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Namaste Community Foundation

Empowering the lives of underprivileged children and people of Nepal



Celebrating 10th Years of Success
10th June 2013

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Visma Raj Paudel

An introductory note from our Founder

It is my great honour and privilege to extend my greetings and Namaste to all those celebrating the 10th anniversary of the Namaste Community Foundation - Nepal (former Namaste Children's House-Nepal).

Since June 2003, NCF-Nepal has always been a place of opportunity and hope for the many poor children and desperate people of Nepal. For me and my team, nothing could be more fulfilling than to see the happiness on our children's faces, to watch them grow, inquire and explore; to shuttle them off to school each day for a quality education, and witness the joy and wonder of their sweet smiling faces. Through the various projects that we run, it is incredible to see the difference that all of our efforts make in the lives of many children, women, and the people of Nepal.

At NCF-Nepal, we take responsibilities for ourselves and for each other; for the ideas we embrace and for the future we share. We celebrate selflessness and value those across the world who step forward and make unprecedented contributions to the well-being of humanity in a very friendly, transparent, professional and mutual understanding way. Over the last 10 years NCF-Nepal has raised nearly one million Euros or \$1.3 million USD. We pride ourselves on being a very cost effective organization where our entire administration cost is approximately 9%, out of which about 4% administration cost is covered by our volunteer placement and other donations. It means that 95% of your donation

goes directly to different beneficiary's wellbeing and to changing their life in a positive way. The outpouring of kindness and generosity from various charities and people from Nepal and around the world reflects the spirit of compassion and reminds each of us of the profound impact to many lives when we join together to achieve common goals. I'd especially like to thank all well-wishers from Nepal and abroad for your ongoing support and concerns toward our work. Our entire Namaste family is very much indebted toward the generosity (20,000 USD) of the world famous actress **Mrs. Angelina Jolie** to start our project in Nepal and the great involvement of UK's famous actress **Mrs. Joanna Lumley**.



Angelina-Jolie

Many sincere thanks go to my team here in Nepal who works tirelessly for the health, love, care and well-being of many children and poor families. I couldn't be more proud of the work each of you do to make this NCF-Nepal a fairer and very successful organization. As we mark this important milestone, my team and I from Nepal look forward to continuing to work with you in the years ahead to

change many children and people's lives positively. Those who are not part of this movement yet, please get involved by joining our Namaste global family.

Please take a few minutes to read through our 10th anniversary booklet and hear from our supporters from all around the world. Once again, thanks a lot for your generosity and continuous support toward NCF-Nepal.

Yours Sincerely

Visma Raj Paudel - Founder and Executive Director

Introduction

Namaste Community Foundation Nepal (NCF-Nepal) is a non-profit social organization officially established in June 2003 to support many underprivileged children, women and other desperate people of Nepal through a number of different projects.

Our Mission

Our mission is to create a loving, holistic and healthy environment for the children, women and people of Nepal whose lives we have been entrusted with. We aim to care for them and to ensure we create healthy, self-reliant citizens.

Objectives

The main objectives of NCF-Nepal is delivered through these programs:

- Operate children's home for abandoned, poor & vulnerable children with necessary health care, education and vocational training.
- Grant educational scholarships to capable but poor children.
- Run skills development programs to generate employment & to reduce poverty.
- Promote entrepreneurship through micro business loans for poor families.
- Provide clinical services to improve/restore hearing to the hearing impaired.
- Provide unique opportunities for foreigners to work closely with Nepali culture in a volunteer capacity.

NCF-Nepal's ultimate goal is to support as many poor, needy and abandoned women and children as possible.

Nepal Facts and Statistics

- Population: 26,620,809 (2011)
- Child Death Rate: 50 per 1,000
- Infant Death Rate: 43 per 1,000
- Life Expectancy: 66.51 Years
- Poverty Rate: 25.20% (2011)
- Underweight Children: 38.80%
- Human Development Rank: 157
- Maternal Death Risk: 170 deaths/100,000 births (2010)
- Girls' Education: 8 Average Years in School
- Clean Water Access: 89%
- Education Expenditure 4.20% of GDP (2010)
- Health Expenditure: 5.80% of GDP (2010)
- Physicians Density: 0.21 physicians/1,000 population
- Hospital Bed Density: 5 beds/1,000 population (2010)



For Namaste
Children's House.

I send all my loving
good wishes and I
love you all.

Thank you for your
tour, your dancing,
your kindness until
we meet again.

XX Auntie Joanna

July 30th 2009

This is a BRILLIANT
Place.



Notes from supporting hands and well-wishers



There is no greater deed but
love and uplift the lives of the
downtrodden.

That's what you all do who run
this wonderful place for so many
wonderful children.

You give me the chance to learn
compassion, care and love.

Thanks a lot

Pokhara 30 January 2011

Hans-Martin Schempp

President of IAHV e.V. & One
World Family Germany.

Namaste Foundation

From the Namaste Foundation in the Netherlands we wish to congratulate our partner organization Namaste Community Foundation- Nepal with their 10th anniversary! What a great achievement, changing thousands of lives of women and children in Nepal in a positive and sustainable way. Let's work together in the next decade achieving our joint mission. Together we create a 'chance for a life change', by sharing the richness of East and West.

Namaste from all family and friends in the Netherlands to the whole Namaste family in Nepal.



