



LHAK-SAM

ANNUAL REPORT | 2018



LHAK-SAM (BNP+)
Bhutan Network of People Living With HIV & AIDS

ANNUAL PROGRESS REPORT

2018-19



Lhak-Sam (BNP+)

*A Network of People Living with **HIV** and **AIDS**
in Bhutan (BNP+) - (Altruism)
Changjalu, Thimphu*

**Glimpses of Activities
carried out during 2018**

LHAK-SAM (BNP+)

Bhutan Network of People Living with HIV & AIDS



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GENERAL INFORMATION

Official Name	Lhak-Sam (BNP+)- Altruism: Bhutan Network of People Living with HIV & AIDS.
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ACRONYMS

UNICEF	United Nations Children's Education Fund
AIDS	Acquired Immunodeficiency Syndrome
ANC	Ante-Natal Clinic
ART	Anti-retroviral treatment
C4D	Communication for Development
CBO	Community based Organization
CSO:	Civil Society Organization
CSOA:	Civil Society Organization Authority
CST:	Care, Support and Treatment
GFATM	Global Fund to fight against AIDS, Tuberculosis and Malaria
HISC	Health Information and Service Center
HIV	Human Immunodeficiency Virus
HPV	Human Papilloma virus
IEC	Information, Education and Communication
JDWNRH	Jigme Dorji Wangchuck National Referral Hospital
LGBT	Lesbian, Gay, Bisexual, Transgender
MoH	Ministry of Health
MBO	Mutual Benefit Organization
MTCT	Mother-to-child transmission
NACP	National HIV, AIDS and STI Control Program
NGO	Non-Government Organization
PBO	Public Benefit Originations
PEP	Post-exposure prophylaxis
PITC	Provider initiated testing and Counseling
PLHIV	People living with HIV
PMTCT	Prevention of mother to child transmission
PrEP	Pre-exposure prophylaxis
RENEW	Respect, Educate, Nurture, Empower Women
SDG	Sustainable development goals
STI	Sexually transmitted infection
TB	Tuberculosis
UNAIDS	Joint United Nations Program on HIV and AIDS
WHO	World Health Organization
YDF	Youth Development Fund

EXECUTIVE SUMMARY



While the year 2018 marks the country's third successful democratic election of the government in Bhutan, Lhak-Sam reflects back on the small contribution it had made to the national and global goal of health, wellbeing and happiness. As we release our annual report 2018, Lhak-Sam celebrates its seven years of establishment and its dedicated service to the country and the region aimed at prevention, demystification and mitigation of the effect of HIV and AIDS epidemic – psychological, social, and physical.

Until 2018, HIV (Human Immunodeficiency Virus) had laid its icy-hand on 118 Bhutanese including children, and 37 million people around the world, conditioning and causing AIDS (Acquired Immunodeficiency Syndrome). Today 37 million people are living with HIV in the world.

Lhak-Sam's core principle of its functions is deeply-rooted in the edict released by His Majesty Jigme Singye Wangchuck, the 4th King in 2004, which called for "people's compassion, shared concern and joined responsibility".

In 2016, His Majesty the King awarded the National Order of Merit GOLD to Lhak-Sam along with 20 other CSOs during the National Day Celebration in Trongsa. The award has indeed placed a huge amount of His Majesty's trust, confidence and responsibility on the CSOs but also signaled the government, development partners and relevant donors to extend stronger support to the CSOs for reaching the common goal of "Gross National Happiness".

Today, Lhaksam is thankful to the government, relevant stakeholders, volunteers, well-wishers and donors for the trust and confidence in Lhak-Sam. The people's fear, perception and attitude that prejudices and discriminates has improved and even changed to a certain level including their service seeking behavior. The Voluntary Counseling and Testing of HIV-antibody rose from 25677 people in 2014 to approximately 28,000 in 2018 (*Country Progress Report on the HIV Response in Bhutan, NACP, DoPH, MOH*). This has also resulted in the successful HIV case detection from 403 cases in 2014 to 627 in 2018 (*Annual Health bulletin 2015, Health Management and Information System, Ministry of Health*).

Through Lhak-Sam, HIV & AIDS and LGBT+ community has been given a human face in the country ; it has enabled people to access direct and appropriate information from the right people for improving and changing one's perceptions, realization of one's risk and vulnerability and importance of changing one's service seeking behavior. Many people are now beginning to understand that ending AIDS and the fear attached to it is a collective responsibility of each and every one.

The Global Fund, one of the major and long term funding mechanisms for HIV, TB and Malaria Program in Bhutan has been substantially reducing resource allocation to the country. It is currently under negotiation of phrasing out. This could cause a situation of not being able to achieve the national and international goal of ending AIDS by 2030, to which Bhutan is a signatory.

Understanding that one day resource funding both national and international would eventually be phased out, Lhak-Sam has through a series of discussions come up with a program to sustain itself in the short, medium and long run. It has decided to make the maximum use of Sun, Wind, Water and Soil by venturing into mass commercial organic farming as well as setting up cottage industries for producing clay and concrete interlocking blocks, hollow blocks and bricks. These plans are in the pipeline.

As we dedicatedly and loyally continue to prevent and mitigate the effects of HIV and AIDS in the country and the region we will keep our donors and partners informed of our progress, achievement and the challenges that we face. We would like to thank all our partners in their continued support and look forward to working together as the years go by.

Wangda Dorji,
Executive Director.

STATEMENT OF RESPONSIBILITY AND CONFIRMATION OF ACCURACY FOR THE ANNUAL REPORT

To the best of our knowledge and belief, we confirm the following:

All information disclosed in the Lhak-Sam Annual Report 2018 are consistent with the annual financial statement and performance information audited by the Royal Audit Authority of Bhutan.

The annual report is complete, accurate and is free from any omission.

The Annual Report has been prepared in accordance with the Guidelines of the Annual Report as issued by Civil Society Origination Authority (CSOA) rules and regulation.

The Annual Financial Statements have been prepared in accordance with the standards of the CSO.

The Accounting Authority is responsible for the preparation of the Annual Financial Statements and for the judgments made in this information.

The Accounting Authority is responsible for establishing and implementing a system of internal control that is designed to provide reasonable assurance as to the integrity and reliability of the performance information, the human resources information and the Annual Financial Statements.

The external auditors were engaged to express an independent opinion on the Annual Financial Statements.

In our opinion, this Annual Report fairly reflects the review of operations, the performance information, the human resources information and the financial affairs for Lhak-Sam for the year 2018.

Yours Faithfully



Wangda Dorji
Executive Director
For Lhak-Sam



HIV TREATMENT

While there is no cure for HIV, treatment is highly effective by saving and improving the lives of people living with HIV.

Treatment is offered free of cost by the government and all records are confidentially maintained. Treatment care and support unit is a dedicated center ensuring PLHIV have access to comprehensive HIV management services.

Treatment not only improves the lives of PLHIV but also prevents further transmission of HIV. That is why treatment is started for all PLHIV as soon as they are detected, irrespective of their CD4 cell count.



