

1. Empowering Freed Kamlaris

1.1. Kamlari Freedom

This year's Maghi, the first one after the Government's announcement of the abolition of the Kamlari system, was a celebration of the end of the Kamlari system of indentured servitude; and in recognition of the key role that NYF played for abolition of the system, Olga Murray, Som Paneru and Krishna Devkota (legal adviser of Friends of Needy Children–NYF's local implementing partner), among some journalists and stakeholders, were awarded certificates of appreciation, by the then Minister of Women, Children and Social Welfare Hon. Riddhi Baba Pradhan during a massive Maghi event on the 13th of January, 2014.



**Olga and Som with Hon. Riddhi Baba Pradhan,
Minister for Women, Children and Social Welfare**

Further to a decision made by the district government and the consortium of the anti Kamlari Campaign, June 27 (Ashad 13 by Nepali Calendar) has been declared 'Kamlari Freedom Day', and will be celebrated every year.

1.2. Rescue

In these three months we were able to free 35 girls from indentured servitude. The rescue mission was conducted in joint efforts of the Freed Kamlaris Development Forum, the local government authority, and other stakeholders. Altogether 12,304 girls have been rescued so far.

**Swastika Chaudhary: One of the 35 girls
rescued in February this year**

1.3. Legal Aid

NYF has been providing legal aid to the girls who have been abused by the employers. Cases are also filed against those employers who refuse to let go of the Kamlaris despite several requests and warnings from the rescue team. Nine new cases have been filed in these 3 months.



Recently in March, the Appeal Court of Dang passed a verdict on a rape case we had filed a year ago. The employer has now been sentenced to 6 years of imprisonment and having to pay a compensation of Rs. 50,000 (approx. HK\$3,850) to the victim.

10-year old Swastika remembers how she was crying and howling when her grandmother sent her away to work as a Kamlari to a stranger's house. One year later she is free, and smiling!

1.4. Vocational and Education Training

Currently 5,869 girls are receiving scholarships for education from the government: 3,885 are in elementary school, 1,572 are studying at the secondary level, 360 are in higher secondary level and 35 at the diploma level. Three hundred seventy orphaned and homeless girls are staying at six hostels situated in four different districts.



Freed Girls who are now studying for their Diplomas



Girls in six month long Tailoring Training

4,747 girls in school attended their annual examination and are waiting for their results. Likewise, 1081 girls appeared the School Leaving Certificate (SLC) Examination in March. The girls were provided extra coaching to help them prepare for the exam. Those who pass the SLC will be eligible for college.

229 girls are receiving vocational training through NYF's Vocational and Education Career Counseling (VECC) program. They have been enrolled in trainings for agricultural training, pig farming, spa/beautician training, and others.

To complement this program, NYF provided school scholarships for 462 rescued Kamlahar boys and 131 siblings of the rescued Kamlaharis.

Total	Grade 1-5	Grade 6-8	Grade 9-10	10+2	Diploma
5869	1153	2732	1572	360	52

2. Children's Homes

We currently have 20 boys in J House and 20 girls in K House, ranging from the age of three to fourteen. In April, 4 girls and 2 boys will be leaving to stay at the Youth Hostel, as according to our policy, children who pass grade 8, or are over 14 years of age, shall stay at the Youth Hostel. Although the hostel is run by private owners, we ensure that our children are closely supervised by NYF's social workers.



Jyoti: the youngest girl at our K House gets ready for her first day at school

The children from both homes are currently going to 4 different schools which are among the best private schools in Kathmandu. They all passed their annual examinations and will be moving on to the next class.

The children are currently enjoying their end of year school holiday. We took them on a four day visit to historical places around the country. We also arranged celebrations for New Year, Holi and many other cultural festivals.

Regular health care was provided by visiting pediatrician. We also had a free dental and eye camp for the children. As all the children in the Homes have suffered unimaginable trauma in their childhood, they are very much in need of emotional support, and therefore the children were regularly sent to NYF's own in-house counseling and training center where they received individual and group counseling sessions from trained psychologists.



Children during an excursion during their winter holidays

Number of Children in Different Schools for the Academic Year 2014/15				
SN	School's Name	Children's No		Total
		J-House	K-House	
1	Ullens School	5	3	8
2	Ullens Kindergarten	2	3	5
3	Phoenix International Academy	10	10	20
4	Sahid Dharma Bhakta Boarding School	1	0	1
	Total:	18	16	34
	To live in Youth Hostel starting April, 2014	2	4	6

3. Education Support Program



A mother who is disabled, and a father whose whereabouts is unknown: Regina never expected to go to college. But with NYF scholarship her dreams have come true.

Regina is now going to Science College, and wants to build her career in engineering.

408 girls and 283 boys are receiving scholarships for schools and colleges in different scholarship categories based on the nature of their need. While 368 students are in public schools, 243 are in private schools.

