

# HER

HIMALAYAN ENTREPRENEUR RESOURCES



**ANNUAL REPORT**  
2022



## **MISSION**

**To bring hope to women in all stages of life by providing menstruation hygiene management, holistic health education, and creating opportunities for those unreached.**



## **VISION**

**To restore broken communities to wholeness by empowering women through truth, education, and opportunity in all stages of life.**

# OUR WORK AT GLANCE



PROVIDING LIFE SKILLS DEVELOPMENT SKILLS



PROVIDE THEM WITH VOCATIONAL TRAINING OF THEIR INTEREST FOR ECONOMIC EMPOWERMENT



CONDUCT HEALTH AND HYGIENE, AWARENESS CAMPAIGNS, DISTRIBUTE SANITARY KITS, AND ADVOCATE FOR VULNERABLE WOMEN AND CHILDREN.




PROVIDING HEALTH COUNSELING AND ASSISTANCE TO IMPOVERISHED WOMEN



WE PROVIDE COUNSELING, SUPPORT, AND LIFE SKILLS TO THE WOMEN



RESCUE TRAFFICKED CHILDREN AND WOMEN AND FURNISH THEM WITH VOCATIONAL TRAINING AND ASSIST THEM TO SUSTAIN THEIR OWN BUSINESS

A photograph of a woman in the foreground holding a blue cloth over her head. She is wearing a silver bangle and a gold ring. In the background, a crowd of people, including children and adults, are gathered outdoors. The scene appears to be a public event or a community gathering.

"Menstruation  
bleeding is  
not Sin but it's  
God's gift."



## WHO WE ARE AS HER ?

Himalayan Entrepreneur Resources (HER) work for women related to health and hygiene, sharing and providing training, and distributing free sanitary kits and it represents comfort, security, and sanctuary in a world that can be cruel, especially for women. We believe that all women have the right to holistic wellness and the freedom to provide for themselves and their families.

We believe that all the women have right to holistic wellness and the freedom to provide for themselves and their family



# WHAT WE DO ?

- 1. Women received health** education and famine hygiene products and we provide them primary health care and do HIV AIDs program and STDs; we do fieldwork to experiment and we do medical camping
- 2. Women received trauma-**informed education and learn about their legal rights also, we do rescue, sex trafficking
- 3. Women receongoing lived** businesses, grant accountability mentorship, and education and legal protection: vocational training and job placement.
- 4 To conduct various programs** for the upliftment of exploited, oppressed, disadvantaged, Dalits, helpless, unskilled, discriminated women living in rural remote regions of the country and disadvantaged women and children by all means who have been displaced by conflicts and deteriorating country conditions in close coordination with the agencies under the prevailing laws along with the directives and policies of Nepal government so that these women can get the same space that the other general civilians enjoy.
- 5. To motivate the exploited,** oppressed, disadvantaged, Dalit, helpless, unskilled, discriminated women living in a rural remote area to gather the local herbs and engage in agriculture, livestock and fruits production along with the operation of small and cottage industries in local level, to promote the production and skills, to trade their products in national and international markets and to develop human resources by provisioning skill-oriented training through this company.
- 6. To conduct programs related to** reproductive health for exploited, oppressed, disadvantaged, Dalit, helpless, unskilled, and discriminated women living in rural remote areas and to conduct nutrition programs related to the children relying on them.
- 7. To raise awareness regarding** women's health for the women generally living in a remote area with pain and work in women health sector and produce and sell the materials related to this sector in order to improve their health.
- 8. To advocate nationally and** internationally for the discriminated women living in rural areas and to run the program for their shelter,

food, and education and put optimum efforts to turn them into efficient and skilled human resources in social, cultural, and educational realms.

**9. To run awareness-related seminars, workshops, and publications using digital mediums and to administer required consultancy services to exploited and oppressed women for their overall development.**

**10. to conduct essential tasks** for the rights, welfare, and justice of women in injustice by visiting concerned agencies. To organizes, women-related awareness-oriented programs, workshop, conference, and seminar at different time and place by creating a women's unit unifying women from different sectors. To turn the exploited, oppressed, disadvantaged, unskilled, Dalit, helpless, and discriminated children into Bonafede and self-reliant and to run essential programs to contribute to nation-building.

**11. To collaborate with various** national and international organizations having similar objectives.



Our eight worriers



Chepong sisters receiving menstruation kits



Sister Maya and her team



Menstruation kids distributed at Rukum



"Hannah  
2671 hrs spent  
in personal  
counseling."





