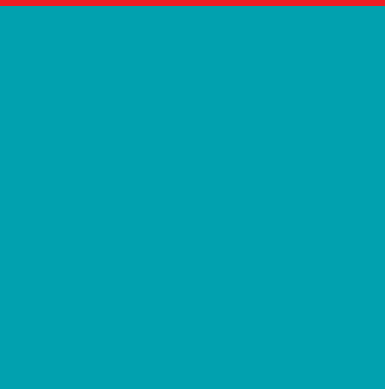
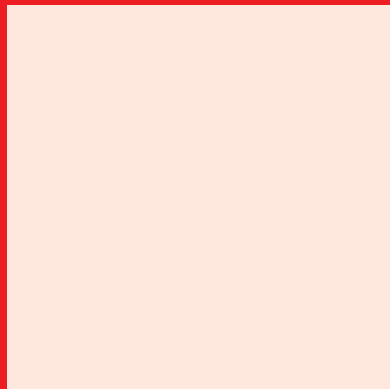
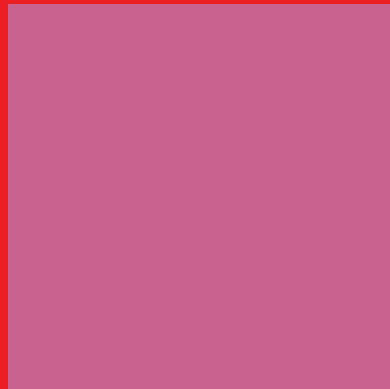


Support My School Campaign in Kathmandu Valley



November 2012 – December 2013

Bottlers Nepal Ltd.

UN HABITAT
FOR A BETTER URBAN FUTURE





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Foreword

Schools are the foundations of a healthy and happy society. We send our children to school with the hope that they will grow up to be good human beings and contribute to the improvement of our communities and countries. However, this can only happen if the schools can provide an environment that inspires children to learn. This environment should include an active student body, capable and committed teachers, effective management system, supportive parents, and adequate facilities such as safe water, sanitation and hygiene (WASH), education and sports.

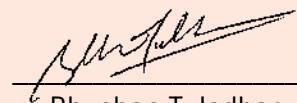
Unfortunately, many schools in Nepal are not able to provide the learning environment that children need because of the absence of facilities for water, sanitation, education and sports. For example, it is estimated that only 36 percent of schools in Nepal have separate toilets for boys and girls. Even where there are toilets the students to toilets ratio is often much higher than the Government standard of 50 students per toilet. Furthermore, many of the toilets are poorly maintained and are not user-friendly, especially for young children and girls.

In 2011, Coca Cola, UN-Habitat, NDTV and other partners launched the Support My School (SMS) Campaign in India to raise awareness and funds for improving WASH and sports facilities in public schools in India. Encouraged by the success of the campaign in India, similar campaigns have also been initiated in other countries in South Asia. In Nepal, SMS was launched in 2013 with Environment and Public Health Organization (ENPHO) and Clean Energy Nepal (CEN) as implementing partners. The first phase of the campaign focused its attention in Kathmandu Valley. In 2014, the campaign will be launched outside Kathmandu Valley as well based on the experiences from the first year. This booklet, which summarizes the activities and experiences of the first year of SMS in Nepal, will be helpful in taking the SMS campaign further in Nepal to benefit more schools and children.

We hope that the Support My School initiative helps children enjoy the experience of learning.



Salman Latif Rawn
Managing Director
Bottlers Nepal Limited



Bhushan Tuladhar
Regional Technical Advisor-South Asia
UN-HABITAT



Background

Schools play a vital role in educating children, their families and communities. Improvement in water, sanitation and hygiene facilities in schools can play the significant role in improving the learning environment and reducing absenteeism of children. Adequate sanitation facilities are equally important for girl children to manage their menstrual hygiene. “Support My School (SMS) Campaign” is a joint effort of Environment and Public Health Organization (ENPHO) and Clean Energy Nepal (CEN) with financial support from UN-Habitat and Coca Cola Company aimed at creating Healthy, Active and Happy Schools. The project was implemented in 2013 in 13 public schools in Kathmandu Valley.