From Wind of Change International

"Congratulations NCF for all you've achieved over the past 10 years. The hard work and dedication of Visma and his excellent staff has changed so many lives. We're proud of the partnership that we've shared together to develop Onni Children's House and glad to have been able to contribute to the success

of other NCF development programs as well. We wish you all the best for the years ahead and are sure that NCF will continue to achieve many more positive outcomes for the Nepali community."

Carl & Tuuli (Directors – Australia/Finland)





Darvia International Child Welfare Fund

Darvia International Child Welfare Fund has been happy to Support Namaste Community Foundation for 4 years now. The support, care & help they have provided to young children & vulnerable young women in Nepal has been invaluable to them & a credit to the organization.

May all these good work continue for a long period.

Darren & Sylvia Gimber, DARVIA International child welfare fund, Scotland

Sirius Foundation - UK

I joined the Sirius Foundation (UK partner of Namaste Community Foundation) in 2010 after spending some time volunteering at the Lakeside Pokhara orphanage and getting to know the kids and the organization. NCF is such a happy place, with amazing and inspiring kids and great staff that do such a wonderful job looking after them and ensuring they establish the foundations for a better future; it really is a big family and very worthy cause. Happy 10th Anniversary!

Margarita Costa (UK)





Hearing Project Nepal

"Our hearing project in Pokhara is now almost four years old. Thanks to the support of Visma and Namaste Children's House (recent Namaste Community Foundation) we have been able to help many thousands of people in Pokhara and surrounding towns and rural villages. We hope to continue this partnership for years to come."

David and Velarie (Australia)

Namaste Children's House Switzerland

10 years NCF. 9 years we have in a small way been part of it. Though small, we know every contribution counts for the whole to be able to succeed. So we are very happy and proud to be part of all this.

Sunil was 8 years old when, with a badly wounded foot we took him from the street to the NCH, where he was warmly welcomed and given a home with love and care and perspective. He is now almost grown up and still part of the big NCF family. We are grateful to have been able to help him, together with all the many hard working staff, other donators and of course the enormous passionate work of Visma. With small beneficiary events we organize every year such as concerts and dinners, we are happy to help support NCH and spread word on it.

Best wishes

Catharine Klemm

Preparing Nepali meal to generate funds.



Friends of Children - Nepal e.V Germany

I started as a volunteer at Namaste Children's House in 2008 - and the love and passion there entered a place in my heart. Since then I keep returning to Nepal, because it got my second home.

With Karin Chroszcz and Tom Probst (both also in love with Nepal and former volunteers) I run a charity called "Friends of Children - Nepal e.V." in Germany and try to support Namaste as well as other projects.

We always keep returning to meet the kids and the staff, see what good changes took place and what fabulous new plans are to be achieved.

I am very lucky that my fate brought me to Namaste Children's House - it changed my life...thank you very much for every second at NCH, for the love, the friendship and for being such dedicated people who keep inspiring me!

Raphael Ott, Mainz-Germany



Richard Penson (UK)

I first became aware of Namaste Children's House in 2010 when I first visited Nepal and was speaking to a volunteer who had spent 3 months working with the children. Based on her recommendation and positive feedback, in March 2011, I decided to sponsor a number of the children at the House, to enable them to receive a proper education as well as having a safe and secure place to live. I was fortunate enough to visit the House in Pokhara in May 2013 and was very happy to find that my sponsorship was being put to very good use and that the children were being well looked after in a loving and caring environment. Following this very positive visit, I am now working with friends and colleagues to provide further support to Namaste Children's House. I would encourage everyone to support the House in whatever way possible as a little can change a lot.

Best regards

Richard Penson- UK



Laurie Anne Blanchard

Seven years ago I was lucky enough to have the opportunity to travel to Nepal and volunteer at Namaste Children's House Orphanage. I wanted to go in person before I donated money, to make sure it was an honestly run, ethical and safe place for children. I found all that and more, this is the model, I wish all Orphanages were based on. Visma Raj Paudel, the Director (founder) and staff show the children love and give them a good education as well as run programs that better the entire community. I am starting a nonprofit in the United States so I can further help Visma in his dream of building a larger facility, one that can rescue, save, care for, educate and yes...show love to even more children, and I couldn't ask for a better partner organization to raise money for. I can't wait to go back!

Wish you wonderful 10th anniversary of Namaste Community Foundation -Nepal
LaurieAnne Blanchard, Sacramento, California, USA



Keith Mitchell, Scotland

The more you dig down in Life the more chance there is of finding treasure.

Namaste Children's House is one of the finest life treasures I have ever found. From personal visits to Pokhara, I have been so fortunate to see first-hand, the wonderful and fantastic work that the charity, under Visma's leadership is achieving. It is run in a very professional manner and the smiles and laughter of the children are testimony to its undoubted success.

Charity begins at home but it should not end there. Please look into a mirror. What you see is a person who has the potential to join this amazing special family and give support and sustainability to ensure its continuous excellent work.

If you do decide to be part of Namaste Children's House, I can guarantee that you will find it to be a life changing experience.

Thank you

Keith Mitchell, Scotland





Bill & Myra Lerch, USA

All words are from the heart

When we first met Visma in 2004, he spoke with enthusiasm and heart about starting a home for orphaned and disadvantaged children. At the

time, there were six children, beginning with Lalita, and Visma was only twenty-eight. Through the years we followed the story of NCH. Finally, in 2011, we traveled to Pokhara and saw, first hand, the project sparked by Visma. NCH is an inspiration, providing both tangible services in education & health and the intangible rewards of a vibrant, loving family. NCH shows us what is truly possible in this changing, chaotic world.

