

# BAHINI EDUCARE FOUNDATION



ANNUAL REPORT 2021

A woman with a patterned headscarf and a pink shirt is shown in profile, working with a large blue water jug. The background is a stone wall.

## Preamble:

*Bahini Educare Foundation is a Non-profit and Non-governmental organization. It was officially established in 2014. It has been registered with the District Administration Office, Kaski (Registered Number: 3154/2070/71), affiliated with the Social Welfare Council (Affiliation Number: 38527/2070/71) and with the NGO Federation (Registered Number 129) and is duly renewed every year.*

## Our Objective:

*It is our declared objective to prevent the worst forms of abuse, discrimination and exploitation of girls and women in Nepal.*

*Against this background the BEF is implementing an innovative and all-encompassing program based on provision of the basic needs, education, vocational training, communication and social mobilization for preventing human trafficking. Utter poverty and food-insecurity are the main reasons why families are agreeing that their underage children are migrating for livelihood and employment opportunities. This shows that sustainable livelihood options have been facilitated targeting these age-groups.*

## Our Approach:

*Through our grass root projects, we commit to meet our objectives and this in a holistic and pragmatic approach. We are supporting our target groups in whatever conditions they are living: in their habitats in the villages or in the slums surrounding the city. We are only providing what is necessary to lift them out of a degrading and paralyzing poverty, creating a minimum dependency. Thus we help them to become free of the vicious cycle of ignorance and poverty that has lasted for too many generations of girls and women in Nepal.*

*This combination of our pragmatism, simplicity, directness and cost efficiency is making our project unique in Nepal and maybe beyond!*

# Our Work:

**Taking into consideration our objective and directness that is helping us lift our beneficiaries from darkness, misery and hopelessness to a life of light, hope and safety and dignity, we implement the following programs. Our programs are all pragmatic and grass roots based!**

## 1) Educare Families:

**This is our signature project. 'EduCare' stands for Education, Healthcare, Food, Clothing, Hygiene, Counseling and Assistance & Protection whenever this is needed.**



**The EduCare Family Project is a unique and efficient new approach to support the most vulnerable, namely girls and adolescents! However, boys are not explicitly excluded and it will always be situational when we are deciding to support boys.**



**an innovative, unique, pragmatic approach to support the helpless, vulnerable. With this project hundreds of families that are victims of the worst forms of exploitation and abuse.**

**We are prioritizing the most vulnerable, namely girls and adolescents! However, boys are not explicitly excluded and it will always be situational when we are deciding to support boys.**

**Each family receives:**

- a) Staple food to prevent food-insecurity**
- b) Education**
- c) Appropriate clothes for each season.**
- d) Proper Hygiene**
- e) Vocational Training**
- f) Awareness Programs**



# Our Work:

**In the year 2021, we supported 27 Educare Families benefitting 90 beneficiaries (50 girls and 13 boys)**

SN.	Educare Family	Beneficiaries	Supported	Remarks
01.	Geeta Family	1 daughter	2019	
02.	Ambika Family	4 daughters, 2 sons	2020	2 daughters working
03.	Kajol Family	1 daughter	2021	New
04.	Ganga Family	2 daughters, 1 son	2016	1 daughter working
05.	Shova B. Family	1 daughter, 1 son	2020	
06.	Rupa family	2 daughters	2014	
07.	Dil Kumari Family	3 daughters, 1 son	2016	1 daughter working
08.	Saraswati Family	2 daughters	2015	
09.	Shova S. Family	2 daughters	2019	
10.	Shanti P. Family	2 daughters, 1 son	2016	
11.	Durga Family	2 daughters, 1 son	2018	
12.	Shanti B Family	2 daughters, 1 son	2018	
13.	Santu Family	2 grand daughters	2016	
14.	Laxmi Family	1 daughter	2019	
15.	Kalpana T. Family	2 daughters, 1 son	2017	
16.	Kalpana G. Family	2 daughters	2017	
17.	Bimala Family	4 daughters	2019	
18.	Indramaya Family	3 daughters	2016	1 daughter married
19.	Maiya Family	2 daughters, 1son	2017	1 daughter working
20.	Tapkumari Family	2 daughters, 2 sons	2014	2 daughters married
21.	Suman Family	2 daughters	2021	NEW
22.	Sabitra Family	1 daughter, 1 son	2021	NEW
23.	Maya Family**	2 daughters	2019	2 Daughters married
24.	Karuna Family**	1 daughter	2019	Re-married
25.	Sharmila Family**	1 daughter, 1 son	2021	New?/Re-integration
26.	Pinky Family**	1 daughter	2020	Emergency Support
27.	Kamala Family**	2 daughters, 1 son	2020	Remarried

