



ANNUAL REPORT

2022/23

Prepared By
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MESSAGE FROM CHAIRMAN OF THE BOARD



NIMA LAMA

I am delighted to address you as the Chair of the Board of Childreach Nepal and share with you our achievements and progress over the past year. It is with immense gratitude and pride that I look back on the resilience, dedication, and unwavering commitment displayed by our team, partners, and the community we serve.

In the face of unprecedented challenges brought about by the global pandemic, Childreach Nepal has demonstrated extraordinary adaptability and resourcefulness. Our programs continued to thrive, thanks to the exceptional efforts of our staff and the enduring support of our donors.

Our flagship projects, from early childhood education to youth empowerment, have reached new heights of impact. We have witnessed the transformation of countless lives, enabling children and young people to break free from the cycle of poverty and realize their full potential.

One of the cornerstones of our success has been our emphasis on community engagement and participation. Through close collaboration with local leaders, parents, and educators, we have been able to tailor our interventions to the specific needs and aspirations of each community we serve.

Financial stewardship remains a top priority for us. We are proud to report that your contributions have been managed with the utmost transparency and efficiency, ensuring that every dollar is directed towards the programs that make a tangible difference in the lives of children.

Looking ahead, we are filled with optimism and determination. As we set our sights on the future, we envision an even greater impact, deeper reach, and more empowered communities. We are actively exploring innovative approaches and forging new partnerships to ensure that Childreach Nepal continues to be a beacon of hope for those in needs.

None of this would have been possible without your steadfast support. On behalf of the entire Board, I extend my deepest gratitude to each and every one of you. Your belief in our mission fuels our determination to make a lasting difference in the lives of children and their families.

As we move forward, I invite you to join us in this exciting journey. Together, we have the power to transform lives and create a brighter, more promising future for the children of Nepal.



ABOUT US

Childreach Nepal believes in ensuring every child in Nepal has access to education, healthcare, protection, and the vital chance for meaningful participation. It uses holistic development approaches where children are not objects but active agents of their own development. Their goal is to transform schools into hubs for both child and community development. Childreach Nepal strives to create schools as centers for children and community development. The strategies employed include safeguarding child protection, knowledge sharing, implementing best practices, and influencing government policies. The vision is to catalyze significant positive changes in the lives of children and communities within their targeted areas.



OUR VISION

A world where all children have the opportunity to fulfill their potential in life.

OUR MISSION

To improve children's access to healthcare, education and child protection and to restore child rights, empowering resilient children to create positive change through community-based solutions.

OUR VALUES

"Happy, educated and healthy children in integrated, self-sufficient communities that grow and develop through inclusive innovation."

APPROACH

Childreach Nepal operates closely with communities within the Paanch Pokhari Thangpal GaunPalika in Sindupalchok, along with working in Dolakha, Kavre, and Bhaktapur districts. The approach involves deep engagement with community partners, utilizing participatory methods to understand the challenges they encounter in ensuring their children's health, safety, and education. We collaborate to pinpoint these issues and explore potential solutions, facilitating access to necessary resources and expertise to enable them to implement these plans.



OUR PROJECT HIGHLIGHTS



I. GOAL WOMEN WIN:

The Goal project, launched in 2019 in Nepal, empowers young girls and women in underserved areas, helping them become economic leaders. It provides life skills education through sports and interactive learning for girls aged 12-18 facing educational and economic challenges. By using sports and activity-based learning, the project boosts self-esteem, leadership, and confidence, teaching vital skills like financial literacy and problem-solving. This initiative aims to bridge gender gaps and uplift marginalized communities in Nepal by fostering a promising future through education and empowerment.

GOALS AND OBJECTIVES

The primary objective of the Goal project is to bestow empowerment upon young girls and women, enabling them to assume the mantle of economic leadership within their communities, facilitated by the acquisition of essential knowledge, skills, and self-assurance. To realize this overarching aim, the project undertakes the delivery of modules encompassing financial education, communication proficiencies, health and hygiene awareness, self-confidence cultivation, employability enhancement, and cyber security education.

OVERVIEW

Project Area:
Kathmandu
Lalitpur and Bhaktapur

Beneficiaries:
Direct: 557
Indirect: 730



THE ACTIVITIES UNDER THE GOAL PROJECT

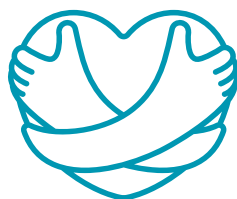


i. Weekly Sessions:

The activities under the Goal project are structured around four core modules: "be healthy," "be yourself," "be money savvy," and "be empowered". Throughout the period of 2022/23, the Goal activities continued across seven schools within Kathmandu (Shree Ranidevi Basic School, Kanya Mandir Secondary School, Padma Kanya Vidyashram Secondary School, Shree Khagendra New-life Special Education Secondary School and Shree Geetamata Secondary School), Bhaktapur (Ganesh Secondary School), and Lalitpur (Madan Smarak Secondary School). On a weekly basis, coaches from Childreach Nepal visited these partnered schools, conducting sessions designed for the young girls. Beyond the routine weekly sessions, the Goal Program encompassed several noteworthy events as well.



Be Healthy



Be Yourself



Be Money Savvy



Be Empowered





ii. Goal Convening:

The inaugural Global Partner Meet of Goal, orchestrated by Childreach Nepal in collaboration with Women Win and Standard Chartered, transpired in Kathmandu from the 15th to the 19th of May in 2023. The Goal Convening is basically focused on the four major agendas namely, **New Strategy of the Goal Convening, Knowledge Sharing, Experience Sharing and Networking.**

Participating in the GLOBAL GOAL CONVENING 2023 was an extraordinary opportunity for me. Meeting partners from diverse countries and forging new friendships has proven to be a highly enriching experience. This momentous gathering stood as a pivotal milestone in the progression of the GOAL program. With participation from representatives spanning 24 countries (Tanzania, Uganda, Vietnam, South Africa, Nigeria, U.K, India, Pakistan, Srilanka, Bangladesh, China, Zambia, Mauritius, Ghana, Kenya, South Korea, Malaysia, Malawi, USA, Ireland, Nepal), the convening served as a platform for strategic discourse, the exchange of knowledge, the sharing of experiences, and the cultivation of networks. The event significantly contributed to shaping Goal's future trajectory, fortifying alliances, and nurturing a worldwide community united in the mission of empowering young girls and women. Extended over four days at Hotel Mansalu, this program welcomed attendees from across the globe. The principal objectives of the convening encompassed deliberation upon Goal's novel strategy, facilitation of knowledge exchange, promotion of experience sharing, and the stimulation of networking among partners.



EXPERIENCES SHARED BY CHILDREACH'S GOAL MENTORS:



Ms. Anamika Subba

Programme Coordinator for the GOAL Project.