Bill & Myra Lerch, Chico, California



Activities performed to celebrate our 10th anniversary

We have been running our social projects from the beginning as part of our regular program. On top of that, we have also have performed many other activities to celebrate our 10th anniversary. Here are the brief details:

Clothes distribution to poor people

We have completed clothes distribution to poor people living in Telauli Chitwan on 1st March 2013. All the clothes were donated from overseas, collected locally, cleaned and then distributed. Most of these people were from the ethnic groups experiencing financial difficulties.



Inter children homes art competition

We have completed an inter children homes art competition in Kaski district on 11th May 2013. Two children from each children's home were invited and 54 children participated in the program. The program was held in Step by Step boarding school hall. The participants were separated into two groups with

class separation (Group A = Class 3 to Class 6 & Group B = Class 7 to Class 10). Four children from each group has been honoured. We are very thankful for all those who worked very hard to make this program successful.

Free Health Camp

We completed a 2 day free health camp in Aruchaur, Syangja (near Sirubari) on 14th and 15th May 2013. The camp was for a general checkup which included tests on the stomach & heart plus eyes and ears checkup. Over 500 people benefited from the camp. After completion of the camp, we also managed

to organise free operations for those who needed further medical support. Some had multiple diseases so the total checkup was 1043 (General = 514, Eye = 295, Ear = 234). We are very thankful for Namaste Hospital, Biruta for General Checkup, Himalayan Eye Hospital for Eye Checkup and Nepal Hearing Project for Ear checkup.



Blood Donation

We organized a blood donation program in Hallanchowk Lakeside on 22nd May 2013. Altogether we were able to collect 28 pints of blood from various donors. The program was supported by Blood bank of Pokhara and their team as well as all the hardworking staff, and members of NCF-Nepal.



Plantation Program

We completed a plantation program in Ghachowk on 25th May 2013. Over 250 plants were provided by the forest office, Rivian VDC and ACAP office at a minimum cost. Over 53 people participated in the program and everybody enjoyed planting the plants together to help save our earth.





Sanitation Program

We completed the first day of our sanitation program on 1st June 2013. To make the program effective it will continue for 4 more days and includes participants from local women's clubs, restaurant and bar association, hotel associations,

local clubs, and students for this program. The idea is to bring the long lasting effect of environmental consciousness front of mind for all the groups.

Celebrating 10th Anniversary

All the members of Namaste Community Foundation including the children, staff, volunteers, board and general members celebrated our 10th anniversary in Shantinagar Banquette Hall, Pokhara. We invited over 500 guests from local government offices, social welfare councils, Nepal Police, regular suppliers, neighbours, and news editors from local and national newspapers, FM radios as well as those people who have contributed for a positive change in the society.

During the evening we shared 10 years of success stories, collection and allocation of funds and our future plans. Everybody enjoyed the 3 hour program with three cultural dances from our children. We also



honoured 7 people from different background who themselves have created a positive message for the society and are still actively participating. This includes:



▶▶ **Ram Kali Khadka** for providing training opportunity for over 11,000 poor women and 400 women regular jobs.



▶▶ **Laxmi Parsad Bhandari** for working over 50 years for society development including water project, school establishments, Road improvements, conserving forests in specific areas.



▶▶ **Laxman Bhandari:** Even being a blind man, he has been actively working to look after his parents, wife and children and actively participating in social development programs in Ghachowk. He sells eggs to remote areas travelling with his foot for daily needs.



▶▶ **Krishna Mani Baral:** For actively working for animal rights through photo journalism, organizing various campaigns regarding animal rights and environmental conservations area.



▶▶ **Jainab Khatun:** For working for rights of street children, compulsory education system and actively participating children policies.



▶▶ **Guthi Pariyar:** For being an example for young our generation through her daily work and encouraging behavior to learn skills for a better life. She is actively working at the age of 85 and encourages others to do so.



▶▶ **Dil Maya Neupane:** Even with having enough wealth for a comfortable retirement, she has been collecting cow and buffalo dung to reduce street accidents as well as to make a compost fertilizer. This has saved many lives as well as encouraging recycling and organic vegetable growth.

What we have achieved in the last 10 years

Our organization was initially established to provide housing for around 60 orphan children in a rented building in Jarewar, Pokhara. However, it quickly became evident that there was much more to be addressed. Please read through the below list to get a deeper understanding of everything we have achieved over the last 10 years. We are an ambitious charitable organization and our support in all these different fields continues to grow and grow each year.



► Children Home Lakeside

A total of 44 children are supported in this home with 46 children having been through the home and successfully reintegrated into our society. We provide shelter, a balanced diet, clothing, medical care, education, parental care, security and love. The highest standards of care and

cleanliness are maintained so that all children develop healthy practices that will help them in their future lives. The children are also encouraged to assist in normal household duties so that they will grow up to be responsible self-reliant adults. The daily program includes activities such as morning yoga, reading, tidying, school, playtime and guided homework. The work of the orphanage staff is supported by the volunteer program.

► Onni Children House Damside

A total of 16 children are supported in this house and provided a family care to enjoy their childhood and continue quality education in a renowned private school. They are also provided with shelter, a balanced diet, clothing, medical care, education, parental care, security and love.



►► Scholarship Program

A total of 136 children were provided educational support through our scholarship program. We have stopped funding a total of 27 children after completion of 10th grade of education, discontinued after marriage or for poor performance in school.



►► Volunteer Placement

Every year over 80 people from Nepal and abroad participated in this program and we have accommodated 600 volunteers to support our good work in both Onni and Children Home Lakeside. This has helped our organization greatly and also helped them to change their views about life and entire world.



