



nepal
youth
FOUNDATION

Transforming
Lives for
30 Years



Annual Report 2019-2020

Celebrating 30 Years of Impact &
Facing New Challenges

Annual Report 2019-20

At Nepal Youth Foundation, our mission is to provide hope and opportunity to Nepal's most impoverished children by providing them what is every child's birthright: Education, Health, Shelter, and Freedom.

Dear Friends,

When we planned our **30th Anniversary Year**, we could never have imagined the ways these months would test our creativity, try our flexibility, and stretch our abilities as an organization.

We are so pleased to report that between July 2019 and March 2020, our remarkable programs continued to deliver the critical services NYF is known for in our mission areas of **Education, Health, Shelter, and Freedom**. This report includes only a handful of the transformative stories your support has made possible in the lives of children and young people across Nepal.

Since the coronavirus pandemic began in March 2020, NYF has been meeting this incredible moment with a focus on Nepal's future.

One of NYF's guiding principles is a commitment to keeping promises. **We finish what we start**. That's why we began our COVID-19 response by keeping our long-term beneficiaries as safe as possible. That meant extra focus and problem solving on **health, emotional wellness, education, nutrition, and more**.

As we shift into the new fiscal year, we're working to address problems caused by economic instability, especially in Nepal's cities.

Everything we do is made possible by **thoughtful gifts from supporters like you**. Thank you for your love for these children - **Dhanyabad!**

Brian Ferrall
Board Chair

Som Paneru
President

Olga Murray
Honorary President

Eric Talbert
U.S. Executive Director

COVID-19 Response



In mid-March 2020, NYF began responding to the **COVID-19 crisis** by putting extensive safety procedures in place for our existing staff members and the children and families we serve.

Since then, we have begun providing special emergency services to communities impacted by the economic challenges of extended lockdowns in Nepal.

Our pop-up **Community Nutrition Kitchens**, based on a program from our earthquake response in 2015, have served 1534 nutritious meals to young children whose parents are unable to bring in wages during the lockdowns.

And in June, we have developed two new responses: **Lito for Life** (which will bolster the nutritional health of families living in lockdown by providing them with nutrient-rich and easy-to-prepare "super flour") and the **Emergency Lifeline Halfway Home for Women** (Nepal's first women-only 14-day quarantine space for those arriving in Nepal from overseas).



1,534
nutritious meals
distributed to children
at Community
Nutrition Kitchens

Ankur Counseling

Nepal's first children's counseling program, **Ankur Counseling Center**, provides psychological support to children experiencing mental illness, trauma, grief, and the stress of the current COVID-19 pandemic. Counselors also provide educational training to caregivers, NYF staff, and community members.

Since the pandemic began, Ankur staff have provided emergency sessions and support to frontline hospital workers and local NGOs serving women in crisis.

199
group counseling
sessions

34
workshops
conducted for

624
children, youth,
teachers, child care
staff, and others

931
individual counseling
sessions to
250
children &
young adults

245
COVID-related sessions for
frontline workers, women's
safety organizations, child
care professionals & others

Education

833

scholarship recipients
from K - grad school

465

girls

368

boys

96%
of scholarship
recipients passed
their exams and
moved ahead to the
next grade!



NYF's mission began with a promise to provide education to Nepal's children. As one of the largest non-governmental providers of scholarships in Nepal, we proudly ensured 833 students (from Kindergarten through medical school) received **NYF Scholarships** during this period.

Scholarship priority is given to those children who are most likely to experience marginalization: girls, students from lower castes or families with limited financial resources, and those with disabilities.

We are so proud to report that this year, 96% of our scholarship recipients passed their final exams and moved forward into the next grade!



Sashikala

Sashikala, 20, is a first-year Nursing student in Kathmandu. She has always dreamed of becoming a nurse, and worked tirelessly to achieve the grades necessary to advance through school. But she had no idea how to pay for it. Her father works tough labor jobs overseas, and the money he sends home is barely enough for the regular bills. And lately some health challenges have made work harder for him to find. Fortunately, Sashikala found NYF. She is extremely happy to be pursuing her dream education - despite the economic challenges.



Toshan

From a young age, Toshan, 22, knew he wanted to give back to his community by becoming a schoolteacher. NYF provided Toshan with scholarship support during his final years of college, helping him complete his bachelor's in education in English. He scored at the top of his class each year of his college career, and although COVID-19 has postponed his official exit exam, he has begun teaching in Kathmandu. Transitioning to distance teaching has been an adventure!*



Vocational Education & Jobs Training

Since 2007, NYF's **Vocational Education and Career Counseling** program has served over 10,000 young adults, providing services from aptitude testing to resume building to vocational school scholarship support. Beneficiaries include those who were unable to complete school, girls and young women, and students from rural areas where opportunities for career growth are limited.