Objective

The objective of the project is to improve the health condition of the urban poor, especially children, through improved water supply, including rain water harvesting and recharge, sanitation and awareness on Healthy Active Living and Environment.

Outputs

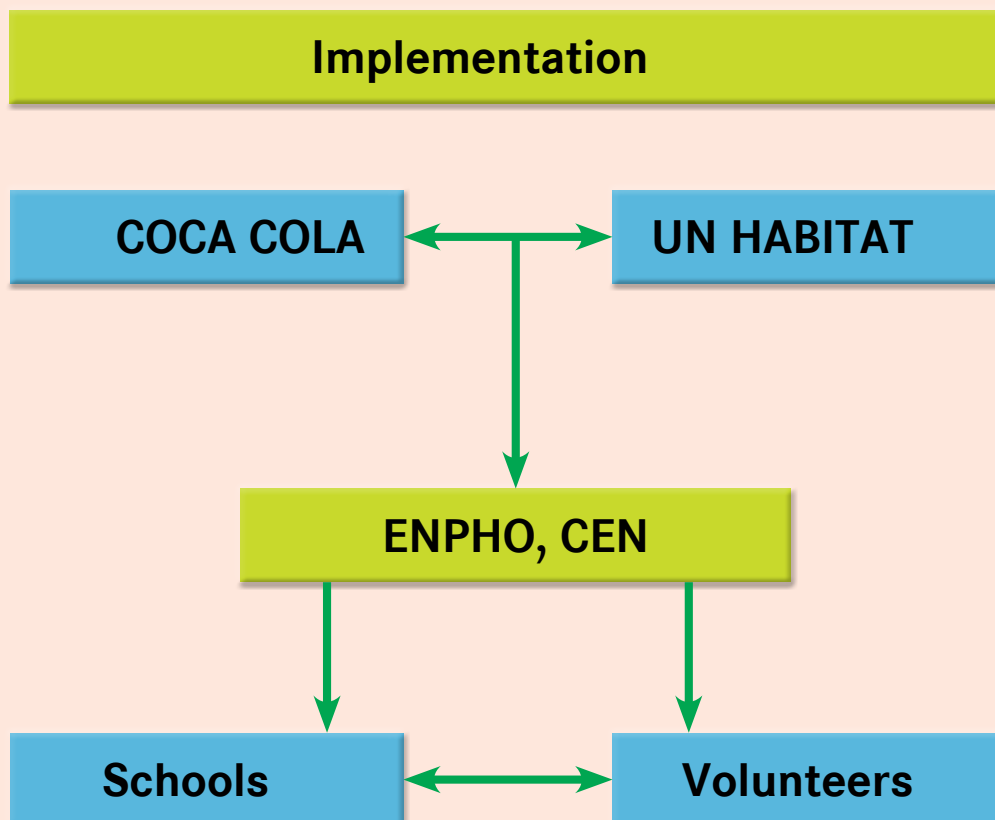
- Improved access to water and sanitation for girls and boys in 13 selected schools.
- Improved hygiene practices of students in the schools and surrounding communities.
- Enhanced health and fitness of students through active participation in sports activities.
- Enhanced environmental awareness of students and improved aesthetics in the selected schools.
- Enhanced learning environment in selected schools.

Major Activities

- Activity 1:** Select 13 schools and provide orientation
Sub-Activity 1.1: Preliminary survey of the schools
Sub-Activity 1.2: Technical survey of the schools
- Activity 2:** Prepare plans and designs for improvement of Water, Sanitation and Hygiene (WASH), educational and sports facilities
- Activity 3:** Implement plans for improvement of WASH, educational and sports facilities
- Activity 4:** Provide practical training on WASH and operation and maintenance of the facilities
- Activity 5:** Designing of communication materials

Project Implementation Framework

This project is a joint collaboration with UN-Habitat, Coca-Cola Company, ENPHO, CEN, Municipality Offices in Kathmandu Valley and Rotary Club in Kathmandu. UN-Habitat and Coca-Cola Company provided the main financial support and Coca-Cola Company in Nepal provided the social-marketing support from their regular activities. ENPHO and CEN is the overall implementing partner of various activities of this project.