►► Women's Handicraft Centre

This centre emerged as the starting point for a broader woman's empowerment program we are looking at for the future, this project aims to empower more single women who have been living nearby Pokhara, yet has many difficulties to obtain training and skill developments due to their poverty level. Right now it supports 10 single, disadvantaged and yet poor women to provide training, job placement as well as to support their children. This program also aims to generate some funds for the organization after selling those handicrafts in Nepal and abroad.





► Micro Finance Support

A total of 24 families were supported in this program to start small businesses of buffalo farming, goat farming, street vendors, tailoring shop, vegetable shops, tea shops, chicken farming and cow farming. Some families were supported further to extend their regular businesses. 8 more families are on the

way to extend to start new businesses from this program.

► Hearing Project Nepal

Over 10,000 patients are already provided with free checkups, free medicine and thousands of them were provided free hearing aids. Thousands of other children were provided free lectures and leaflets to arm them with the knowledge to prevent possible ear damage in the future.



► Women Empowerment

This project aims to empower more single women who have been living nearby Pokhara, yet has many difficulties to obtain training and skill developments due to their poverty level. Every year 20 single women are provided a 6 months free trainings including the provision of materials and a free sewing machine at the end. The bests will be offered the micro finance support to start their small business.



►► Glass Art Program

Nepal glass project was started in October 2009 with the technical and financial support of Namaste Foundation-The Netherlands. This project involves the creation of different glass melted handmade items to generate funds for the organization and to create opportunities for the poor, needy, orphaned children & people of Nepal.



►► Buy a brick campaign

We managed to sell over 600 bricks to help support the building of a new orphanage on land recently purchased. To date we have collected over 30,000 Euros to go towards the project.

►► Wedding fund

Our Director Mr. Visma Raj Paudel has established a wedding fund in 2007 to support to purchase land for the children in our care. He asked many of his friends and relatives from Nepal and abroad to donate into this fund rather than buying gifts. He was able to collect over 25,000 USD. Therefore we thanks him for his extra initiations.



Our one time support projects!

On top of our regular work we do in the community and wider Nepal, we have also supported many people through various ways. These are not our regular works but we have actively performed these during last 10 years to address other levels of needs. Please read through them below:



- Built toilets for 74 poor families to ensure clean sanitation - in line with the Nepalese government initiative.
- Network of children homes has been established to unite all children homes in Pokhara to work even larger scale in this region.
- We have supported to establish a community library in Ghackowk, Kaski.
- We have assisted financially for heart and stomach operations.
- We have distributed many wheel chairs to the handicapped people of Nepal.
- We have helped to build a Children's Park in lakeside and in one of the government run school in Chitwan district.
- We have supported free teacher to Tal Barahi School, (a government run school).
- We have built a water filtration system in a government run school to provide clean water for 650 students.



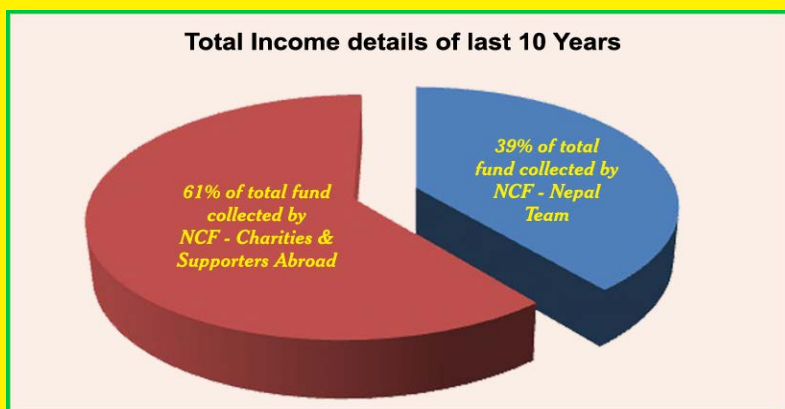
- i) We have constructed water tanks to supply drinking water for 105 houses in Pumdi Vumdi.
- j) We have renovated 4 houses for children to stay after reintegration from our children home.
- k) We have purchased white boards for a remote government school for dust free classes for 450 students.
- l) We have purchased cupboards in a government run school in Palpa district.
- m) We have actively participated in various campaigns of government and other social organizations in Kaski.
- n) We have supported local clubs, mothers clubs and other small social institutions in various ways.

The Joy of giving opens our heart to unlimited possibilities in helping to make this world a better place, person to person, day by day!

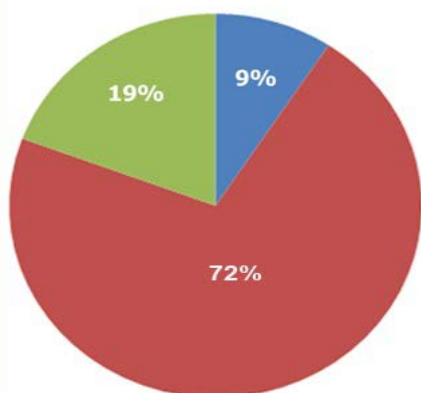


Income & Expenses Details of last 10 years

During the last 10 years, we have allocated over 980,000 Euros to run our project successful, our administration cost is only 9%. Within this money over 1,500 people per year have been benefitting directly and we have been able to help in changing their lives in a positive way. Indirectly we have assisted over 15,000 people. Most of the administration costs are covered through the fund generating activities from NCF-Nepal including volunteer placements, calendar, handicraft and t-shirt sales. That means most of the sponsorship or donation goes directly to the specific program and projects.



