



Himalayan Project Nepal

A Nepali NGO dealing with Development Aid in Nepal

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Monitoring Report

16 July 2013

on

Ram and Laxman Bika

Tamakhani VDC, Solukhumbu, Nepal

by Namgyal Jangbu Sherpa

Family members:

1. Tulaman Bika (Father),
2. Manika Bika (mother)
3. Ram Bika and Laxman Bika twine (13 years old)
4. 8 years old boy

This report is made in order to inform to the donor about health and family condition of Ram Bika and Laxman Bika.

Ram and laxman were born in 2001 as twine in very poor family in the remote corner of Nepal. The family belongs to the most backward cast (Dalit) in Nepal, and their family economic condition was vulnerable and dilapidated. Due to this reason, their father Tulaman Bika took a loan on high interest and went to Saudi Arab through employer agency seeking for job. In Saudi, this innocent man found a lucrative job in illegally run alcohol factory and worked very hard in the hope of earning huge money for the family. But no sooner he had worked a couple of months; police found him and sent to prison for producing alcohol. Saudi is one of the Muslim countries where alcohol production is considered as criminal. When he was sent to prison, there had not been any



communication with family for many years.

Ram and Laxman started school when they were 8 years old. They both were doing well in school. Two Danish volunteer who volunteered at Ram and Laxman School in 2008 found twin brothers were in disparate need of economic support for the continuation of their study. They recommended for the scholarships and produced an application for Himalayan Project. Considering the situation, we preceded Ram for scholarships. He luckily found a very kind and generous donor for his study. We



we were proud and had a hope that this little poor boy would be able to make future of him and the family with the support of donor, but, in contrary, his future started turning into gloom when both boys started suffering from unusual and unknown diseases in 2010. It came to our notice that their health was deteriorating day by day and could not go to school. The mother took them to the nearby district hospital for treatment, but he could have proper diagnosis due to the lack of doctor and lab facility, they couldn't afford for the further treatment. A few months after, both boys could not stand and move completely.

Their legs were completely paralyzed.



I visited them by mid of 2010 to check their condition and reported to HP. After reporting, HP informed that the donor of Ram wanted to continue the scholarships to support the family. According to the donor wish, we continued paying him the donor support as well as visited time to time.

Tulaman was released from the prison and returned to his home village in 2011 without a single penny. When he was back he got second married and started new life with new wife instead of taking care of the family, it gave extra tense to the family. Moreover, he became heavy drunker and is totally irresponsible to the family.

In the same year, one of the twins Laxman

was got into fire when mother was out of home, and burn most part of his body, especially on the knee of right leg. He was taken to the district hospital for treatment but his burn injury so severe that Hospital advised to take him to Kathmandu; capital of Nepal, for further treatment, but family couldn't afford that. So, he was taken back to home instead. He was just kept at home without proper care of hygiene; thus, his wound was infected and spread all over.

Janaki Khadka, HIPRON admin Officer, visited the family of Ram and Laxman in 14 of last April to distribute scholarships. She checked their family condition and submitted a report to the donor of Ram. During her visit, it was found that both wives were pregnant in 2 months interval. Now both wives have one daughter each and they are only a few months old.

After her report, donor of Ram wanted to support for the treatment of Laxman burn injury in Kathmandu as well as to diagnose the main disease they were suffering from. Planning for treatment of Laxman burn injury and diagnose the main disease of both brothers, we sent one of the members of HIPRON, Mrs. Ngawang Dolma to Solu to bring him to Kathmandu. She went there with some pairs of new and warm clothes for Ram, Laxman and family. She organized trip from Solu to Kathmandu by jeep, it was very long drive (22 hours), road was very bumpy. Tulaman gave company to Laxman from Solu to Kathmandu, but we had to send him back as his both wives were pregnant, and Laxman mother's delivery date was after one week. We hired one caretaker and a staff nurse, one of our former scholars on daily basis to take care of Laxman during his treatment and diagnosis. We admitted him in the Helping Hand Hospital in Kathmandu. Initially, treatment was given to his burn injury as planned; it took more than one month to heal up completely. Dr. grabbed skin from the other place and planted in burnt area. During the period of treatment, it was consulted with specialist doctor about the main disease, several lab test were done. From lab test it was found that they were suffering from the muscular dystrophy, one of the genetic diseases inherited from one of the parental family side which can never be cured. Such disease is seen in male and only they suffer, female are only carrier but do not suffer. Normally in Nepal such patients die in age between 20 to 25 years. Giving comfort to the patient as long as they live is the only option; there is no other alternative according to the Doctor. Some physiotherapy was applied on Doctor Advice but that was also not helpful. So with the consultation with Hospital and HP we sent Laxman back to home by bus, from the last point of road he was carried up by the porter to home for 3 days. The lady who was employed as caretaker joined all the way and handed over Laxman to his parents.