Preparation and Implementation of Plans and Designs

Engineering designs and plans covering WASH facilities improvement, gardening and playground improvement, rainwater harvesting, recharge and sports facilities improvement were prepared for each school in coordination with school focal point and the project team.



Plan and Concept of Children's Playground and Park and Implemented facility at Shanti Nikunja Secondary School

Facilities Improvement in Schools

Name of School	Activities
Adarsha Higher Secondary School	<ul style="list-style-type: none"> • Construction of Anaerobic Baffled Reactor (ABR) for wastewater treatment • Construction of boys' toilet and urinal • Construction of hand washing platform • Improvement of table tennis board
Central Higher Secondary School for Deaf	<ul style="list-style-type: none"> • Installation of rainwater harvesting system (RWHS) with an underground tank of capacity 10,000 ltr • Construction of hand washing basin outside girls' and boys' toilets • Construction of bathing and washing room for hostel children • Construction of burning chamber for waste disposal • Furniture support for the library. • Construction of table tennis board • Painting of toilet block
Gyanodaya Secondary School	<ul style="list-style-type: none"> • Installation of rain water harvesting system • Improvement of children's toilet block • Improvement in ladies' urinal and toilet compartment • Improvement of early childhood development (ECD) classroom and indoor games for primary section • Wall painting
Janak Siddhikali Secondary School	<ul style="list-style-type: none"> • Construction of water supply system in toilets • Improvement in hand washing platform and toilets • Furniture for office and classroom • Plastering the building • Wiring management and strengthening of pillar for the building
Mahendra Saraswati Lower Secondary School	<ul style="list-style-type: none"> • Installation of rainwater harvesting and biosand filter • Improvement of hand washing basin outside girls' and boys' toilets • Improvement of drinking water platform • Improvement of ECD classroom • Construction of table tennis board • Improvement in school playground
Padma Kanya Vidyashram Higher Secondary School	<ul style="list-style-type: none"> • Construction of recharge pit • Improvement of girls' toilet and construction of pad incinerator • Improvement of ECD classroom • Construction of badminton court
Shanti Nikunja Secondary School	<ul style="list-style-type: none"> • Installation of rain water harvesting system • Installation of hand washing platform and sanitary pad incinerator • Construction of children playground and garden

Name of School	Activities
Shree Bal Premi Secondary School	<ul style="list-style-type: none"> • Construction of recharge pit in RWHS • Construction of hand washing basin outside girls' toilet • Renovation of the hand washing basin outside boy's toilets • Construction of child friendly drinking water platform • Construction of drainage system and waste disposal chamber • Construction of table tennis board and half basketball court • Provided furniture support for the library and hall • Construction of safer playground
Shree Ratna Rajya Higher Secondary School	<ul style="list-style-type: none"> • Installation of RWHS and biosand filter • Construction of drinking water platform • Improvement in ECD classroom and provided furniture and shoe rack • Provided furniture, books, multimedia projector for the library • Provided two table tennis board • Installation of infrastructure for basket ball and volley ball courts
Shree Saraswati Higher Secondary School	<ul style="list-style-type: none"> • Improvement of RWHS with construction of underground tank of capacity 20,000 ltr. • Improvement of toilet and water supply • Improvement of hand washing platform • Renovation of ECD classroom • Wall painting
Shree Tika Vidyashram Higher Secondary School	<ul style="list-style-type: none"> • Improvement of RWHS • Renovation of toilets and construction of boys' urinal • Construction of drinking water platform • Provided furniture for classroom • Construction of table tennis board • Painting of school building and repairing of the passage
Tarun Madhyamik Vidhyalaya	<ul style="list-style-type: none"> • Improvement in sanitation facilities • Construction of table tennis board, basket ball court • Construction of children playground • Wall painting
Tri Padma Vidyashram Higher Secondary School	<ul style="list-style-type: none"> • Construction of ladies' toilet • Improvement of ECD classroom • Improvement of table tennis board