Expenditure details of Last 10 years of Namaste Community Foundation



Total Funds allocations Details:

Total Expenditure = 982,135 Euros

Admin Expenses = 9 %

Program Expenses = 72 %

Capital Expenditure = 19 %

(Capital Expenditure relates to cost of land, building, vehicles, machinery, office equipments, kitchen equipments, playing equipments, quilts, beds, etc)

Children success stories

Arjun Magar was born inside a prison in Dhankuta District (eastern part of Nepal); when his mother was imprisoned for killing her own husband while pregnant. As she doesn't have any other relatives, Arjun was forced to stay with



his mother. As our government doesn't have any programs to look after these children his mother had to earn money to support Arjun by crafting and working inside. After he spent 4 years in prison with his mother, the news about him spread into national newspaper which comes to our office every day. Within no time, our director Visma Raj Paudel sent one of our in charge to rescue him together with two volunteers. It took 17 hours drive to his place, a few emergency meetings with government officers and filled in many documents for becoming a guardian as well as council his mother. Finally he became a little prince and a lovely family member. Currently he is studying in nursery in a reputed school in Pokhara and is enjoying his childhood with similar children at our house.

We would like to share the story of our first child **Lalita Shah** who came to our lakeside orphanage in 2003. While our founder and director Mr. Visma Raj



Paudel was travelling home from Kathmandu to Pokhara by bus he picked a newspaper where he found an article about a little girl who was in prison because of her father and stepmother had killed her mother. There was no-one to look after this seven year old so she was placed in prison. The

girl's situation tore at his heart and he decided to do whatever he could for her. After much paper work with the prison department and government; we were able to rescue her and place her at our children home at Jarewar, Lakeside.

We would also like to share our about **Monica Pariyar** who came from Chitwan. A villager, who knew Visma from previous visits, told him about Monica's family that was in a desperate state. Visma went to the family and saw three young children living with their father who had heart disease and was debilitated by alcoholism. Their mother had passed away from stomach

cancer five months after giving birth to her 18th child, Mangali. Only nine of the eighteen were still living; most of them had left home to find work or beg in the streets. Mangali, who was 5 months old, was being cared for by a villager, but unfortunately was too poor to continue to care for her. Upon seeing the extreme condition of the home, Visma decided to take the two youngest children back to Namaste. Within five days Sushila and Mangali became members of the NCH family. Shortly after coming to Namaste, Mangali acquired the nickname Monica which has stuck.



Similarly, **Ajbira Saiyad** was a sweet seven-year-old girl when we rescued her from prison. She was forced to live in prison with her father and mother, who were imprisoned for trafficking young girls to India for sex trade. Ajbira had to leave school after 2nd grade as she had no choice but to live with her parents in prison. Nutrition and safety were sub standard. A story about Ajbira's imprisonment appeared in the

National Daily news on July 2003 where the staff of NCH acted immediately and after the correct legal maneuvers, we were able to welcome Ajbira to the

NCH family.

Ajbira is currently studying in higher secondary education (11th grade), is a beautiful and loving girl. Probably one of the best dancers at Namaste, she is often seen singing and dancing while she walks. Ajbira is always cooperative and can play with the young ones just as easily as she relates to mature family members. As an adult, Ajbira would like to help others and perhaps be a teacher.

Besides, there are many other children whose life has been changed dramatically. These children are actively working in various sectors after completing their higher studies.



Hom Bahadur Ranabhat's life was worst when his father died in an electric fishing accident and mother died with a breast cancer. The two brothers Hom and Kul became helpless, thus stopped going school, could not get enough food and proper care was beyond their

imagination. They rely food on the people's kindness, which they couldn't get regularly. But, after our children home opened, their ray of hope begins and started developing career together with enjoying their childhoods. Hom Bahadur is one of the eldest successful candidate

Mina, Madan, Sumitra, and Jivan came to the Namaste Children's House after they had been living in the streets for three months. Their father remarried and left when their mother was pregnant with Jivan. When Jivan was just two, their mother eloped with another man. Mina began working

at a hotel to try to support herself and her siblings, but there was not much food. Mina distributed what food there was among her siblings and left nothing for herself. To satiate her hunger, she would routinely eat bricks. Eventually, the



Pokhara Police caught them one night as they were searching for a place to sleep. The police referred them to CWIN socialization center and the CWIN then referred the kids to our home. It was then that the Nepali family became part of the Namaste family.

Madan spent over 10 years in our home and enjoyed his childhood in a safe, comfortable home with many caring uncles and mummies. He completed his basic school and training on waiter. Later, we found him a job in a renowned restaurant where he earns enough money for his living. His life from a street child has changed to responsible service crew for a restaurant where many foreign and Nepali people visit every day.

Slowly, day by day the number of children increased at our children home. Most of the children living in our house had similar backgrounds. It is hard to believe that 46 children have already left homes in last five years and have successfully been reintegrated to the community, at present 60 are living with us.

Children Reintegration information

Since from the beginning, over 106 orphaned children has got opportunity to flourish their lives in a home style children home with love care and proper education. Out of which 46 children has already reintegrated after completing their basic school, vocational training and job placements. These children are now enjoying their life and actively participating in various fields. We are also proud to create civilized citizens with proper education, discipline and trained hands.

