

Namaste Gumda Switzerland Recognised non-profit association of public interest

Project to build toilets and showers to improve the hygiene and health of the Musahar community in the Birgunj district



Author Alain Pipoz Chairman Namasté Gumda - April 2024

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1 Introduction

Namaste Gumda has now been active for 10 years in Nepal. Initially founded in the wake of the 2015 earthquake, we now carry out development projects focusing mainly on education, hygiene and infrastructure. We strive to be active for the country's underprivileged populations.

We met Dharel Apsara through Stéphanie, a member of the association's committee, in 2020 during the COVID pandemic. With his support, we carried out a number of food aid projects in Kathmandu and the surrounding area. In 2022, again with the help of Apsara, we carried out an aid operation in Solakhpur. During this project, Namaste Gumda bought and distributed food aid equivalent to the basic needs for 1 month for around 300 people.

During our trip to Nepal in November 2023, Apsara met our President and told him about the health problems faced by the region's inhabitants. After consulting the authorities in the Birgunj district, she asked Namaste Gumda to help fund the construction of latrines in 2 villages in the district.

Following this meeting, we received an official request from the municipality of Birgunj and a quote from a Nepalese consultancy firm. The Namaste Gumda committee has since analysed this request and agreed to fund the project.



2 Values, aims and objectives of the association

2.1 Values

Namasté Gumda is convinced that all human beings have the right to a minimum standard of living. We defend the principle of distributing the world's wealth, reducing poverty and ensuring access to education and health.

It is vital for us to involve the beneficiary populations in the development process and in the implementation of our projects, because by involving them they will feel fully concerned. We want the men and women of the community to be responsible in most cases for evaluating, deciding on and managing the projects we fund.

2.2 Goal

Our primary aim is to respond to the needs of the local population in Nepal and to provide support for infrastructure, educational and social projects.

Nepal is home to many NGOs from western countries, and coordinating them is no easy task. For this reason, we are establishing numerous contacts with them, in order to avoid the risk of duplication as much as possible.

Although the political situation in Nepal is difficult and liable to change rapidly, it is important for us, when necessary, to obtain the acceptance and authorisation of the local authorities, as without their consent our long-term action would be compromised.

To support us in these endeavours, we can count on the help and commitment of our local partners, who are fully aware of the needs and coordinate our activities on site.

2.3 Objective

Our aim is to improve social life and infrastructure in the villages. To achieve this, we carry out projects related to family and public life, education and health. Each project we finance must meet criteria such as usefulness, costs, deadlines and follow-up, to name but the main ones. They must also correspond to a real need and provide added value for the people and the community.

Requests from our local partners are analysed and approved by the association's committee. If they meet our criteria, the project process is launched.

3 Situation

Nepal is a South Asian country at the foot of the Himalayas, with a population of around 30 million. It is classified as one of the world's least developed countries, with a Human Development Index of 0.579 in 2019. It faces many challenges, including poverty, inequality, discrimination, natural disasters and the effects of climate change.

The Terai is a region in the south of Nepal, stretching along the border with India. It is an area of fertile plains, where the majority of the country's population and agricultural activity is concentrated. It is also an area where social and political tensions are high, due to its ethnic and cultural diversity, and the autonomous claims of certain groups. It is in this region, 130 km from the capital Kathmandu, that the 2 villages of Laxmipur and Solakhpur, where our project is located, are situated.

The Musahar are a community belonging to the Dalit category, considered the lowest in the Nepalese caste system. There are around 200,000 of them in Nepal, most of whom live in the Terai. Their name means "rat catcher", as their traditional job is to catch rats in the fields, which they then eat as a source of protein. They are victims of multiple forms of discrimination and exclusion, which keep them in a very precarious situation. According to a 2014 UNICEF study, 88% of Musahar live below the poverty line, 52% are illiterate, and 45% suffer from chronic malnutrition. They also have limited access to basic services such as drinking water, sanitation, health and education.