Adarsha Higher Secondary School

Thimi, Bhaktapur



School Profile

Established Year	2023 B.S.
Total No. of Students	439 Girls, 371 Boys
No. of Teachers/Staff	13 Female, 16 Male
SMC Chairperson	Mr. Hari Bol Khanal
Principal	Mr. Hari Govinda Shrestha

The school has separate toilets for girls and boys but boys' toilet was structurally very poor and almost not usable. Hence, the construction of boys' toilet was made after the intervention of the SMS program. Likewise, Anaerobic Baffled Reactor (ABR), an improved version of septic tank, was also constructed for the treatment of faecal sludge from toilets as there were no better alternatives for the faecal sludge management on site. Suspended and dissolved solids in the wastewater undergo anaerobic degradation due to contact with an active sludge blanket on the bottom of each chamber. Along with this, the hand washing platform was constructed and the table tennis board was improved focusing on better hygiene and participation of children in sports activities respectively.



Construction of toilet



Construction of ABR

Central Higher Secondary School for Deaf

Naxal, Kathmandu



School Profile

Established Year	2023 B.S.
Total No. of Students	190 Girls, 206 Boys
No. of Teachers/Staff	22 Female, 18 Male
SMC Chairperson	Mr. Sita Ram Maskey
Principal	Ms. Mina Shah

The RWHS was installed and an underground tank of capacity 10,000 litre was constructed in the school to supply adequate amount of water for the students. The school had no hand washing platform outside the toilets. Neither was there bathing and washing room for hostel children due to which they were compelled to take bath in an open space. Hence, the construction of hand washing basin was made outside girls' and boys' toilets and bathing and washing room was also constructed for the hostel children. The program also supported for the construction of burning chamber for waste disposal, furniture for the library and construction of table tennis board.



Installation of RWHS and construction of an underground tank



Construction of hand washing platform

Gyanodaya Secondary School

Bafal, Kathmandu



School Profile

Established Year	2020 B.S.
Total No. of Students	1007 Girls, 987 Boys
No. of Teachers/Staff	45 Female, 30 Male
SMC Chairperson	Mr. Narayan P. Poudyal
Principal	Mr. Dhananjaya Sharma

After the intervention of the SMS program, the RWHS was installed in the school. Prior to the installation of the system, maximum amount of money was spent in purchasing water. The toilets were not sufficient to meet the large number of students. Hence, improvements were made in children's toilet block, ladies' urinal and the toilet compartments. Improvement of ECD classroom and indoor games benefitted children of the primary section.



Improvement of toilet



Improvement of ECD Classroom

Janak Siddhikali Secondary School

Thimi, Bhaktapur



School Profile

Established Year	2023 B.S.
Total No. of Students	145 Girls, 162 Boys
No. of Teachers/Staff	12 Female, 8 Male
SMC Chairperson	Mr. Padam Hari Shrestha
Principal	Mr. Bal Mukunda Shrestha

The preliminary study carried out in the school found the need on improvement of water supply system and the building. The hand washing platform available at school was not properly located and managed. After the intervention of the project, improvements were made in hand washing platform and toilets. Furniture supports were also provided for the office and classroom and the improvements were made in school building.