If these children wouldn't have got chance, many of them may have a life much worse than they are living now. That may consist of street life culture of drugs and crime; many of their life might become a child servant or struggling very

hard for food and accommodation. Many of their lives might have died in the rebel camps or sold to other countries for the sex trades.



Children Activities

We organize various activities for our children's development.

► **Education:** All children go to a private school for better education. Other than the regular school time, we organize at least 4.5 hours study time. That includes 1.5 hours in the morning (7:00-8:30 AM), 2 hours in the evening (5:30-7:30 PM), and 1 hour at the night (9:00-10:00 PM). Due to the different education system, we need to focus more on securing good marks that might be helpful for future job hunting. They are also taught extra computer classes, English language classes and various art classes.

► **Games & Sports:** We organize various outdoor games during children holidays including: football, volley ball and badminton. As well as indoor games including table tennis, ludo, carom and chess.

► **Arts:** We regularly organize various arts lessons and preparation for the competitions. This includes drawing, creation art from garbage paper, kitchen grains, drama and dancing. To empower their inner skills we encourage them to lead Funny Friday programs.

► **Entertainment program:** Entertainment is also a vital part for healthy mind growth. We do organize occasional outings, movies, cartoons, inspiring videos, dry and full picnic, tours and visits, boating, short hiking, short treks, etc. This also includes celebrating various festivals and visiting educational tour.

► **Participation:** We always encourage children participation in preparing various policies and





routes. This includes updating quarterly food menu, monthly children meeting, complaint boxes and formation of a child club. Children also participate in environment conservations including regular garbage collections. They also participate in daily household chores including partial cleaning, washing for bigger children as well as chopping vegetables.

►► **Health:** Our children are complete exercise and yoga every morning for 45min; this encourages a healthy lifestyle and positive growth. They are taken for regular health, dental and other checkups to reputable and the best hospitals. A balanced diet is provided for better physical growth according to the seasons and festivals.

►► **Visiting families and relatives:** Every year we also organize a home visit program, especially in Dashain Festival. The main theme of this program is to socialize these children with their relatives and create a bond between them. If some children don't have relatives, we also encourage them to visit their friend's relatives.

►► **Extra activities:** We also organize extra activities during holidays. This also includes brain storming programs, outdoor activities, children consciousness rally and participation various competitions.

►► **Pocket Money:** Although we provide a everyday nutrition meals, we also like our children to learn some skills of expenditure module, saving habits and enjoy personal needs. So, each child is provided a normal pocket money every month.

►► **Moral Education:** Without moral education, the learned education is not full. It is very important to know the moral responsibility towards family, society and the nation. Thus, we also organize various moral lesson classes to our children which might be very important for the future wellbeing.

Future Plans

- a. **Children Home Lakeside:** Extend number of children depending on the need and financial availability. Continue nurturing care of the current children.
- b. **Onni Children House Damside:** Extend number of children depending on the need and financial availability. Continue nurturing care of the current children.
- c. **Scholarship Program:** Extend number of children depending on the need and financial availability. Continue the same children as now until they complete high school.
- d. **Volunteer Placement:** Continue to take on volunteers.
- e. **Women's Empowerment project:** Providing at least 80-100 people with tailoring, crafts, agriculture, sustainable farming and other skills as per need.
- f. **Micro Finance Support:** Expanding the program to support more families & reducing dependency.
- g. **Hearing Project Nepal:** Extend into more areas and number of people assisted.
- h. **Buy a brick campaign:** Drive this as a source of income for the support of the new children's home at the Support Centre.
- i. **Extra activities:** Providing support in the form of teacher training, infrastructure development, and other ways, depending upon the finance availability. Supporting local health posts next to our land and provide better services locally.
- j. **Purchased land in our name:** Completing Namaste Community Support Centre in Ghachowk including a children's home, office, library, guard house, dining hall, and woman empowerment program and training programs by 2015.
- k. **Income generated activities:** Work on income generating related projects for partial sustainability.

"Love and kindness are never wasted. They always make a difference. They bless the one who receives them, and they bless you, the giver"

- Barbara De Angelis

How you can help us

There are many different ways you can support NCF-Nepal – Please see our list below or please contact us through info@ncf-nepal.org, info@orphanagenepal.org, for more details about our urgent needs.

- a) Sponsor a child in our care (children home) or scholarship program.
- b) Work as a volunteer.
- c) Donate to our general fund.
- d) Buy a brick to construct children houses in our own land.
- e) Help to set up a small business to support poor families in a micro business.
- f) Organize fund raising events or establish charity in your country to support us in long run.
- g) Donate towards one part of our Namaste village in your name.

There are other ways to support us

- Donate Rs. 3,000 (\$ 32) for providing art supplies.
- Donate Rs. 5,300 (\$ 55) for Mo:Mo party.
- Donate Rs. 5,300 (\$ 55) for arranging sports materials.
- Donate Rs. 6,000 (\$ 65) for sending Cinema hall.
- Donate Rs. 6,600 (\$ 70) for a monthly stationary supply.
- Donate Rs. 6,600 (\$ 70) for a monthly medical treatment costs.
- Donate Rs. 6,600 (\$ 70) for a monthly fruits supply.
- Donate Rs. 9,000 (\$95) for a Library books for children.
- Donate Rs. 18,000 (\$ 190) to buy sports dress for a team.
- Donate Rs. 20,000 (\$ 210) for the music system.
- Donate Rs. 28,000 (\$ 295) for arranging Picnic program.
- Donate Rs. 35,000 (\$ 370) for a Computer (Children Use).
- Donate Rs. 60,000 (\$ 630) for a pair of school uniform.
- Donate Rs. 70,000 (\$ 735) for a pair of new dress.