The 691 students are enrolled in 346 different schools across Nepal. The students have recently attended their annual examinations and are awaiting results. 69 children attended the School Leaving Certificate (SLC) examination, and the results are due in June. The students who pass the examination will be eligible for college. We will be offering vocational training for the interested others.

Current updates of the Education Program

Scholarship Category	Total Student	Sex-wise		Students		Total Schools	Grade-wise						Facilities Covered	
		Male	Female	Public	Private		Pre Pri.	Pri.	L. Sec	Sec	SLC	10+2		Bachelor
Boarding	28	13	15	6	22	13	1	3	6	18	12			
Kinship	38	20	18	13	25	29	2	16	9	11	5			
Disable	108	55	53	93	15	27	11	48	18	31	14			
Day School	128	65	63	33	95	87	15	55	32	26	14			
DGESP	102	0	102	102	0	6	0	4	56	34	6	8		
Village	28	16	12	24	4	18	0	4	10	14	9			
Girls	21	1	20	21	0	8	0	0	7	14	7			
College	238	113	125	76	82	158						153	85	7
TOTAL	691	283	408	368	243	346	29	130	138	148	67	161	85	7

3.1. Early Childhood Development (ECD) Program

The ECD centres, 3 in Kathmandu and 5 in the rural Kavre are running well, with participation from enthusiastic children, their parents and trained teachers. Child friendly environment and nutrition are an important component of our approach to ensure optimum development of the children, and accordingly we conducted nutrition camp at all the centers in February and March where we assessed the nutritional status of the children and provided nutrition education to the parents. The nutrition camp was conducted by experts from NYF's Nutritional Rehabilitation Home in Kathmandu. Some of the children who were found to be malnourished were referred to the NRH for further treatment.

The mid-day meal for the children has been a very effective and attractive incentive, most of whom belong to impoverished families. There are 210 children at the centres currently.



Nutrition is important for development of the children, and we provide nutritious mid day meals to all the children at our centres



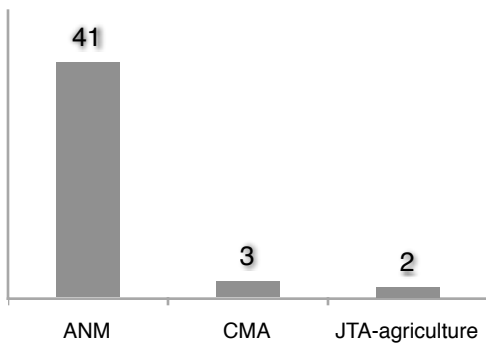
One of NYF's 8 ECD Centres



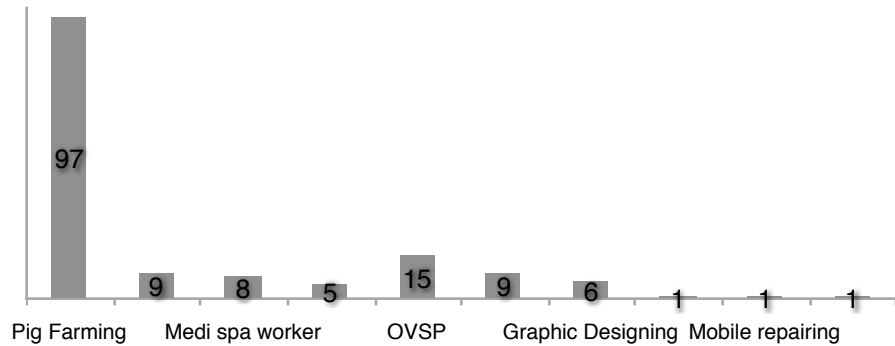
Nutrition Education for the mothers and nutritional screening for children at one of the ECD Centres

4. Vocational Education and Career Counseling Training (VECC)

During the first Quarter of 2014, VECC provided training to 506 youths, 13 trainees completed their courses and 10 of them found employment. Out of the 506 trainees, 198 were newly enrolled in these three months: 46 in long term training (one year and more) and 152 in short term training. Altogether, out of the 198 youths enrolled in this period, 141 were girls and 57 were boys. Likewise, the majority (139) of the girls were rescued Kamlaris, 57 trainees were siblings and 2 were other needy youths.



No. of Youths in long term technical education (1-3 years): 46 total



No. of Youths in short term vocational training (1 year and less): 152 total

4.1. Orientation and Career Counseling

While all the 198 new trainees received aptitude test and intensive career counseling, the ongoing trainees were given counseling in groups.

VECC creates awareness among the youths early on about the scope of vocational training so that they learn about the alternative career choices for future. 61 boys and girls studying in grade 8, 9 and 10, in the rural districts of Nuwakot and Gorkha, received the orientation.

Likewise, since vocational education is important for improving the livelihood of the freed Kamlari girls and their families, 36 girls received orientation on Medi Spa. Soon after the orientation, 7 interested girls were enrolled in the training with job guarantee by the proprietor.



