



nepal
youth
FOUNDATION

Transforming
Lives for
Over 30 Years



Photo credit: Sajjan Nagarkoti

Annual Report 2021-22

Building Opportunities Beyond COVID-19

Annual Report 2021-22

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

Dear Friends,

Our global team is tremendously grateful for another remarkable year of impact made possible by the trust, compassion, and loving support of our exceptional community. **Thank you** for playing such a pivotal role in this transformative work!

From mid-2021 to mid-2022, our organization was able to continue (and successfully conclude) several emergency **COVID-19 relief programs**, **keep our promises to the children in our care**, and once again **safely conduct full Nutritional Outreach Camps** in remote communities. We also expanded the reach of programs like **HIV/AIDS Awareness and Advocacy** and **Vocational Training**, using key learnings from our programming during the COVID pandemic.

In this year alone, we provided services to over **10,000 children and youth**, including long-term services (like scholarships and in-patient nutritional care) to nearly 2,700! We also reached over **7,000 adults**—caregivers, teachers, healthcare workers, and more—with important practical workshops on nutrition for kids, HIV-related topics, and psychological care.

We wish we could share every transformative story from the past year with you. The successes outlined in this report are only a few of our favorites!

Stepping into the 2022-2023 year, we're enthusiastic about the new directions our work will take us. Our confidence is fueled by the committed support our donors have shown to this outstanding generation of Nepali kids—and by **the trust you have placed in NYF to enact our shared mission with creativity, tenacity, and integrity**.

As you read these pages, we hope you find joy in the life-affirming impact your support has had and is continuing to have in the lives of thousands of families in Nepal. With love and gratitude from all of us at NYF— **Dhanyabad!**

Christopher Heffelfinger
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Ryan Walls
U.S. Executive Director

Fourteen new children arrived at Olgapuri Children's Village (right) this year! Among them are several sibling groups who are happy they have found a safe, stable place to call home—together! These kids are settling in well and making friends.

Photo by Navin Timalsina



Medical School Scholarship recipient Kuldeep* (left) is learning a great deal about community health issues during a school-sponsored health posting in a rural village. Soon his coursework will be complete!

Photo by Jitendra Thapa

In Oct. 2021, our Nutrition team trekked (right) into Makwanpur District to provide pediatric check-ups, nutritional screenings, & home-health workshops for a village so remote that it's only accessible for six months every year!

Photo by Ramesh Pant



Shristi*'s (seated) auntie Gita* wanted to care for her after her parents passed away. But Shristi has special health needs that Gita couldn't afford. She feared her beloved niece would have to enter a children's home.

Thanks to a Kinship Care stipend, the family can stay together, where Gita knows Shristi is getting personal, loving care.

Photo by Ram Babu Rai

Education

NYF is one of the largest non-governmental providers of scholarships in Nepal.

During the past year, we proudly ensured 741 students (from Kindergarten through medical school) received **NYF Academic Scholarships** - including the additional support needed to ensure each of them could access courses online during COVID lockdowns.

157



scholarship recipients

graduated from high school or college

98% 100%

pass rate for students in 1st through 9th grades

pass rate for SEE (Secondary Education Examination)

For young adults who prefer practical jobs training over academic paths, NYF's **Vocational Education & Career Counseling** program provides services from aptitude testing to resume building to vocational school scholarships.

Through **Olgapuri Vocational School (OVS)**, young people can access 3-month certification courses in some of Nepal's fast-growing infrastructure fields like plumbing, electrical, welding, carpentry, and more - unlocking career paths leading to economic freedom.



22 OVS

Satellite Training Courses offered

955

young adults received vocational training or technical education

Durgesh*



Durgesh*, 18, grew up in a remote Himalayan village. The nearest school was a 45-minute walk from home, along a treacherous mountain path.

Because Durgesh has very limited sight, the trip to school each day was very dangerous. When he was young, his older classmates took turns carrying him to school on their backs. He was an excellent student! But when he grew too big to be carried safely, he was at risk of dropping out of school.

Thanks to a special Students with Disabilities Scholarship from NYF, Durgesh (pictured above) completed high school at a school in Kathmandu. He was one of the top five students in his 11th grade final exam last year, and he completed 12th grade in the spring. Durgesh is very excited about the prospect of college! (Photo by Reeta Mahat.)

Asha

Asha, 23, always dreamed of becoming an engineer. And her parents knew she could achieve her dream, if they were able to support her education. Asha's strong academic performance and her parents' sacrifices carried her all the way to the School of Engineering at Kathmandu University.