## New Additions:

**4 families were added to our 'Educare Family' program in the year 2021.**



## Re-integration:

**5 families were reintegrated in their best interest on the base of the explanations mentioned below.**

**a) One of our Educare family mothers' lost her life in May. (Single mother with a daughter and son) We supported this family for 3 months only. Post providing for the funeral, we were looking to accommodate the children into children homes, but their immediate guardians took charge. The children are living with their relatives.**

**b) Karuna a young mother decided to re-marry. The man agreed to take in Karuna with her young daughter (5 year old).**

**c) Maya's two daughters got married. They did vow to also look after their mother.**

**d) Kamala re-married and took along her children. After a month of courtship, they relocated to the man's village in Myagdi.**

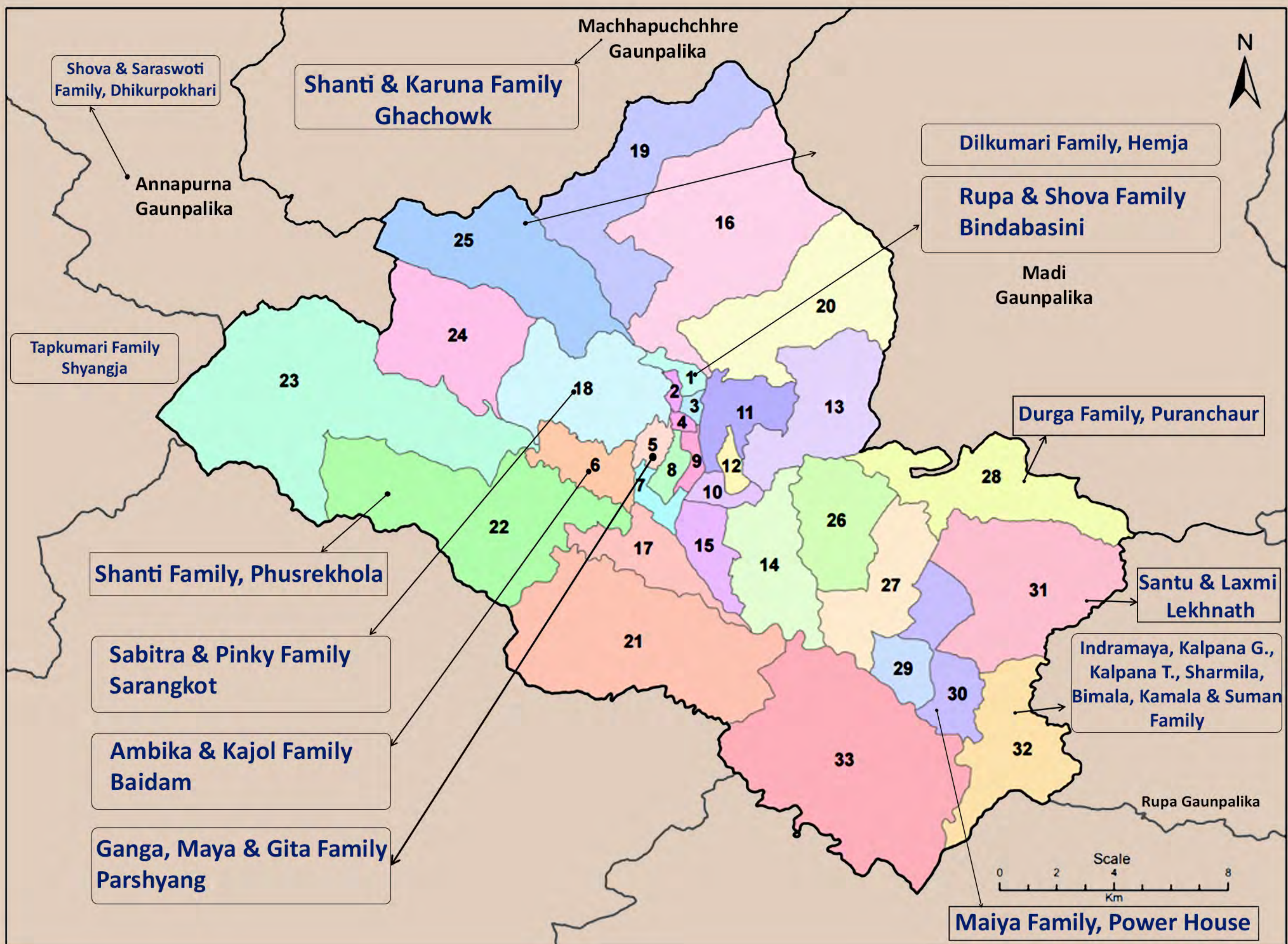
**e) Emergency Support: (Pinky Thapa, 22 year old mother & Prizam Thapa, 8 year old daughter). Pinky and Prizam were living with their maternal family over six months after a dispute with the husband. Eleven members of the family had gone to sleep in their cramped room in Sarangkot after celebrating a birthday, when a huge landslide swept away their house. 9 of them including Pinky and Prizam got injuries, while the father and mother were killed. Pinky's legs were broken while Prizam had to stay in the hospital for 21 days.**