"In totality, the GOAL convening has empowered me to broaden my comprehension of the program and delve into an array of perspectives pertaining to its implementation. The networking prospects furnished invaluable ideas and inspiration, further amplifying the impact of GOAL within my professional sphere. Departing from the convening, I carried with me a rejuvenated sense of dedication and motivation to actively contribute towards the empowerment of girls and women through the GOAL initiative."

Ms. Pooja Magar

Head Coach

"Nurturing these connections has granted me the privilege of mutual learning, the exchange of innovative concepts, and the potential for future collaborations on projects or initiatives. Additionally, I gained insights into various coaching methodologies and styles, significantly broadening my expertise in this domain."



Ms. Anjana Tayata

Head Coach

"Engaging with program coordinators hailing from different nations bestowed upon me a precious occasion to learn and mutually share ideas, thereby enriching my comprehension and prowess as a coach. Furthermore, I was fortunate to assimilate knowledge across several domains encompassing leadership, economics, coach development, and retention. Proficiency in leadership principles equipped me to adeptly guide and inspire others. As my grasp of economics deepened, I became proficient in making judicious decisions regarding resource allocation, consequently ensuring the sustainability of the program."





iii. The Goal Event 2023:

The Goal Event is a year-round program that employs play and sports-based methodologies to impart life skill messages to participants, with a specific emphasis on empowering girls. The event's objective was to establish a platform for girls to contemplate game-based lessons, link them to their current circumstances, and deliberate upon the application of these lessons in their future endeavors. In the year 2023, the Goal event was executed in 6 out of 7 schools where the project was implemented, spanning from May 28 to June 5, 2023. Regrettably, due to unforeseen circumstances, Padma Kanya School was unable to partake in the scheduled event. The total tally of indirect beneficiaries reached 730 participants. The thematic emphasis lay on "Learn to Say No" and "Conflict Resolution," with community mapping assuming a pivotal role as the central activity. Despite the brevity of the sessions, the event proved effective in raising awareness among school girls about empowerment, life skills, safeguarding policies, and the education system.



Conclusion and Recommendation: The Goal Event

The Goal Event adeptly harnessed play and sports-based methodologies to empower girls and foster the cultivation of indispensable life skills. Activities such as community mapping facilitated active involvement, enabling participants to assess their communities, identify safe and unsafe areas for women, and recognize zones prone to conflicts. Accomplishments of the event encompassed providing a platform for girls to voice their thoughts and concerns, nurturing life skill development, and contributing to the fortification of safeguarding policies and the education system. On the whole, the Goal Event exerted a positive influence on participants, emboldening them to emerge as catalysts of change within their communities and augmenting their holistic well-being.

It remains of paramount importance for educational institutions to prioritize the implementation of policies and protocols that champion safety, respect, and parity between students and educators. To effectively address this imperative, it is recommended that schools offer appropriate training to teachers and staff members, equipping them to prevent and manage instances of harassment. This proactive measure will ensure a secure and conducive environment that nurtures both learning and personal growth.



iv. Goal Graduation:



The Goal Graduation, an annual occasion, serves as a platform for participants to share their experiences, accomplishments, challenges, and the valuable insights garnered throughout their year-long journey. Furthermore, it offers a moment for beneficiaries to recognize and celebrate their triumphs, reaffirming their commitment to personal growth and development. This event stands as an emblem of the diligence, devotion, and resolve exhibited during the year-long endeavor, underscoring the remarkable potential for growth inherent in each individual. The principles of collaboration, encouragement, and shared learning, crucial in attaining objectives, are universally echoed within the ceremony.

Participants are encouraged to contemplate the potency of collaborative effort and the role of mutual support in fostering individual achievements. The event serves as tangible evidence of the transformative influence of collective endeavor, inspiring others to fervently pursue their own aspirations.

The 2023 Goal Graduation event featured two primary activities:

- i) Arts and Crafts sessions, and
- ii) Kabaddi game.

Students were grouped based on their interests. The participants engaged in the arts and crafts sessions expressed their creativity through themes encompassing child rights, the significance of 28 days, and the issue of gender-based violence. Simultaneously, a spirited kabaddi game provided an avenue for convivial competition and physical involvement for the other participants. Upon the event's culmination, certificates and gifts were distributed as tokens of recognition and appreciation for the participants' unwavering dedication and hard work. This gesture aimed to fuel their motivation to persist in their pursuit of excellence and the attainment of their aspirations.

The Goal Graduation ceremony indelibly imprinted lasting memories upon all participants. It emerged as a significant milestone within their personal journeys, fostering introspection, jubilation, and a profound sense of connection. The event cultivated an atmosphere brimming with elation, accomplishment, and solidarity, leaving an enduring impact on the hearts and minds of all those involved.



OVERALL ACHIEVEMENTS AND OUTCOMES OF GOAL:

- **Empowering Girls' Voices:** The Goal Event effectively served as a platform for girls to confidently voice their thoughts, concerns, and opinions. By valuing their perspectives, it empowered them to recognize their agency and impact within their communities, thereby contributing to a more inclusive and egalitarian society.
- **Life Skill Development:** The Goal Event, characterized by engaging play and sports-based activities, facilitated the development of vital life skills among participants. These encompassed assertiveness, decision-making, and conflict resolution. The cultivation of these skills enabled the girls to adeptly navigate challenges and make well-informed choices in their daily lives.
- **Emphasis on "Learn to Say No" and "Conflict Resolution":** By placing substantial emphasis on themes such as "Learn to Say No" and "Conflict Resolution," the Goal Event equipped participants with the tools to establish boundaries, articulate their needs, and address conflicts constructively. This thematic concentration fostered personal growth and facilitated positive self-expression among the girls.
- **Strengthening Safeguarding Policies and Education Systems:** The Goal Event facilitated open dialogues regarding the educational system's complex aspects and the imperative for enhanced safeguarding policies. Participants' advocacy for transformation positively impacted the overall welfare of students and promoted secure learning environments.
- **Personal and Professional Growth (Goal Graduation Ceremony):** The Goal Graduation Ceremony reverently celebrated the remarkable strides achieved by project beneficiaries, both in their personal and professional capacities. Participants showcased their accomplishments, offering a tangible display of their dedication and unwavering commitment to attaining their aspirations.
- **Collaboration and Shared Learning (Goal Graduation Ceremony):** The Goal Graduation Ceremony eloquently underscored the transformative potential inherent in collaboration and mutual support when pursuing success. Participants gained a profound understanding of the value of teamwork and wholeheartedly embraced a collaborative ethos.
- **Networking and Connection (Goal Graduation Ceremony):** The Goal Graduation Ceremony facilitated a platform for participants to establish connections with peers from different schools. This networking opportunity substantially enriched their comprehension and engendered a profound sense of camaraderie among the beneficiaries.