Plastering of school building



Provided furniture for classroom

Mahendra Saraswati Lower Secondary School

Teku, Kathmandu



School Profile

Established Year	2017 B.S.
Total No. of Students	95 Girls, 115 Boys
No. of Teachers/Staff	10 Female, 3 Male
SMC Chairperson	Mr. Krishna Das Baisnab
Principal	Ms. Sharadha Adhikari

The toilets were in very critical conditions. There was also lack of water for toilets and there were no hand washing basins outside the toilets. Due to insufficient amount of water, the rainwater collected in bucket during rainy season was used by students for hand washing purpose. The classes were disturbed during rainy season as rain water plunged into the classes. In consideration to all these factors, RWHS was installed along with construction of bio-sand filter; hand washing basin, drinking water platforms, ECD classroom and school playground were improved and a table tennis board was also constructed to support students for sports activities.



Installation of RWHS and construction of Biosand Filter

Padma Kanya Vidyashram Higher Secondary School

Dillibazaar, Kathmandu



School Profile

Established Year	2004 B.S.
Total No. of Students	538 Girls
No. of Teachers/Staff	28 Female, 13 Male
SMC Chairperson	Ms. Rajrajeswori Shing
Principal	Ms. Radha Dhungana

The project supported for the construction of recharge pit in order to integrate the existing rain water in the collection system. After the intervention of the program, girls' toilet was also improved along with the construction of pad incinerator. Likewise, ECD classroom was improved and badminton court was constructed.



Construction of pad incinerator



Improvement of toilet

Shanti Nikunja Secondary School

Maruhiti, Kathmandu



School Profile

Established Year	2002 B.S.
Total No. of Students	285 Girls, 420 Boys
No. of Teachers/Staff	29 Female, 14 Male
SMC Chairperson	Mr. Tirtha Raj Onta
Principal	Mr. Gyan Kaji Maharjan

The Rain Water Harvesting System has been installed in the school. There has also been the installation of hand washing platform and the sanitary pad incinerator. Though there exists large open space for children's playground, it needed to be improved and hence, the project intervention was also made for the construction of children playground and garden.



Construction of children playground



Installation of Rain Water Harvesting System

Shree Bal Premi Secondary School

Thimi, Bhaktapur



School Profile

Established Year	2007 B.S.
Total No. of Students	118 Boys, 116 Girls
No. of Teachers/Staff	8 Female, 11 Male
SMC Chairperson	Mr. Ramesh Shrestha
Principal	Mr. Sharan Bahadur Shrestha

With the objective of recharge and reuse of the rain water, the recharge pit was constructed. The school had no hand washing basins. Also, there weren't any sports facilities for the students. The playground was sloppy and risky for the students. With these critical factors in account, the project was intervened in the school for the construction and improvement in hand washing basin, the construction of drainage system for waste management and the construction of safer playground for the benefit of the children.



Construction of hand washing basin



Construction of table tennis board

Shree Ratna Rajya Higher Secondary School

Baneshwor, Kathmandu



School Profile

Established Year	2018 B.S.
Total No. of Students	1037 Girls, 930 Boys
No. of Teachers/Staff	50 Female, 48 Male
SMC Chairperson	Mr. Gauri Shanker Aairi
Principal	Dr. Geeta Kharel Shivakoti

The RWHS along with the biosand filter was installed in the school. This harvested rain water supported for the school utilities. SMS program supported for the construction of drinking water platform and improvement in ECD classroom along with providing a shoe rack. Library was equipped with furniture, books and multimedia projector. Installation of infrastructure for basket ball and volley ball courts added support for the improvement in sports facilities.



Renovation of ECD Classroom



Improvement of Library

Shree Saraswati Higher Secondary School

Thecho, Lalitpur



School Profile

Established Year	2026 B.S.
Total No. of Students	205 Girls, 201 Boys
No. of Teachers/Staff	17 Female, 18 Male
SMC Chairperson	Mr. Hira Bahadur Maharjan
Principal	Mr. Bishnu Narayan Shrestha

The water supply was not sufficient for the students and there were no hand washing platforms. Proper disposal of sanitary pad has been a problem for girls due to which they have been compelled to go to home or leave the school during menstruation period. The ECD classrooms also needed to be improved. With the intervention of the project, the rain water harvesting system was improved along with the improvement in toilet, water supply system and the hand washing platform for the students. Also, the renovation of ECD classroom and wall painting was also carried out in the school.