Orientation on vocational training for the freed Kamlari girls

5. Malnutrition Prevention and Treatment Program

5.1. NRH

NYF has so far established 16 NRHs throughout Nepal, and out of them 8 have already been handed over to the Government, 6 are running under NYF's management, and 2 (Dang and Butwal) started operation in April.

Target VS. Admission Status(January - March 2014)			
NRHs under NYF	Admission	Bed	Annual Target
NRH-Ktm	73	24	263
NRH-Janakpur	39	10	110
NRH-Rajbiraj	33	10	110
NRH-Bharatpur	30	10	110
NRH-Baglung	6	10	110
NRH-Dailekh	14	5	55
Sub Total	195	69	758
Handed over NRHs (8)	203	89	977
Total	398	158	1735

Through the 6 NRHs under NYF's management, we were able to serve 195 malnourished children and educate 166 mothers on nutrition and health. Out of these children, 151 were under 5. Similarly 195 children were discharged after treatment. Our field staff also conducted 238 follow ups of the children discharged, and most of the children were reported to be in good health condition. Medical complications and poverty accounted for some of the relapse cases.

Laxmi heals in just 15 days

Laxmi arrived at NRH in February, two months ago - malnourished and highly anemic. At 3 years of age, she weighed only 9 Kgs. She hardly ate, had abdominal distention and diarrhea. She was irritable and would not mix with any other children.

Just in 15 days of treatment and care at the NRH Laxmi gained 1.5 kg. She was also treated of the other problems like anemia and diarrhea. She returned home a happy and healthy child.



Laxmi at Admission Laxmi after 15 Days

166 mothers received hands on training on nutrition, health, hygiene, and sanitation from dietitian and nurses. For those parents who were unable to stay at the NRHs, nutrition counseling was provided help recover the weight of the child.

These counseling sessions have proven to be quiet effective as majority of the guardians reported good improvement in their children.

The NRH–Kathmandu acts as a training and resource center for the other outlying NRHs, and accordingly, it provided 2 weeks training for the newly appointed staff of NRH–Dang prior to its operation.

NRH – Kathmandu organized 5 different nutrition camps at various places where 659 children were screened and the mothers and other community people were given nutrition education. The camps were conducted at the ECD centres run by NYF, and a couple of other marginalized communities. Out of the 659 children, 136 were malnourished. The activities included hand washing techniques and nutritional screening for children and nutrition education/ demonstration, cooking demonstration, and nutrition counseling for mothers.



Nutrition Awareness during one of the Camps

5.2. MSPN – The New Life Centre

25 children received treatment and care through appropriate diet, medical treatment and psychosocial counseling. While 9 of them were carried forward from the end of December, 16 were enrolled in this period. Additionally 14 more children were also provided treatment and other services without actually admitting them at the centre.

Under–nutrition is a major challenge of children infected with the HIV virus. On average, over 70% of the children come to the centre in malnourished condition. In this period all the children (100%) were suffering from malnutrition. These children have special dietary requirements due to their HIV/AIDS condition, and at the centre we have our own in–house dietitian who designs food menus for them. The food is prepared by trained cooks and the food intake and the progress of the children in monitored by the nursing staff. Likewise, the children were provided ARV (Antiretroviral treatment) for controlling HIV virus and they were also given prophylaxis treatment for reducing the risk of opportunistic infections, of which the children with HIV/AIDS are much prone to.

13 children were discharged with improved health condition: weight gain to normal nutritional status, cured of opportunistic infections, and increased CD4 count – a measure of immunity.



When Surendra was brought to the New Life Centre, he was severely undernourished and ill. He weighed only 11 kgs, when he should have actually weighed 16 kgs. He had also been suffering from severe cold, cough and diarrhea for a long time. His CD4 count, a measure of immunity, was also very low. But after an intensive care and treatment at the MSPN centre, Surendra gained 5 kgs in two months, and was discharged a happy and healthy boy, with only the HIV infection.

For the mothers who joined their children at the MSPN Centre, we offer them classes on preparing low cost but nutritious food, and they were able to learn about how to care for their infected children once they returned home. They also received classes on reproductive health, STDs, tuberculosis, antiretroviral treatment (ARV) and its importance, and nutrition and its relevance to HIV and ARV. Psychological counseling from professional counselors was also provided for the mothers to help them cope with their condition and improve their self esteem.

We plan to expand the reach of our services to more children suffering from HIV/AIDS. And for the purpose we are exploring and expanding our network with the local government and other relevant stakeholders for collaborative efforts. The New Life Centre is continuing its income generating activities through cow farming and sale of products prepared by infected mothers.



**Children of the New Life Centre
enjoying a Visit to the Zoo**

**THANK YOU SO VERY MUCH FOR ALL YOUR SUPPORT AND KIND HEART –
WITHOUT IT WE WOULD NOT BE ABLE TO SUPPORT THE NEEDY CHILDREN
OF NEPAL**