CONCLUSION:

In entirety, GOAL has exerted a profound influence on participants' personal growth, empowerment, and skill development. Through the adept utilization of play and sports-based methodologies, the Goal Event has successfully empowered girls to articulately voice their opinions and navigate challenges with confidence. The dedicated emphasis on life skills and conflict resolution has armed them with indispensable tools poised to shape their future endeavors. Likewise, the Goal Graduation Ceremony has stood as a festive commemoration of project beneficiaries' accomplishments, underlining the pivotal role of collaboration and shared learning. The networking prospects proffered during the ceremony have substantially fortified the bonds among participants. Gazing forward, these initiatives are poised to perpetuate a constructive impact, fostering personal growth, empowerment, and collaborative spirit among all participants. By cultivating a nurturing and inclusive milieu, our aim is to actively contribute to a more promising and radiant future for all stakeholders involved.

Our heartfelt gratitude extends to all supporters and partners who have been instrumental in facilitating these remarkable accomplishments. United, we shall persist in cultivating enduring change and inspiring individuals to realize their utmost potential.



OUR PROJECT HIGHLIGHTS



II. SPORTS FOR DEVELOPMENT:

"Sport possesses the power to change the world. It has the ability to inspire, to unite people in a way that few other things can. It speaks to youth in a language they comprehend. Sport can generate hope where despair once prevailed. It wields more influence than governments in breaking down racial barriers. It defies all forms of discrimination." - Nelson Mandela. Nelson Mandela's iconic statement, delivered on May 25, 2000, during the inaugural Laureus Sports Awards, eloquently captures the transformative potential of sport to drive social change. This statement succinctly encapsulates the essence of sport for development.

Since 2013, Childreach Nepal has been implementing the Sport for Development program across various districts of Nepal, including Kathmandu, Bhaktapur, Lalitpur, Sindhupalchowk, Dolakha, and Kavrepalanchowk. Utilizing a unique play-based pedagogy methodology, we deeply engage with our community partners, employing participatory human-centered approaches to promote peace, social integration, and a healthy lifestyle within diverse geographical, cultural, and political contexts.

Sport encompasses all forms of competitive physical activity and games that, through organized or casual participation, aim to enhance physical ability and skill while offering enjoyment to participants and sometimes entertainment for audiences. According to our evaluation report, sports have proven to be an effective avenue for instigating change at both individual and collective levels. As a popular leisure activity with a centuries-old legacy, sports are widely embraced by diverse societies. Additionally, engaging in sports opens the mind to new ideas; during play, children unconsciously shed mental barriers, becoming receptive to learning.



OBJECTIVES

The objectives of the Sports for Development program include:

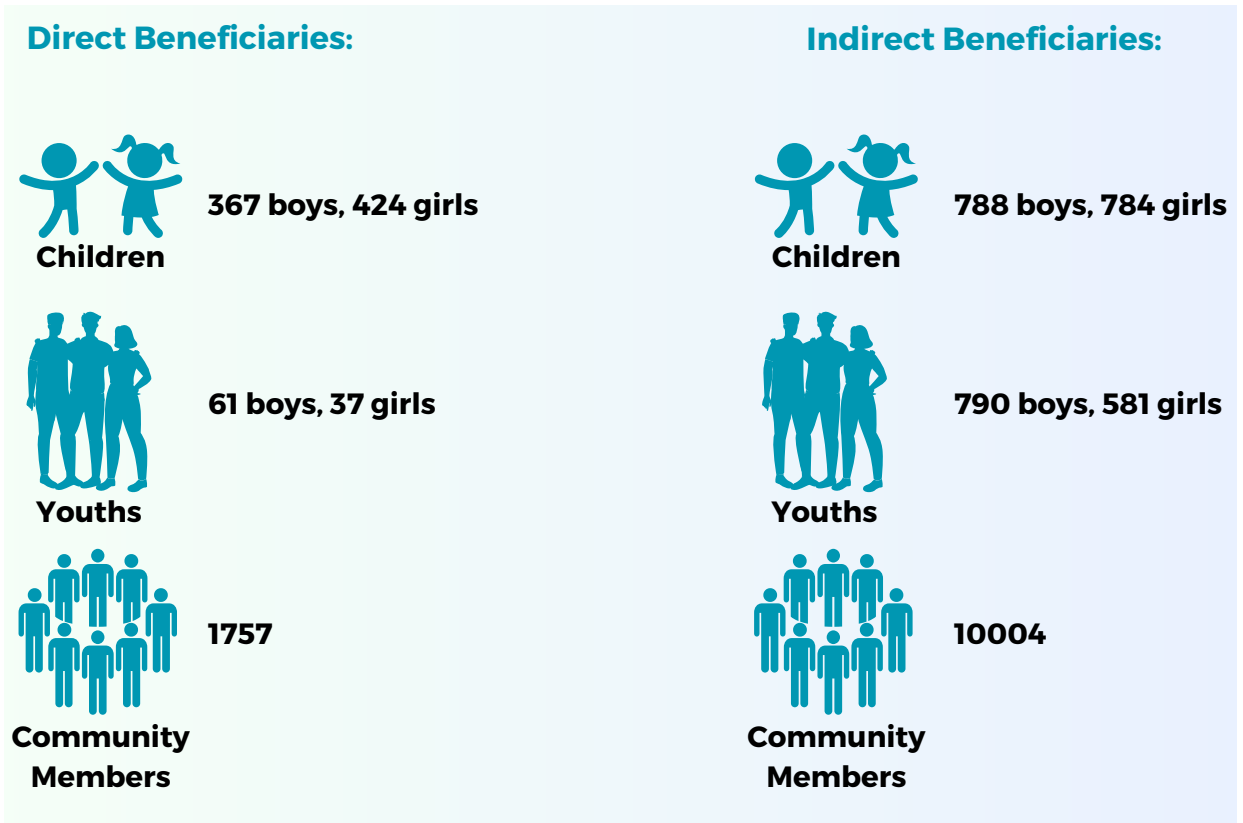


- 01** | Ensuring children have access to play and sports within schools.
- 02** | Developing context-specific sport curricula that address prevalent social issues affecting children in the community.
- 03** | Empowering and motivating children to challenge harmful traditions and stereotypes.
- 04** | Educating and raising awareness among parents and communities about child protection through sports.
- 05** | Encouraging teachers and community youth to enhance their curricula using immersive play-based pedagogical methods.





A significant highlight of the Sports For Development Programme is the Childreach Fiesta, a prominent platform for children and youths to express themselves safely through arts, culture, congress, and sporting activities. The Fiesta plays a pivotal role in fostering positivity among children and youths, while also allowing them to voice their community concerns and offer suggestions to local government officials for community betterment.



We extend our gratitude to supporters who have played a vital role in realizing this program's success:

FIFA Foundation Community Programme, The Global Fund for Children, and Panch Pokhari Rural Municipality, Sindhupalchowk.



CHILDREACH FIESTA

Childreach Fiesta stands as one of the grandest platforms for children, enabling them to express their emotions, talents, and knowledge securely through the mediums of arts, culture, and sports. One of major objectives of Childreach Fiesta is to create a safe space for children and youth where they can share their experiences with one another, identify, recognize and share their strength with the medium of play, arts, group discussion and cultural performance

This platform holds immense significance for children, youths, and community members alike, as it stands unparalleled in its ability to provide an arena where children can revel, learn, and express themselves without inhibition.

