PMTCT Services

Prevention of Mother to Child Transmission (PMTCT) services started in Nepal in February 2005 and this Community based program has been expanded in all 77 districts of Nepal where HIV screening and counselling is done in every Antenatal Care (ANC) visits that usually take places on quarterly basis at the local health check post. ARV medicines are made available in local health facilities however, life-long ART services is only provided through 83 ART sites and 45 Dispensing Centres throughout the country.

3.8 Social Protection to the Children Affected by Aids (CABA)

CABA program targets only HIV positive children under 18 years of Age and it is implemented by Government of Nepal in collaboration of Save the Children in 45 districts. Under CABA support, every HIV infected child is provided with NPR 1000 per month for their education, health, nutrition and livelihood support. The NCASE report as of July 2021 shows that as many as 686 male and 562 female HIV infected children have been supported with the this financial package. The HIV infected children if not received this package, can be linked to this CABA program with the help of Community

and Home Based Care Centres, Local Health Post, District Health Post and hospitals that provide HIV related services.

3.9 Key Service Providers:

The services provided at governmental level are more focused on testing and treatment services mainly in key urban areas at central and province level. Some of the key services related to HIV response can be received from the below mentioned centres;

SN	Name of the Organization	Address	Services/ Program area	Email/Telephone
1	Bhaktapur Hospital	Bhaktapur	HTC, ART, PMTCT	6617194, 9860469371 (Shristi Aryal)
2	Sukraraj Tropical & Cholera NCHC Hospital treatment of cholera & STI	Teku, kathmandu	HTC, ART, PMTCT, Virol loads, CD4 Count services	4258219, 4261653 9851096917 (Dr. Anup Bastola)
3	Teaching Hospital	Maharajgunj, Kathamandu	ART, PMTCT, EID	9841255740, 9851185022 tuthart@hotmail.com (Prem Khadka/Uma Chitrakar)
4	Kanti Bal Hospital	Maharajgunj, Kathamandu	ART Services	9849078679 (Sarita Pandey)
5	Bir Hospital	Mahaboudha, Kathamandu	ART Services	9851027922, 9845727360 9840014842

6	Dhukikhel Hospital	Dhulikhel, Kavre	ART Services	9843071433 bhujuchampa@yahoo.com
7	Patan Hospital	Lagankhel, Lalitpur	PMTCT	5522295
8	Paropakar Maternity and Women Hospital	Thapathali, Kathmandu	PMTCT	4253276, 4253278
9	Sukraraj Tropical and Infectious Disease Hospital	Teku, kathmandu	Viral load measure services & CD4 Count Services	4252421 9843567715
10	Pokhara Academy of Health Sciences Kaski, Western Region Hospital	Kaski, Pokhara	Viral load measure services & ART Services	<u>+977-061-520310 061-</u> <u>520461</u>

4 Available Services at NGO level

Non-governmental organizations are believed to have played significant role on HIV response providing range of services that include prevention, care and shelter support, counselling, awareness raising, capacity building, livelihood support and improving access to the healthcare and legal services. NCASE report shows that out of total 263 HIV testing service sites, 133 are operated by nongovernmental organizations that provide the first entry point to treatment, care and support, as they conduct HIV testing and counselling and maintain linkages with key populations, antiretroviral therapy, TB services and services for elimination of vertical transmission. The brief details of the major NGOs providing services on HIV are mentioned below;

Name of Institution	Services	Location	Contact Details
NAP+N	Advocacy, prevention, care and support, counselling, raising community awareness, healthcare and legal services	Anek Marg, Baluwar, Kathmandu - 4, Nepal	Phone no: +977- 01-4427459, 4417835, Website: http://napn.org.np/
Shakti Milan Samaj	Care, support, shelter, empowerment of women and children with HIV etc.	Saraswati nagar- 6, Kapan, Kathmandu	Phone number: +977-1-4823288 Website: www.shaktimilan.org.np
Sparsha Nepal	Prevention, treatment, counselling, care and support, awareness, skill and capacity and livelihood support	Sanepa-2, Sanchal Kathmandu, Nepal 44700	Phone no: 01-5537814, 9808254584, 9808254584 (Laxman Shakya)
Shanti Foundation	Care, treatment, Psycho-social counselling, educational support, vocational training, awareness, orientation and capacity building	Kumarigal-6, Boudha, Kathmandu	Phone: +977-9843790549, 01-5107548