STRATEGIC OVERVIEW

Introduction to Lhak-Sam

Lhak-Sam (Altruism), Bhutan Network of people Living with HIV & AIDS, formally got registered under the Civil Society Organization Authority of Bhutan (CSOA), on 26th November 2010, as a Non-Profit, Public Benefit Organization (PBO) in Bhutan. Lhak-Sam is the first of its kind, for network of people living with HIV & AIDS in the country. Since its inception, Lhak-Sam has been playing a pivotal role in shouldering the burden of the Royal Government of Bhutan in responding to HIV & AIDS epidemic. The top priority sectors for the organization has always been and will continue to be to reduce new HIV infections, to facilitate Treatment, Care and Support to PLHIVs and challenging social prejudice to facilitate decent and meaningful lives for all Key Affected Population in Bhutan. Under the parenthood of Lhak-Sam the LGBTIQ community is functioning as an informal network of organization who are also the direct beneficiaries of all the services that Lhak-Sam has to offer.

Lhak-Sam works with multi sectoral organizations in carrying out programs to achieve its mission, vision and objectives as highlighted below:



VISION

"To create a society that's unconditionally free from myths, fear, prejudice, discrimination and criminalization, where all the people shall have opportunities for a meaningful livelihood"



MISSION

In partnership with relevant supporters and donors, Lhak-Sam aims to become a premier organization in Bhutan committed to providing and promoting leadership, education and competency to all the PLHIV, KAPs, their families, and the people of Bhutan through reducing fear, isolation, prejudice, discrimination, and improving people's positive thinking and living productively through people's access to a range of quality prevention, treatment, care, and support services.



OBJECTIVE

"To create and promote a strong support system based on solidarity, social networking and people's participation for addressing and taking collective action towards effective response" to HIV & AIDS and its negative impacts".

Further, the objective is:

- To network and extend care to all, and provide support to only disadvantaged PLHIV and KAPs in Bhutan and the region;
- To empower and enhance the competency of all members of PLHIV and KAPs to participate fully in their own treatment, care and prevention programs and services;
- To reduce fear, prejudice, discrimination by minimizing the negative impacts of HIV and AIDS in all levels of society through various perception and behavior change communications programs;
- To enhance greater and more meaningful participation of the members of the society through strategic partnership building with members of PLHIV and KAPs, key stakeholders and donors towards effective response to preventing HIV and mitigating its effects in the country and the region;
- To advocate on social, health, legal and economic issues faced by the PLHIV and KAPs to the relevant partners and policy makers to bring about appropriate policies and regulations;
- To increase access to resources and support PLHIV, KAPs and their affected family members to lead a meaningful livelihood and develop self-financing ability and long term sustainability capacity for sharing some of the economic burden of the country in responding to AIDS.

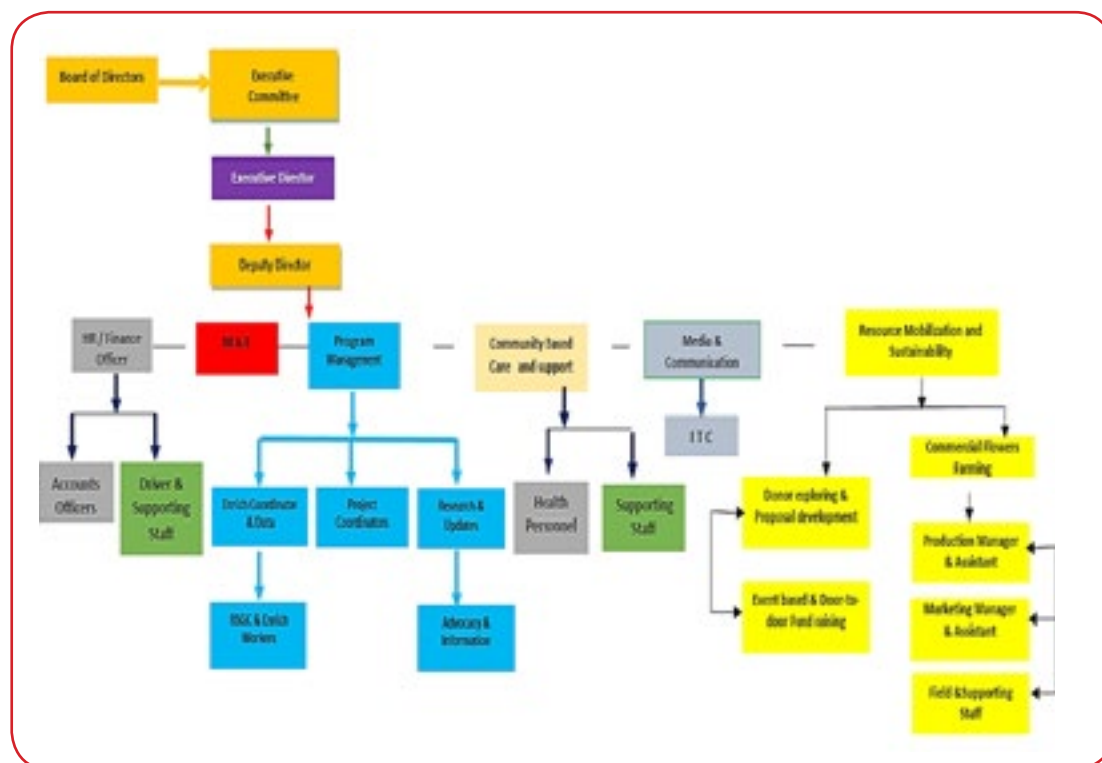


Executive Director with the Founding Board Member, His Excellency, Lyonpo Dr Tandin Dorji receiving the Lhak-Sam Certificate of Registration

SERVICE DELIVERY REGION



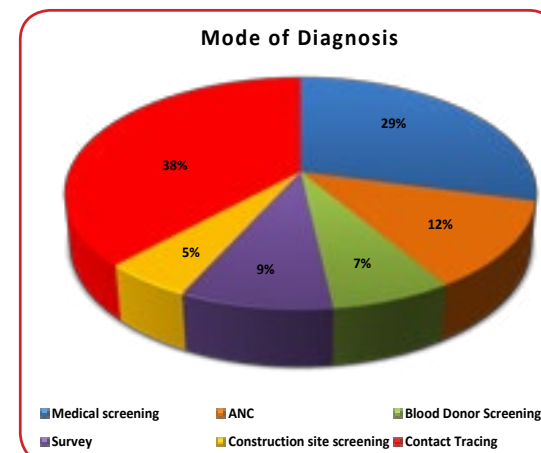
ORGANISATIONAL STRUCTURE



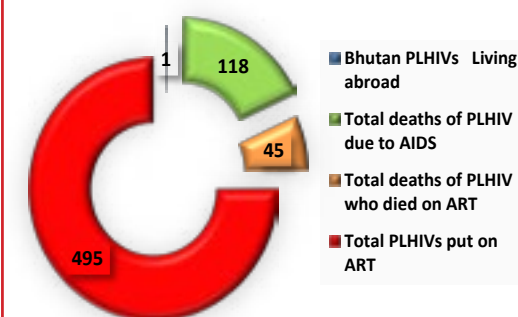
HIV & AIDS STATE OF EPIDEMIC

- As of November 2018

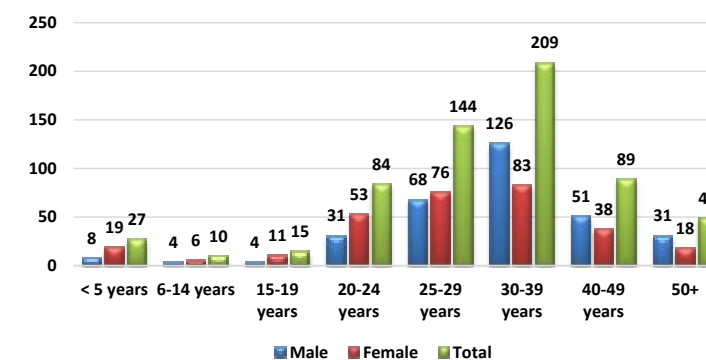
(Source: CST Unit, Community Health Department, JDWNRH)



