

# PEQ (POST EARTHQUAKE) EFFORTS



## Earthquake and its effects

On April 25, 2015, at 11:56 am local time a devastating earthquake of 7.8 magnitude hit Nepal shocking and destroying many houses and lives of people. Many strong



**Enhancing Saathi's Capacity for Reaching Out**

aftershocks followed the earthquake including the heavy aftershock of 7.4 magnitude on

Tuesday, May 12, 2015. These traumatic shaking of the ground one on top of another took more than 10,000 lives and left even a larger amount injured. As a result, many people, especially women and children, were and still are in need of immediate help. 200,000 houses are completely destroyed and more are unsafe to live in.

As of May 24, 2015, several people are still sleeping and living outside their homes. Even after a month from the first earthquake, many people are traumatized to go inside their



**Planning and preparing for emergency response and support**

houses and others are still left homeless. The vulnerable population of women, children, and poor are left in critical conditions. All are badly affected by sense of loss, loneliness, trauma and insecurity.

## Saathi Initiative

As a non-governmental, non-profit organization that supports women and children against injustice and violence, Saathi is channeling its resources and energy to help the affected women and children through several different programs like relief distribution, Psychosocial First Aid (PFA),

counseling, and operating women and child friendly spaces.



**Women Friendly Space**

❖ Counseling and PFA

To support earthquake survivors particularly women and children, Saathi started group and individual counseling and psychosocial first aid orientation in different areas of Kathmandu Valley in the week of 14<sup>th</sup> to 21<sup>st</sup> May. Saathi mobilized its twelve counselors and other twelve youth volunteers from Saathi Children's Home for this purpose. The team visited various places where affected communities were camping in Sitapaila, Kirtipur, Thapathali, Dhobichaur, Bungmanti, Khokana, Jawalakhel, Byashi, Thimi, Kausaltar, Saibu, Tundikhel, and Maitighar during this week. As a result, Saathi reached out to at least 1,200 women and children through PFA orientation and group counseling.

The counseling team created safe spaces for women and children where they could rest, talk, participate in healing therapy such as yoga and exercises, and receive lessons about basic safety, health and hygiene. The team also gave out information about Saathi's relief work and safe



**Providing recovery and health tips to the community women**

feel uneasy to live with different families in the same tent together. Under such circumstances, support program by Saathi provided relief and help to these communities on time.



**Efforts to release fear and stress**



**Trauma relief exercise in women and child friendly space**

shelter support for

lactating and pregnant women. The counseling team referred some cases of women and orphan children to Saathi's Women's Shelter and Saathi Children Home. The counseling team found out that vulnerable people, especially women, senior citizen and children, are traumatized and feeling more scared. People are living in tarpaulins and tent. In those living spaces, it is difficult to maintain hygiene because they do not have access to bath and enough water to drink. Women and girls are facing more difficulties, especially during their

menstrual cycle. Pregnant women, lactating mothers and mothers of young children have been in panic. People also



### ❖ Relief Distribution

In addition to the PFA, counseling, and healing programs, one of Saathi's immediate post-earthquake effort included distributing relief materials. In total, this relief distribution benefited 2,427 households. Saathi as far as possible ensured that the women of the communities were the ones in charge of receiving and redistributing the relief materials. The relief materials consisted of tents, tarpaulins, blankets, mattresses, food items, dignity kits, clothing, basic sanitary items and medicines. Relief aid was also given to more than fifteen staff of Saathi, who were severe victims of the earthquake. Services offered such as counseling, shelter service, and PFA also assisted more than thousand people. We reached out to the needy communities of Chapakhori VDC and (Kabhre), remote VDC's: Chandanpur, Thuladurlung, Manikhel, Kaleshwar, Piutar in Lalitpur. We also distributed materials in neighboring communities of Lalitpur and Kathmandu such as Jawalakhel, Godavari, Kirtipur, and Siatpaila. Donation of relief materials from Goonj, an organization from India, was an immense support. Furthermore, Saathi also bought the additional relief materials through donations we received from different individuals and organizations.

### Saathi's further plan

Based on Saathi team assessment and community visits, Saathi has opened Women and Child Safe Space in three



**Distribution of relief materials**



**Providing psychosocial counseling**

(Sitapaila, Jawalakhel, Godawari) locations in Kathmandu and Lalitpur. Two more will be opened next week in Khokona, Lalitpur and Dhobichaur in Kathmandu. Besides this, Saathi will continue its psychosocial services in two places of Bhaktapur by collaborating with local clubs. The coming week Saathi will also be starting Women and Child Friendly Space in Chautara of Sindhupalchowk for which Saathi team has already completed its assessment and preliminary work. We are creating such women friendly space because majority of women living in patriarchal and disadvantaged societies have been found to be vulnerable and require protection, especially during time of such disaster. Our aim is to empower women and provide them safety through this space. The women friendly space are inclusive of all women and contextually relevant. In these spaces, we will provide women with counseling, psychosocial support, access to information, group activities, and materials such as dignity kits. This space can be a place where women can feel comfortable and safe to share issues, feelings and ask for help. We have already reached 471 women and children through the use of this space in Sitapaila, Jawalakhel, and Godawari.

Nevertheless, the services or relief materials we have provided are not enough. More women and children are still in need of help. Furthermore, to make our safe spaces and counseling services successful, we need more helping hands. For these plans to become as successful as possible, we need your support. So, we look forward to your collaboration, donation in cash or kind for operating and expanding our healing and recovery program. Through this, we hope to keep on helping the women, children, and households that need our help.



**Please help us spread smiles, happiness, and security!**

We are grateful for the immediate support provided by:





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