Childreach Fiesta has played a pivotal role in infusing positivity into the lives of children and youths of rural community through unlocking their potentials, where access to sports is very limited. Moreover, it offers an avenue for showcasing skills to coaches and provides an opportunity to partake in the national level.

In the Childreach Fiesta held in 2022 at Manekharka, Sindhupalchowk a total of 146 participants from 7 community partnered schools took part in the Fiesta, representing their community experiences, cultures, languages, while also including children who did not participate.



ACTIVITIES OF CHILDREACH FIESTA 2022

A five days comprehensive programme was organized by Childreach Nepal in close coordination with the Wards, schools and local stakeholders including community members. Childreach Nepal team including volunteers were intensively involved to make the event successful.



The following activities were carried out during the event:

Arts:

At the heart of Childreach Fiesta lies its commitment to artistic expression. Participants from various community schools come together to utilize art as a means of conveying their experiences, safe spaces, community facets, cultures, and adversities faced. Through this session, participants united to share their insights and communal understanding.



Congress:

A cornerstone activity, the Congress engages children in discussions addressing a variety of issues, challenges, and potential solutions. Its primary aim is to develop deep into the challenges that children encounter within their communities. Key issues such as child marriage, unemployment, caste discrimination, polygamy (Bahu bibaha), corruption, alcohol misuse, and gambling emerged through this discourse and they also came up with solutions to address these issues.



Cultural Shows:

Cultural performances, representing six different community groups, dominate this session. Participants employ dance, acting, and drama to showcase their ethnic heritage, cultural attire, and ornaments. This offers both participants and the local audience a chance to appreciate the diverse array of communities present.





General Assembly:

The most significant session of Childreach Fiesta, the General Assembly in general serves as a platform to highlight social issues and potential solutions in the presence of government authority in order to get their support. In 2022 Fiesta, esteemed individuals Minister for Health (Bagmati Province), Mayor, Ward Chairman, School Management Committee Chairman, School Headmasters, Community Role Models, Childreach Nepal Board members, and school teachers of all participated schools, were present. This session effectively advocated for creating safe and healthy environments by establishing effective local-level rules and laws. Notably, the Rural Municipality Chairman committed on the spot to immediately take into action two of these issues—polygamy (BahuBibaha) and the open misuse of alcohol—promptly.



Football Match:

The most exhilarating aspect of Childreach Fiesta 2022, the football match captivated the community's imagination. With an enthusiastic following ranging from children to adults, the match brought together individuals regardless of team allegiance. Twelve teams, comprising six boys' and six girls' teams, vie for supremacy. The journey unfolds from the league stage to the semifinals, culminating in a riveting final match. This event not only fosters teamwork but also provides a platform for showcasing skills and building confidence. It acts as a stepping stone for participants to potentially engage in club, municipal, district, and even national-level competitions.



CHALLENGES OF CHILDREACH FIESTA 2022



While Childreach Fiesta 2022 featured a multitude of engaging activities—ranging from arts and congress to football matches, cultural presentations, and general assemblies—it was not without its challenges. Some notable difficulties that organizers faced include:

- 01** | Mobilizing local volunteers posed a challenge due to financial expectations, which hindered their full commitment.
- 02** | The event's winter scheduling limited community resources like blankets and mattresses,
- 03** | Communication difficulties emerged, particularly in coordinating with district and municipal bodies,



CONCLUSION:

Childreach Fiesta 2022 fulfilled its goal of engaging children and youths from Panch Pokhari Thangpal Rural Municipality's partner schools. The event showcased the vibrant participation of attendees across various activities. The fervor of children as they embraced football and engaged in discussions about local issues was inspiring. Childreach Nepal's endeavors have significantly enhanced student education, minimized harmful traditional practices, and boosted confidence and leadership through sports-based developmental programs.

Moreover, children's awareness and empowerment have grown, prompting them to assert their rights against abuse. The Fiesta successfully prompted children to voice their concerns to local and national government representatives. Despite challenges, the program's innovative approach remains promising for replication in other communities. Ultimately, Childreach Fiesta stands as a testament to the positive impact it has on children's capacity to unlock their potential.



SUCCESS STORY AND EXPERIENCE SHARING

Success Stories: GOAL Project Cases



Hello everyone, I am Asha Thakur, currently enrolled in the 9th grade. I am 14 years old. My permanent address is in the Rautahat district, though presently, I reside in the Kathmandu district. Prior to the commencement of this program, I used to feel apprehensive about presenting my belongings in front of others.

Throughout the duration of the goal program, we have engaged in various forms of learning such as games, discussions, drawing, writing, and speaking.

"Be Yourself" has provided me with insights into self-discovery, helping me to understand my own identity and what it means to be a leader. The "Be Healthy" segment has educated me about my body and various health conditions. Similarly, "Be Empowered" has shed light on topics like rights, empowerment, and education.

Additionally, I acquired knowledge about financial management in the "Saving Money" module, focusing on effective saving and proper usage of funds. Among the diverse subjects covered in the program, my personal favorite is the concept of peer pressure. Peer pressure can originate from friends, family, or anyone around us, and it can have either a positive or negative impact. It's crucial to channel positive pressure constructively. However, even in such instances, it's essential to voice one's disagreement if necessary.

The "Be Empowered" segment also delved into the topic of violence and its various forms. A situation arose among my friends that they didn't initially recognize as a form of violence. As they shared their predicament with me, I identified it as a type of domestic violence and encouraged them to communicate with their parents and close confidants about their concerns.





Bijay Kumar Thakur (Asha's Father):

Since my daughter joined Childreach Nepal's program, she has exhibited remarkable growth. She has acquired the ability to independently make decisions, express herself confidently, and excel not only in her academic pursuits but also in various extracurricular activities. For instance, she used to be hesitant about engaging in outdoor activities, but that apprehension is gradually diminishing. Moreover, my daughter has developed her own approach to financial management. Whenever I provide her with money, she conscientiously sets aside a portion for savings. To illustrate, when I give her 100 rupees, she diligently saves 50 rupees and places it in her piggy bank. Witnessing her dedication to saving money fills me with pride and contentment.

**Asha's Statement:**

Upon concluding the session, upon returning home, I engaged my mother in a conversation regarding conflict resolution and effective measures to undertake during such situations. My mother shared her perspective, and subsequently, I contributed my own insights and viewpoints that I had gleaned from the session.

I emphasized the importance of considering diverse opinions, advocating not only for the presentation of my own stance but also for the attentive and considerate listening to others' viewpoints. I underscored the significance of discussing concepts such as showing appreciation and respect for the sentiments of all parties involved in the discourse, a subject I had conversed about with my mother.

The goal program spanned over the course of one year for us. The knowledge and skills we acquired during this year have found practical application in our lives. Ever since my participation in this program, I've experienced a significant shift - I've gained the ability to express myself and firmly assert my opinions. I now possess the confidence to present myself effectively and understand my own identity. The program offered me the opportunity to gain insights into various topics that were previously unfamiliar to me.