3.1 Issues

One of the main problems facing the Musahar is the lack of hygiene, which has harmful consequences for their health and dignity. Most Musahar do not have toilets or showers in their homes, and have to relieve themselves and wash in the open air, in unsanitary places that are exposed to view. This increases the risk of contamination by infectious diseases such as diarrhoea, cholera, typhoid and urinary tract infections. It also affects the quality of life and well-being of Musahars, particularly women and girls, who suffer violence, harassment and shame when they have to go to these places. In addition, the lack of menstrual hygiene prevents many girls from attending school during their periods, limiting their access to education and emancipation.

3.2 What we do

The aim of this project is to improve the hygiene and health of the Musahar people of the Terai, by providing them with sanitation facilities adapted to their needs and culture. The aim is to build 8 blocks of toilets and showers in 2 villages where around 1,600 Musahar people live. These blocks will be equipped with wastewater collection and treatment systems to protect the environment and reduce health risks. They will also be equipped with specific systems for managing menstrual waste, to facilitate hygiene for women and girls. The aim of this project is to provide the Musahar people with more dignified and healthier living conditions, and to strengthen their autonomy and social integration.

4 The project

4.1 Request

We met our local contact Dharel Apsara during our trip to Nepal in November 2023. She told us about a project that was close to her heart, namely to help the Musahar population in southern Nepal by providing them with public latrines. Despite several requests to the local authorities, due to a lack of funds they were unable to carry out the project, which is why we were asked to help in this extremely disadvantaged region of the country.

4.2 Aim of the project

The construction of latrines is designed to meet essential sanitation and hygiene needs. Here are some key objectives:

- Improving public health: Latrines provide a safe and hygienic means of disposing of human waste. By preventing open defecation, they reduce the spread of communicable diseases such as polio, dysentery and cholera.
- **Environmental protection**: Appropriate latrines prevent faecal matter from contaminating water sources and groundwater. This helps to protect the environment and maintain water quality.
- Maintaining human dignity: Access to adequate sanitation facilities is essential for the dignity and well-being of individuals. Latrines allow people to meet their needs in a private and respectful manner.
- Reducing school drop-out: The lack of sanitary facilities is one of the major causes of school drop-out, particularly among girls. Building latrines in schools encourages pupil participation and enables them to stay in school, even during their periods.

4.3 Authorisation

As with every project, we make sure we obtain the approval of the government authorities. The Birgunj district authorities have sent us the necessary documents, duly signed. As this requirement has been met, the Namasté Gumda committee has validated this first condition of the project. (Appendix 1)

4.4 Study

A local engineering firm has carried out the study of the project and will be the main contractor during the works.

The estimate includes the construction of latrines, septic tanks and the improvements required for the project.

The work will be carried out by qualified personnel, assisted by local residents under the engineer's supervision.

A full description of the project in English can be found at the end of the document (Appendix 3: Original study file).

4.5 Construction

Constructed from plastered concrete bricks, the sanitary facilities include a Turkish-style toilet and a shower head supplied by a water tank on the roof of the building.

Wastewater will be directed to a septic tank. Construction will be carried out by local residents under the supervision of qualified personnel.

Our contact person Dharel Apsara will ensure that the project runs smoothly.

4.6 Analysis of the project's strengths and weaknesses

We felt it was important to carry out a SWOT analysis of the project in order to take all the elements into consideration.

Forces	Weaknesses		
 Well-suited geographical location Willingness of the local population Active participation by villagers Recognised and competent local engineering firm Involvement of the local economy (transport, accommodation) Improving social and family life Improving hygiene conditions 	 No financial aid from the Nepalese government Difficulty obtaining financing Difficulty communicating with our local partners Difficulty keeping track of work progress 		
Opportunities	Threats		
 Development and training aid Access to health infrastructure Closer ties between Nepal and Switzerland 	 Project blocked by the government Political instability Supply problems Environmental risks (landslides, monsoons) Loss of local partners Fluctuating exchange rates 		

The analysis demonstrates the usefulness and importance of the project. The risks are relatively moderate and do not call the project into question.

4.7 Construction budget

The tender provides for a construction cost of NPR 3,681,900, equivalent to CHF 25,047 at the exchange rate of 1^{er} April 2024.