**Referred by a journalist, we supported this family for six months under "Emergency Relief". In between we held several meetings with her guardian, members of the husband's family and the husband once.**

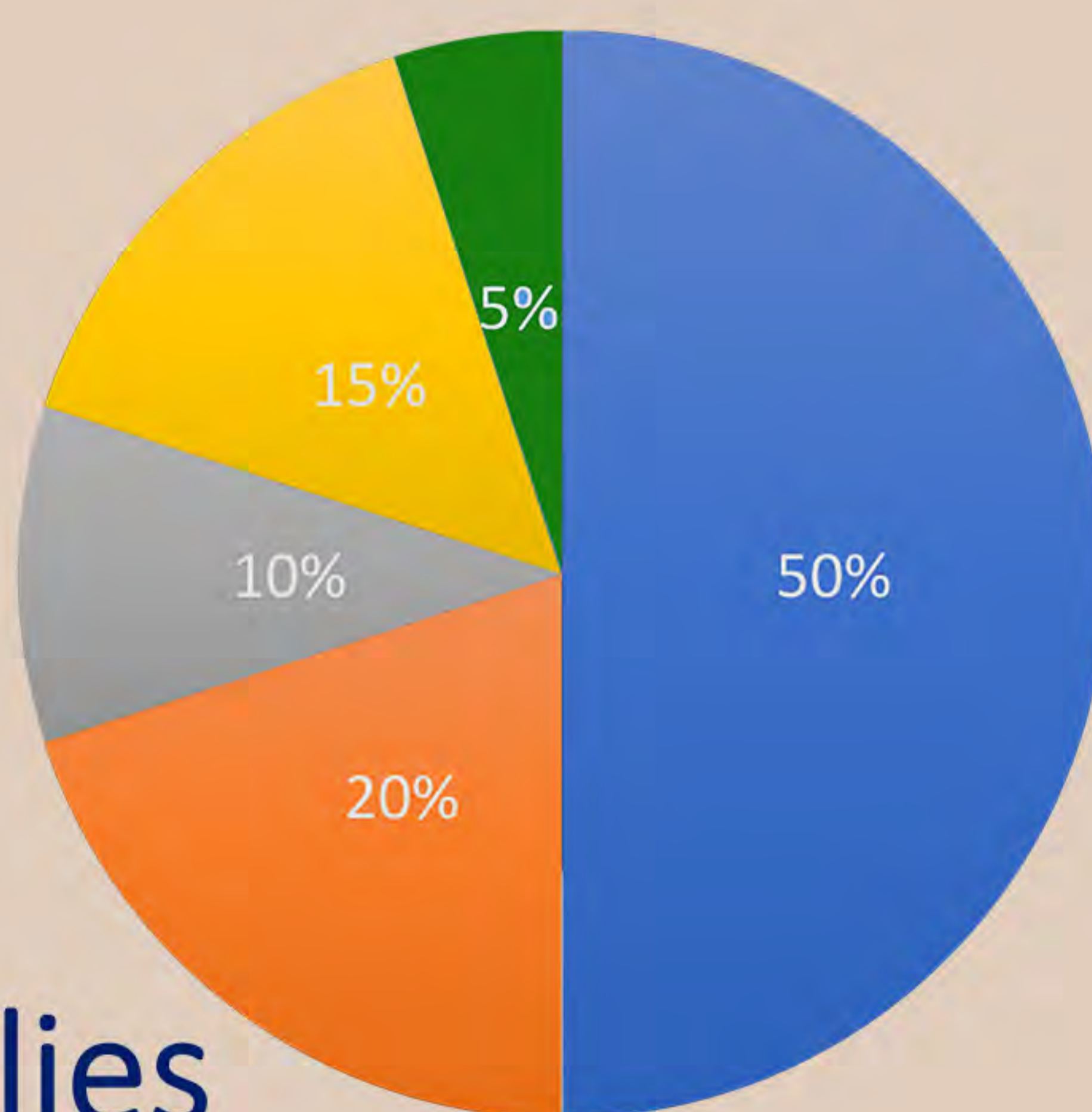
**After a mutual agreement and consent by Pinky to live together with the husband in presence of a few relatives and us, the family has been reintegrated successfully.**