## KEY ACHIEVEMENTS OF 2022



**1100**

Sanitary kits distributed during Pilot program



**3**

Barista Training provided



**5000**

Sanitary kits distributed



**2**

Tally class provided



**300**

Nourishment/ food distributed



**7**

Graphic design trained



**25**

Water filter distributed



**135**

Trauma counseling provided



**5**

Laptop distributed



**47**

Girls Rescue initiative done & 14 were rescued



**9000**

Gospel exposed



**13**

Job opportunities provided



**9**

Financial literacy provided



**1**

Flight attendant trained.





# IMPACT STORIES

## Province No. : 5

### District : Hetauda

Most of the areas of hetauda are still not developed. We held our program on hetauda too, we distribute 750 sanitary kits to the people of hetauda. We tell them about how to use this sanitary kits and how to be clean and be far from disease. We provide them an information about necessity things to do in period like do exercise and eat hot things etc.

Altogether, the local government of that areas were so cheer to be part of that program and the program about health and hygiene was so impactful for everybody. They were not satisfied by themselves because they want

to send this good message to every one who are missing there. The local government are requesting us to give same knowledge to others areas also and asked to bring more.

We went chepang area and we distribute 470 sanitary kits there. And we encourage them to be clean and neat and use pad properly as we did same to Nepalgunj and Kailali.



Hannah,  
CEO of HER  
sharing the hope  
of Gosple and  
Menstruation kits



## Story of Parvati Lamichhane

I Parvati lamichhane and I belong from Brahmin family which means high caste family and I'm from hindu religion. Me and my whole family are educated and well developed family and my dad is business man. I want to share my own experiences on period. When I started period, my family never told me to do anything till 13 days because my family is so religious to god and they have different cultures. I felt like discrimination when I started to bleed and I come to know how poor people will feel when they were discriminated and untouchable from rich background people or high caste people. After that I love and care Dalit people because they are the one who used to get discriminated and feel it's as difficult. Now I'm 47 years

old and I have 4 daughter who follow traditional rituals and culture about period because what I learned I taught them now I'm not going to follow this culture for my daughter anymore. In their period I love them more and give extra care than as usual. And I commit myself that I will eradicate this rituals and break this culture from our society.

To sum up, thank you so much for your hard work on this and I couldn't have done or learn or follow and know that much information without you. It will be such a blessing if you organize more program about health and hygiene in every areas of world. Much appreciated.



Health workers of Hetauda, Province 3

# IMPACT STORIES

Province No. : 5

District : Nepalgunj, Bardiya & Banke

## Man Kumari Pun

we were succeed to distribute 500 sanitary pad to all peoples of that areas not only that we were able to give a lots of information and knowledge about menstruation cycle to every religion people who were involved in the programs and also we get chance to gossip. Some of the impact that women got from our HER program were they got new experience and also they were shocked to heard about safety care while being in period. Moreover, they were so excited,

curious and have enthusiastic to learn. Till today, they were feeling guilt for not having education about periods. Now, they are ready to start new life and eradicate the culture of being in period like –banned from kitchen or place of worship. We courage them to speak up for themselves and for women empowerment.



Man Kumari Pun

Hannah empowering women at Bardiya

## Bhima Pariyar

Bhima Pariyar and I belong from Hindu religion. I am very thankful to HER company for providing sanitary pad with lots of information like how to clean and be clean when we will be in menstruation cycle. Here, I wanted to tell about society and what they used to told and think. Firstly, Being in period is cross for them and from childhood our society teach us that if we show our face towards our father, brothers and any man will going to died was fear for us. So we never went schools and outside of house when we will be in period even though if we bleed more, have dizziness or get more pain nobody come to help because it was our culture and also Nobody help to go hospital due to their thought that they will be uncleaned and will get sin. Our society never give permission to went in rivers for washing clothes or for bath, people used to told us that if we went then we will get punished from god so we never allow to went

outside our home and for bath. Still, it is there.

I am very glad that HER company gives new hope for us and HER teach us that throwing blood is gift of god and it is very important to be clean in period time. We should not hide our period because it is normal and natural cycle and importantly, it is very necessary to told every people that having menstruation cycle is gift of god for being able to give birth.

Because of their mother period, they were born is right example to give awareness program to everybody who think it is bad and sin. Finally, we know our dignity and glad to get knowledge about personal hygiene.

Not only 500 sisters, There are many more sister who are still waiting to know good news about health and hygiene.



