



## SELF-HELP IN NEPAL AND INDIA



*Back to Life*

[www.back-to-life.org](http://www.back-to-life.org)

## HELP FOR THE FORGOTTEN PEOPLE IN THE HIMALAYAS



Western Nepal - In the remote and mountainous region of Mugu, life expectancy is just 44 years. The 55,000 people living in Mugu have no access to electricity, clean water or medical care. Back to Life e.V. is making lasting improvements to the living conditions of the villagers through the implementation of self-help programs including:

- Construction of schools and educational assistance
- Active preventative health care and hygiene awareness
- Construction of sanitary facilities
- Medical assistance through health camps
- Livelihood support in the form of microcredits and training
- Installation of solar lights and smokeless stoves
- Improving crop yields
- Protection of the environment and resources

## BIRTHING HOUSES IN MUGU



For everyone birth should be a joyful occasion, but for the women from Mugu it can be their worst nightmare. Bleeding women are regarded as "impure" and have to leave the house so they give birth without care, alone in the dark and often in filthy cow sheds. Pregnant women bear the hunger, poverty and heavy physical work with-

out complaining, but the births under such poor conditions claim too many lives. The maternal and infant mortality rates, in Mugu, are among the highest in the world. In an effort to make lasting improvements to the situation of the women, we are building birthing houses together with the village communities.



The birthing houses are a revolution for the women in Mugu and a complete success. It is in these houses that before, during and after birth, pregnant women, mothers and newborns experience for the first time, protection, care and medical attention at the hands of our midwives and nurses. We are offering training to young people from the region to enable them to become nurses and midwives themselves. At the same time, the village communities learn to run their birthing homes on their own.

Join us and help build more birthing houses.

## NEW PATHS FOR NATIVE PEOPLE



Southern Nepal – Forced from their jungle homes and into a sedentary lifestyle without any formal education or knowledge of agriculture, the native people became impoverished. At Back to Life e.V., we are promoting the development of these families and ensure that together we build a bridge between traditional and modern lives by:

- Direct Sponsorship of the academic training of 360 girls
- Construction and establishment of day-care centers
- Promoting and equipping schools as well as giving teachers training to improve the quality of education
- Health camps and training on health care and hygiene
- Microcredits and agricultural trainings
- Distribution of goats and seeds to improve the income situation
- Construction of biogas plants, solar lights, clay stoves

## OUR CHILDREN'S HOMES IN INDIA



We give over 90 children a safe home, security and an upbringing free from violence. They are children of parents affected by leprosy or (half-) orphans from the streets of Benares; the oldest of the children have been in our care since 2001 and have already completed school, are studying or are already out on their own working.

## MEDICAL AND SOCIAL SUPPORT FOR LEPROSY IN INDIA



Since 1996, we have been supporting those affected by leprosy on their long journey back to life. From therapy, to rehabilitation, right up to taking care of daily medical and social requirements, all our efforts aim at restoring the dignity of these stigmatized families.

## CHILDREN'S RIGHTS - SLUM SCHOOLS



The work of a "child-garbage-collector" in India starts at night and ends once the hard-won garbage has been brought to the slum and sorted. There is no time for regular school. Our 13 non-formal slum schools have been geared to these children since 2011. Being able to learn something gives these children self-confidence and a perspective. The school is often the only ray of hope and safe haven in their fight to survive.

## YOUR SUPPORT COUNTS!

We have already reached 45,000 people with our projects in India and Nepal. We have been able to make a noticeable improvement in the education and training of almost 6,000 children. Become a part of these lively projects that want to continue to grow.

## BECOME A SPONSOR

You decide where you make a difference with your sponsorship:

1. With a **school sponsorship** in Nepal (for just €20 a month) you help mainly needy girls receive a school education. In addition, you support the necessary expansion of school infrastructure.
2. Your **birthing house sponsorship** (for just €10 a month) ensures that the birthing houses can be maintained over the long term thus reducing the rates of infant and maternal mortality.
3. With a **project sponsorship** in **Nepal** or **India** you choose the country and the amount you donate to the 'helping others help themselves' programs.

**Experience how your help changes lives!**

## CONTACT

For questions and suggestions please contact our office:  
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### Back to Life e.V.

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## TAKE A LOOK AT THE PROJECTS

www.back-to-life.org  
www.back-to-life.org/facebook  
www.back-to-life.org/youtube  
www.back-to-life.org/googleplus  
Share us and Like us.

Our newsletter keeps you up-to-date. You can see how your donation is being spent and the effect it is having.

www.back-to-life.org/newsletter

## DONATIONS

Back to Life e.V.  
Nepal Projects  
Account No.: 0729 999 002  
IBAN: DE 94 500 800 000 729999002  
BIC: DRESDEFFXXX, Commerzbank AG

India Projects  
Account No.: 0729 999 000  
IBAN: DE 51 500 800 000 729999000  
BIC: DRESDEFFXXX, Commerzbank AG

## DONATION RECEIPT

As a non-profit organization we are authorized to issue receipts for donations. We will automatically send these to you right at the start of the next calendar year, provided your annual donations amount to more than €200 and you have noted your complete address in the reference line. For donations up to €200 per year, in Germany you just need to provide the tax office with the bank statement. Please be aware that the tax regulations in your country might differ from the German ones.