We thank you for all who supported during the treatment and travel, especially the donor of Ram, she supported for the medical expenses. The total expenses (including medical, food and salary) during the travel and treatment were Rs. 159,459 (10,810DKK). For the account detail, see in the account attached.





Last July, I visited Laxman and family to check how his condition. It was incredible to see the family condition, Tulaman was not with the family, he shows of very rarely and do not support the family. The mother who has got new baby, and needs very much postnatal care, is taking care of the sick children, new baby, field work, house hold and everything. Her physical condition is very weak but still she has to do everything for her and family life. It is very, very difficult time for the family.

The family has small old wooden house, a piece of land and some hens. This is the only source of the economic. There was not enough food for the family as always. Their living condition is so bad that it is very hard to believe people can live in such condition.

I talked to Manik (the mother of the twine) and her neighbors as well as checked the living condition. They absolutely have no idea what to do. The house is on the verge of collapsing. The lower part of the house has been decayed. It is quite danger for the family to live in such house. I have handed over the donor support to the mother.

I know this family ever since Ram became our scholarships students. So, I fully involved myself to support the Laxman during the treatment. I have consulted with specialist Doctors about the diseases. The final conclusion of the Doctor is that this disease cannot be cured, the boy can live few more years (until they are 20 to 25 of age) if they get proper care and food. Ram and laxman are exactly lacking them. So, they probably will die before. So, now we may have to consider giving some comfort to sick boys and family instead of treatment. I think it is very urgent to repair the house to avoid the possible adversity. Beds are very much close to the kitchen fire and there is no enough space in the house. Furthermore, the condition of the house is absolutely bad, it can collapse at any time, and all family members are living in this house. I have made some estimate for the repair of the house and install some furniture. I have take the measurement and picture to make an estimate to give an idea to HP and Ram donor about the price of new house. the price detail is attached as an annex.

On 26 September 2013, Kathmandu



Estimate for Reconstruction of Ram and Laxman's House

Plank for Ceiling & Floor = 9Feet x 7" x 1.5", 9F x 7" = 5. 25sqft, 7" = 0.58F

Price of wood cutting Rs. 200/plank (Rs. 22.22/Feet), Price of transport wood Rs.100/plank (Rs. 11/Feet), Rs. 300/moldum (Rs.60/F) for door and windows

Price of wood cutting Rs.300/moldum (Rs.60/F), Rs. 150 for transportation of per moldum (Rs. 30/F), Price of Tin Roof Rs 900/Pc, Transportation from Salleri

Price of carpentering Rs. 200/plank (Rs.22.22/Feet), skilled labour Rs. 750/day, Unskilled Labour Rs. 500/day, Pieces=PC, Pile=P, Man Days=MD, Kilogram=KG

Size of house (25F x 15F)