SACTS	Female sex workers, preventions and rapid test, hospital referral	Thapathali, Kathmandu	Phone No: 2002172, 4246612, 9841253558 (Ms. Jeni Tuladhar)
Blue Diamond Society	HIV/AIDS awareness and prevention including care, support and treatment, advocacy	Darbarmarg, Kathmandu	+977-01-4526652, 4526653, 9851079186 (Ms. Sushila Lama)
Recovery Nepal	Counselling, prevention, awareness on drug addiction and HIV	Lalitpur	+977-01-5521391
Nari Chetana Samaj Nepal (NCS-SWAN Nepal)- Society for Women Awareness Nepal	Prevention, rapid testing and counselling	Lalitpur	01-5528187
CAP Nepal (Entertainment Sector)	Rehabilitation and Skill based training	Jaya bageshwori, Kathmandu	9841378495/4486599 capnepal@yahoo.com (Hira Dahal)

Shakti Samuha	Prevention and Safe home for survivor (crisis and care and support service)	Sukedhara, Kathmandu	4494815, 9841365403 (Sunita Danuwar)
Maiti Nepal	Prevention and Safe home for survivor (crisis and care and support service)		4492904, 4494816, 4483564 (Anuradha Koirala)
Koshis Nepal	Psychosocial counselling, mental health, rehabilitation	Satdobato, Nepal	5201830, 2221146, 9844675519 (Narendra Thakur)
Ankur Counselling Center	Psychosocial counselling including on HIV issues	Bhanimandal, Lalitpur	9841777158 (Ms. Sumitra)

5 Challenges at organization level

- The biggest the HIV positive migrants today face are the social stigma due to which they hesitate to go for testing, treatment, counselling and other needful health service. The fear of social stigma discourages people to access HIV related health services and openly discuss these issues both in urban and rural socio-cultural set up.
- The HIV migrants mostly come from poor family and socio-economic hardship and lack of moral support from family and society further pushes them into vulnerable situation. Due to lack of government social protection system, even the most vulnerable population living with HIV in Nepal are bound to find their livelihood options on their own.
- Lack of formal education and adequate awareness on HIV health, have pushed many migrants at the potential risk of HIV infection thereby increasing the vertical transmission within their family and horizontal transmission among their spouse or sex partners.
- HIV-positive migrants are given access to medicine for one month only which is more difficult for the migrants going India. Because, they have to come back to Nepal from India after a month to get their medicine. This is a big issue; as migrant workers have to spend most of their income on transportation only.

- The NGOs efforts dedicated to HIV response are yet to bring visible changes due to inadequate fund and their fragmented efforts are not integrated to achieve greater results. Hence the progress in prevention seems slow.
- The budget allocated by Nepal government seems focused only on the test, treatment and institutional capacity building of government HIV response unit but no programs seem to have been formulated to link the HIV migrants into income, skill training that can help them with livelihood options.
- The budget allocated at province level is far less than what is required to meet the minimum response to HIV issues and local municipalities do not seem much concerned to the HIV health of migrants.
- Further, there is no separate provision or priority for MSM migrants. These issues have not been included in the budget as well. If included also, this kind of issue is not given importance. Regarding interventions and outcomes, there is no clear idea about the intervention and outcomes of those allocated budgets.
- There is no separate provision to ensure the migrant's health care and social services. Nepal's government has made no policies for undocumented returnees.

Recommendations

- NGOs in coordination with government stakeholders should intensify mass education and awareness programs on HIV health of migrants and against social stigma.
- Government has to allocate special budget at central, province and local level to focusing on the skill training, livelihood support and implement them in coordination with local NGOs.
- Government has to introduce social protection system focusing on the HIV health of migrants providing them subsidy in accessing other needful services form government.
- The database of the HIV migrants has to be maintained from central to local level and support programs has to be introduced to empower psychologically, technically and financially so that they could survive on their own.
- The curriculum made for the Pre-departure orientation to the aspirant migrants should include the HIV awareness session for the out-going migrants.
- HIV-positive migrants are missing to continue the ARV medicine due to their movement in the neighbouring country and abroad. Considering gravity of situation, Nepal government needs to manage the cross-border ARV and SRHR services free of cost in coordination concerned departments.
- Expansion of the multi- dispensary and tailored ART services including the routine viral load testing and establishment of the effective and sustainable referral mechanism not only in urban but also at local level too.