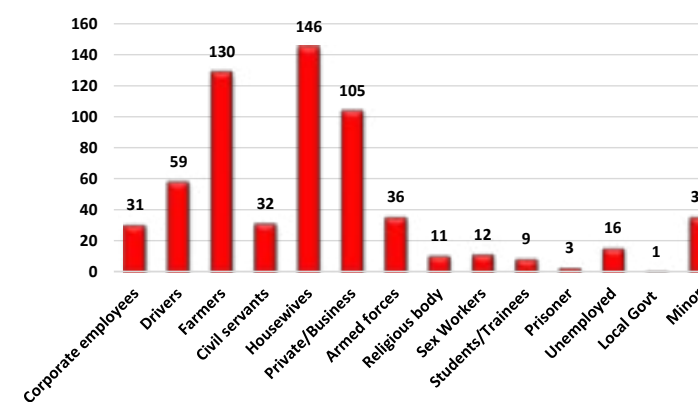
Total people living with HIV/AIDS



Distribution by Age



Occupational backgrounds at the time of detection



SCOPE OF PROGRAMS

ADVOCACY AND AWARENESS

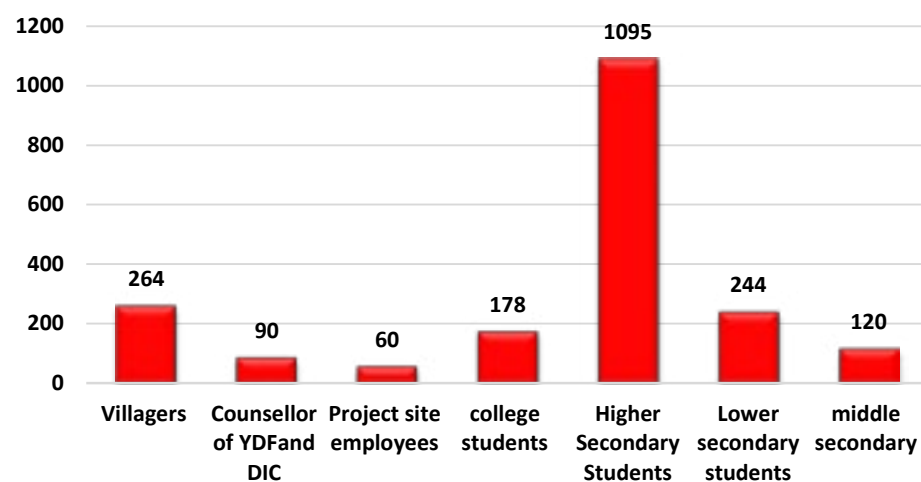
Advocacy in all forms seeks to ensure that people, particularly those who are most vulnerable in society are able to have their voice heard on issues that are important to them, defend and safeguard their rights, have their views and wishes genuinely considered when decisions are being made about their lives. It is one of the important activities of any kind of Non-Profit or civil society organization to shape and ensure that their issues are heard and to evoke debate and interest among the people on the issues faced by the affected population and the organization that supports their cause.

Lhak-Sam being a CSO also carries out its own advocacy for the general public with the aim to:

1. Provide right information to the general public.
2. Reduce stigma and discrimination at all levels of the society.
3. Overall behavior change among the KAPs and the general population.
4. Promotion of healthy and positive living among the KAPs.
5. Changing of people's attitude towards the KAPs.

Lhak-Sam's advocacy is divided into two separate activities which are mainly advocacy on HIV & AIDS and advocacy on SOGIE with relation to HIV & AIDS and other STIs.

Population reach graph via Advocacy in 2018



Mr. Wangda Dorji Presenting on HIV & AIDS



Ms Dechen Selden Presenting on Sexual Orientation, Gender Identification and Expression of the LGBT+ community

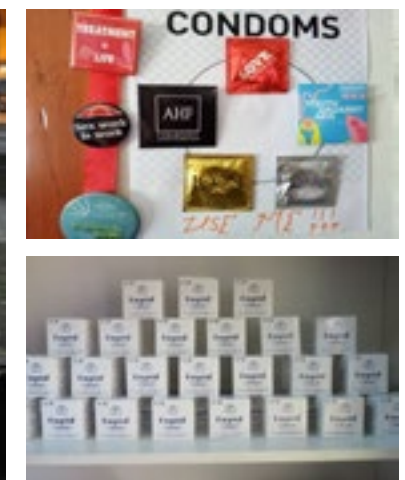
OUTREACH AND NETWORKING

The outreach and networking activities carried out by Lhak-Sam are primarily to reach out to our beneficiaries. Primary focus in outreach and networking activities is to link the KAP with health facilities such as Voluntary counseling and testing facilities, regular follow ups and check up for the PLHIV, escorting the patients to the hospitals, providing them with travel support, nutritional supplements (protein, multi vitamin), regular follow ups via call, providing peer and psychosocial support through home visit, Counseling sessions and by carrying out small events in their own communities targeted towards reducing social prejudice and isolation among the KAP.

Today Lhak-Sam has a total of 184 members of PLHIVs and 136 members from the LGBTIQ Community who all are the direct beneficiary who fall under the care and support umbrella of the organization. It has been 8 years since the establishment of the organization and in these 8 years Lhak-Sam has come



Meeting with Peer support group at Gelephu



Distribution of Condom and Lubricants

a long way, building solidarity among the members, networking, educating, sensitizing and changing perceptions and ameliorating the scenario of HIV & AIDS epidemic in the country. In 2018, 104 PLHIVs and 24 LGBT members were reached through regular follow up calls, escort to the hospital, home visits, meetings and regular checkup for cd4 counts, viral load and any other opportunistic co-infections. Lhak-Sam has a team of dedicated outreach workers both in the secretariat office and the regional offices that also are peer counsellors and care givers.

A basic HIV treatment literacy knowledge among the key affected (KAPs) and general population is very much requisite. Lhak-Sam conducts five-day package treatment literacy trainings on HIV & AIDS to the various groups of population such as the PLHIV, LGBT community as well as the Children who are infected and affected by the epidemic. The session covers how our body immunity system defend our body from foreign invading germs and how HIV multiplies itself and eventually making the body susceptible to Opportunistic Infections and other foreign invasion. It also talks on how the HAART works to block these fetal processes of HIV replication, and prolong the life and productivity of the PLHIV. The 5 day session takes the participants sequentially through the topics mostly interlinking and connecting with the facilitator's experience of living with HIV and technical assistance and co-facilitation by the Ministry of Health, Lhak-Sam's Treatment literacy sessions is categorically conducted among the following TREATMENT LITERACY SESSION groups of population.