To meet the growing demand for high-quality training, NYF launched the **Olgapuri Vocational School (OVS)**, which offers 3-month certification courses in high-demand trades like plumbing, electrical, welding, carpentry, and more. Following the training, NYF social workers help graduates secure their first jobs in their new trades.

795
young adults
received vocational
training

88%
of this year's
graduates are now
employed in their
new field

Kosh Bahadur

Kosh Bahadur, 22 (front), grew up knowing that when he became an adult, he would need to help provide for his family. But how? Kosh Bahadur was excited to learn about the skills training offered at OVS, and he signed up for the 3-month electrical course. Soon after graduation, he started work at an electrical center, and he is bringing home more money each month than he ever thought possible. One day, he hopes to open his own electric service center!



Health

461

children received
NRH outpatient
care

1,042

professionals
received capacity
training

234

children admitted to
NRH-Kathmandu and
NRH-Dadeldura

207

caregivers educated
on affordable meal
prep & hygiene

37

children living with HIV
received life-affirming care
at our New Life Center

121

special HIV medical
deliveries were made by
staff members

NYF's **Nutritional Rehabilitation Homes (NRHs)** were built to bolster the nutritional health of children through-out Nepal. Staff members at these facilities offer medical and nutritional support to severely malnourished children until a healthy weight is achieved. At the same time, they provide practical meal prep lessons to caregivers, emphasizing affordable, readily available ingredients.

Nutritional Outreach Camps take NRH resources into some of Nepal's most isolated regions, providing health screenings, meal prep & nutrition workshops, and nutritional counseling to families without ready access to family doctors.

The **New Life Center (NLC)** provides holistic treatment to children living with HIV/AIDS and their caregivers, including medical support, guidance on accessing free resources, tutoring, and psychological counseling.

4,392

children received free
health & nutritional
screening at

6

Nutritional Outreach
Camps

Deepak

Last year we shared the story of Deepak, age 2, who arrived at the Kathmandu Valley NRH malnourished, terribly sick, and severely anemic. After treatment, he was a healthy weight, bright-eyed and happy, and his mother was eager to return home to put her new skills to use. NYF staff members visited Deepak six months later... and were delighted to discover they could barely recognize him! He is walking now, and getting into all the mischief a 3-year-old should!*

one-year later



Shelter

80

children had a safe
home with loving
house parents at
Olgapuri

3

Olgapuri children
graduated from high
school - during a
pandemic!

In a country with a limited safety net for children left without stable caregivers, NYF's **Olgapuri Children's Village** offers a permanent, loving home where boys and girls can thrive until they achieve self-sufficiency. Children here are provided with top-quality educational resources, personal attention, love, opportunities for artistic expression, excellent health care, and cultural festivities in a family-style environment.

However, wherever possible, NYF works to support extended family bonds through **Kinship Care** stipends. Often, grandparents, aunts, uncles, or adult siblings are eager to care for children without stable parents - if only they could afford the extra mouth to feed. Small stipends from NYF make it possible for extended families to stay together, and for the child to receive an education.

Naresh

Naresh, age 11, began living with his maternal grandparents when he was very young, and the arrangement gave him the loving, stable environment all children need. When Naresh's grandfather passed away, his grandmother, Chirasmī*, could barely manage the regular bills with her meager income. But with a Kinship Care stipend from NYF, Naresh is able to study (he recently started the 5th grade!) and even participate in swimming and other sports, all while living safe and secure in his grandmother's care.*