Reference

- Department of Foreign Employment, *Annual Report 2018/19*
- Ministry of Finance, Economic Survey 2019/20 (Kathmandu, Ministry of Finance, 2020)
- Ministry of Labour Employment and Social Security, *Nepal Labour Migration Report 2020*
- National Center for AIDS & STDs Control. (2018). *National AIDS spending assessment (NASA) 2016 and 2017.*
- National Center for AIDS & STDs Control. (2016a). *National HIV strategic plan 2016-2021.*
- National Center for AIDS & STDs Control. (2019). *Fact sheet: HIV epidemic update of Nepal.*
- National Planning Commission. (2017). *Sustainable Development Goals: Status & roadmap 2016-2030.*
- National Planning Commission. (2019). 15th Five Years Strategic Plan 2019-2023,

Referral Directory

SN	Name of the Organization	Contact Person	Address	Email/ Telephone	Services/ Program area	Opening Hours	Cost of Services	Remarks
HTC Services								
1	SACTS	Ms. Jeni Tuladhar	Thapathali, Ktm	2002172, 4246612		10am-4pm	free	
2	Bhaktapur Hospital, ART Center	Ms. Shristi Aryal	Bhaktapur	6617194, 9860469371		10am-3pm	Free	
3	Sukraraj Tropical & Cholera NCHC Hospital treatment of cholera & STI	Dr. Anup Bastola	Teku	4258219, 4261653 9851096917		(Mon-Fri) 9am-5pm	Free	
STI Services								
1	SACTS	Ms. Jeni Tuladhar	Thapathali, Ktm	2002172, 4246612, 9841253558		10am-4pm	free	
2	Bhaktapur Hospital	Ms. Shristi Aryal	Bhaktapur	6617194, 9860469371		10am-3pm	Free	

ART sites / services						
1	Bhaktapur Hospital	Ms. Shristi Aryal	Bhaktapur	6617194, 9860469371	10am-3pm	Free
2	Sukraraj Tropical & Cholera NCHC Hospital treatment of cholera & STI	Dr. Anup Bastola	Teku	4258219, 4261653 9851096917	(Mon-Fri) 9am-5pm	Free
3	TUTH	Dr. Prem Khadga Ms. Uma Chitrakar	Maharajgunj/Kathamandu	9841255740 9851185022 tuthart@hotmail.com	(Sun-Fri) 10am-5pm	Ticket - Nrs. 60 and additional investment cost
4	Kanti Bal Hospital	Sarita Pandey	Maharajgunj	9849078679	(Sun-Fri) 10am-4:30pm	50% of the total cost need to pay by patient party
5	Bir Hospital	Dr. Sushil Shakya Kamala Subedi Manjula Bhattari	Mahaboudha	9851027922 9845727360 9840014842	(Sun-Fri) 10am-5pm	Free

6	Dhukikhel Hospital	Ruku Bhujel	Kavre	9843071433 bhujuchampa@yahoo.com				
PMTCT services								
1	Patan Hospital	Ms. Pawan k	Lagankhel, Lalitpur	5522295		9am-4pm (Reg 9am-12pm)	Only counseling free	
2	Bhaktapur Hospital	Ms. Shristi	Bhaktapur	6617194, 9860469371		10am-3pm	Free	
3	Paropakar Maternity and Women Hospital	Ms. Sila Barma	Thapathali, Ktm	4253276, 4253278		9am-2pm (Reg 9am-12pm)	Ticket 10-15/-	
4	TUTH	Dr. Jyoti Sharma Ms. Uma Chitrakar	Maharajgunj/ Kathamandu	9841236959 9851185022 tuthar@hotmail.com		(Sun-Fri) 10am-5pm	Ticket - Nrs. 60 and additional investigation cost	
Early Infant Diagnosis (EID) services								
1	SACTS	Ms. Jeni Tuladhar	Thapathali, Ktm	2002172, 4246612		10am-4pm	Free	