We also have to factor in bank charges and unforeseen events! In the past, we've seen major fluctuations in exchange rates that can affect project costs. Weather conditions and the political situation can also play a significant role, particularly in the supply of building materials.

For this reason, we have taken into account a variation in the cost of the project of +/- 15%. Details of construction costs

8 blocs de toilettes douches							
Position	Coûts N		Coûts CHF				
Briques	NPR	420 000,00	2 857,14 CHF				
Sable et gravier	NPR	320 000,00	2 176,87 CHF				
Ciment	NPR	509 600,00	3 466,67 CHF				
Feraillage	NPR	225 600,00	1 534,69 CHF				
Carrelage	NPR	292 800,00	1 991,84 CHF				
Porte et fenêtre	NPR	248 000,00	1 687,07 CHF				
Toit et aménagement réservoir	NPR	390 400,00	2 655,78 CHF				
Robinets et douches	NPR	152 000,00	1 034,01 CHF				
Cuvette de toilettes	NPR	48 000,00	326,53 CHF				
Salaire ouvrier	NPR	632 000,00	4 299,32 CHF				
Réservoir 500 litres	NPR	40 000,00	272,11 CHF				
Outillage	NPR	24 000,00	163,27 CHF				
Sous-Total 1	NPR	3 302 400,00	22 465,31 CHF				
2 fo	sses scepti	iques					
Position	Coûts N	PR	Coûts CHF				
Tuyau d'alimentation	NPR	132 000,00	897,96 CHF				
Pompe	NPR	25 000,00	170,07 CHF				
Cablage	NPR	19 000,00	129,25 CHF				
Construction des puits	NPR	152 000,00	1 034,01 CHF				
Tuyau pour forage	NPR	51 500,00	350,34 CHF				
Sous-Total 2	NPR	379 500,00	2 581,63 CHF				
	Frais						
Position	Coûts N	PR	Coûts CHF				
Frais bancaires			88,00 CHF				
Frais de visite			500,00 CHF				
Imprévu		15%	3 757,04 CHF				
Sous-Total 3			4 345,04 CHF				
Total construction	NPR :	3 681 900,00	29 391,98 CHF				

4.8 Financing Plan

The estimated budget for the project is CHF 29,391.98, rounded to CHF 30,000, divided into 2 phases: CHF 15,000 in 2024 for the construction of 4 WC/showers, and the same for 2025.

To comply with Nepal's banking guidelines, payments are scheduled as follows:

Deposit 1	CHF 7,500.00
Down payment 2	CHF 7,500.00
Deposit 3	CHF 7,500.00
Balance	CHF 7,500.00

4.9 Project duration

It is difficult to plan the exact duration of the project, as it is directly linked to the donations we receive

However, as indicated above, we hope to start the first part of the project in autumn 2024 and complete the whole project by the end of 2025.

4.10 Carrying out the work

The work will be managed by a local engineer, who will coordinate the skilled workers and villagers who will work together to complete the project.

Not all the skilled workers are from the region; some come from very distant districts and are itinerant, especially the bricklayers. Others, however, come from the village and have skills, particularly in carpentry.

The villagers, for their part, will be hired as unskilled labourers to carry out simple tasks requiring no special knowledge.

4.11 Project follow-up

Constant monitoring of the project's progress is essential. Our partners and local representatives will be responsible for providing us with regular updates on the activities carried out.

A brief report containing photographs of the work must be sent to the President of Namasté Gumda at least once a month.

On the basis of this information, we will keep our members and funders informed of the project's progress at regular intervals via our website and newsletters.

We will also be visiting the site during 2025 to see for ourselves that the project is being carried out properly.

4.12 Recommendation

The Namasté Gumda committee, having carefully studied all the information in its possession, has given its approval for the project to go ahead and has appointed its chairman to oversee it.

5 Conclusion

This project is fully in line with our association's articles of association, which is why it was selected by our committee.

The information and details provided to us by our Nepalese partners were comprehensive and of high quality, and the choice of construction and materials corresponded to the country's standards. We were also able to compare the cost of the estimate with our previous projects and with other similar projects by Western NGOs, and here too the prices were very similar.