- i. Treatment Literacy Program for PLHIV.
- II. Treatment Literacy Program for LGBT community.
- III. Treatment literacy for Children Infected and affected with HIV.

With support from MSA Grant, Lhak-Sam has developed an instructor's manual for comprehensive HIV and AIDS Treatment Literacy Module in 2018, and is available for download from our official site.



Regular health checkups for members in collaboration with Ministry of Health



Sl. No.	Venue	No of Participants	Date	Type of Participant	Funding Partners
1	Gelephu	25	9/1/18	PLHIV infected and affected children	Save the children-Bhutan
2	Paro	26	21/01/18	PLHIV Members	Canada Fund for Local Initiatives, in collaboration with Loden Foundation
3	Paro	16	27/4/18	LGBT members	Multi Country South Asia
4	Paro	27	4/7/18	PLHIV infected and affected children	Save the children-Bhutan
5	Thimphu	12	19/9/18	PLHIV members	Amplify Change
6	Gelephu	32	11/01/19	PLHIV infected and affected children	Save the children-Bhutan
Total Participants	138				

LGBT COMMUNITY FORUM

The LGBT+ convene community forums conducted through the MSA grant in 2018 brought in together 90 participants from LGBT community in three forums. The regular project progress updates made to the community, and involving them when forecasting activities and budgets during the forum enabled them to understand how the project is benefitting them and the society.

The Forum exclusively focuses on introducing new members and old members give the brief back ground of how community has been formed through presentation of organogram of the community. The new members are educated on LGBTQ acronym and SOGIE (Sexual orientation, Gender identity and expression). A basic HIV mode of transmission, preventions and treatment adherence agendas are incorporated in the session. There are no recorded cases of HIV among LGBT groups, though STIs are highly prevalent. This can be attributed to timely intervention and effective response to HIV among these groups of population.

It is an important platform and indeed created conducive environment for the member to openly share the personal human stories and deliberate on discrimination and pressing issues on the ground. Ultimately, the forum served to bring forth probable resolutions and outcomes based on issues affecting them and their family members, and plan for bringing desired change through collective ideas, recommendations and actions.

Sl no	Activity	Date	Venue	No of Participants
1	Community Forum	07/02/2018	Paro	31
2	Community Forum	16/04/2018	Paro	30
3	Community Forum	13/07/2018	Paro	29
Total				90

SOCIAL SUPPORT

Majority of the People living with HIV & AIDS are illiterate and reside in remote villages where access to health services is a daily challenge. These challenges are further aggravated by financial difficulties and lack of proper knowledge and information. Therefore many of the PLHIV today lack basic treatment and health care facilities, especially in the far flung areas. Lhak-Sam serves as the network that links, coordinates and consolidates care, treatment, and support services for positive people and their families. These services are provided at their homes, in the communities where they live, and through the health facilities that serve them.



Community Forum, Paro 2018

For those who belong to an economically disadvantaged family background Lhak-Sam provides wide range of services like purchasing daily items for personal use such as health supplements, groceries, hearing aid, viewing glasses, stationeries for children, taxi fare for hospital visit, home visit, psychosocial care & support and bereavement support.

For those living in remote areas for hospital referral and routine checkups, Lhak-Sam also has a dedicated team of outreach workers who are particularly assigned the task of hospital referrals, assistance during checkup, collecting blood samples & reports, patient attendant monthly follow up calls, and hospital referral in office vehicle. The Regional coordinators each located in the Dzongkhags of Samdrup Jongkhar, Gelephu and Phuntsholing provide these range of services to their own members in the region.

Over the years Lhak-Sam has been able to reach to 20 districts of the country starting from the most remote pockets to the urban areas of the country, providing moral, financial and social support to all the PLHIVs, bringing them out of social stigma and isolation, building their trust and confidence, linking them to health facilities, enlarging peer networks, and inculcating the sense of peer support and volunteerism among the members.

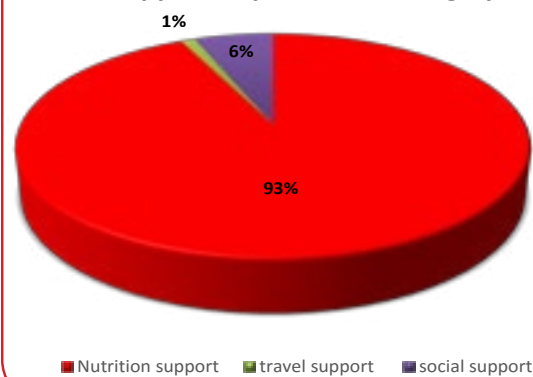


Social Support to the CBCC from Save the children- Bhutan

Sl. No.	Items	Qty.
1	Mattress - Medium	5
2	Mattress- Single	5
3	Tulip – Double	5
4	Tulip – Single	5
5	Blanket – double	7
6	Pearl Blanket- Medium	5
7	Hug Blanket –Medium	2
8	Tulip Pillow	10
9	Plastic Carpet Double	2
10	Plastic Carpet Medium	3
11	Tulip Bedsheet and pillow set (double)	10
12	Tulip Bedsheet and pillow set (single)	10
13	Form Mattress- medium	4
14	window curtain	12
15	foot mat	2
16	Seat Mattress	2
17	Water Filter	1
18	CGI sheet	33
19	Plywood	50
20	CGI sheet for CBSS	33

List of items purchased with Support from Save the Children-Bhutan

Social Support Population reach graph



Social Support Data with support from NFM-2018



Procurement of Sand strainer and mixer machines with funding support from Save the Children Bhutan, and Amplify Change.

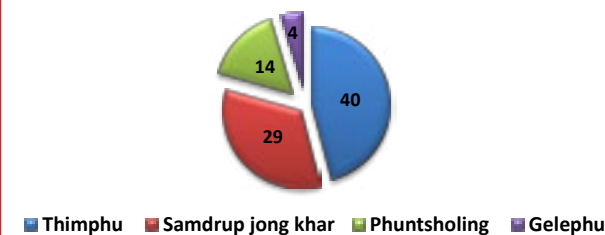
EDUCATION SUPPORT – investing in our Youth

Inculcating the power of knowledge among our youth is key to tomorrow's success. Keeping in mind these values and importance of education in the mind, Lhak-Sam initiated to provide educational support to the underprivileged children of its beneficiaries and their family members regardless of their HIV status. These children come from financially challenged backgrounds and are living in different pockets of the country. This was possible for small office like ours through the support from Save the Children, Bhutan and Kuensel Corporation Limited who has shown us unwavering support and love which has helped change the lives of our children. In the year 2018, 87 school going

children received education support from Lhak-Sam. A total of Nu. 414500 was spent on Purchasing stationeries, school uniforms, bags and shoes for school going children, with funding from UNICEF, Kuensel corporation Ltd and Save the children, who have donated in cash and in kind every year for children's education fund.