2	Tribhuvan University Teaching Hospital, Maharajgunj	Dr. Laxman Shrestha	Maharajgunj	985 1036550	EID, ART and PMTCT	(Sun-Fri) 10am-5pm	Ticket - Nrs. 60 and additional investment cost
CD4 count services							
1	Sukraraj Tropical & Cholera NCHC Hospital treatment of cholera & STI	Dr. Anup Bastola	Teku	4258219, 4261653 9851096917		(Mon-Fri) 9am-5pm	Free
2	National Public Health Laboratory	Bimal Shrestha	Teku	4252421 9843567715		Sunday & Wednesday (9am to 12pm)	Free (if referred by ART Centre) and Rs. 100 for self test
Viral load measure services							
1	Sukraraj Tropical & Cholera NCHC Hospital treatment of cholera & STI	Dr. Anup Bastola	Teku	4258219, 4261653 9851096917		(Mon-Fri) 9am-5pm	Free

2	National Public Health Laboratory	Sundar Khadka	Teku	4252421 9843379143		Sunday & Wednesday (9am to 12pm)	Free (if referred by ART Centre) and Rs. 150 for self test
Tuberculosis Centre							
1	National TB Centre	M.s. Anita M.s. Sandhaya	Thimi, Bkt	6632601, 6631048, 6632477 6630033		(Sun-Fri) 10am-4pm	Free
2	Genetup (Treatment of TB)	Mr. Nem Mitra Shrestha, Co-ordinator	Kalimati, Ktm	4270483		9am-3pm	Sputum test free, X-ray 150/-
Counselling and support services for Trafficking in Person							
1	CeLRRd	Mr. Anjan Dahal/ Sudeep Gautam	National	9851061798/ 9841214914/ 4483706 (off) anjan@celrrd.org/ celrrd@wlink. com.np/ sudeep@celrrd.org	Prosecution		

2	TPO	Mr. Narayan Gyawali, Suraj Koirala	National, KTM, Makwanpur, Kavre, Sindupalchok, Baire and Rupendi	4431717, 2090688, 9851101557, 9841345772 ngyawali@ tponepal.org.np/ skoirala@tpone- pal.org.np	Psycho- social			
3	NJA	Mr. Shreedhar Sap- kota/ Rajan KC/ Mr. Lekhanath Paudel	Govt.	9841506171, 5549057 (Off), rajankc@njane- pal.org.np	Training, develop- ment of lawyer and judges			
4	Change Nepal	Mr. Pramesh Pradhan/ Suman Khatiwoda	Kathmandu	4257813 ppramesh@ hotmail.com	Internal trafficking with FSW			
5	SAATHI	Mr. Nawaraj Joshi Mr pukar saha, bandana rana	Kathmandu, National plus Baire	9851111140, 985802300; 5000063 joshi.nawaraj@ gmail.com	Cross border, internal / external safe migra- tion with trafficking survivor			

6	NIDS	Ms. Anita Manadhar DR Ganesh manandhar	Kathmandu	9851100714, 4721277, 4721278, Fax: +977-1-4721982 nids@mail.com. npwww.nids. org.np	Curriculum develop- ment for prevention			
7	CMSS	Mr. Som Lama	Makwanpur	9845105556 soslama@ymail. com	Prevention among Tamang commu- nity			
8	Nepal Tamang Chedung	Mr. Suni Lama	Kavre and Sindupal- chowk	9851055302, 4990063 sunilamaz8@ gmail.com	Prevention among Tamang commu- nity			
9	PAURAKHI	Ms. Manju Gurung	Kathmandu and Sindupalchowk	9841382575, Hot line: 4720573, 2081644 pourakhi@ mail.com. npransuba_grg@ hotmail.com, www.pourakhi. org.np	Prevention			

10	World education Inc	Ms. Shrinkhala Thapa	Bhaktapur	4422385 shrinkhala@wei.org.np	NFE Microfinance Livelihoods, NFE Vocational		
11	Nepal health sector support program	Mr. Resham Gurung	Kathmandu	42, 642, 504, 264, 301	Gender based violence	9:5:30	free
12	CWIN Nepal	Ms. Sumima Tuladhar	National	4278064 cwin@mos.com.np	Children right, street children who are in risk		
13	CAP Nepal (Entertainment Sector)	Ms. Hira Dahal	Jayabageshori	9841378495/4486599 capnepal@yahoo.com	Rehabilitation and Skill based training		Free
14	Shakti Samuha	Ms. Sunita danuwar	Kathmandu, Sukehdhara	4494815, 9841365403	Prevention and Safe home for server		