Construction of toilets



Improvement of RWHS

Shree Tika Vidyashram Higher Secondary School

Sanepa, Lalitpur



School Profile

Established Year	2008 B.S.
Total No. of Students	212 Girls, 197 Boys
No. of Teachers/Staff	14 Female, 13 Male
SMC Chairperson	Mr. Krishna Prashad Gautam
Principal	Ms. Baba Khadka

There was lack of proper hand washing platform for the students. The doors of the toilets were in very poor condition. Renovation of the toilets and construction of hand washing platform were carried out with the intervention of the project. Along with this, improvements were made in Rain Water Harvesting System to supply adequate amount of water to students. In addition, furniture was provided for classroom, table tennis board was constructed and improvement of school building was made.



Improvement of School Building

Construction of hand washing platform

Tarun Madhyamik Vidhyalaya

Balaju, Kathmandu



School Profile

Established Year	2030 B.S.
Total No. of Students	927 Girls, 799 Boys
No. of Teachers/Staff	28 Female, 18 Male
SMC Chairperson	Mr. Surya Prashad Shrestha
Principal	Mr. Udaya Shrestha

In this school, the SMS program supported for the construction of table tennis board and basket ball court to support students for sports facilities. Also, the construction of children playground and wall painting was carried out in the school.



Improvement of toilet



Wall painting

Tri Padma Vidyashram Higher Secondary School

Pulchowk, Lalitpur



School Profile

Established Year	2004 B.S.
Total No. of Students	397 Girls, 496 Boys
No. of Teachers/Staff	25 Female, 25 Male
SMC Chairperson	Mr. Keshar Bahadur Bista
Principal	Ms. Bidhya Pandey

The preliminary study carried out in the school found the need of improvements to be made in ladies' toilet and hence it was constructed after the intervention of the program. Improvements were made in ECD classroom to support children and the table tennis board was also improved to support students for sports facilities.



Construction of ladies' toilet

IEC materials on water, sanitation and hygiene



“I have been engaged in education for more than three decades and it’s been eight years now that I have been working as a principal in Ratna Rajya Higher Secondary School. The support and motivation this project ‘Support My School’ has been providing among us has opened a hopeful note for the future of our school. Earlier, we had problems of safe drinking water, and so our students had to go to stone spouts nearby to get water for drinking but now through this project, we have been able to provide safe drinking water to our students. The concept of rainwater harvesting has also been really productive as we have been able to reuse the water that is actually wasted. The students are now really pleased to study in good class environment, get engaged in sports like table tennis, basketball. Thus, it has uplifted spirit of all our students, teachers and guardians too. We ensure you that we’ll make best use of the infrastructures and resources you have built for us.”

Dr. Geeta Kharel Shivakoti
Principal, Shree Ratna Rajya Higher Secondary School



“‘Support My School’ has been an incredibly important project for our school. Proper management of drinking water facilities and sanitation has not only made the school environment clean but has also imparted positive impacts on student’s health. All students in our school are aware about the importance of hand-washing; they have knowledge about water borne diseases and also about the need of proper sanitation and hygiene. This has even resulted in regularity of students as we have been able to stay healthy.”

Aayush Lama and NimaDawaSherpa
Grade 10, Shree Bal Premi Secondary School



“I have been with this school for past 35 years; I’ve experienced its pace of growth. With a special provision and idea, ENPHO came for our school and that’s something we really do acknowledge. The initiations like, constructing child-friendly toilets, rain water harvesting system, support with the educational materials, programs equipped with skill and knowledge for small children certainly brought changes in our school which we’ll never forget. These supportive hands have encouraged us to work on the maintenance and improvement of those properties more in point of fact and we’re equally committed for its sustainability.



Sarsafai samuha

Support my school campaign has made commendable difference to our school and has been an inspiring source for our school’s achievements. We also have tried our level best to aware students about the importance of hand washing, keeping the toilets clean and wisely using water. The students with their own initiatives have formed a group named “Sarsafai Samuha” which has been actively engaged in the activities of maintaining cleanliness environment and even making other students aware on water, sanitation and hygiene.”