Education Support to School going children 2018 (by region)



Summary of the children receiving educational support for the academic year 2018.



Uniform and stationeries shopping for school going children

TRAINING OF THE MEDIA

Media in Bhutan can play a positive and effective role in reducing prejudice, promoting human values and influencing policy makers for a positive change. With a lesser knowledge media can fuel fear, prejudice, and distrust and increase the chances of driving away the people at most risk to HIV and AIDS, and STIs from seeking health services. Considering the importance the media can play in our society, Lhak-Sam (BNP+) has conducted media training twice in 2018 to keep the media persons informed about HIV and AIDS and STIs. In our country many people do not seek the services because many of them fear from criminalization, ignorance, prejudice and continuity of such scenario will enormously facilitate the spread of HIV and AIDS and STIs. Therefore media can play a vital role in bridging the gaps between the service providers and service seekers.

Lhak-sam has been advocating the Media personnel (reporters, journalist, producers etc), on the reporting guidelines and ethical reporting when reporting/ writing about sensitive topics such as HIV & AIDSs, PLHIV, CSWs, DU/



With the Hon'ble Minister of Health, Her Excellency, Lyonpo Dechen Wangmo, and representatives of various media houses, May 2018.

IDUs and the LGBT+ community. The trend of reporting has drastically favored the KAP over the years, Lhak-Sam has been able to inculcate critical writing and reporting among top media houses when it came to writing about sensitive issues, without hurting the sentiments of our KAP.

SPIRITUAL COUNSELING SESSION

"HIV is a Virus, STIGMA isn't and one has a cure already"- Anonymous

"HIV & AIDS not only degrades health and immune system but wrecks mental and psychological wellbeing of a person living with HIV. Everybody deserves a chance to love and god knows our PLHIV brothers and sisters need them".

Mental health and wellbeing of PLHIV is an integral part in the care and support for our members and we take every effort to arrange spiritual healing and positive living session as often as possible. This year Spiritual Counseling session coincided with the Candle Light Memorial day which was observed at the Lhak-Sam Community based care center at Genekha. His Holiness Cha-zam Truel Rinpoche, the 10th reincarnation of Dhup-thop Thang Thang Gyalpo, graced the occasion and also inaugurated the Community based care center.

Every year Lhak-Sam observes the day by lighting butter lamps and offering prayers to the departed souls. The event was also attended by well-wishers of Lhak-Sam who work in collaboration with the organization and a few foreign visitors.



His Holiness inaugurating the CBCC:



Members receiving blessings from HH

The spiritual counseling program was planned to give initiations on how to live meaningfully, how to accomplish oneself upon spiritual journey and care for self and others in times of adversity. PLHIV and LGBT community Members from Thimphu were invited to the event along with the Regional Coordinators.

VOCATIONAL TRAINING PROGRAMS - towards Self Reliance

With funding from Amplify Change and Save the children Bhutan, Lhak-Sam has established a cottage industry in September 2018 at the Community Based care center and initiated vocational training programs to generate livelihood skills and attaining self-reliance for the members. Lhak-Sam conducted first batch of vocational training program for 6 adults who are residing in the center, on production of Double- interlocking block bricks. After the Training, the residents of the CBCC have now started to produce the bricks for sale in the Market.



Glimpses of the Vocational Training

Someday into the future Lhak-Sam has plans of establishing similar cottage industries and livelihood Training program for all KAP in Bhutan such as Greenhouse and seasonal based flower farming, extensive potato and apple farming, and poultry and dairy farming. With these programs, we plan to achieve self-reliance for the members who will be able to earn a decent income to sustain their living expenditures for them and their family members.

ANNUAL EVENTS

1. Observation of World AIDS Day

The Annual World AIDS Day was observed in Samdrup Jongkhar on 1st December 2018 with the theme **“Live life positively – know your HIV status”**. Regional Coordinator of Lhak_Sam assisted their respective Health Information and Service Center (HISCs) in the mobile National HIV Testing Week in Thimphu, Phuentsholing, Gelephu, Trongsa, Samdrup Jongkhar and Lobesa-Punakha from 1-8 December 2018 with the national theme **“Know your HIV status with Zero Stigma and Discrimination”**.



Coinciding with the observation of World Aids Day 2018 on 1st of December held at Samdrupjongkhar, three members of Lhak-Sam from PemaGatshel disclosed their HIV status in public. Few days later Lhak-Sam organized a Panel discussion with the BBS TV. The Panelist consisted of the Executive Director of Lhak-Sam, the Program officer of NACP, Ministry of Health and the new member of Lhak-Sam who publicly disclosed his HIV status in the Media. The Panel discussion covered on the importance of coming forward for Voluntary Counseling and Testing (VCT), taking medication on time and shouldering the responsibility of ending AIDS epidemic in the country.



(LTR): Dorji Tshering, Dorji & Tshering wangzom at the World Aids Day Event, Samdrup Jongkhar, December 2018

LIVE PANEL DISCUSSION in BBS



LTR: Leki Khandu (PO,MOH), Dorji Tshering (member) & Wangda Dorji (ED, Lhak-Sam), Dec 2018

At the Community:

Lhak-Sam Staffs and members observed the day at the Community Based Care Center in Genekha with the theme “Live Positively, Know your HIV Status” and “Shared concern and responsibility”.

The day began with lighting of butter lamps and offering of prayers in the loving memory of all the people who lost their lives due to the epidemic and we also prayed for those who are living with the virus, we at Lhak-Sam pray for the health and well-being of all the PLHIV around the World.

In the Region

Mass awareness/screening of Communicable disease for DCCL workers, in collaboration with MOH



Sl. no.	Place/location covered	Gender		Total
		Male	Female	
01	Dungsam Cement Corporation Ltd	80	18	98 participants
02	Dungsam Polymer Ltd	49	47	96 Participants
03	Druk Gyep Ltd	12	02	14 participants
Total Participants reached during awareness/ Mass screening				208





The red ribbon- lighted with candles

2. CANDLE LIGHT MEMORIAL DAY

The candlelight memorial is an internationally commemorated day to honor those who have been affected by the AIDS pandemic and to raise awareness among youth on HIV&AIDS. It is commemorated on the 3rd Sunday of May every year and it was initiated since 1983 by the coalition of community non-governmental organizations globally coordinated by Global Network of people living with HIV. The main purpose of the day is to engage the concerned authority and individuals to take part in HIV awareness and stigma eradication among HIV victims according to the global theme "Reflecting on our past and preparing for our future". The day was also observed to gather members of PLHIVS and LGBT+ and offer tribute and mass prayer to those who lost their lives due to AIDS in Bhutan. It was also to remember those who made difference in the fight against HIV&AIDS.

The Event was observed at the Community Based care center in Genekha wherein guest belonging to PLHIV community, health staffs, students, international partners, film producers and writers, Local government Officials, representatives from the Genekha, villagers of Genekha and the LGBTI+ community members attended the event.

3. IDAHOT (International Day Against Homophobia, Transphobia and Biphobia)

International Day Against Homophobia, Transphobia and Biphobia is observed on May 17 and aims to coordinate international events that raise awareness of LGBT rights violations and stimulate interest in LGBT rights work worldwide.



