

My dear friends and NYF supporters,

Our global team is dazzled by the generous response by this loving community to our new Educating Dalit Lawyers (EDL) program! Many thanks to those devoted friends who have gone out of their way to help fund this groundbreaking initiative.

Your enthusiasm has encouraged us to begin planning the next phases of the greater Caste Equality Project*! I'm reminded of the early days of programs like Indentured Daughters* and our Nutritional Rehabilitation Homes*, when we witnessed the tremendous obstacles Nepali children were facing and knew the long-term solutions would be tough, challenging work—but breathtakingly worthwhile.

Only this time, we have over 30 years of experience developing programs that help children and families achieve remarkable results!

I'm so proud to report that our 22 EDL finalists (each hoping for one of the 15 first-year scholarships) are nearing the end of their law school entrance exam preparations. We expect the test to be held in November, though the exact date is still subject to leftover impacts from COVID. Updates will appear on our website.

I have my fingers crossed for my upcoming return to Nepal in December—my first time back since the COVID pandemic began.



Photo Credits: Navin Timalsina

Here are just a few of this year's new arrivals to Olgapuri. Our team welcomes kids in small groups, allowing newcomers to settle in without getting overwhelmed and lost in the shuffle.

I'm eager to meet our aspiring Dalit law students, to personally congratulate the nearly 30 Olgapuri kids who have graduated high school since 2020, and to get to know the many new arrivals to Olgapuri Children's Village. And last, but by no means least, to give a gigantic hug to the children of Olgapuri that I have not seen since March 2020, and who I have missed so much.

Thank you all for the lavish kindness that makes NYF's work possible. You've not only helped us keep our promises during the pandemic—you've helped us expand and deepen our positive impact on communities that know us well, as well as ones that are meeting us now for the very first time.

We have high hopes for the coming months, especially as we welcome our new U.S. Executive Director, Ryan J. Walls!

I'm super excited about his arrival, not just because he is collaborative, personable, and smart, but also because he loves Nepal and the Nepali people, having spent time living and studying in the country in his college days. I just know our NYF supporters will love him, and I'm looking forward to seeing what more we can accomplish with him leading the U.S. team.

Onward! With love,



Olga Murray
Founder & Honorary President

Staff Spotlight: Umesh Raj Regmi, Education & Youth Empowerment Coordinator

Umesh Regmi came to NYF in 2013, soon after returning to Nepal from a one-year research exchange at Southern Methodist University in Dallas, Texas. The U.S. education system "left an everlasting impression" on him, inspiring him to pursue a career in the social sector to improve education for students throughout Nepal.

For the past nine years, Umesh has led the NYF teams providing **Academic Scholarships**, **Kinship Care**, and **Vocational Education & Career Counseling**—some of NYF's biggest programs.

Every year, Umesh and his small team regularly check in, personally, with each scholarship recipient—over 700 kids per year. Many live in far-flung rural regions with limited electronic connections. Umesh maintains open lines of communication with them all, ensuring everything is running smoothly and providing troubleshooting support during life's topsy-turvy hurdles.

"Working with children and youth from different backgrounds is priceless," Umesh says. He describes students transforming before his very eyes—arriving with stories of tremendous struggle and using their educational opportunities to blossom into dignified, successful adults. "This is exactly my favorite part of the job."

Umesh tells the story of Sushila**, whose father, a health assistant, was killed outside the family home in 2004 by Maoist insurgents. Sushila was only four at the time, and her traumatized family was thrown into turmoil.

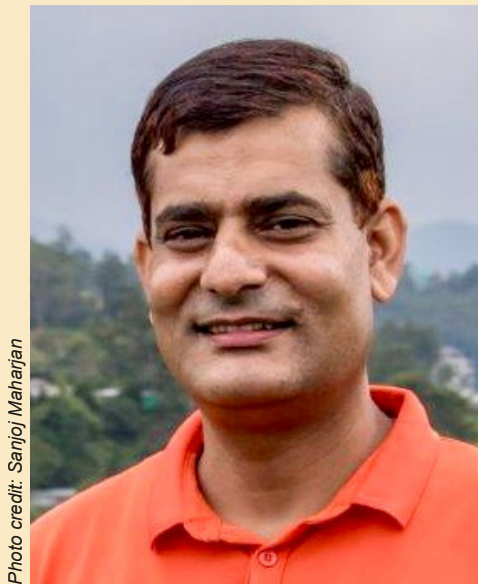


Photo credit: Sanjo Maharjan

In 2005, NYF learned of Sushila, and how her mother could not afford to send her to kindergarten. Our education team stepped in with a small scholarship—and we've been encouraging Sushila's educational journey ever since. Even as a little girl, she wanted to become a doctor.

Sushila is now in the middle of her third year of med school. "She aims to become a neurologist or endocrinologist," Umesh says proudly. "Her dream is coming true. Her late father's dream is also coming true because of her accomplishments."

And the journey with NYF keeps growing more rewarding. Umesh is now hard at work with our new Educating Dalit Lawyers program. He was on the small team tasked with assessing the first round of applications from Dalit students all over the country. "It was amazing," he says. "It gave a picture of the thirst of Dalit students to become lawyers."

Umesh holds a Master's degree in English Language & Literature, with emphasis on Sociology. Alongside the full-time work he does with NYF, he teaches one college-level English class each semester! He is also a frequent op-ed contributor in daily publications like [The Kathmandu Post](#) and [The Rising Nepal](#), sharing insights on issues of education and youth empowerment.