Kuldeep Prakash Budhathoki
Assistant Head Master, Gyanodaya Secondary School

Software Programs for Schools

The software programs for the schools comprised of training and orientation programs along with community visit and work targeted to the students, teachers and staff members of the school were carried out by NYCA/CEN. More specifically, the green audit conducted in lead of the students helped to assess the environment of the school under the three thematic areas: water, waste and land. This helped the students understand the environmental impacts and draft an action plan to void the gaps observed.

Orientation Program on Support My School- SMS and Green Audit Training

In order to provide knowledge on waste management and the role of nature club on maintaining greenery and gardening and green audit in schools, CEN in partnership with ENPHO conducted two days training on green audit for the ambassadors of “Support My School - SMS” program.



Orientation on WASH and Green Audit Training in Schools

The program was conducted in order to highlight the importance of WASH and promotion of RWH in schools along with briefing about the campaign for creating healthy and active schools.



School Awareness Campaign

In order to develop the capacity and understanding on WASH and the issues related to water, waste and open space, the schools organized and participated in various awareness campaigns.



Contestants of Miss Nepal 2013 joining hands in gardening and cleanup program at Shree Tika Vidyashram Higher Secondary School



Inter School Art Competition

Green Discussion on Water Conservation

In order to aware students about water conservation and to motivate students to play eco friendly Holi by making efficient use of water and no usages plastic bags, a Green Discussion, a regular interaction series on environmental issues was organized by NYCA which was then followed by wall painting on water purification methods conducted in collaboration with Paschim Paaila.



Shanti Nikunja Earth Fair

Shanti Nikunja Earth Fair led by Shanti Nikunja Eco Club and facilitated by NYCA was organized from 19th – 26th April 2013 to mark the World Earth Day 2013.



Monitoring Visits

Frequent monitoring visits were performed from project team including representative from The Bottlers Nepal to ensure the execution of project activities have been done in best quality. The technical staff from ENPHO performed monitoring and supervision visits to all project schools during the construction works. He provided necessary technical backstopping and support during the construction works. Similarly, the project coordinators from ENPHO and CEN also paid visits to schools for effective implementation of project activities as well as for better coordination with school management committee, teachers and school students. The team leader of the project also visited schools several times to provide necessary feedbacks and suggestions in project implementation.



Project Outputs

- Altogether 10,677 school students (5,693 girls and 4,984 boys) and 536 school staff benefitted from the project.
- Rainwater harvesting system and groundwater recharge has been established in 10 schools. A 20,000 litre and 10,000 liter rainwater collection underground tank has been constructed in one school each whereas the existing collection tank in one school has been renovated for rainwater collection.
- Hand washing platform has been renovated in four schools and new hand washing platform has been constructed in eight schools. Drinking water platform has been renovated in nine schools and in one school a washing and bathing facility has been completely rehabilitated.
- Waste burning chamber has been constructed in two schools and drainage has been constructed in one school. Beautification of school compound and environment were done in five schools.
- Renovation and provision of sports facilities has been done in 10 schools.
- ECD classrooms were improved in six schools.
- The child clubs in the schools were actively mobilized for the SMS campaign activities. WASH orientation, training on Operation and Maintenance (O & M) of WASH facilities, Green audit have been organized in schools. A set of O & M toolkit has been distributed in all schools.
- Regular monitoring visits and interactions with school management committee have also indicated positive responses for the project activities.
- The SMS project has enhanced environmental and WASH awareness including RWHS and groundwater recharge among school students as well as school staff. In addition, improvement of school environment and sports facilities has substantially contributed in creating healthy and active learning environment in the schools.