IDAHOT Observation Day, May 2018

The founders of the International Day against Homophobia, as it was originally known, established the IDAHOT Committee to coordinate grass-roots actions in different countries, to promote the day and to lobby for official recognition on May 17. That date was chosen to commemorate the decision to remove homosexuality from the International Classification of Diseases of the World Health Organization (WHO) in 1990.

On May 17, Lhak-Sam funded by Multi-country South Asia global fund HIV program observed the International Day Against Homophobia and Transphobia (IDAHOT)2018 at Hotel Migmar in Thimphu, themed "alliances for solidarity" with government officials, policymakers, civil society, United Nation Agencies, Country Coordinating Mechanism (CCM)members, officials from NACP, Writer and film producers, representations from various media houses and other influencers and supporters.

LHAK-SAM'S ONGOING & FUTURE PROJECTS

I. LHAK-SAM'S COMMUNITY BASED CARE CENTER (CBCC)

(Center to promote love and kindness, peace and happiness by including everyone within the circle of compassion)

Why Community Based Care Center?

Lhak-Sam's mandates and top priority has always been providing care and support to the people living with HIV and their affected family members so that they can maintain their independence and achieve together the best possible quality of life.

Lhak-Sam has consecrated a small community based care center home on 21st June, 2018 at Genekha on the user right certified land on lease from the

government. The center serves as a core hub for the disadvantaged and underprivileged PLHIV members registered under Lhak-Sam and other Key Affected Populations in terms of availing the available services, educations support for the children and shelter for the homeless who are abandoned and neglected due to their HIV status and economic background.

The center currently comprises of 19 members which includes 7 adults and 12 children both living with HIV and those affected by HIV. These members were rigorously shortlisted following the center's guideline based on their physical health and economic background.

A family of 6 from Samtse, has found solace in the CBCC, after their home was completely gutted down by an unfortunately fire accident in March 2018. The family is now relocated in the CBCC with a two unit house plus a salary and living allowances at the center. This is just another story from the 4 families who are currently residing in the CBCC. All of them are victims of stigma and discrimination in their own communities, neighborhood and even families and relatives.



Aerial View of the CBCC



Before and after pictures of living conditions for the family

WHAT IS OFFERED?

Lhak-Sam's Community Based Care Center offer a range of services to individuals and families infected and affected by HIV & AIDS. We do provide Home-based/Community-based care services to ensure that the basic needs of people living with HIV and AIDS (PLHIVs) are met. The services provided include:

1. Care, counseling and support to people living with HIV & AIDS.
2. Providing food and nutritional support.
3. Education support for children living and affected by HIV by linking them to the central schools.
4. Establishing support groups and promoting information sharing.
5. Voluntary confidential counseling and testing (VCT) for HIV.
6. Providing palliative and end of life care.
7. Providing effective anti-retroviral drugs (ARVs).
8. Identifying Sexually Transmitted Infections (STIs) and referring them to health care centers for treatment.
9. Providing information to improve access to social, educational, housing, material and healthcare services.
10. Identifying and managing opportunistic infections, including hepatitis B, hepatitis C and other STIs.
11. Providing psycho social counseling
12. Encouraging young people, women and men to become involved in the fight against HIV & AIDS.

WHO QUALIFIES

- HIV & AIDS-infected and affected groups
- People living with HIV & AIDS and their families
- Other Key Affected Populations (KAPs) and most at risk populations.

DETAILS OF MEMBERS ADMITTED AT THE CENTER CURRENTLY.

AGE	SEX	HIV STATUS	FAMILIES	COUPLE STATUS
44	Male	Positive	Family 1	SERO DISCORDANT
39	Female	Negative		
17	Male	Negative		
10	Male	Negative		
5	Male	Negative		
44	Male	Negative	Family 2	SERO DISCORDANT
38	Female	Positive		
11	Male	Negative		
8	Female	Positive		
2	Male	Negative		
16	Female	positive		
36	Male	Negative	Family 3	SERO DISCORDANT
39	Female	Positive		
17	Male	Negative		
15	Male	Negative		
12	Male	Negative		
10	Female	Negative		
9	Female	Negative		
7	Male	Negative		
30	Female	Positive	Family 4	SERO DISCORDANT
40	Male	Negative		

II. (GGP) GRANT ASSISTANCE FOR GRASS ROOT PROJECTS.

A Centre for Community Based Care will be constructed at Genekha on a permanent basis with assistance from the Government of Japan through Grant assistance for Grass root Projects (GGP). Lhak-Sam has already secured user right certified five acres of land on lease from the government to set up the infrastructure development and to advance the cause of Lhak-Sam members. We have also received the land user right certificate from the National Land Commission of Bhutan.

III. MEGA COMMERCIAL FARMING FOR LONG TERM SUSTAINABILITY

With Bhutan's graduation into middle income country, Donor agencies are slowly withdrawing their Support and interest and therefore, for CSOs like us, our stability and sustainability is put into question. To neutralize this threat; the executive committee spearheaded by Executive Director himself has come up with the idea of mega commercial farming. A detailed project proposal for securing 1200 acres of land for farming has been already drafted and finalized. The land will be utilized for the large scale potatoes and cardamom cultivation. However, potato farming has been preferred and prioritized over cardamom due to its quick yielding period and long shelf life.

IV. GREENHOUSE FOR SEASONAL BASED FLOWER FARMING

Lhak-Sam also has plans of venturing into greenhouse and seasonal based commercial flowers farming initially with the families of Zinnias, Marigolds and Snapdragons, on 5 acres of user right certified land at Ganekha, for sustaining the operation cost of the community based care center.

The existing employees and resources will be used on the grant support for assisting in ensuring quality production and efficiency in marketing and excellence in services provision. The dealers within and in the neighboring countries will be explored, communicated and build relationship with for the continuous supply of goods and materials. As the venture picks up, different flowers, orchids and herbs will be added into our productions lists.

The satisfaction of our employees, customers, and dealers will be kept intact at all the times through drawing strategies and enacting policies, for becoming an exemplary and leading commercial flowers farmer in the country. The use of income will be solely for providing food, shelter, employment and education and also for carrying out isolation reduction, closeness and confidence building programs among the disadvantaged people. It will be frequently advertised for offering opportunity to the people to contribute for social cause. We will not reduce the price of our products as a strategy for market competition, but sale at comparative prices, while ensuring the quality of production, harvesting, packaging and delivery will not be compromised at any cost.

Therefore, for starting the project a total amount of Nu 2,716,195 will be required which includes the variable cost of Nu 873,770 for the first six months (set-up and production or the total net loss period).

As per the case inflow statement, the variable cost from the seventh month will be met from the return sales of products and services (continuous productions and supply periods). However, it will face a variable cost net loss of Nu 23,270 and a fixed cost net loss of Nu 1,842,425 by the end of first year.

By the end of the third year of the venture 90% of the investment made will be recovered, and in the fourth year it will generate net revenue of Nu 1,427,415, from the gross revenue generation of Nu 10,260,000.