228

children remained
safe at home with
relatives through
Kinship Care



2019-20 Financial Summary



Fiscal Year Ended June 30, 2020

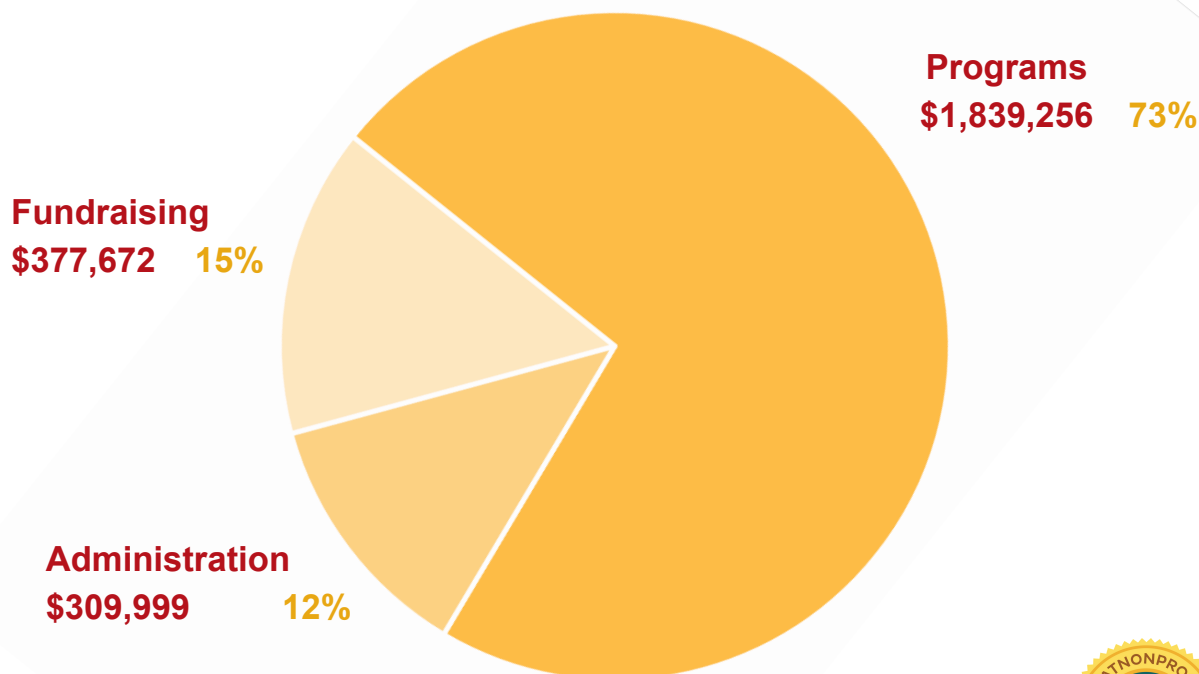
Revenue

Grants & Contributions	\$2,222,488
Investment & Interest Income (net gain)	\$76,716
Total	\$2,299,204

Expenses

Programs	\$1,839,256
Administration	\$309,999
Fundraising	\$377,672
Total	\$2,526,927

For 990 Tax Returns and Audited Financial Statements, please visit www.nepalyouthfoundation.org



We're proud that NYF is Top Rated by GreatNonprofits, and that our commitment to excellent practices earns us Gold status with Guidestar and a 100% transparency rating on Charity Navigator.

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Som Paneru, ex officio
President
Eric Talbert, ex officio
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Olga Murray
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Stuart Harden
Christopher Heffelfinger, Secretary
Gina Parker
Nick Prior
Ron Rosano
Greg Rosston, Treasurer

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Stacy Chen
Andrea McTamane
Elizabeth Share
Haydi Sowerwine
Marcus Cotton

Freedom

337

Freed Kamlaris elected to FKDF executive boards at the central, district & local levels

The **Empowering Freed Kamlaris** program, originally launched in early 2000 as the Indentured Daughters program, has been one of NYF's most successful projects. Over the past 20 years, NYF's efforts have freed nearly 13,000 young girls from kitchen slavery, helped legally abolish the practice of child bondage, and provided the support necessary to found the **Freed Kamlari Development Forum (FKDF)**, a locally led nonprofit led by the freed young women themselves.

12,932

girls freed from kitchen slavery and empowered over

20

years

In June 2020, the **Empowering Freed Kamlaris** program officially came to a successful close, with full control of the projects passing from NYF to the FKDF.

The FKDF manages a series of 47 co-operatives and savings groups with members across the western Terai region of Nepal. These groups provide financial assistance, microloans, credit, and savings opportunities within the community itself - preventing the cycles of predatory lending that fueled the practice of kamlari bondage. **NYF**

is proud to be continuing our partnership with the FKDF by providing special vocational support programs, scholarships, and leadership training to these remarkable young women.

A comprehensive impact study of the program was done this year through a team of professional external evaluators. The amazing results are available for download at this link: <https://www.nepalyouthfoundation.org/maghe-sankranti-2021-study/>

199

Freed Kamlaris currently enrolled in Bachelor's and Master's programs

Manisha

Manisha, 23, spent several years of her childhood working as a kamlari in Kathmandu before learning about NYF's work supporting girls in her community. Once freed, she completed high school and soon dreamed of earning money working as her own boss. Using a small loan from her local co-op, she has now opened a small store selling clothing and other items. She's making good money, and is very enthusiastic about her new business!

Jamuna

Jamuna, 24, is still hurt when she thinks about the years she spent working as a kamlari when she was a young child. She is determined to ensure no girls from her community are ever exploited again. A successful fisher by trade, she has recently also been elected as a village rep in her local FKDF chapter. Jamuna completed her NYF-led leadership training a few months ago (pictured at left), and she is honored by the trust her community has given her. She is extremely familiar with the problems still facing women in her village, and she will make a huge difference!

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