

Return to NYF's Website

Fall 2023

**Give with confidence! NYF has a
Four-Star rating on Charity Navigator.**



Karishma* (19) graduated from NYF's Electrical Certification course in Sep 2023. Her family wanted her to settle down with a young man from a nearby village, but Karishma wants to build her own career and guide her own destiny. She'll use her new skills to create a bright future—for herself, and for her country, too!

Details changed to protect privacy



Photo credit: Sanjoj Maharjan

Dear NYF friends & supporters:

What a whirlwind summer NYF has had! Thank you, thank you to all who participated in our record-breaking Founder's Day 2023 fundraising efforts this June. Thanks to this tremendous outpouring of love, we're moving forward with confidence as we introduce the Caste Equality Project (CEP) in Saptari District.

Our CEP Coordinator, Lalit Gahatraj, is now assembling the local team who will put our plans into action, improving education resources for hundreds of girls and boys, restoring little ones to health with nutritious meals and caregiver workshops, and training young adults in the skilled trades that will improve building safety in their area.

Over 30 years ago, when I first founded NYF, I could not have imagined such an ambitious program. Now, as we stride into our next major endeavor, the Caste Equality Project fills me with special satisfaction. Our Nepali experts are exactly the right team to lead and nurture this complex work—with all the best experience, know-how, and love.

And there are more exciting summer developments!

Thanks to a generous family foundation, our Nutrition team has a new all-terrain SUV that will serve as a mobile nursing clinic. This vehicle will bring Nutrition Outreach Camps into more remote, difficult-to-reach areas of Nepal, and will transport critically malnourished kids to Nutritional Rehabilitation Homes. It will also allow us to lengthen some of these camps and to leave small teams in villages for additional one-on-one training time.

And our New Life Center now has an expanded mission. The rates of mother-to-child HIV transmission in Nepal have fallen so successfully that we are now offering services to children visiting Kathmandu for any critical medical services—not just HIV.

Many families bring their kids for urgent medical care in Kathmandu with no way to afford accommodations during their visit. The NLC is now serving as a safe facility where they can stay with their sick children as they navigate the Nepali health care system. (Read more about this at <https://nyf.news/expanded-mission!>)

NYF's community of supporters—you!—have made it all possible since the beginning. I can't tell you what it means to the families we serve when they learn our projects are funded by faraway people who love the children of Nepal and want to share opportunities with them. They are so grateful to all of you, and so am I.

You have helped build NYF into the transformative resource it is today—and we are eager to serve so many more members of Nepal's rising generations.

With love & joy,



Olga Murray
Founder & Honorary President

Attention U.S. Federal Employees!

Did you know NYF is an approved [Combined Federal Campaign \(CFC\)](#) charity?

It's time to sign up for the 2024 giving campaign!

United States federal employees & retirees can support NYF through their workplace giving program. This includes anyone working for the U.S. government: postal workers, politicians & their staff, military personnel, judges, & more!

GIVE HAPPY in 2024 by giving Education, Health, Shelter, and Freedom to children in Nepal!

Not a Federal Employee?

You may still be eligible for a match!

Many companies offer charitable gift matches as a benefit to their employees, retirees, and/or employees' spouses!



**You give, they match.
Increase your impact.**

NYF currently receives matches from companies including:

Hewlett-Packard, Microsoft, Shell, Chevron, AT&T, Goldman-Sachs, Apple, Colgate-Palmolive, Boeing, Salesforce, Intel,
... and more!

You could double the impact of your regular giving just by submitting a form at work. Check with your workplace today about how to access this benefit!



Photo credit: Sabita Thapa

Priya (30 months) & her mother, Rani* (24) belong to the Dalit community (traditionally seen as "untouchable"). Due to their caste, Rani expected challenges accessing cleft palate surgery for her daughter. This young family stayed at the New Life Center in August 2023, receiving the supportive care that made the surgery possible.*

With love & joy,



Olga Murray
Founder & Honorary President



Photo credit: Sanjoj Maharjan

GIVE HAPPY

Nepal Youth Foundation
CFC Charity Code #84267

Staff Spotlight: Laxmi Ghimire

Career Counselor & VECC Program Manager

In July 2014, Laxmi Ghimire left a solid but unfulfilling job at a Kathmandu IT company to join the Vocational Education & Career Counseling team at NYF.

“I took a risk,” she says. “But it was wonderful taking a risk.” Laxmi has been on the NYF team ever since. She is now both a Career Counselor and the VECC Program Manager, and she has added a Master’s in Technical Education & Vocational Training to her qualifications.

Laxmi matches young adults with careers that allow them to reach their unique goals. Her work emphasizes technical education, but sometimes these programs are stepping-stones for students in special circumstances.