CONCLUSION

The Civil Society Organizations(CSOs) In Bhutan, guided by the aim to serve the Tsa-Wa-Sum with selfless dedication, are playing diverse roles today such as mobilizing and sensitizing communities, drawing attention to new development challenges, promoting accountability and providing service in areas of needs such as education, health and governance. Today there are 52 registered CSOs under the Civil Society Organization Authority, comprising of Public Benefit Originations (PBOs), Mutual Benefit Organizations (MBOs), largely funded by International donors and Partners.

Lhak-Sam takes pride in being a part of this growing Sector, and being the only

network of People Living with HIV & AIDS in the country.

We would like to extend our deepest gratitude to all of our valuable supporters; the Royal Government of Bhutan, religious organizations, the multilateral agencies, business communities, armed forces, donors, volunteers, individuals and our community members and regional network partners, for assisting us achieve our goals and objectives since its establishment.

The members and staff of Lhak-Sam have dedicatedly worked hard and their willingness and drive to learn have allowed Lhak-Sam to grow over the years. It is due to the sincere effort of everyone that success has come thus far. This same momentum needs to continue if we are to overcome all the other challenges in the coming years. We, at Lhak-Sam, are optimistic that our partners will continue their support as we continue fighting the HIV & AIDS epidemic.



Secretariat staffs

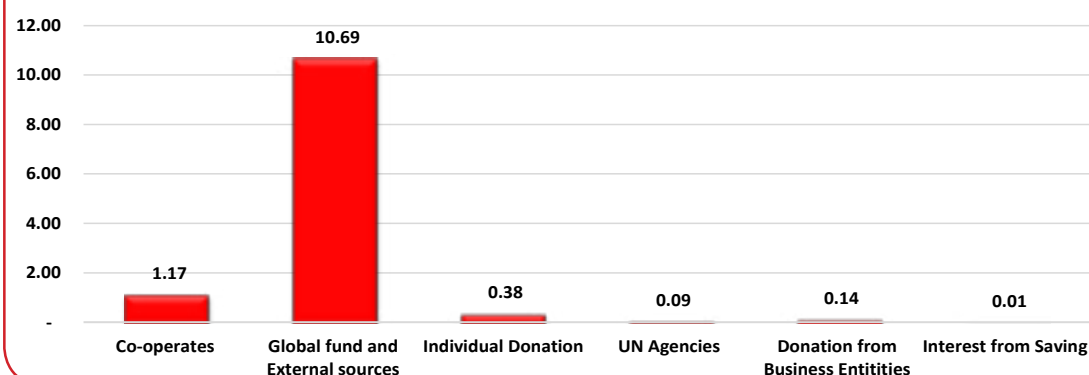
Back row (L2R): Lhendup Dorji, Chenchu Tshering,, Jamyang Norbu, Wangda Dorji, Sital Chhetri, Dhan Raj Rai, Dechen(dally), Deyon Phuntsho

Front Row (L2R): Sangay Wangmo, Sonam Choden, Dechen Mo, Ugyen Yangchen Lhamo, Kabita Kharka

FINANCIAL REPORT 2018

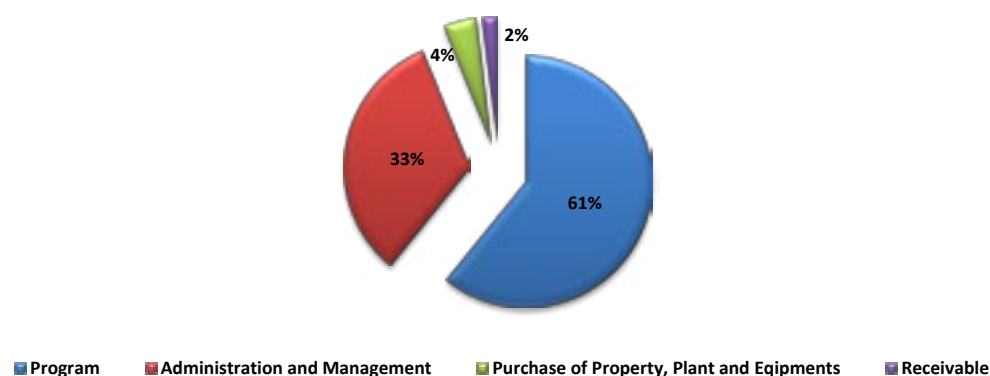
Sl. no.	Particular	Fund Received Amount
1	Co-operates	1166789.00
2	Global fund and External sources	10687111.00
3	Individual Donation	376940.00
4	UN Agencies	90000.00
5	Donation from Business Entities	139777.00
6	Interest from Saving	13238.00
		Nu. 124,73855

Amount Received in Million Nu 2017



Sl. no.	Particular	Amount
1	Program	6466969.15
2	Administration and Management	3512740
3	Purchase of Property, Plant and Equipment	449310
4	Receivable	202228.87

Fund Utilised in Million Nu.





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ROYAL AUDIT AUTHORITY
Bhutan Integrity House
Reporting on Economy, Efficiency & Effectiveness in the use of Public Resources



RAA/GGD(AI)CSO-01/AR/Lhak-Sam/2018/2857 Date: October 3, 2018

The Executive Director
Lhak-Sam
Thimphu

Subject: Audit Report on the Accounts and Operations of Lhak-Sam, Thimphu for the period 1st January 2017 to 31 December 2017

Sir,

Enclosed herewith please find the audited financial statements and auditors' report thereon in respect of **Lhak-Sam, Thimphu** for the financial period from 1 January 2017 to 31 December 2017. The audit was conducted as required under the Audit act of Bhutan 2006 and as per the RAA's Policy on Outsourcing Audits.

Auditor's Report on the Financial Statements

As may be noted from the Auditor's Report, the financial statements are prepared by Lhak-Sam, Thimphu, in all material respects, in accordance with the financial Rules and Regulations 2001 & 2016. Accordingly, the RAA has expressed unmodified (Clean) opinion on the financial statements.

Audit Findings & Recommendations

The auditors' review of the accounting records, internal controls and operations of the CSO revealed some deficiencies and lapses. However, all two [2] audit findings issued were settled in view of justifications and assurance provided, related documents and evidences furnished subsequently which are incorporated under **PART – II: Management Appraisal Report (MAR)** of the report for future reference and compliance.

The RAA acknowledges the kind co-operation and assistance extended to the audit team by the officials of the Royal Society for Protection and Care of Animals, Thimphu which facilitated timely completion of the audit.