This project meets a real need to improve the health and hygiene conditions of the population, so that in future all residents will be able to benefit from decent sanitary facilities.

The Namasté Gumda committee is convinced of the merits of this project and the added value it will bring to the people of the region. It is now getting down to work and launching a campaign to raise the funds needed to make this project a success. We hope that you will also be moved by our approach and that your support will help to ensure our success.

Follow-up and progress reports are already available on our website at www.namastegumda.com.



6 Table of appendices

Appendix 1Namaste Gumda Articles of Association

Annex 2Demand for Birgunj authority

Appendix 3Devis

Appendix 4Building plans



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Appendix 1

Statutes Namaste Gumda



STATUS DE L'ASSOCIATION « NAMASTE GUMDA »

ARTICLE 1 NOM

« NAMASTE GUMDA» est une association sans but lucratif régie par les présents statuts et subsidiairement par les articles 60 et suivants du Code civil suisse. Elle est politiquement neutre et confessionnellement indépendante.

ARTICLE 2 SIÈGE

Le siège de l'association est situé dans le Canton de Genève sis à l'adresse

Namaste Gumda C/o Alain & Nicole Pipoz Rte de Céligny 58 1298 Céligny Suisse

Sa durée est indéterminée.

ARTICLE 3 BUTS

L'association poursuit le/les but(s) suivants(s):

- Apporter un soutien matériel et financier aux habitants et à l'infrastructure de la région Népalaise de Gumda en particulier et à d'autres régions du Népal en général.
- · Faciliter l'accès aux soins médicaux
- · Aider les enfants à bénéficier de moyens ou programmes scolaires
- Travailler en étroite collaboration avec d'autres organisations, associations ou ONG poursuivant le même but en vue de favoriser rapidement la création des conditions nécessaires pour la promotion sanitaire, scolaire et sociale dans ce pays.
- Dans tous les cas de figures, les actions se font en concertation et avec la participation active des populations locales.

ARTICLE 4 RESSOURCES

Les ressources de l'association proviennent au besoin:

- De dons et legs
- Du parrainage
- De subventions publiques et privées
- Des cotisations versées par les membres
- · De toutes autres ressources autorisées par la loi

Les fonds sont utilisés conformément au but social.

ARTICLE 5 MEMBRES

Peuvent prétendre à devenir membre les personnes physiques ou morales ayant fait preuve de leur attachement aux buts de l'Association à travers leurs actions et leurs engagements et qui lui apportent un soutien sous forme d'aide financière, matérielle ou morale.

L'association est composé de:

- · Un comité formé d'un président, d'un trésorié, d'un secrétaire, d'un ou plusieurs membres
- De membres

Les demandes d'admissions sont adressées au Comité. Le Comité admet les nouveaux membres et en informe l'Assemblée générale. La qualité de membre se perd:

- Par décès
- · Par démission écrite adressée au moins six mois avant la fin de l'exercice au Comité
- Par exclusion prononcée par le Comité, pour "de juste motifs", avec un droit de recours devant l'Assemblée générale. Le délai de recours est de trente jours dès la notification de la décision du Comité
- Par défaut de paiement des cotisations pendant plus d'une année.

Dans tous les cas la cotisation de l'année reste due. Les membres démissionnaires ou exclus n'ont aucun droit à l'avoir social.

Le patrimoine de l'association répond seul aux engagements contractés en son nom. Toute responsabilité personnelle de ses membres est exclue.

ARTICLE 6 ORGANES

Les organes de l'association sont :

- L'Assemblée générale
- Le Comité
- L'organe de contrôle des comptes

ARTICLE 7 ASSEMBLEE GENERALE

L'Assemblée générale est le pouvoir suprême de l'association. Elle est composée de tous les membres.

Elle se réunit une fois par an en session ordinaire. Elle peut, en outre, se réunir en session extraordinaire chaque fois que nécessaire à la demande du Comité ou de 1/5ème des membres. L'Assemblée générale est valablement constituée quel que soit le nombre des membres présents.