Bhima Pariyar



## Province No. : 7

### District : Kailali & Muda

Kailali and Muda are badi village and 85% of women are involved in prostitution at the age of 9 because, lack of education and access to the outer world, badi girls grow of learning that prostitution is actually way of life for them. They never knew anything about period and what is it. They never left work when they are on period. Now, Women who will not be involved in prostitution are as labour in period and stopped to go for work for certain time.

So, We feel so happy to see and meet with people of Kailali again. It was our 2nd time visiting in Kailali for awareness program. In 2021, we were triumph to enlighten their village and besides we bestowed the pilot program but we were not able to distribute enough sanitary pad to everybody. We HER feel exhilarated to serve 250 sanitary pad in that areas and we help them by teaching how to be spotless in period time and also we were able to apprise them about its cause, effect and also its cure. We taught them to feel free and open up to talk about period. We see in their eyes that willingness and interest to learn. They are very eager to know more about period.



Chepang women rejoicing to receive menstruation kits

## Story of Laxmi Badi

I am puja badi and I am from Badi community. I want to share my story here. I started to selling myself at the age of 13, I was raped by multiple boy even though my period wasn't started. For the first time, I was bleed so much and I thought it was because I slept with many boys but after 3 month, I got pain at lower belly, bleeding more and feelings of hungriness. Now I am 22 years old, I even don't the fixed date when my period was started and still unknown about I was on period or not.

When program goes on then only I knew I wasn't period on my first raped and my 2nd time bleeding was



menstruation cycle. From the age of 13 to 22, I never stopped to get prostitution in my period. I even don't know about pad which is used while we will be in period and we should be clean. I am thankful to HER for their imagine program which give us new hope to live and for very useful knowledge about the period. For the first time, I spoke up myself and told my parents about the period without feeling hesitation and shy. Now I will care myself and not work when I will be on my period and also I will told my teammates and friend about period cure. I am grateful to HER because they taught us to love ourself first and specially take care of health in period. In my period, I used to eat dark chocolates and drink hot water. . Lastly, I feel like as normal girl and get the chance to share my story. Thank you and hope to see u again with new ideas and programs.

**"All females deserve menstrual well-being, and that includes knowledge and reassurance about her body from the earliest possible age."** - Nikki

## Gopi Rokaya

Juprakola is the place where I was born and seeing my mom surfing and sisters are having many kinds of sexual Germs and they never leaned and about their health and hygiene and they suffer years to years growing up in that kind of environmental impact I always feel uncomfortable to share my problem to and later on I figured it out having a menstrual cycle is not sin its a gift from God and can be shared with mom and a sister and with dad, brother, husband and especially we can share with doctors when we are having the same issues in our private part. I learned and I wanna teach and on this trip, I teach about health and hygiene how much it's important for us and how to use kits, self-love after teaching I was surprised to get feedback from many sisters and heard their program recent how much they are suffering and being a fool by in the name of cultural and religious beliefs and they are expected for next step of put program



## Sukumaya Badi

hello everyone, myself Suku Maya badi.I am feeling happy to work and be a member of Himalayan entrepreneur resources and thank you, everyone, who makes me feel interested. first of all, I would like to thank HER for working among women and understanding their needs. I'm happy to work with HER because I'm also from a backward background and I know how we will be treated when we will be on our period. To be part of HER and help other women to be healthy and give job opportunities to those who are willing to get one and seeing them happy makes me feel more enthusiastic to work in HER. Finally HER for everything for encouraging and inspiring youth and girls in this century by traveling to different places.





# Appreciation to HER

## Kumari Badi

KUMARI BADI im from bardiya (bangai) .I'm 20 years old. I belong to a poor background where there are no opportunities for anything for girls. Till 10th standard, Lighthouse foundation Nepal makes me able to understand the world after that I have no option/choice as to where to go but HER provides me with a great chance to work in Veritacore Nepal.

Today I'm going to say a little thankful word to HER for providing me with a great job opportunity. Because of HER, im being independent and I have the confidence to help and support my parent happily and financially.



## Paru Baraili

Hello and Namaste to everyone, myself Paru Baraili and I'm 19 years old. I am from backward background family, i have single mother. I had completed my 10 grade by the support and help of Light House Foundation Nepal. After that i have no any plan except going back to sindhupalchowk which is my home town because i don't have any job and good qualification for participated in financially independent work. My mom and i had decided that i have to go foreign country to work as labor in other house due to lack and shortage of money. But when i was planning, i meet with Hannah sis who encourages me to work within Nepal and i shared my story, desire and dream. After listening to my story and aim, she asked me to fulfill my dream and i cancelled my plan to go foreign country. Today i am very thankful and grateful to Himalayan Entrepreneur Resources for providing me golden opportunities for giving training of flight attendant which i have been dreaming from my childhood and I will make and achieve it one day. I

know my word thank you will be less than they had done in my life but from button of my heart i am very glad and very much thankful to HER for knowing me and my interest.