15	SERVE-Nepal	Miss Bimala Joshi	Kumaltar, Near to Araniko School, Lalitpur	977-9808508126	Skill based training with free lodging and food for internal trafficking women			
16	Women and children Service Centre	Ms. Harsha Maya Maharjan	Kathmandu	4286969	Legal			
17	Women and children Service Centre	Ms. Shradha Thapa	Lalitpur	5543397	Legal			
18	Women and children Service Centre	Ms. Sanu Shrestha	Bhaktapur	98414677897	Legal			
19	LACC (Legal Aid & consultancy Center)	Ms. Shashi Adhikari/ Nita Dhungana	National	9841675733/ 5543111 lacc@wlink.com.np	Legal			
20	Nepal Environment Lawyers Association(NELA)	Ms. Shiti shna Tirmilinsa	Anamnagar	4239872, 4225799 info@nelanepal.org	legal			

21	PPR	Mr. Rajendra Ghimire	National, KTM, Makwampur, Kavre, Sindupalchok, Banke and Rupendi	6220874, 9851110118 ghimire06@ yahoo.com	Legal			
22	INSEC		Kalanki	4278770, 4270551	Legal	9am-5pm	Free	
23	Himright	Mr. BP Adhikari	Sanepa	5520054	Legal	9am-5pm	Free	
24	Kingdom Investment Nepal (KI Nepal)	Ms. Bimala Joshi	Jawalakhel	5533378, 5001508	Internal trafficking with FSW (13 to 18 years), Safe house at Chitwan	9am-5pm	Free	
25	Koshis Nepal	Mr. Narendra Singh Thakur	Sadobato	5201830, 2221146, 9844675519	Psychosocial counseling, mental health, rehabilitation	9am-5pm		
Crisis Care & Support Centre								
1	NAP+H	Ms. Rose Joshi, Ms. Anjan Amatya	Khusibu, Ltp	4374983		(Mon-Fri) 9am-5pm	Free	
2	Maiti Nepal (Female)	Ms. Anuradha Koirala Mr. Biswa Ram Khadka	Maiti Marg, Gaushala	4492904, 4494816, 4483564		(Sun-Fri)	Free	

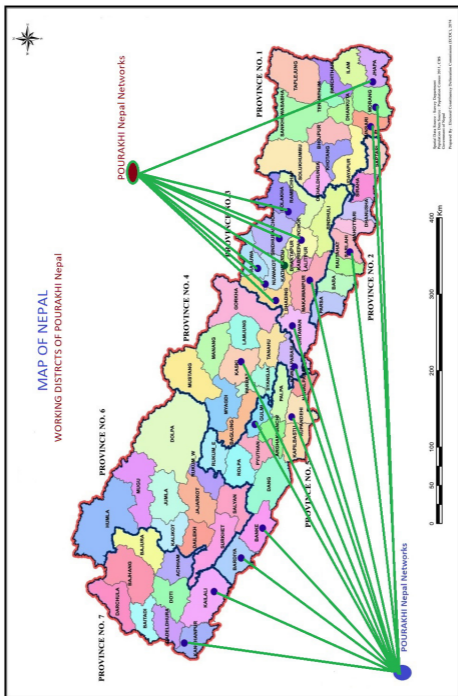
3	Saathi Samuha	Ms. Mina	Mandikhatar	9849410270, 4375712				
4	Shakti Samuha (Female)	Ms. Goma Rai, Co-ordinator	Gaurighat			24 hours	Free	
5	Saathi (Female)	Ms. Ava Regmi	Ekantakuna			24 hours	Free	
6	Serve Nepal	Ms. Bimala	Lalitpur	9805431160		24 hours	Free	
7	Spasha Nepal	Mr. Laxman Shakya	Sanepa, Lalitpur	9808254584		24 hours	Free	
Psychological Counseling for GBV cases								
1	Mental Hospital	Mr. Surendra Serchan	Patan, Ltp	5521333		9am-5pm; (Reg 9am-12pm)	Ticket 10-15/- 20	
2	Koshis Nepal	Mr. Narendra Singh Thakur	Sadobato	5201830, 2221146, 9844675519		Psychosocial counseling, mental health, rehabilitation center		
3	Centre for Mental Health and Counseling – Nepal (CMC-Nepal),		Thapathali, Kathmandu	01-4102037		9 am - 5 Pm		