Le Comité communique aux membres par écrit la date de l'Assemblée générale au moins 6 semaines à l'avance. La convocation mentionnant l'ordre du jour est adressée par le Comité à chaque membre au moins 10 jours à l'avance.

ARTICLE 8 ATTRIBUTIONS DE L'AG

L'Assemblée générale:

- Se prononce sur l'admission ou l'exclusion des membres
- Elit les membres du Comité et désigne au moins un/e Président/e, un/e Secrétaire et un/e Trésorier/ère
- Prend connaissance des rapports et des comptes de l'exercice et vote leur approbation
- Approuve le budget annuel
- Contrôle l'activité des autres organes qu'elle peut révoquer pour justes motifs

- Nomme un/des vérificateur(s) aux comptes
- Fixe le montant des cotisations annuelles
- Décide de toute modification des statuts
- Décide de la dissolution de l'association

ARTICLE 9 PRESIDENCE DE L'AG

L'Assemblée générale est présidée par le président de l'association ou à défaut un membre du comité.

ARTICLE 10 DECISION DE L'AG

Les décisions de l'Assemblée générale sont prises à la majorité simple des voix des membres présents. En cas d'égalité des voix, celle du président compte double.

Les décisions relatives à la modification des statuts et à la dissolution de l'association ne peuvent être prises qu'à la majorité des 2/3 des membres présents.

ARTICLE 11 SCRUTIN

Les votations ont lieu à main levée. A la demande de cinq membres au moins, elles auront lieu au scrutin secret.

ARTICLE 12 ORDRE DU JOUR DE L'AG

L'ordre du jour de l'assemblée générale annuelle, dite ordinaire, comprend nécessairement:

- L'approbation du procès-verbal de la dernière Assemblée générale
- le rapport du Comité sur l'activité de l'association pendant la période écoulée
- · les rapports de trésorerie et de l'organe de contrôle des comptes
- la fixation des cotisations
- l'adoption du budget
- l'approbation des rapports et comptes
- l'élection des membres du Comité et de l'organe de contrôle des comptes
- les propositions individuelles.

ARTICLE 13 COMPOSITION DU COMITE

Le Comité se compose au minimum de 3 membres élus par l'Assemblée générale. La durée du mandat est de 2 ans, les membres sont réeligibles

Il se réunit autant de fois que les affaires de l'association l'exigent.

ARTICLE 14 INDEMNISATION DU COMITE

Les membres du comité agissent bénévolement et ne peuvent prétendre qu'à l'indemnisation de leurs frais effectifs. D'éventuels jetons de présence ne peuvent excéder ceux versés pour des commissions officielles. Pour les activités qui excèdent le cadre usuel de la fonction, chaque membre du comité peut recevoir un dédommagement approprié.

ARTICLE 15 ATTRIBUTIONS DU COMITE

Le Comité est autorisé à faire tous les actes qui se rapportent au but de l'association. Il a les pouvoirs les plus étendus pour la gestion des affaires courantes.

Le Comité est chargé:

- · De prendre les mesures utiles pour atteindre les buts fixés
- · De convoquer les assemblées générales ordinaires et extraordinaires
- De prendre les décisions relatives à l'admission et à la démission des membres, ainsi que de leur exclusion éventuelle
- De veiller à l'application des statuts, de rédiger les règlements et d'administrer les biens de l'association.
- · Représenter l'Association envers les tiers.
- · Engager des dépenses courantes dans le cadre du but de l'Association

Les décisions du comité sont prises à la majorité des voix. En cas d'égalité des voix, celle du Président est prépondérante

ARTICLE 16 ENGAGEMENT DE L'ASSOCIATION

L'association est valablement engagée par la signature individuelle du/de la président/e ou du/de la trésorier/ère

ARTICLE 17 CONFIDENTIALITE

Les membres veillent à ne pas divulguer des informations – quelle qu'en soit la naturesusceptible de nuire à la réalisation des buts et projets de l'Association. En particulier, les membres s'engagent à garder confidentielles toutes les informations relatives aux projets d'autres membres dont ils ont eu connaissance dans le cadre de l'Association.

Les Membres sont soumis au devoir de réserve.