Currency Rate NRS/DKR

16,00

Stone and wall	Length	Breadth	Number	Length	Quantity	Labour	U. Price	Materials cost	Transportation	Carpentry	TOTAL Rs.	DKR
Stone in pile (4F x 4F x 4F)					18 P		2.500	45.000	1.500	27.000	72.000	4.500
Unskilled Labour (Rs. 500/Day)						30 MD	500			15.000	15.000	938
Skilled Labour (Rs. 750/day)						75 MD	750			56.250	56.250	3.516
Total					18 P	105 MD		45.000	27.000	71.250	143.250	8.953
1 Doors and 4 windows												
Wood (moldum) 12 pc each window	6 F	0,58 F	4	13,92 F	48 Pc		300	14.400	150	7.200	21.600	1.350
Wood moldum for Door	6 F	0,58 F	1		12 Pc		300	3.600	150	1.800	5.400	338
Skilled Labour (Rs. 750/Day)						35 MD	750			26.250	26.250	1.641
Total					60 Pc	35 MD		18.000	9.000	26.250	53.250	3.328
Plank for floor & ceiling												
Plank (9Fx7"x1.5")	25 F	15 F	2	750 F	143,7 PC		200	28.736	100	14.368	43.103	2.694
Skilled Labour (Rs. 750/Day)						35 MD	750			26.250	26.250	1.641
Total					143,7 Pc	35 MD		28.736	14.368	26.250	69.353	4.335
Stone & wall+ Doors & windows+ Floor & Ceiling					204 Pc			91.736	50.368	123.750	265.853	16.616
10% wood additional for wastage					20 Pc		200	4.074	100	2.037	6.110	382
TOTAL					224 Pc	175 MD		95.809	52.405	123.750	271.964	16.998
ROOF												
26 gage color zink tin plate	30 F	15 F	2	900 sc	65 Pc		900	58.273	150	9.712	67.986	4.249
Plainsheet tin plate	30 F	3 F		90 sc	6 Pc		200	1.295	150	971	2.266	142
TOTAL					71 Pc			59.568	10.683	70.252	70.252	4.391
Wood bim (3" x 5") for Roof		9 F	30	270 F	30 Pc		200	6.000	100	3.000	9.000	563
Wood Nuskar (2" x 4")	30 F	9 F	20	180 F	20 Pc		200	4.000	100	2.000	6.000	375
Skill Labour for carpentry (Rs.750/Day)						10 MD	750			7.500	7.500	469
Skill Labour for roofing (Rs.750/Day)						10 MD	750			7.500	7.500	469
TOTAL					50 PC	20 MD		10.000	5.000	15.000	30.000	1.875
GRAND TOTAL											100.252	6.266
EXTRA												
Partition and bed											20.000	1.250
100 Kg Nail kg (4" 3" and 2")											7.500	469
Hintches and Lock											5.000	313
GRAND TOTAL											32.500	2.031
Total											404.716	25.295
5% CONTINGENCY											20.236	1.265
15% HIPRON ADMINISTRATION											60.707	3.794
GRAND TOTAL BUDGET											485.659	30.354

Laxman Medical Treatment Account
26 April to 9 May and 9 May to 23 June 2013

SPECIFIED SUBJECT	HOSPITAL BILLS				Food, Cloth, Transp.		Salary etc		TOTAL	NRS/DKR	DKR
	Check up	Medicine	Bed	Food	Clothes	Transport	Salary	Other	Sub Total	14,75	
		23.380	9.053	12.000	26.170	9.581	22.420	48.700	8.155	159.459	
	70.603				32.001		56.855		159.459		2.500
Paid by Gitte Lyng Egholm on 16. May 2013:											2.500
Still unfulfilled amount:											8.311