Umesh is grateful for the support of donors living outside of Nepal. Your support helps to ensure Umesh's #LoveWorks!

***Name has been changed*



Photo credit: Sanjo Maharjan

Combined Federal Campaign

Are you a United States federal employee or retiree—or do you know someone who is?

NYF is an approved CFC charity, which means federal employees can support us through their workplace giving program. But with thousands of other nonprofits appearing in the CFC "white pages" catalogue, it's hard to stand out!

Federal employees include anyone working directly for the U.S. government: postal workers, politicians and their staff, military personnel, judges, and more.

If you know a federal employee who may be interested in supporting NYF, let them know about our work!

NYF's CFC Charity Code is #84267.

Nepal Youth Foundation
CFC# 84267

YOU CAN BE THE
FACE OF CHANGE

Introducing NYF's New U.S. Executive Director: Ryan J. Walls!

Ryan Walls comes to NYF with 15+ years of experience in nonprofit fundraising, management, and leadership. He holds a Master of Public Administration degree from the University of New Hampshire.

During his undergrad years, Ryan spent a semester in an immersive cultural and language program affiliated with Tribhuvan University—Som's alma mater! This program matched Ryan with a Nepali host family who helped him understand the culture, language, and day-to-day living of families in Kathmandu. He describes this experience as "formative," shaping his "worldview and cross cultural understanding in significant ways."

Ryan's career so far has focused on support for people living with HIV, hunger relief, and other health and



Photo credit: Ryan Walls

human services. He is passionate about causes such as antiracism, the environment, international development, education, and social justice.

Most recently he has served as the Executive Director of 9/11 Day, a nonprofit devoted to the National September 11th Day of Service & Remembrance—a federally recognized day of service.

Ryan looks forward to getting to know NYF's community of friends and supporters. He can be reached at ryan@nepalyouthfoundation.org.

Triumphs & Opportunities for Impact

Namasté! I have so much to share this autumn about NYF's successes—and the ways our teams are expanding your impact.

UNICEF recently released updated data on childhood malnutrition in Nepal. The updates show that the rate of malnutrition is declining! **NYF's Nutritional Rehabilitation Homes** and our "**locally-grown food-based nutrition therapy**", now the cornerstone of Nepal's nutrition initiatives, are a major reason why. Our work can be easily replicated at the community level—and it is having a remarkable impact. We are eager to build on this momentum by bringing Nutrition Outreach Camps into more and more rural parts of Nepal.



Photo credit: Riswo Gorkhali

Mothers pose with their children outside of the NRH in Dadeldhura, where they are receiving the care needed to start an incredible new journey of growth and health. We are so proud that the government of Nepal is now constructing their own NRHs throughout the country.

In our spring newsletter, we mentioned expansions to our New Life Center (NLC) projects. We are pleased to report that we have implemented radio PSA broadcasts

in two languages. These clips provide information about HIV treatment, discourage discrimination, and dispel a few of the most prevalent myths about the virus. They play during prime time on popular stations, with millions of Nepalis listening every day.

Our NLC team has also published an illustrated HIV/AIDS guidebook for families (pictured here).

This guidebook provides detailed, easy-to-follow information about HIV, including its prevention, treatment options, and ways to provide at-home care for children and adults living with the virus. So far, 3,600 of these books have been distributed to schools, families living with HIV, and other stakeholders, including the offices of partner HIV-services organizations.



This is only some of the work we are doing in Nepal—thanks to support from our remarkable donors.

Thank you all so much for your love for the children and youth of Nepal. Your generosity is having an amazing impact on the lives of a generation.

With gratitude,

Som Paneru, President

Transforming Lives
for Over 30 Years

Photo credit: Sanjiv Maharjan

2022 has been a year of excitement, growth, and change at NYF—and nowhere more so than at Olgapuri Children's Village! We celebrated 14 high school graduations in the spring, and expect to have welcomed 20 new kids to Olgapuri by the end of 2022!

Share your **NYF** story this **GIVINGTUESDAY** November 29, 2022



Most people learn about trusted nonprofits from their friends, families, and colleagues, relying on this "social proof" to ensure their **#LoveWorks**.

That's why we're asking you to help us **raise awareness by submitting your favorite NYF-related story, photo, or donor testimonial**. We'll be turning them into shareable graphics to post on our website, social media, and other communications!



On Nov. 29, we encourage you to share these graphics with your own network!

Your story could help grow our supporter base, ensuring sustainability for our programs.

To share your NYF story or testimonial, use your smartphone to scan the above QR code or visit our campaign page: <https://nyf.news/givingtuesday2022>

Ways to Give

- ♥ NYF can now process gifts of **Bitcoin** and other **cryptocurrency**! Choose from dozens of coins to make your donation at <https://www.cryptoforcharity.io/nyf>
- ♥ Join our **Legacy Circle** by including NYF in your will & other estate plans. Whether you're 18 or 80, everyone should have a written will—and it's easier than you think! Start here: <https://nyf.news/z5v>
- ♥ **Recommend NYF to your friends**. Most people learn about trusted organizations through word-of-mouth!
- ♥ Ask your employer if they have an **Employer Matching Gifts** program. This may double your gifts to NYF!
- ♥ Gifts of **stock**, **IRA distributions**, and **Donor Advised Fund grants** are high-impact options for charitable giving. Ask your financial advisor about these tax-savvy options!
- ♥ For **questions**, please call our U.S. Executive Director, Ryan Walls, at 415-331-8585 or email us at info@nepalyouthfoundation.org