These transformations aren't limited to just me; they extend to my peers as well. I strongly believe that every friend of mine should be granted the chance to be a part of the Goal program. This way, they too can embark on a journey of learning and self-discovery. My aspiration is for the broader society, schools, and families to actively engage with and embrace the Goal program. By doing so, we can collectively foster personal growth, empowerment, and enlightenment.





SITA Ma'am (Asha's Teacher):

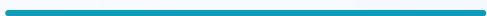
Asha Kumari Thakur exhibited a more reserved demeanor before her involvement in the goal program. She used to lag behind a bit, seemingly searching for her place, yet hesitating to seek clarification about unfamiliar matters.

Even when using the restroom, she would prefer having a friend accompany her, extending to the practice of her mother collecting her from school. Following her participation in the goal program, a notable transformation occurred. She now confidently voices her thoughts, actively participating in class discussions by raising her hand.

Notably, she has displayed leadership qualities by assisting her friends in various ways, like helping them access sanitary pads during menstruation or seeking help for health concerns and informing the teacher. This aptly demonstrates her capacity to be a proficient leader. Engaging in collaborative group work has also imparted upon her a comprehension of the significance of time management.

Upon experiencing a single day's absence from class, she recognized the substantial loss it incurred in terms of her studies. This realization has prompted her to put tremendous effort into her academics, evident through her diligent work and perseverance. Such dedication foretells a promising future ahead.

Undoubtedly, the goal program has proven crucial for the comprehensive development of young girls, addressing both their physical and mental well-being. While classroom instruction remains pivotal for academic progress, the program significantly contributes to the physical and mental growth of adolescent girls, serving as a means to alleviate mental stress and anxiety. Its indispensability for the holistic development of adolescent girls cannot be overstated.



SUCCESS STORY AND EXPERIENCE SHARING



Arpana Khatri, a 13-year-old student residing in Swayambhu, Kathmandu, is a passionate young girl with a love for cooking and crafting. She attends Gettamata Secondary School in 8th grade, where she aims to pursue her dream of becoming a chef. Arpana's roots trace back to Dolakha, where her father is originally from, and Chitwan, the homeland of her mother. When she first heard about the GOAL (Girls' Opportunities for Advancing Literacy) program at her school, Arpana was not initially keen on participating, but her friends' encouragement convinced her to give it a try.

Challenges and Expectations: At first, Arpana's thoughts about the GOAL program were that it might involve games and studies, which she believed could be an exciting way to learn. Although she joined the program because of her friends' influence, she wasn't entirely sure what to expect. As a budding chef, she hoped to gain knowledge and skills that would complement her passion for cooking, but she was unsure if the program would be relevant to her interests.



GOAL Program Experience: As Arpana actively participated in the GOAL program, she found it to be an eye-opening and enriching experience. The program covered various essential topics, and she was pleasantly surprised to discover how applicable they were to her classroom studies, especially in subjects like social studies. This realization made her more eager to learn and explore the program further.

Learning and Growth: Throughout the GOAL sessions, Arpana embraced every opportunity to enhance her knowledge and skills. She found the lesson on health, specifically the topic of the womb (Patheghar) and its functions, to be the most enlightening. This knowledge made her more conscious of her health and well-being.

Additionally, the lesson on peer pressure resonated with Arpana, as it helped her navigate social situations more confidently. **Confidence and Awareness:** As the GOAL program progressed, Arpana became more self-assured and aware of various social issues affecting her community and beyond. Her interest in the program grew, and she remained engaged throughout its duration.

Arpana's newfound awareness empowered her to speak up about important matters and share her learnings with her friends and family. She realized that she could use her voice to spread awareness about health, social issues, and the importance of education.

Impact on Future Goals: The GOAL program had a significant impact on Arpana's life. It not only complemented her passion for cooking but also instilled in her the confidence to pursue her dream of becoming a chef. The knowledge she gained from the program has allowed her to excel in her studies, particularly in social studies. Arpana now aspires to use her culinary skills and newfound awareness to make a positive difference in her community and beyond.

Conclusion: Arpana Khatri's journey with the GOAL program transformed her into a confident and socially aware young girl. As she continues to hone her culinary talents and pursue her dream of becoming a chef, she remains grateful for the valuable lessons she learned from the program. Arpana's participation in the GOAL program has equipped her to face life's challenges with determination and to actively contribute to the betterment of society.



SUCCESS STORY AND EXPERIENCE SHARING



Anjila Shrestha, a 14-year-old residing in Dallu, Kathmandu, is an ambitious student studying in the 8th grade. Originally from Sindhuli, she lives in Kathmandu with her loving family, including her father, mother, and elder brother, who is in the 12th grade. Anjila's aspiration in life is to pursue a career in nursing. In her leisure time, she enjoys using her mobile phone and hanging out with friends. One day, Anjila's ma'am/teacher informed her about the GOAL (Girls' Opportunities for Advancing Literacy) program, sparking her interest in participating.



Expectations and Experience: When Anjila first heard about the GOAL program, she had limited expectations and assumed it might involve games and physical activities. However, she decided to give it a try, hoping to discover something new and exciting. As she joined the GOAL sessions, she found herself in an enriching and positive environment that made her feel valued and encouraged.

Learning and Growth: Throughout the GOAL program, Anjila learned various essential life skills and concepts that were not part of her regular school curriculum. The program introduced her to critical social issues, expanding her understanding of the world around her. The coaches taught in a relatable manner, making the learning experience enjoyable and easy to grasp. As a result, Anjila did not feel overwhelmed by the program.

Empowerment and Awareness: Anjila found two key lessons from the GOAL program particularly impactful. The first was about personal protection and facing difficulties and uncertainties with courage. Learning how to safeguard her own body empowered Anjila to prioritize her well-being and safety. Additionally, understanding how to tackle challenges head-on equipped her with a sense of resilience and confidence.

Anjila's favorite topic during the program was about distinguishing between wants and needs. This lesson shed light on how advancements in technology had transformed certain items from mere wants to essential needs. Through this realization, Anjila now has a more discerning outlook on her own life choices and can differentiate between what she truly requires and what she desires.

Active Participation and Student Involvement: Anjila was delighted that the GOAL program encouraged student participation and valued their input. The fact that the coaches took suggestions from the students made her feel heard and appreciated. This inclusive approach further enhanced her enthusiasm for the program and motivated her to actively engage in the sessions.

Impact on Future Goals: The GOAL program had a profound impact on Anjila's life. As she continues her journey through school and beyond, she feels better equipped to pursue her dream of becoming a nurse. The program not only nurtured her dream but also instilled in her a sense of social awareness and responsibility. Anjila is now more conscious of the world's issues and is eager to contribute positively to her community.