1	26.04.13	2 Woolen sweaters					309				309	20,95
2	26.04.13	1 pair of Socks					106				106	7,19
3	26.04.13	2 Inner suits					933				933	63,25
4	26.04.13	2 Trousers					1.053				1.053	71,39
5	26.04.13	2 tracksuits					2.840				2.840	192,54
6	26.04.13	Trousers and t-short (for Ram)					600				600	40,68
7	26.04.13	2 pc Blankets					1.200				1.200	81,36
8	28.04.13	Porter for carrying cloths for Ram and Laxman							700		700	47,46
9	04.05.13	Jeep from Phaplu -Kathmandu (Dolma, laxman							7.500		7.500	508,47
10	04.05.13	Dolma's Salary for 2 days							3.000		3.000	203,39
11	04.05.13	Dolma's DA							1.000		1.000	67,80
12	05.05.13	Admission at Hospital		150							150	10,17
13	05.05.13	Medicine		1.348							1.348	91,39
14	06.05.13	CR X-Ray 14 x 17 300	600								600	40,68
15	05.05.13	Blodtest: CBC	250								250	16,95
16	05.05.13	„ Sugar	45								45	3,05
17	05.05.13	„ Creatinine	175								175	11,86
18	05.05.13	„ HIV	450								450	30,51
19	05.05.13	„ HBs (Spot)	275								275	18,64
20	05.05.13	„ HCV	525								525	35,59
21	07.05.13	Medicine		873							873	59,19
22	07.05.13	Jeep ticket for Laxman father to back home							2.500		2.500	169,49
23	07.05.13	Cash given for Laxman Father								2.500	2.500	169,49
24	09.05.13	Food for Laxman (04.May -09 May)				1.700					1.700	115,25
25	09.05.13	Bed Charge 04. May -09 May (300/day)			1.800						1.800	122,03
26	09.05.13	Lawyer fee for letter of authorisation							4.000		4.000	271,19
27	09.05.13	Food				3.000					3.000	203,39
28	09.05.13	Fruits				210					210	14,24
29	09.05.13	Fruits				200					200	13,56
30	09.05.13	Towel							205		205	13,90
31	09.05.13	Nail cutter & Soap Case							135		135	9,15

SPECIFIED SUBJECT			HOSPITAL BILLS				Food, Cloth, Transp.		Salary etc		TOTAL	NRS/DKR	DKR
			Check up	Medicine	Bed	Food	Clothes	Transport	Salary	Other	Sub Total	14,75	
32	09.05.13	Thermos							350	350		23,73	
33	09.05.13	Fruits			240					240		16,27	
34	09.05.13	Recharge							400	400		27,12	
35	09.05.13	Blancket				800				800		54,24	
36	09.05.13	Cutizel		140						140		9,49	
37	09.05.13	IV Canula 18.20.22G		85						85		5,76	
38	09.05.13	Easy Fix		30						30		2,03	
39	09.05.13	Bandage 4"		10						10		0,68	
40	09.05.13	Normal Saline 100ml		60						60		4,07	
41	09.05.13	Seftriaxone Mj Inj. 1GM		272						272		18,44	
42	09.05.13	RELIF SYP 50ml		30						30		2,03	
43	09.05.13	Cuticell		140						140		9,49	
44	09.05.13	Audult Diaper Actifit L/10							860	860		58,31	
45	09.05.13	Ceftriaxone Mj Inj 1 GM		272						272		18,44	
46	09.05.13	Axagyl 100 ml		64						64		4,34	
47	09.05.13	SYRINGE 10 ml		20						20		1,36	
48	09.05.13	SYRINGE 5 ml		10						10		0,68	
49	10.05.13	IV Canula 18.20.22G		85						85		5,76	
50	10.05.13	Easy Fix		30						30		2,03	
51	10.05.13	Ceftriaxone Mj Inj 1 GM		272						272		18,44	
52	10.05.13	Axagyl 100 ml		64						64		4,34	
53	10.05.13	Tissue Paper							50	50		3,39	
54	10.05.13	Top Gloves							550	550		37,29	
55	11.05.13	Ceftriaxone Mj Inj 1 GM		272						272		18,44	
56	11.05.13	Axagyl 100 ml		32						32		2,17	
57	11.05.13	SYRINGE 10 ml		10						10		0,68	
58	11.05.13	Normal Saline 100ml		90						90		6,10	
59	12.05.13	Ceftriaxone Mj Inj 1 GM		272						272		18,44	
60	12.05.13	Axagyl 100 ml		88						88		5,97	
61	12.05.13	SYRINJE 10ml		20						20		1,36	
62	12.05.13	Dns Axa		135						135		9,15	
63	12.05.13	Ketanov Inj		99						99		6,71	
64	12.05.13	OMEZ IV		37						37		2,51	
65	12.05.13	SYRINJE 10ml		20						20		1,36	
66	12.05.13	SYRINJE 5ml		25						25		1,69	
67	12.05.13	Normal Saline 100ml		60						60		4,07	