For example, Jivan* wanted a career in government, to improve conditions for rural villages like his. He put himself all the way through a master’s degree in sociology—but was unable to find work.

Jivan became a migrant laborer in Saudi Arabia, but after two years of terrible conditions, he realized he preferred being unemployed in Nepal over remaining stuck where he was.

Fortunately, soon after returning to Nepal he attended an Olgapuri Vocational School (OVS) presentation in his area. He thought if he completed a vocational training course, he’d at least be able to take on skilled work, even if he wasn’t using his degree.

After completing NYF’s three-month electrical certification, he found a solid job that covered not only his basic expenses, but also a government prep course that he hoped would finally open the door to his dream.

For 11 months, Jivan performed electrical work full-time by day and attended evening classes. He is now



Photo credit: Sanjoj Maharjan

“When [young adults] come to the training, they come with lots of dreams,” Laxmi says. “It’s a short-term training, but they come with big dreams. That’s a wonderful part of my job. That is the best part, I think.”

an officer in the Nepali government. His nontraditional career path helps him understand the plight of so many others throughout his country.

This impact story is unusual. Most OVS grads stick with their new vocational trades, building thriving small businesses back home, establishing themselves in a 9-5 job in one of Nepal’s cities, or using their new skill as an extra source of income when they’re not needed on the family farm. No matter what path each graduate takes, the positive impact on their life trajectory far exceeds the cost of the training.

Laxmi loves watching prospective students begin connecting the dots between one of our three-month

courses and the chance to build forward with power. During orientation presentations, she scans the crowd for “hopeful eyes”—the moment it dawns on someone that they’ve found a viable, expansive path.

Laxmi wishes all of NYF’s generous supporters could witness each of these transformations. “Just a small donation makes a big transformation,” she says. “A big change in somebody’s life. It’s something beyond satisfaction.”

Unexpected success with mobile, “satellite” training courses during the COVID-19 pandemic has expanded this impact even more. There’s now a waiting list of rural municipalities requesting these courses, especially plumbing and electrical trainings. The presence of locally based plumbers and electricians instantly makes both amenities much more affordable and accessible to these communities, drastically improving the quality of life for everyone.

To learn more about Laxmi and view photos from her work, visit our full Staff Spotlight on our website at <https://nyf.news/laxmi>

Dashain Wishes from Nepal

Namasté from Kathmandu!

Nepal is now preparing for the festival of Dashain, which will begin on October 15th and last until the 24th. This beautiful festival celebrates family connections, gatherings, and gratitude for abundance and prosperity. During the festivities, elders give blessings to the younger generations, symbolizing the transfer of power, strength, and wisdom.

Dashain has tremendous significance in Nepali culture. As I write to you today, I cannot help but think of the many youth and families across Nepal who will be giving thanks for you this Dashain, and for the blessings you have made possible in their lives.

Our college scholarship recipients frequently return from Dashain holidays with heartfelt messages of gratitude and pride from their parents and grandparents. These elders always knew their children could succeed if they were only given the chance.

Families in Saptari District who have already seen the transformative impact of our nutrition program on their children will give special thanks for the knowledge that is



Photo credit: Sanjoj Maharjan

Each OVS course meets the curriculum standards of Nepal’s Council for Technical Education & Vocational Training (CTEVT). Our certifications are recognized, honored, and respected by contractors and employers throughout the country.

allowing them to nourish their little ones. With Lalit already on the ground to launch the Caste Equality Project, they are looking forward to the coming year with hope.



Photo credit: Sanjoj Maharjan

Our vocational school graduates go on to drastically improve building standards and safety in their home communities. We hope to incorporate these trainings into our Caste Equality Project, allowing communities who have been denied access to safe homes to take control of their living conditions.

Our newest Olgapuri Vocational School graduates will celebrate in their home villages with their certifications in hand. Many of them are already employed in their new fields. Life is changing for their families, with opportunities that many never thought possible.

Your generosity is having a remarkable impact on the lives of thousands of Nepali children and young people—and that impact is growing as we begin our community work in Saptari District.

Although you may not celebrate Dashain yourself, you have created your own kind of connection with Nepal’s wider family. In your own way, you have made beautiful offerings and blessed our young ones with power, strength, and wisdom. We are so grateful for each of you, and we wish you all joy, good health, and prosperity this Dashain.

Dhanyabad!

Som Paneru
President

NATIONAL ESTATE PLANNING AWARENESS WEEK

October 16th-22nd, 2023

Have you updated your estate plans recently? Keeping your wishes up-to-date is a precious gift for your loved ones & creates lasting impact for organizations like NYF.



Photo credit: Sanjoj Maharjan

GIVING TUESDAY

November 28th, 2023

Join the movement on one of the biggest giving days of the year! Mark your calendar & use this day to share NYF with at least one friend you think would love the work we do.