More on the buy a brick initiative

So far over six hundred bricks have been sold to people from Nepal, Netherlands, Isle of Man, England, Scotland, Canada, Switzerland, Spain, Japan, Singapore and other countries and have generated over 30,000 Euros to construct the children houses in our own land at Ghachowk, Kaski. Each brick will be personalized with buyers name and we will send a picture. Bricks can be bought for **50 Euros**. The brick will provide a lasting legacy of your kind contribution to our project. Please e-mail us at info@ncf-nepal.org, info@orphanagenepal.org as soon as possible to book your bricks.



If you are willing to contribute for our good work, you can simply do this through pay pal transfer.

<http://www.orphanagenepal.org/papal.php> and click on Donate icon. It goes to the pay pal account of Sirius foundation UK (one of our partner charity in UK). All donated money will directly benefit the children and people of Nepal supported under us.



If you are interested to know our works regularly, we request you to visit our **face book** page you can either log:

https://www.facebook.com/pages/Namaste-Community-Foundation-Nepal/476171372465727?ref=br_tf

https://www.facebook.com/NamasteChildrensHouse?ref=br_tf

Or simply read our quarterly newsletter from our website.

If you like to support us financially, you can deposit any donations to our bank accounts. The bank details is:

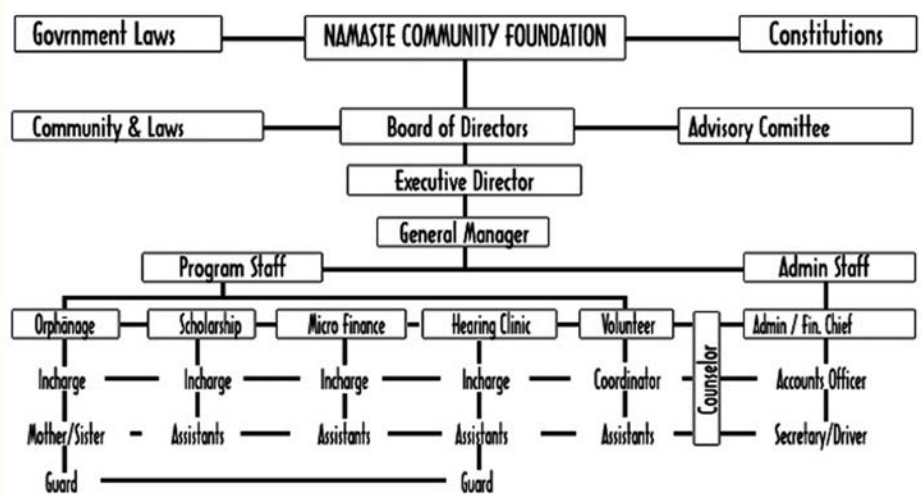
Beneficiary Name:	Namaste Community Foundation
Bank Name:	Standard Chartered Bank Nepal Ltd
Account No:	01-1269968-01
Swift Code:	SCBLNPKA



Management, monitoring, evaluation & reporting

a) The Board and Staff

The Board of Trustees from the registered Nepali NGO, "Namaste Community Foundation" is responsible for managing the accounts, overall running and direction of the project. The annual audit is transparent and available to all donors/funders and concerned bodies. Day to day management is carried out by a group of qualified and dedicated employees.



A Project Advisory Committee (PAC) was formed in 2005 to review all NCF projects and activities on an annual basis and provide necessary suggestions and recommendations to the Board of Trustees.

Altogether 30 staff members are working for Namaste Community Foundation, Pokhara. The staffs are responsible for looking after the children and various projects on a day to day basis. All of these staffs are dedicated, qualified and caring. They have a huge impact on the children's & other beneficiaries' lives who are supported under NCF, and there are now a number of the children who see their future in helping others like themselves.

All NCF activities are conducted in close coordination with concerned local organisations including Child Welfare Committee, Central Board Organisations, NGOs, Village Development Committees (VDCs), District Development

Committees (DDCs), Municipalities, District Education Office, Police Department and the essential central level authority.

b) Monitoring and evaluation

Namaste Community Foundation periodically reviews and monitors all their activities in consultation with government agencies to ensure the effective implementation of the program. This mechanism includes field visits and document assessment. The Social Welfare Council of Kathmandu and District office of Kaski also monitor and evaluate the work of NCF. Monthly income/expense reports, annual progress reports and audit reports are produced for each year. The program and budget are approved annually by the Social Welfare Council of Kathmandu, and the NCF Board has set internal mechanisms in place to systematically monitor and evaluate all of their work.

c) Reporting schedules

Half yearly Activity Reports, Annual Progress Reports, and Annual Audit Reports are submitted to the Social Welfare Council (SWC). The Annual Progress Report and Audit Report are also submitted to the District Development Committee; District Administrative Office, and other concerned agencies. We are also practicing half yearly audit report of the organization to be shared with the donor agencies and other stakeholders. Besides, we also maintain donor based accounts and regulate restricted and non-restricted funds accordingly.



Note from our Global Namaste family

Our work has been praised by the local community and by foreign visitors. It is very hard to list all the many other smaller projects undertaken in the last 10 years and we are justly proud of what we have accomplished. It has been

smaller projects undertaken in the last 10 years and we are justly proud of what we have accomplished. It has been an exciting and rewarding journey, with so much help from staff, board, advisory group as well as so many local and overseas people. The Pokhara community sees the Namaste Group as a role model for what can be done by commitment and goodwill.