SPECIFIED SUBJECT			HOSPITAL BILLS				Food, Cloth, Transp.		Salary etc		TOTAL	NRS/DKR	DKR
			Check up	Medicine	Bed	Food	Clothes	Transport	Salary	Other	Sub Total	14,75	
68	12.05.13	Ceftriaxone Mj Inj 1 GM		272						272		18,44	
69	12.05.13	GLOVES							160	160		10,85	
70	12.05.13	SPINAL NEDDLE 25G		120						120		8,14	
71	12.05.13	Cuticell		140						140		9,49	
72	12.05.13	ECG LEAD		80						80		5,42	
73	12.05.13	SURGICAL BLADES NO.10		10						10		0,68	
74	12.05.13	IV SET (B-BRAUN)		120						120		8,14	
75	12.05.13	Iv Canula 18.20.22G Neo Delt		170						170		11,53	
76	12.05.13	BUPICAN HEAVY 4 ML		43						43		2,92	
77	13.05.13	OZOTRON INJ 2ML		84						84		5,69	
78	13.05.13	SYRINJE 10ml		20						20		1,36	
79	13.05.13	OMEZ IV		74						74		5,02	
80	14.05.13	CEXIM 100 DT		140						140		9,49	
81	14.05.13	Ketolaktab		50						50		3,39	
82	14.05.13	Razo Tab		122						122		8,27	
83	14.05.13	TRIXONE-S		200						200		13,56	
84	14.05.13	Ketanov Inj		99						99		6,71	
85	15.05.13	Ketanov Inj		66						66		4,47	
86	15.05.13	Cuticell		140						140		9,49	
87	15.05.13	Bandage 4"		50						50		3,39	
88	17.05.13	Fruits				180				180		12,20	
89	18.05.13	Soft little baby Diaper							115	115		7,80	
90	18.05.13	Tissue Paper							25	25		1,69	
91	18.05.13	CEXIM 100 DT		140						140		9,49	
92	18.05.13	KETORAL 10 MG TAB		34						34		2,31	
93	18.05.13	KETORAL 10 MG TAB		22						22		1,49	
94	19.05.13	Food				2.000				2.000		135,59	
95	19.05.13	Hair cut							100	100		6,78	
96	19.05.13	Fruits				90				90		6,10	
97	20.05.13	Digital Thermometer							180	180		12,20	
98	21.05.13	CEXIM 100 DT		140						140		9,49	
99	21.05.13	Ketolaktab		50						50		3,39	
100	23.05.13	RABEPRA-20 Caps		100						100		6,78	
101	23.05.13	CPK MB	500							500		33,90	
102	23.05.13	Apple				170				170		11,53	