# Projection of Educare Families in map of Kaski District



## Programs



- Educare Families
- Education Support
- Awareness Programs (Legal, Health & Rights)
- Advocacy for Womens Health & Hygiene
- Rescue & Relief for Natural Calamities

## 2) Education Support

**We believe Education is the window to the world and that all children must be entitled to education!**

**Therefore all children from marginalized families (orphans/semi orphans, poor parents, sick parents etc ) are sponsored with Education facilities. This includes girls and boys that do not meet the criteria to receive support as Educare families.**

**The following children received Education support throughout 2021.**

SN.	Name of the student	Grade	Supported from	Remarks
01.	Diya B.K.	X	2015, April	
02.	Jenisha Thapa	X	2014, April	
03.	Sushila Bastola	IX	2015, April	Siblings
04.	Laxmi Bastola	IX	2015, April	
05.	Sushmita Bastola	IX	2015, April	
06.	Manisha Bastola	VII	2015, April	
07.	Axel Thapa	IV	2016, May	
08.	Sofiya Shahi	X	2016, October	Siblings
09.	Samir Shahi**	V	2021, July	
10.	Rashmita BK	V	2016, May	Siblings
11.	Saraswati BK	III	2016, May	
12.	Rabin BK**	I	2021, July	
13.	Saraswati BK	VIII	2017, April	Siblings
14.	Samjhana BK	VII	2017, April	
15.	Sujana BK	VII	2017, April	
16.	Leela BK	X	2017, April	
17.	Ishika Shrestha	V	2018, April	
18.	Raj Timilsina	IX	2018, April	Siblings
19.	Namrata Timilsina	IV	2018, April	
20.	Roji Magar	III	2018, April	
21.	Nishma Bhandari	IV	2016, March	
22.	Sandeep BK	V	2020, April	
23.	Dimple Shrees	III	2018, April	
24.	Ritu Lamichhane	IV	2020, April	Siblings
25.	Sanskar Lamichhane	I	2020, April	
26.	Sushil BK**	IX	2021, July	Siblings
27.	Sabin BK**	IX	2021, July	
28.	Sunil BK**	VI	2021, July	
29.	Sumit BK**	III	2021, July	
30.	Ranjita Pariyar**	IX	2021, July	
31.	Smriti Tamang**	III	2021, July	
32.	Dolma Tamang**	V	2021, July	
33.	Samjhana Chhetri**	X	2021, July	
34.	Binita BK	VII	2019, April	
35.	Dipesh Sunar	IX	2019, April	
36.	Sneha Sunar	VII	2019, April	
37.	Prashna Thapa**	V	2021, July	
38.	Nirjala Buda**	IV	2021, July	
39.	Samkishya Nepali	X	2021, April	Passed SEE
40.	Uddhab BK	X	2019, April	Passed SEE
41.	Binod BK	X	2019, April	Passed SEE



**A total of 28 girls and 13 boys have been supported with education. They were provided with school uniforms, foot wares, school books, stationary and rain gears. All school fees were paid too.**

**Additions: 12 new children (6 girls and 6 boys) have been provided with educational sponsorship in the year 2021.**

**Pass Outs: 4 children (2 girls and 2 boys) successfully completed their Final School examinations.**

### 3) Vocational Training

One of the main pillars in our objective to empower our beneficiaries is by means of education and confidence building. However job training and empowerment will be provided for those who are leaving school. We refer them to our network-partner "LP4Y", who will prepare them to be independent and live with dignity and confidence!

- 2 girls were referred to LP4Y for a 3 months vocational training.
- 2 girls, who completed their training, are working in a school and health centre respectively.