But when the cost of living in Kathmandu became too expensive, Asha and her family feared she would need to give up. That's when NYF stepped in with a College Scholarship. Asha graduated in Spring 2022 (pictured above at graduation), and she is leading a team of six at a construction and power company! (Photo by Umesh Raj Regmi.)

Chandra*



Chandra* (pictured installing a practice sink) thought his only career options were subsistence farming or migrant labor. Thanks to an OVS Plumbing course, he's now installing and maintaining plumbing fixtures in his home village, like affordable sinks that use rainwater! (Photo by Sanjoj Maharjan.)

Lila* & Rita*

Mothers Sajani* and Kamala* had never met before arriving at the Dadeldhura NRH, but they bonded quickly as they helped their daughters overcome severe malnutrition.



Sajani's daughter Lila*, 3 (left), was identified as severely malnourished during a Nutritional Outreach Camp held in a remote village. Meanwhile, Kamala had brought her daughter Rita*, 18 months (right), to the Dadeldhura Hospital with a high fever and diarrhea. She told the doctors there that the family had not been able to keep enough food on the table since the beginning of the COVID pandemic. Even though Kamala had been giving her own share of rice to her child, nothing seemed to help the little one grow properly.

Several weeks since arriving at the NRH, both children are progressing well in building strength, hitting growth milestones, and engaging with their mothers and other children. Sajani and Kamala are like sisters, trading stories, laughing together, and supporting each other in the learning process as the NRH staff members teach them nutritional principles, highly-nutritious Nepali recipes made with affordable ingredients, and tips for getting the girls to accept vegetables in their diets. (Above, the four pose together in front of the NRH; photo by Riswo Gorkhali.)

Littlegaun, Dadeldhura



At left, children gather around an NYF staff member to receive nutritional screenings at a Nutrition Outreach Camp. Each child's age, height, and weight are taken, plus a measurement of their upper arms.

These findings are compared against the World Health Organization's international pediatric growth chart, allowing

staff members to quickly identify which children need help—even when it isn't obvious on sight alone. (Photo by Pujja Chand.)

Health

Nutritional Rehabilitation Homes (NRHs) address pediatric malnutrition needs throughout Nepal by providing medical and nutritional treatment to severely malnourished children and practical meal prep lessons to caregivers, emphasizing affordable, readily-available ingredients. Our flagship Kathmandu facility also serves as a learning center for health workers throughout the country.

974 

children and caregivers received
nutritional outpatient services

Between 1998 and 2017, NYF constructed 17 NRHs, with all but one intended to transfer into the Nepali healthcare system within five years of opening. This year NYF served children at our flagship Kathmandu Valley facility and at the Dadeldhura NRH.

5,261 children received free
nutritional screenings

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 nearby hospitals. These two-to-three day camps regularly serve 1,000 or more children and their families!

1,408 individual therapy
sessions for 336 children

Ankur Counseling Center provides psychological support to children experiencing mental illness, trauma, grief, and more. They also offer workshops and trainings to schools, family service organizations, and university students studying psychology!

Health

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.



14 children living with HIV received long-term care at the **New Life Center**

In early 2022, the NLC team launched a new **HIV/AIDS Awareness & Advocacy** campaign.

This project takes on the new challenges of (1) making NLC services more accessible to rural communities and (2) dismantling the deep-rooted stigma towards this virus and those living with it.

We're partnering with several other Nepali NGOs serving communities impacted by HIV to conduct various programs in Kathmandu Valley and an additional five districts where the rate of HIV is known to be high: **Makwanpur, Bara, Parsa, Nawalpur, and Parasi.**

482 people received HIV awareness and advocacy training

A New Resource



Creating an informational booklet about healthcare for people living with HIV/AIDS—including some important “myth-busting” about the virus—is no easy task! Members of the New Life Center team, the Nutritional Rehabilitation Home team, and Ankur Counseling Center all came together in early 2022 to begin work on this valuable tool (**cover shown here!**).

By the end of June, 7,000 copies of the completed booklet had been printed, with 3,600 copies already distributed to families living with HIV, public schools for HIV-focused lessons, and the offices of NGOs and clinics serving people living with this challenging virus. We own the copyright on this booklet—so we've even made the .pdf available for download!