SPECIFIED SUBJECT			HOSPITAL BILLS				Food, Cloth, Transp.		Salary etc		TOTAL	NRS/DKR	DKR
			Check up	Medicine	Bed	Food	Clothes	Transport	Salary	Other	Sub Total	14,75	
103	23.05.13	Food				1.500					1.500		101,69
104	24.05.13	Tshirt+ Half Pant					540				540		36,61
105	25.05.13	Fruits				280					280		18,98
106	27.05.13	Adult Diaper Actifit							425		425		28,81
107	28.05.13	CEXIM 100 DT		140							140		9,49
108	28.05.13	RABEPRA-20 Caps		90							90		6,10
109	28.05.13	Tissue Paper							25		25		1,69
110	29.05.13	Food				2.000					2.000		135,59
111	29.05.13	Banepa Ticket						40			40		2,71
112	29.05.13	Lunch				290					290		19,66
113	29.05.13	Taxi						150			150		10,17
114	29.05.13	Transport for Dulikhel and back to KTM by Car						4.500			4.500		305,08
115	30.05.13	Adult Diaper Actifit							425		425		28,81
116	30.05.13	Gauze Bandage 4"		50							50		3,39
117	30.05.13	FUSIGEN OINT		87							87		5,90
118	30.05.13	Check up at OM Hospital	485								485		32,88
119	30.05.13	Skin Grafting (Operation)	8.000								8.000		542,37
120	30.05.13	Bed Charge for 25 days @ Rs300			7.500						7.500		508,47
121	30.05.13	Dr. Sudip Fee 2 times	550								550		37,29
122	30.05.13	Theater Charge	1.000								1.000		67,80
123	30.05.13	Dressing 14 times	2.800								2.800		189,83
124	30.05.13	Dr. Mahesh 19 days	5.225								5.225		354,24
125	30.05.13	Dr.Sait 1 day	275								275		18,64
126	30.05.13	Dr. Hem 1 day	275								275		18,64
127	30.05.13	Dr.G Rai day	275								275		18,64
128	06.06.13	Bed Charge for 7 days @ Rs300			2.100						2.100		142,37
129	06.06.13	Dressing	150								150		10,17
130	06.06.13	Dr. Sudip Fee 1 time	275								275		18,64
131	07.06.13	Gloves							80		80		5,42
132	08.06.13	Bus ticket to Jiri (cancelld by us)						1.490			1.490		101,02
133	09.06.13	Bus ticket to Jiri						1.490			1.490		101,02
134	09.06.13	Transport to Bus Park						800			800		54,24
135	02.06.13	Metro 200		10							10		0,68
136	02.06.13	Onda 4 mg		50							50		3,39
137	02.06.13	Cifran 250 Tab		96							96		6,51

SPECIFIED SUBJECT			HOSPITAL BILLS				Food, Cloth, Transp.		Salary etc		TOTAL	NRS/DKR	DKR
			Check up	Medicine	Bed	Food	Clothes	Transport	Salary	Other	Sub Total	14,75	
138	02.06.13	Bandage 4"		20						20		1,36	
139	02.06.13	Salary to Sumitra for 06.May-07.June						12.000		12.000		813,56	
140	02.06.13	Salary to Laxman Attendant (06.May - 07.June)						12.000		12.000		813,56	
141	04.06.13	OPEL 400 mg		45						45		3,05	
142	05.06.13	Adult Diaper							480	480		32,54	
143	05.06.13	UsG Charge	550							550		37,29	
144	07.06.13	P-40 Tab		90						90		6,10	
145	08.06.13	Cifran 250 Tab		10						10		0,65	
146	08.06.13	Metro 200		5						5		0,34	
147	08.06.13	ZENIM-DT		35						35		2,37	
148	08.06.13	AVOMIN Tab		14						14		0,95	
149	08.06.13	Bandage 4"		10						10		0,68	
150	08.06.13	Bed Charge			600					600		40,68	
151	08.06.13	Dressing	150							150		10,17	
152	08.06.13	Doctor Fee	550							550		37,29	
153	01.06.13	Fruits & Tissue Paper				100			15	115		7,80	
154	02.06.13	Apple				170				170		11,53	
155	07.06.13	Fruits				135				135		9,15	
156	07.06.13	Biscuits & Lays				195				195		13,22	
157	07.06.13	Juice				120				120		8,14	
158	07.06.13	Fruits				255				255		17,29	
159	08.06.13	Food				3.185				3.185		215,93	
160	23.06.13	Lodging and Food (Laxman, porter & attendant)				10.150				10.150		688,14	
161	23.06.13	Medicine		700						700		47,46	
162	23.06.13	1 pair of Clothes bought for Laxman					1.200			1.200		81,36	
163	23.06.13	Bus Ticket from Salleri-KTM						3.950		3.950		267,80	
164	23.06.13	Porter Salary for 6 days (Rs. 15,00 @ 6days)						9.000		9.000		610,17	
165	23.06.13	Doko, rope, plastic and other Miscellaneous							1.075	1.075		72,88	
166	23.06.13	Salary of Attendant for Solu (Rs.1,000 @ 7days)						7.000		7.000		474,58	

On 23. June 2013, Presented by Namgyal Jangbu Sherpa, Manager of HIPRON