ARTICLE 18 EXERCICE SOCIAL

L'exercice social commence le 1er janvier et se termine le 31 décembre de chaque année.

La gestion des comptes est confiée au trésorier de l'association et contrôlée chaque année par le(s) vérificateur(s) nommé(s) par l'Assemblée Générale.

ARTICLE 19 DISSOLUTION

En cas de dissolution de l'association, l'actif disponible sera entièrement attribué à une institution poursuivant un but d'intérêt public analogue à celui de l'association et bénéficiant de l'exonération de l'impôt. En aucun cas, les biens ne pourront retourner aux fondateurs physiques ou aux membres, ni être utilisés à leur profit en tout ou partie et de quelque manière que ce soit.

Les présents statuts ont été adoptés par l'Assemblée générale du 20 Mars 2018 à Céligny Au nom de l'association:

Le Président Alain Pipoz

La Secrétaire Danièle Zuercher

Statuts de l'association « Namaste Gumda »



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Appendix 3

Quote



एन. एम. ग्लोवल इन्जिनियरिङ्ग कन्सल्टिङ्ग मेन्टर्स प्रा. लि. N.M. Global Engineering Consulting Mentors Pvt. Ltd.

Balaju-16, Bypass Kathmandu, Nepal Jel: 01 4382628 E-mail: nmglobalengineer@gmail.com

Ref. No.: 080 005 47

Date: Jan 23, 2024

To, Namaste Gumda

COST ESTIMATE OF ONE TOILET

Nos	Discription	Units	Quantity	Rate	Amount	Remark
1	bricks	nos	3500.00	15.00	52500.00	
2	sand and stone	cu.ft	360.00		40000.00	N. INTER
3	cement	bags	98.00	650.00	63700.00	
4	steel, wire, needles	kg	300.00		28200.00	
5	tile				36600.00	
6	door and window	nos			31000.00	
7	roof and safety tank	sq.ft	160.00		48800.00	
8	tap/ shower/ tap pipe	nos			19000.00	N. C.
9	toilet pan	nos			6000.00	
10	labour wage for construction				79000.00	
11	water tank 500 ltr				5000.00	
12	construction tools (head pan, backet, brick trowel and including other tools)				3000.00	
		1	Total Amount		412800.00	

COST OF BOREWELL FOR FOUR TOILETS

Nos	Discription	Units	Quantity	Rate	Amount	Remark
1	water supply pipe	m	200.00		66000.00	
2	water pump machine		1.00	12500.00	12500.00	
3	wire for water pump	ft	90.00		9500.00	
4	bore well dig 100 ft. deep	ft	100.00		76000.00	
5	pipe for borewell	ft	100.00		25750.00	
			Total Amoun	t	189750.00	

Ar. Rajan Maharjan (Managing Director) NEC No. 1577 Civil "A" Category





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Appendix 3

Quote



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Ar. Rajan Maharjan (Managing Director) NEC No. 1577 Civil "A" Category



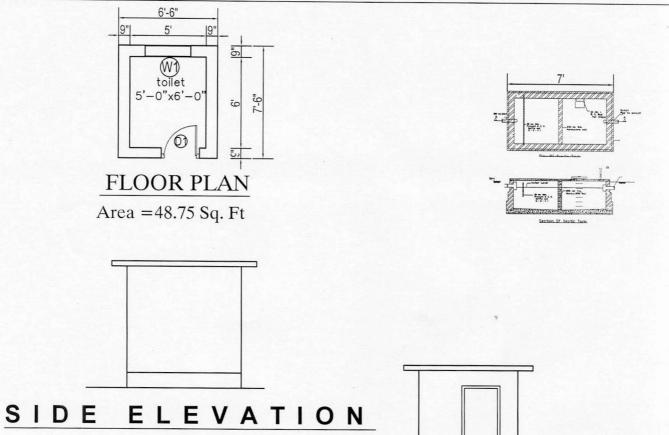


Namasté Gumda Switzerland Recognised non-profit association of public interest

Project to build toilets and showers to improve the hygiene and health of the Musahar community in the Birgunj district

Appendix 4

Building plans



FRONT ELEVATIO