Conclusion: Anjila Shrestha's participation in the GOAL program was a transformative experience that empowered her in various aspects of her life. From gaining knowledge about personal protection and resilience to developing an understanding of social issues, the program enriched her perspective and nurtured her aspirations. Anjila's journey with the GOAL program has instilled in her a desire to create a brighter future for herself and others while making informed decisions about her wants and needs.



SUCCESS STORY AND EXPERIENCE SHARING

Experience with Sports For Development: Childreach Fiesta 2022



Mr. Suraz Maharjan
Student of (name of school)

Childreach Fiesta 2022 left an indelible mark on my life. This journey fostered an enhanced appreciation for the resilience and beauty of both community members and participants. The art session resonated deeply with me, providing a chance to closely interact with children from Namlang. This platform not only drew us closer but also unveiled the challenges these children face. The art session served as a sanctuary, where children could open up without reservation, shedding light on their thoughts and concerns.

Ms. Saina Karki
Childreach Nepal's staff



The opportunity to promote sports and physical activity, both for myself and the rural community's children, proved immensely fulfilling. Interacting with children and coaches offered insights into their daily lives, their potential tourist attractions, and their struggles. These interactions exposed me to various community issues that impede children's growth, including Chaupadi, caste discrimination, and superstitions. While challenges persist, the experience kindled a passion for engaging in physical sports.



Ms. Hemanti Bhatt
Volunteer

My aspiration to contribute to social causes found fulfillment through Childreach Fiesta 2022. Working alongside a motivated, supportive, and fun-loving team reinvigorated my desire to be a part of community progress. Interacting with students during sessions illuminated their challenges, nurturing empathy and a commitment to future events. The football match particularly stood out as a testament to dedication and passion, leaving an enduring impact.



Childreach Fiesta Success Story



"Success Story Childreach Fiesta 2022 represents a pioneering intervention aimed at providing a secure space for children through an amalgamation of arts, group discussions, assemblies, football matches, and cultural displays. Noteworthy successes include the active participation of attendees and coaches both on and off the field. Importantly, no serious injuries occurred during the event. Furthermore, the Mayor and Minister of Health's acknowledgment of community issues and their commitment to address these concerns lent a significant triumph to the Fiesta.

The event successfully united stakeholders, partners, rural municipality heads, and community members under one umbrella. The Minister of Health's attendance added a special dimension, as his insights and suggestions contributed to the event's overall impact. As in the past years Childreach Fiesta 2022 emerged as a resounding success due to its distinctive approach, fostering active engagement between children, coaches, and the community. Volunteers, staff, coaches, participants, and community members collectively contributed to this achievement. Valuable insights were gleaned from participants across categories, be it participants, coaches, videographers, or community members.



Financial Overview

Childreach Nepal is very cautious and serious about its financial transparency and accountability. In the year 2022-2023, Childreach Nepal's consolidated income was NPR 11,420,310.82 (\$85,730.42) and expenditure was NPR 84,530,57.54 (\$634,55.73). The consolidated accounts of Childreach Nepal include the full cost account and have been guided by Nepal Accounting standards.

Income	Expenditure
NPR	NPR
11,420,310.82	8,453,057.54

Income: During the year 2022-2023, the total annual income was 11,420,310.82, which is a decrease of 41.9607% from the previous year's turnover of 19,676,844.50. Out of the total grant received, 9,136,248.656 was for the program and the rest of 2,284,062.164 was to cover the overhead and salaries, and administrative use.

Income	Program
NPR	NPR 9,136,248.656
11,420,310.82	Administrative Use
	NPR 2,284,062.164

Expenditure: Consolidated expenditure during the year was 84,530,57.54 which is a reduction of 31.8118% from the previous year's expenditure of 12,396,653.02. Out of the total expenditure, 323,4868 was for the program expenditure and administrative expenditure is 62,087,53.44.

Expenditure	Program
NPR	NPR 323,4868
84,530,57.54	Administrative Use
	NPR 62,087,53.44



Our contribution to Sustainable Development Goals

Childreach Nepal has strategically intervened in its program by aligning with the UN Sustainable Development Goals. The organization has been working under the following SDG goals and working to achieve its specific targets.



- By 2030, ensure that all girls and boys have access to quality early childhood development, care, and pre primary education so that they are ready for primary education (through the Early Childhood Development Training and Refurbishment Project)
 - By 2030, substantially increase the supply of qualified teachers, through assessing international cooperation for teacher training in developing countries, especially least developed countries and small island developing states (through the Teacher's training - science, Early Childhood Development, GOAL'S Project Sports For Development)
-



- End all forms of discrimination against all women and girls everywhere (Sports for Development)
 - Eliminate all forms of violence against all women and girls in the public and private spheres, including trafficking and sexual and other types of exploitation (Sports for Development - GOAL-s project)
-



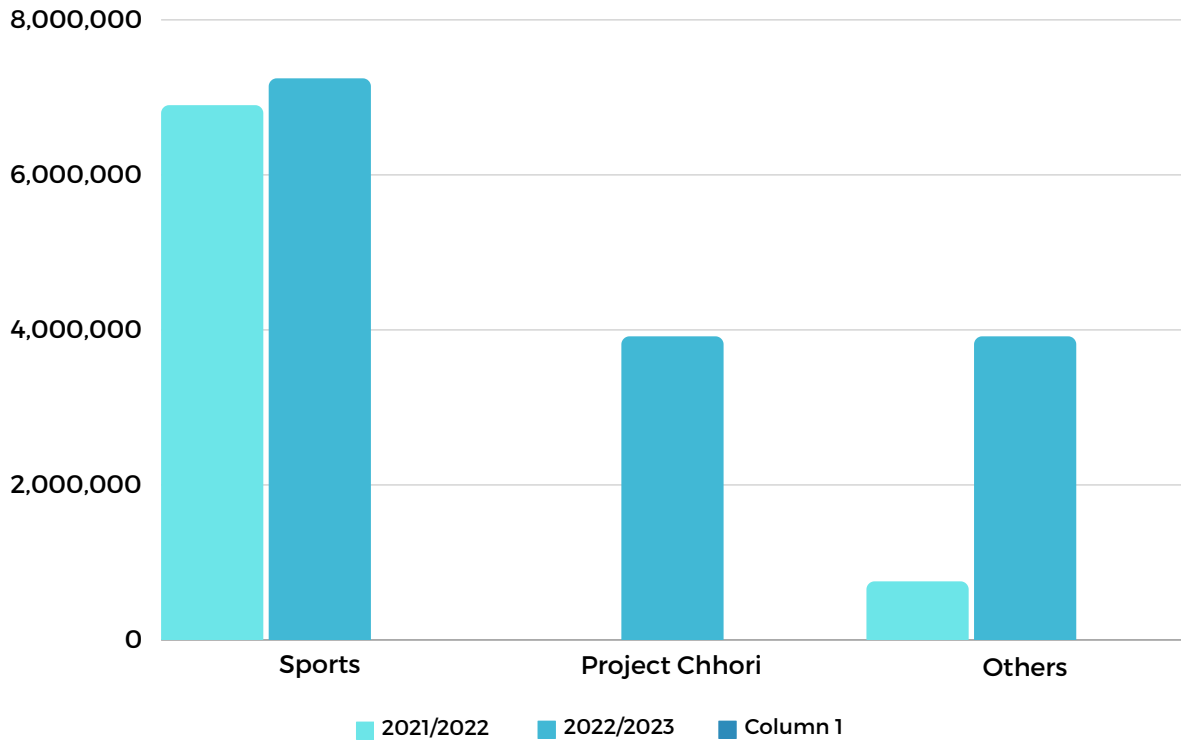
- By 2030, achieve access to adequate and equitable sanitation and hygiene for all and end open defecation, paying special attention to the needs of women and girls and those in vulnerable situations (Project Chhori)
-