Pushpa*

At right, little Pushpa* poses with the NYF Lito delivered to her family in western Nepal during the Lito for Life program. She's holding enough Lito to nourish the whole family for two weeks!

Pushpa's parents were stunned to learn that this simple Nepali comfort food is so nutritiously rich. Replacing rice with Lito in one meal a day will give the whole family a much-needed nutrient boost—no special vitamins required! (**Photo by Lalit Gahatraj.**)



COVID-19

Nepal's second major COVID-19 wave was still ongoing at the beginning of our 2021-2022 year—and our emergency COVID services remained in full swing.

Lito for Life continued through our 2021-2022 year, providing over **three tons of nutrient-rich "super flour"** made of ground and roasted wheat, soybeans, and corn to hospitals, health posts, assisted living facilities, local nonprofits serving populations at risk for hunger, and free food distribution points.

From April 2021 through Sept. 2021 (and Dec. 2021 through Jan. 2022), NYF provided a **COVID-19 Isolation Center, including a high-dependency unit**, for individuals unable to quarantine safely away from family members. Our team provided **life-saving care to 107 patients** during this time, many of them children.

6,365

pounds of Lito produced and distributed through

Lito for Life

Shelter

During this year of graduations and change, a total of 92 children called **Olgapuri Children's Village** home (though no more than 80 at a given time).



Olgapuri children graduated high school



3 kids rejoined their families

At Olgapuri, NYF ensures that each child receives the holistic family-style care they need to grow into their dreams and realize their great individual potential. Children here attend some of the best schools in Nepal, enjoy nutritious meals, celebrate festivals, and receive personalized care from devoted house parents.



Everyone over 5 at Olgapuri is vaccinated against COVID-19

Kinship Care stipends support loving, supportive extended families in caring for and raising children whose parents are unable to do so, due to death or other circumstances.

These small stipends ensure these kids are safe, well-fed, receiving necessary medical care, and most of all, attending school regularly. Our social workers keep in touch with each family, ensuring the needs of the children are being met and making any adjustments as needed.

Studies show that, when it is possible and safe to do so, keeping a child within their social network minimizes loss, maintains social connections, and is ultimately much less disruptive to a child's development than even high-quality institutional care.



204

children remained safe with relatives through Kinship Care

Ram* & Niraj*

Brothers Ram* (15, left) and Niraj* (17, right) grew up in an orphanage. This year, their orphanage shut down, and Ram and Niraj—along with six of their friends—needed a safe new home.



These eight children were referred to NYF—and we've made sure they are all safe, healthy, and in school. Because they are almost grown, Ram and Niraj are both receiving Boarding School Scholarships. Both are studying in the 9th grade, and living in a private space where they have the adult supervision and regular care they need, but without the stress of entering a new full-service environment so late in their childhoods.

Of the eight children from the closed orphanage, six have received Boarding School Scholarships (they're attending the same school and living near each other). The youngest two have been welcomed at Olgapuri Children's Village. (Photo by Reeta Mahat.)

Healthy & Thriving

Below, Olgapuri senior boys and girls pose for lighthearted group photos at NYF's Dashain 2021 celebration. These kids have grown up with NYF and with each other, as a close knit group of siblings and friends.

Watching them blossom into healthy, thriving young adults is a joy to everyone on the Olgapuri staff. Many of these kids have now graduated high school and are preparing to launch into life on their own, but they'll always have their NYF family to encourage and strengthen them. (Photo by Tshiring Gurung.)



Kalpana

Sometimes, the best way to help children is to empower their mothers!

Kalpana got married soon after she was freed from kamlari bondage, settling with her husband's family on their small plot of rented land. They grew wheat and rice when these crops were in season, but for the rest of the year, the family got by on daily labor jobs.



Kalpana and her husband have five children, and they were eager to give them the best opportunities possible. When Kalpana heard about NYF's one-month SAAET Project, she signed up right away, participating in the November 2021 course.

Immediately after the training, in December, she enlisted her husband to help her construct their first greenhouse and started planting off-season vegetables on the land that was going unused.

Success was immediate, with buyers coming directly to her farm to buy produce. Within a few months, she was able to add an additional greenhouse. She is now growing highly marketable tomatoes (pictured above!), bitter melon, cucumbers, pumpkins, and cauliflower, and these crops are being sold around Dang District—even in larger nearby cities like Butwal and Narayanghat. She reports that the demand for these vegetables is much higher than she is currently able to fulfill. Kalpana is planning to lease a bit more land and expand into a third greenhouse soon—but she is currently making a profit of 20,000 Nepali rupees per month with just the two existing greenhouses (minimum wage in Nepal is 13,450 rupees per month, or \$115).