We will prevail and continue to fight for the welfare and rights of our children and needy people. We have many kind supporters and are blessed with caring and committed staff. Namaste Community Foundation is a very professionally run and transparent organization. Our doors are always open for visitors.

We value your past support and pray that you will continue to help our children. We realize that you, our supporters are also living in tough times. Your donations keep our children healthy and happy. They are given a sound education and the opportunity of a good future.

We owe a lot of thanks to those from Nepal and abroad who have supported us from the very beginning. Your continued financial support is essential to the existence and future growth of our organization. Our dream for expansion is to help more children and people of Nepal and we would love to have you as a part of our Namaste family. **Please help us continue our mission by getting involved today!**



Thanks a lot for considering our appeal

Yours Sincerely

Man Singh Chaudhary (Manager)

Board, Advisory, Staff and entire Namaste family.

Please organize your tour and trips through us. It will not only be comparatively cheaper, but some part of profit will proceed to NCF Nepal's children wellbeing.

The progress of Women Empowerment Project

The **Women Empowerment Project** is designed to empower single women who have been living nearby Pokhara, Ghachowk, Lahachowk and Machapuchchhre VDC; yet has many difficulties to obtain training and skill developments due to their poverty level.

Many women and girls have been exploited into many aspects such as: Sexual abuse, girls trafficking that end up in the brothel of Indian cities. Due to illiteracy and gender inequality most of the domestic violence are kept secret with the fear of losing social reputation especially to be prevented from possible refusal from their male counterparts and there is no clear law to deal with the situation.



The empowerment of the women will be one big step forward to overall development of the nation. As Nepal has already been entered into a new age of change, equality between male and female should be one of the top most priorities for policy makers. Unfortunately, the policies are determined slowly and have not been implemented yet into society. Our organization aims to reach the society by implementing this project bottom up, by providing the women with the necessary facilities.

To start this program we already had a big step towards it. Together Wilde Ganzen & NCDO Netherlands, we already have built our women empowerment building at Ghachowk in our own land. This building has a training hall, 5 rooms for the trainees to stay, 1 room for the trainer/incharge as well as kitchen and store room. We are now on the process of to set the furniture, beds, curtains, floorings, and other training equipments etc to start providing training from November 2013 for at least 80-100 underprivileged women every year.

The Namaste Community Service Centre

The Namaste Community Service Centre is about 17.5 Km far from the current location. We already have purchased approx 26,000 square meters in Ghachowk Kaski. This centre will consist of children homes, health care, community library and other income generating related activities which will ultimately help the organization for the self sustaining in long run.

Most of the development organizations are centralized with urban areas and limits their facilities to the small beneficiaries. There are still many children living in a risky situation in villages who are not acknowledged by these urban oriented organizations. To solve the problem, now our idea is to move at our community service centre Ghachowk to provide permanent shelter for more children.

The construction plan has been divided in two phases; which includes:

Phase one: The phase one is estimated to be **204,550 Euros**. This consists of following construction excluding Women Empowerment Centre building. ***The details of cost can be sent on request.***

- Ground floor of Children home to provide shelter for 80 orphaned and abandoned children
- Women Empowerment Centre to provide training for 80-100 needy women and girls every year
- Dining Hall, kitchen store and a medicine room.
- Guard house, utility store and a reception office.
- Pathways, Parking and fencing.

Phase two: The phase one is estimated to be **113,565 Euros**. This consists of following construction excluding income generation related buildings. ***The details of cost can be sent on request.***

- First floor of children home to shelter 50 more orphaned and abandoned children
- Community Library, Computer lab, Vocational Training Hall for local youths and bigger children
- Income generating activities for partially self sustainability.

Our building construction strategy is to involve and mobilize local builders, manpower and materials, which will not only reduce the total costs of the whole project, it will also throw a positive message in the community by participating locally for society development.

We will always try to use the best environmental practices available in Nepal. This will not only make the village as economically, environmentally and social sustainable as possible but also set an example for others and for future developments. It may consist of natural filtration system, Solar cooking, solar electricity, solar water heating, bio cooking gas, organic vegetable garden, etc.





OUR GLOBAL PARTNERS



Germany



Netherlands



Australia



Finland



Scotland



England



Isle of Man



Switzerland



United States



New Zealand



Singapore

Others Supporters



We would like to thank for overwhelming continuous support of our existing partner charities and sponsors; although our deepest gratitude and appreciation goes to below international charities, individuals and companies as their significant contribution has helped us to run our projects successfully in last many years.



Total Company
France



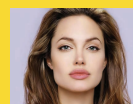
Bild Hilft e.V.
Germany,



The Philip Green
Memorial Trust
UK



Joanna Lumley



Angelina Jolie



Let's thanks to Regina Van Pinxteren , who came to work as volunteer at NCF later raised around 13,000 euro with Scout Germany to help us to buy land, also there were people who have contributed money at their birthday, wedding, special event to support us. We are very thankful with them as their generosity brings us up to this success.



We are also indebted towards Overseas Aid Committee Isle of Man to support us 10,000 Pounds to buy vehicle for our children.

At the same time we also would like to thank all those direct and indirect contributors from entire World. Without whom; it would not have been possible to reach all those great achievements in humanitarian field.



Namaste Community Foundation

Empowering the lives of underprivileged children and people of Nepal

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E-mail: info@ncf-nepal.org / info@orphanagenepal.org

www.ncf-nepal.org

Previous Namaste Children's House