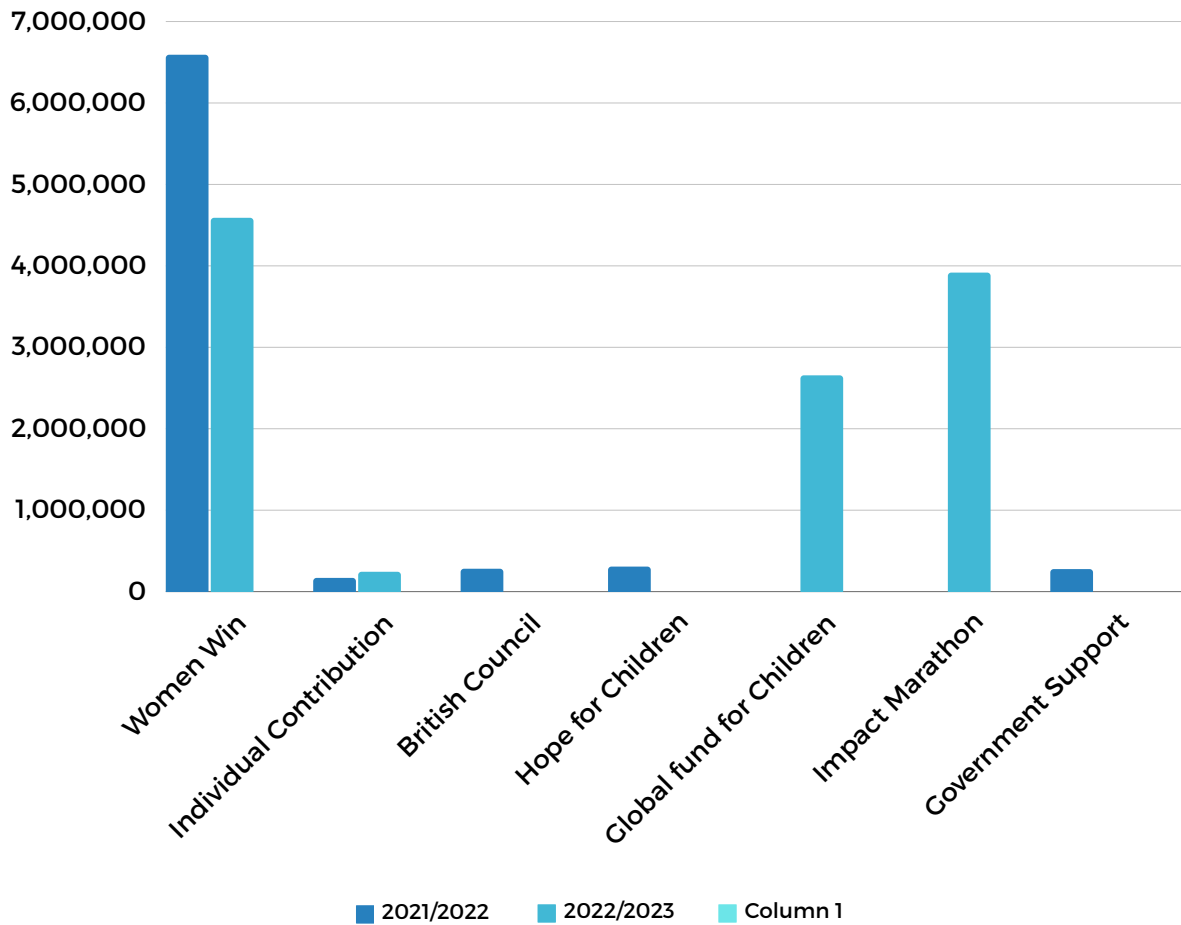
- Significantly reduce all forms of violence and related death rates everywhere (Sports for Development - GOAL-s project, Women Win, MSMV project)
- End abuse, exploitation, trafficking and all forms of violence against and torture of children (Sports for Development - GOAL-s project, Women Win, MSMV project)