This school year, Kalpana used some of her profits to register her two school-aged children (at right) in a private school where their education will be of a higher quality. She and her husband are also working on building an improved house. "The economic independence I'm gaining from greenhouse farming has made me confident in every aspect," she says proudly. (Photos by Laxmi Ghimire.)



Freedom

The **Empowering Freed Kamlaris** program, originally launched in early 2000 as the Indentured Daughters program, was one of NYF's most successful projects.

Now managed locally by these empowered women themselves through their own nonprofit, the **Freed Kamlari Development Forum (FKDF)**, the work continues to inspire us.

NYF proudly provides world-class vocational training opportunities and academic scholarships especially for their community.

483

Freed Kamlaris

received vocational training
& start-up support

79



Freed Kamlaris

learned to construct and operate their own
eco-friendly greenhouses through the new
SAAET training course

For more information on the Freed Kamlaris, please visit
www.nepalyouthfoundation.org/maghe-sankranti-2021-study/

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*Names & details have been
changed to protect privacy

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Photo credit: Umesh Raj Regmi



Photo credit: Sanjoj Maharjan



Photo credit: Riswo Gorkhali

2021-22 Financial Summary

Fiscal Year Ended June 30, 2022¹

Revenue

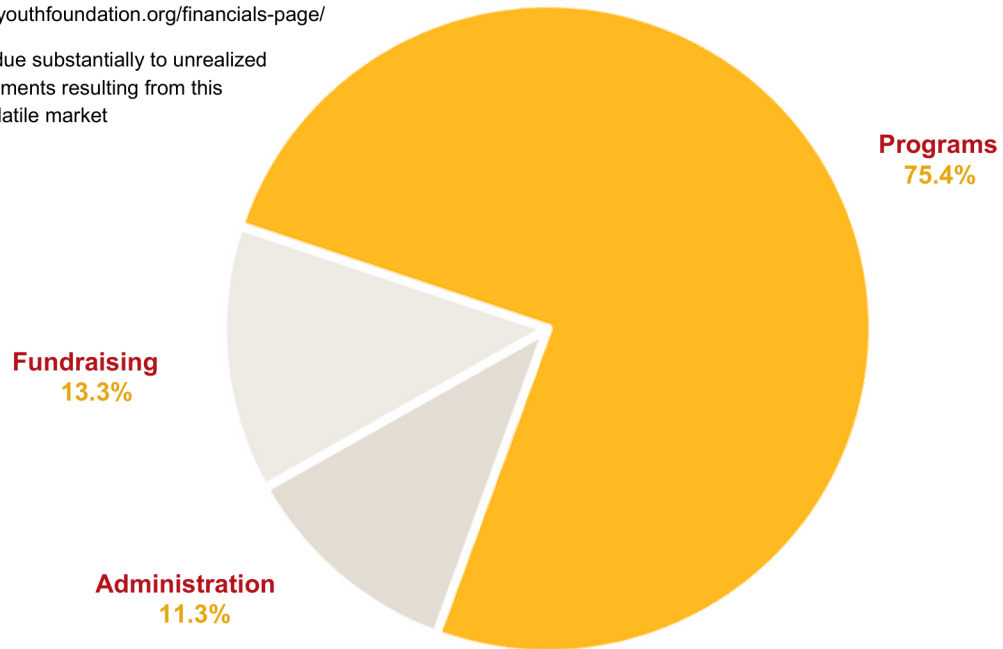
Grants & Contributions	\$3,040,926
Investment & Interest Income (net)	(\$356,670) ²
Total	\$2,684,256

Expenses

Programs	\$1,744,354
Administration	\$260,790
Fundraising	\$306,980
Total	\$2,312,124

(1) For 990 Tax Returns and Audited Financial Statements, please visit www.nepalyouthfoundation.org/financials-page/

(2) This loss is due substantially to unrealized losses on investments resulting from this time period's volatile market



We're proud that NYF's commitment to excellent practices earns us Platinum Status with Candid / Guidestar, and that GreatNonprofits has named us a "Top-Rated" organization.

Our high 3-Star rating on Charity Navigator indicates that donors can give with confidence. For details on Charity Navigator's new Encompass Rating system, please visit <https://nyf.news/charity-nav>.



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