**“Menstrual hygiene is right not a privilege ”**

## Monika Badi

Hello, it's me Monika badi. I'm 14 years old. I'm from Kailali muda. I belong from poor background where there is lack of shelter, food and education which is against of our family. After long discussion me and my family decide to went India for earning money by involving in prostitution, I worked there ...years and by being in prostitution and selling my body, I was helping my family to live and fulfilled our family basic and additional needs. More and more years I work there, it was difficult but my aim was to help my family and make them happy. By the grace of god, one day in our village I got chance to met one of the greatest heart person she knows as Hannah. Me and my beloved friend share our story to her and she make us inspired. She rescued us from India and give me a new life. Today im here with her and I'm Learning parlor and getting more reliable things and I got new friend with new encouragements and support. I'm thankful and I want to give alots of thank you to HER for providing and giving me great opportunity to work and get my interest to learn. Thank you all the sponsors and supporter who help me to make my life little comfortable than before



**"An educated girl has direction. She has hope. She will become a mentor to other girls. She will change the World."**





A huge  
thank you from  
HER family, Nepal."

**Himalayan Entrepreneur Resources**, would like to express our deep gratitude for your kind gesture. we will always be thankful for coming forward and helping and we are extremely fortunate to have you as a magnanimous donor. you have already made a valuable difference in our community. lastly, thank you for your support as we continue to serve our community.

# Himalayan Entrepreneur Resources

Gokameshwor-11, Kathmandu  
As at 32nd Ashad, 2079 ( 16th July, 2022)

## Balance Sheet

### Current Assets

Without Donor Restriction	2,780,646.80
With Donor Restriction	-
<b>Total Cash and Bank</b>	<b>2,780,646.80</b>
Other Receivables	-
Advance to Suppliers	700,000.00
<b>Total Current Assets</b>	<b>3,480,646.80</b>

### Fixed Assets

Land	-
Shed Hall	-
Office Equipments	162,837.13
Vehicals	-
Other Equipments	-
Accumulated Depreciation	(54,279.04)
<b>Total Fixed Assets</b>	<b>108,558.09</b>
<b>Total Assets</b>	<b>3,589,204.89</b>

### Liabilities

Current liabilities	-
Deffered Income	3,064,385.50
Promise to give	-
Other Current Liabilitiues	572,258.52
<b>Total Liabilities</b>	<b>3,636,644.02</b>

### Equity

Retained Earnings	(63,160.09)
TR Net Assets (Capital Fund /Land)	70,000.00
Net Income	-
<b>Total Equity</b>	<b>6,839.91</b>
<b>Total Liability and Equity</b>	<b>3,643,483.93</b>

## Income Statement

### Income

Donation Income	2,330,837.25
<b>Total Income</b>	<b>2,330,837.25</b>

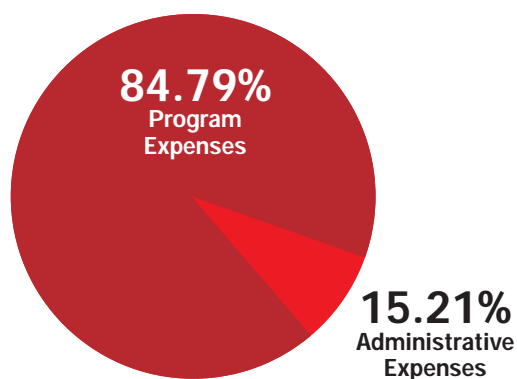
### Expenses


Program Expenses	1,996,939.62
Administrative Expenses	358,109.52

Program Expenses in % 84.79%  
Administrative Expenses in % 15.21%

<b>Total Expenses</b>	<b>2,355,049.14</b>
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<b>Net Income</b>	<b>(24,211.89)</b>
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**“Quality education has the power to transform societies in a single generation, provide children with the protection they need from the hazards of poverty, labour exploitation and disease, and give them the knowledge, skills and confidence to reach their full potential.” - Audrey**





**HER**   
HIMALAYAN ENTREPRENEUR RESOURCES

Gokarneshwor Municipality,  
Jorpati, Kathmandu, Bagmati, Nepal  
Contact: +977 9851173926 (WhatsApp)  
Email: [manishabadi557@gmail.com](mailto:manishabadi557@gmail.com)