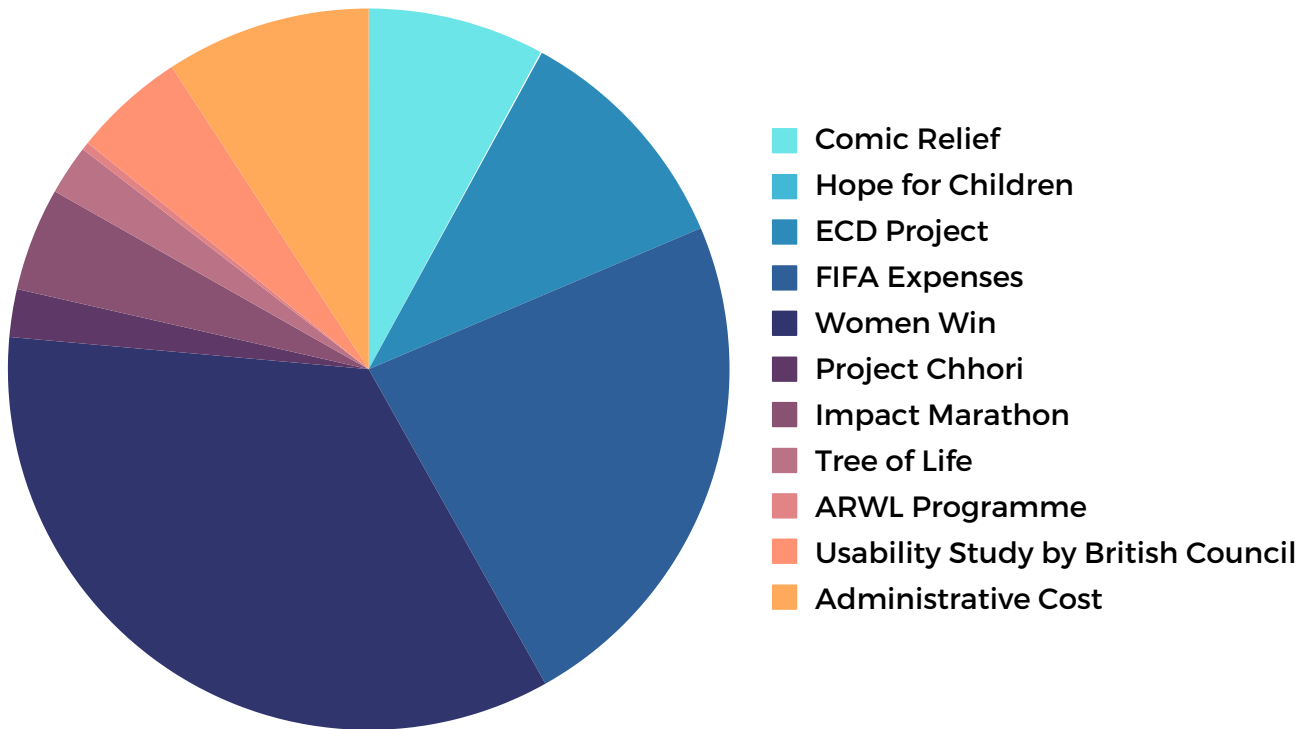
Income Project Wise



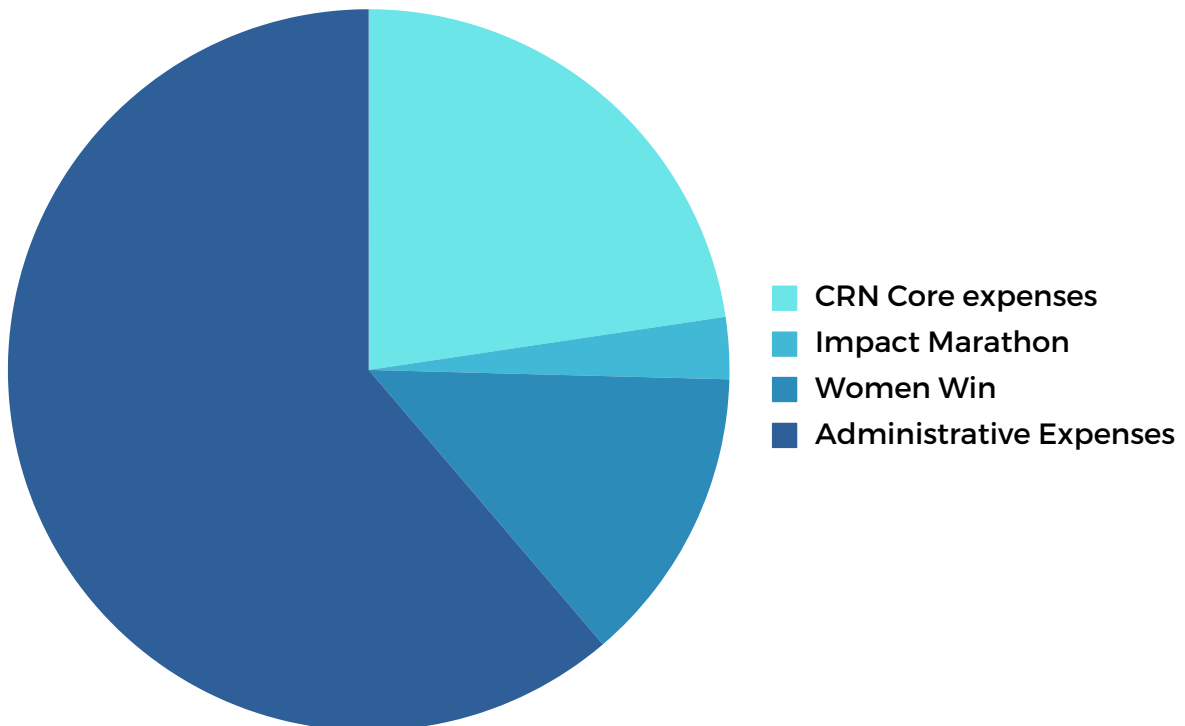
Income Doner Wise



Expenditure 2021- 2022



Expenditure 2022- 2023



Fiscal Year 2023/2024 Plan:

Goal project implementation in Kathmandu valley:

The following are the plans of the GOAL project 2023/2024:

- Selection of two schools; Shree Ranidevi Basic School and Ganesh Secondary School
- The celebration of Women's Day and Menstruation Day
- Distribution of Tracksuits to the new participants.
- Peer Leaders will coordinate with the Coaches to conduct the sessions.
- The sessions will be run in the two selected Schools.
- The 1-year program will be closed by conducting GOAL graduation ceremony and GOAL event.

Implementation of integrated S4D at Tilotamma Municipality

The following are the plans of the Integrated Sports For Development:

- Conduct meetings (Introductory with local government officials, stakeholders and MOU with Municipality) during the first quarter.
- Monitoring Visits (Baseline, Midline and End line) to be done quarterly.
- Selection of Schools, youth leaders, youth mentors during the first quarter.
- Training to selected youths from the school and community during the first quarter.
- Distribution of training tool kit for youth leaders and mentor (cone, bibs, football, t-shirt, shoes, etc) during the first quarter.
- Conduct Weekly session (where trained youth leaders and coaches deliver session at their respective schools using play-based pedagogy)
- Monthly meeting with youth leaders and coaches
- Sports festival (all the partner schools will participate in sports festival) during the fourth quarter.



Fiscal Year 2023/2024 Plan:

Coordination with Panauti Municipality for implementing project Chhori and integrated Sports For Development:

The following are the plans of the Project Chhori:

- Conducting the Baseline during the first quarter.
- Meeting with Stakeholder (representative from Panauti Municipality, school and community members) done quarterly
- Installation of new machine and providing training on the new machine during the first quarter
- Awareness on Menstrual health and hygiene by School Nurse and child club to be done monthly.
- GOAL session - be Healthy module delivery through sports to be done quarterly
- Health Camp (Gynecology and Women Health) to be held quarterly.

The following are the plans of the Integrated Sports For Development:

- Conduct meetings (Introductory with local government officials, stakeholders and MOU with Municipality) during the first quarter.
- Monitoring Visits (Baseline, Midline and End line) to be done quarterly.
- Selection of Schools, youth leaders, youth mentors during the first quarter.
- Training to selected youths from the school and community during the first quarter.
- Distribution of training tool kit for youth leaders and mentor (cone, bibs, football, t-shirt, shoes, etc) during the first quarter.
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- Sports festival (all the partner schools will participate in sports festival) during the fourth quarter.



Our Partners



Women Win is a global multi-dimensional fund investing in and supporting a diverse global portfolio of re-grantees (including non-traditional actors). The organization influences a wide range of stakeholders and broker unusual partnerships by creating strategic alliances with other women's funds, and co-creating collective funds based on shared governance.



Global Fund for Children invests in community-based organizations around the world to help children and youth reach their full potential and advance their rights. From child trafficking to girls' education, the organization tackles complex challenges with solutions that are essential to the wellbeing of the children and communities.



The 196 Foundation helps one cause per year supporting those that need it the most - all over the world. The Foundation is all about collective responsibility . Tiny donations from lots of donors, support one cause once a year for the month of April.





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Nepal