Yours sincerely,


(Dechen Pelden)
Assistant Auditor General
General Governance Division

"Every individual must strive to be principled. And individuals in positions of responsibility must even strive harder."
-His Majesty the King Jigme Khesar Namgyel Wangchuck

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Website: www.bhutanaudit.gov.bt, Email: info@bhutanaudit.gov.bt and tkeezang@bhutanaudit.gov.bt

AIN: 15510



Brandon Kinzang & Associates

**AUDIT REPORT
ON THE
ACCOUNTS AND OPERATIONS OF
LHAK-SAM
THIMPHU**

PERIOD: 01.01.2017 TO 31.12.2017

OCTOBER 2018

Tel. No. +975-02-330528(O), 77479598(M), Jangchub Lam, Thimphu: Bhutan

**LHAK-SAM(BHUTAN NETWORK OF PEOPLE LIVING WITH HIV & AIDS)
Receipts & Payments for the period 1st January to 31st December, 2017**

Particulars	Schedule	Amount in Ngultrum	
		2017	2016
Opening Cash & Cash Equivalents			
Cash Balance		209,583.00	187,735.00
Bank Balance		1,372,401.00	798,302.00
Total Cash & Cash Equivalents(A)		1,581,984.00	986,037.00
Receipts			
Cooperations	1	1,166,789.00	1,045,138.00
Global Fund & External Source	2	10,687,111.87	1,512,790.00
Individuals	3	376,940.00	675,448.00
UN Agency	4	90,000.00	208,981.00
Business	5	139,777.00	546,128.00
Change in Revenue Receivable			2,418,335.00
Interest From Saving(refer bank statements)		13,238.00	15,124.00
Membership		-	417,468.00
Total Receipts(B)		12,473,855.87	6,839,412.00
Payment			
Program	6	6,466,969.15	4,570,726.00
Administration and Management	7	3,512,740.00	1,484,980.00
Fundraising			11,640.00
Purchase of Fixed Asset	8	449,310.00	3,200.00
Change in Current Assets			38,168.00
Change in TDS Payable	10	-	(136.00)
Change in Revenue Receivables	9	202,228.87	134,889.00
Total Payments ©		10,631,248.02	6,243,467.00
Net Cash & Cash Equivalents (D=A+B-C)		3,424,591.85	1,581,982.00
Closing Cash & Cash Equivalents			
Cash Balance		211,945.77	209,583.00
Bank Balance		3,212,646.08	1,372,401.00
Total Cash & Cash Equivalents E		3,424,591.85	1,581,984.00
			-
Difference(D-E)		-	(2.00)

Wangda Dorji
Wangda Dorji
Executive Director
(Lhak-Sam)

Tshering Om
Tshering Om
(Finance Officer)
Lhak-Sam

Sangay Wangmo
Sangay Wangmo
Accounts Officer
(Lhak-Sam)



Contact details of Lhak-Sam Staffs

Sl#	Name	Designation	Email Address
1.	Wangda Dorji	Executive Director	wangdadorji1@gmail.com
2.	Tanka Nath Sharma	Finance and Adm Officer	tanka.n.sharma@gmail.com
3.	Kabita Kharka	Program Officer	caseykharka25@gmail.com
4.	Jamyang Norbu	Program Officer	jnorbu17@gmail.com
5.	Lhendup Dorji	Media & Communication Officer	jabablhendup705@gmail.com
6.	Sangay Wangmo	Accounts Officer	sangsoongmo@gmail.com
7.	Tshering Om	Accounts Officer	tsheringom90@gmail.com
8.	DhanRaj Rai	Community Based Care Center (CBCC)- Manager	raipromod70@gmail.com
9.	Deyon Phuntsho	Outreach Coordinator	deyonphuntsho@gmail.com
10.	Sonam Choden	Outreach Worker	tsenam101@gmail.com
11.	Dechen Mo	RSGC-Thimphu	dechenbhutan2013@gmail.com
12.	Ugyen Yangchen Lhamo	Outreach Worker	ugyenyangchen015@gmail.com
13.	Tshewang Dema	CBCC- Care Taker	
14.	Chencho Tshering	Driver	chenchotshering000@gmail.com
15.	Dechen (Dallay)	Office Assistant	Dallay208@gmail.com
Regional Coordinators			
16.	Tandin Wangchuk	RSGC- Samdrup Jongkhar	tandin2006@gmail.com
17.	Deoki Kharka	RSGC- Gelephu	Deokichhetri03@gmail.com
18.	Sangay Wangdi	RSGC- Phuentsholing	sngy75@gmail.com

Contact details of Health Service providers in the HISC/ VCT in Bhutan

Service Providers	NAME	Mobile	Email
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HISC,Samdrup/Jongkhar	Thinley Choden	17938247	thinleec@gmail.com
	Ugyen Tashi	17965160	Ugyentashi11@gmail.com
HISC,Gelephu	Tshering Tashi	17800188	ttashi805@yahoo.com
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Pema Gatsel Hospital	Yeshe Wangdi	17905473	Wangdi_yeshey@yahoo.com
Nganglam BHU	Pema Tashi	16915584	
Tsimalakha Hospital	Sonam Zangmo	17675424	somzam2014@gmail.com
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Samtse Hospital	Leki Samdrup	17711844	lekis2012@gmail.com
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Punakha Hospital	T B Neopany	17695112	tilbdrpunakha@gmail.com
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Bajo BHU I	Zangmo	17631983	Zangmo1980@yahoo.com
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Daga Pela Hospital	Aita Singh Moktan	17668649	aitasinghmoktan@gmail.com
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Trashigang Hospital	Tenzin Gelmo	17659911	
Mongar Hospital	Tashi Penjor	17688229	tashipen@yahoo.com
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Kuenga rabten HISC	Pema Tenzin	17693223	yozer.pema@yahoo.com
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Tashi Yangtse	Jamtsho	17699326	
Riserbo Hospital	Rinzin	17519191	
Gidakom Hospital	Om Bdr Chetri	17659681	Om5863@gmail.com

Lhak-Sam Regional support group coordinators and outreach workers

Thimphu	Dechen Mo	17472487	dechenbhutan2013@gmail.com
Samdrup Jongkhar	Tandin Wangchuk	17512797	tandin2006@gmail.com
Gelephu	Deoki Kharka	17312694	deokichhetri03@gmail.com
Phuntsholing	Sangay Wangdi	17538479	sngy75@gmail.com

(Source: Lhak-Sam HIV and AIDS Treatment Literacy Handbook, 2018)

Our involvement

- I. Principle recipient of the Amplify Change Strengthening Grant- Reducing impacts of Stigma and discrimination among PLHIV and LGBT in Bhutan.
- II. Sub-recipient of the South Asia Multi Country Global Fund Program on reducing the vulnerability and risk of HIV on MSM and TGS population (MSA), under the Principal recipient Save the Children international , Save the Children Nepal.
- III. Sub-recipient of the Global Fund New Funding Module (GFNFM) to Fight AIDS, TB and Malaria, specifically to fight AIDS and mitigate its impacts under the principal recipient Ministry of Health of Bhutan.
- IV. Partner and recipient of Save the Children Bhutan funds for the educational, social support and empowerment support to Children living with HIV and Orphan and Vulnerable Children displaced by HIV & AIDS.
- V. Member of the National Action Coordinating Group (NACG) for South Asia Initiatives to end Violence against Children (SAIVAC).
- VI. Member of the National AIDS Commission (NHAC).
- VII. Board Member of the Asia Pacific Network of People Living with HIV and AIDS(APN+), based in Bangkok.
- VIII. APN+ representative to "7 Sisters", a coalition of Asia Pacific regional networks on HIV & AIDS .
- IX. Board Member of the Youth Lead, based in Bangkok.
- X. Strong working and partnership relationship with APCOM (Asia Pacific collation on Male Sexual Health).