Conclusion and Way Forward

The SMS project activities as indicated in the project plan have been accomplished benefitting 10,677 school students and 536 school staff. This project has successfully demonstrated provision of WASH facilities particularly the establishment of rainwater harvesting system and groundwater recharge in the selected schools. School students have benefitted from improved access to WASH facilities and enhanced sports facilities. All these have contributed in healthy and active learning environment promoting healthy living. There was positive response towards the SMS campaign and its activities from school students and staff.

To ensure sustainability of SMS campaign and activities, school management committee (SMC) should take leadership role. For this O & M fund has been created in all schools, and SMC has to mobilize this fund effectively to sustain the operation of systems provided. ENPHO will visit these schools on a regular basis to encourage school to sustain these systems in long run. In addition, ENPHO has informed all the schools to contact ENPHO in case of major O & M problems. An impact study for the SMS campaign should be done after few years of project completion to assess long term impact of this campaign.

Change for Healthy, Active and Happy Schools



Renovation of toilets and handwashing platform at Mahendra Saraswati Lower Secondary School



Construction of bathing room and washing platform for hostel children at Central Higher Secondary School for Deaf



Construction of Drainage System at Shree Bal Premi Secondary School

Glimpses of Activities



Launching of SMS campaign



Signing of Agreement



Contestants of Miss Nepal 2013 support SMS campaign



Monitoring Visit



Exhibition during Earth Fair



Participation in FIFA World Cup Trophy Tour

Schools Supported by SMS Campaign



Adarsha Higher Secondary School



Central Higher Secondary School for Deaf



Gyanodaya Secondary School



Janak Siddhikali Secondary School



Mahendra Saraswati Lower Secondary School



Padma Kanya Vidyashram Higher Secondary School

Schools Supported by SMS Campaign



Shanti Nikunja Secondary School



Shree Bal Premi Secondary School



Shree Ratna Rajya Higher Secondary School



Shree Saraswati Higher Secondary School



Shree Tika Vidyashram Higher Secondary School



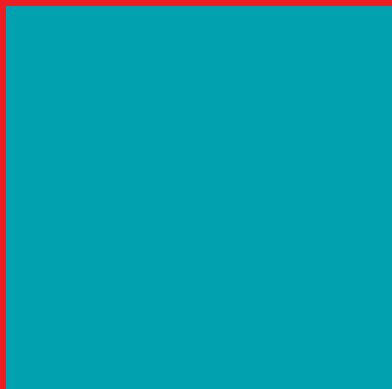
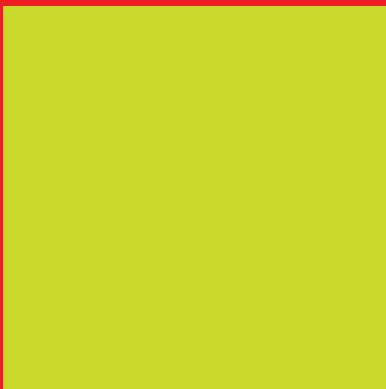
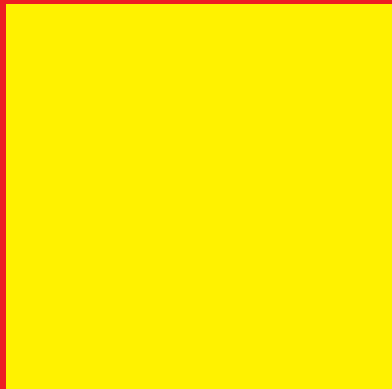
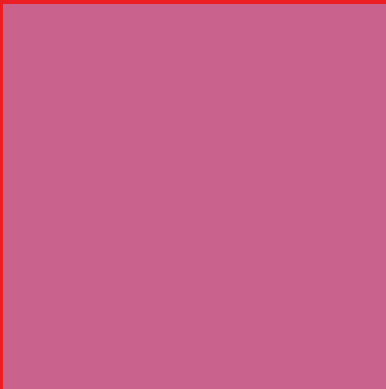
Tarun Madhyamik Vidhyalaya



Tri Padma Vidyashram Higher Secondary School

Coca-Cola[®]





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