4	Ankur Counselling Center	Ms. Sumitra	Bhanimandal, Lalitpur	9841777158	Psychosocial counseling	9am - 5:30pm	
Counseling for Depression							
1	TUTH	Dr. Saroj Prasad Ojha	Maharajgunj/Kathmandu	9851038299	(Sun-Thurs) 10am-5pm (Fri) 10am-1pm	Ticket - Nrs. 60 and additional investment cost	
Gender Based Violence							
1	Nepal health sector support program	Mr. Resham Raj Gurung	Ministry of Health and Population, Ram Shah Path, KTM	42, 642, 504, 264, 301	Health System strengthening	9am - 5:30pm	
2	OCMC Kathmandu	Ms. Sukumaya Lama (Sister-in-Charge) Rakshya Adhikari (Staff Nurse)	Prashuti Griha, Thapathali	Suku Maya-9841323725, Rakshya-9808819944, Bhawani Thapa-9841877222, Rajani Shrestha-9841441953, Monika GR-9843611601, Nirmala Magar-9843697339	GBV related all services	10am-2pm	Free

3	Maiti Nepal	Ms. Anuradha Koirala	Kathmandu	4492904	Rehabilitation	10am-5pm	Free
4	Women and children Service Centre	Ms. Sanu Shrestha	Bhaktapur	9841467895	Legal	10am-5pm	
5	LACC (Legal Aid & consultancy Center)	Shashi Dhikari/ Nita Dhungana	National	9841675733/ 5543111 lacc@wlink.com.np	Legal	10am-5pm	
6	Blue Diamond Society	Mr. Sujan Pant, Lawyer	National	9841350804	Legal	Monday - Friday (9am to 5pm)	
7	Blue Diamond Society	Ms. Sushila Lama (Advocate)	National	9851079186	Advocacy	Monday - Friday (9am to 5pm)	
24	Koshi Nepal	Mr. Narendra Singh Thakur	Sadobato/Bhaktapur hospital	5201830, 2221146, 9844675519	Psychosocial counseling, mental health, rehabilitation	9am-5pm	
Drug Treatment and Rehabilitation Centre for Injecting Drug Users (IDUs)							
1	Diyalo Vision	Mr. Gopal Raj Shrestha	Sinamangal	4460922		8am-8pm	21000/-

2	Richmond Fellowship (Male)	Mr. Bishnu Sharma, Co-ordinator	Chovar	4332532/ 4330349		8am-8pm	6000/-
3	Richmond Fellowship (female)	Ms. Pooja Niraula, Co-ordinator	Jhamsikhel, Ltp	5522707		8am-8pm	6000/-
4	Freedom Centre	Mr. Rajendra Shrestha, Incharge	Nakhipot	5531225		10am-5pm	5000/-
5	LALS	Mr. Rajan Rana, Incharge	Boharatar, Balaju	2080595		10am-5pm	6000/-
6	Nava Kiran Ashram	Mr. Bimal Thapa, Co-ordinator	Ittaritar	4371422		10am-5pm	5000/-
7	Suruwat	Mr. Surendra Shrestha	Bkt	9851056867		10am-5pm	25000/-
8	Dristi Nepal	Ms. Parina Subaa	Lazimpat	16214905		10am - 5pm	
9	Aavas Samuha	Ms. Rakesh Karmacharya	Sallaghari	9860441654		10am - 5pm	
10	Youth Vision	Mr. Madhu Sudan Sijapati	Chalate, Bhaktapur	15092431		9am - 5:30pm	Free
General OPD							
1	Samata Hospital		Kumarigal, Kathmandu	4114063	General OPD	8am-7pm	100/-

All investigation suggested by hospital doctors are free.





POURAKHI Nepal

Address: House # 61, Chundevi, Madhur Marg,
Ward # 4, Maharajgunj, Kathmandu

Hotline number: 9849135206

Email Address:-pourakhi@mail.com.np

Website: <https://pourakhi.org.np/>