### 4) Advocacy for Women's Health:

In Nepal a woman's health is defined by her duties at home as a mother and the works they have to do to sustain the family.

We advocate for women's health by providing basic health care access to our beneficiaries and conduct awareness programs in schools and communities advocating women's' health & hygiene. We organize health camps for our target groups and facilitate referrals.

Like last year few activities could be conducted on this front due to covid and the government rules to restrict mass gatherings.

#### a) First Aid:

This is our annual program and it is conducted in two phases, the second phase being general revision.

This year, we could conduct one First Aid Training for our Educare Families. 35 Mothers and the senior most girls were in attendance. The training was facilitated in a two way communication



#### b) Counseling

This is yet another annual program for our beneficiaries. We organize this in two separate methods namely Group counseling and Individual counseling.

This year we were lucky enough, through the circumstances to be able to conduct one group counseling for our Educare Family. 19 beneficiaries attended this session. This was mostly based on how to take proper care of themselves and their children. Having been through various hardships and trauma this counseling session helps them prepare for a smoother life. During which they also get to interact and share with other mothers. on any cases.



## c) Menstrual Hygiene:



We organized 2 awareness program for young girls in 'Bhramarropa Higher Secondary school in Lekhnath and Bharatai Bhawan Secondary school in Puranchaur. 40 girls aged 10-15 were made aware of menstruation and hygiene related to this in each of the schools. Following this awareness program, one of our beneficiaries opened up with her menstrual problem. She had irregular periods and would bleed heavily. This scared her as she had no one to talk to. Her mother used to silence her as a regular female problem. Our health worker took her to a hospital. She is improving after the check up and medications. This has been the highlight of these awareness programs.

## d) Health Insurance:

Under the initiation of the government of Nepal, we have provided 'health insurance' for all our Educare Families. For a family of 5, it costs Rs. 3500 and this insurance is covering medical costs and service for up to Rs. 100,000 per year.

Our families have been making good use of this facility especially during doctor consultation fees and lab services.



## e) Masks Distribution :

The COVID 19 has caused so much hazard in the lives of the common people. Besides losing jobs and asked to stay indoors, use of the mask has been made mandatory. This can become a financial burden to many. We therefore provided over 300 boxes of masks to our Educare families besides keeping them aware on taking all precautions to stay prevented from the corona virus.



## 5) Awareness Program:



**On the occasion of International Women's Day (8th March 2021) Bahini Educare Foundation in association with Amnesty International and Annapurna Rural Municipality organized an "Awareness & Interaction Program" for women. There were a total of 80 participants. Most of the women were widows and a few influential men from the community were invited too!**

**The program was taken well by all the participants and our moderators (female lawyer) and a social worker had to take an extra hour to answer to all the queries. Many of the women were alarmed at the rights provisioned for women.**

**Despite these legal provisions, implementations continue to be problematic. But we are motivated to make women aware of their rights and lead them to path of implementation. We will continue activities as such in the future to help secure better lives for widows through our various grass root projects.**

## 6) Eye Screening Camp:

**Among our various grass root projects Health, Hygiene and Sanitation is one of them. Wherever possible we advocate for these issues for women and children and at times organize camps to support the neediest. As requested by the Juvenile Home in Methlang, Kaski, we organized an "Eye Screening camp for the children in the home. 95 children benefitted from this camp, led by our chairperson, who also works for the Himalayan Eye Hospital, our technical partner. Our Chairperson donated required medicines for the camp, while the hospital provided free technical support.**



## 7) One Sleeping Bag for One Life:



***This is one program we have been organizing since the 2015 earthquake! Besides the insecurity of food, many families lack a proper roof and warm beddings! It can become very chilly and harsh during the winters and a good sleeping bag would keep the family warm and safe.***

***Timely for the onset of the cold winter season we successfully concluded our action "One-Sleeping-Bag-for-one-life". The good quality sleeping-bags are made in Nepal and this by underprivileged women and as soon after delivery we started with the distribution to the neediest of our target-groups.***

***Until today 70 sleeping bags have been distributed and more sleeping bags will continued to be distributed to the most needy and vulnerable.***

***Thank you BONO Direkthilfe, Schluss Strich e.V. and our generous donors on Global Giving for making this possible! It goes without words that our beneficiaries are overjoyed and it was a tremendous relief for all of them since this will give them adequate protection from the freezing cold at night.***



## 8) COVID Support & Emergency Relief:

***In Nepal millions more fell into poverty in the year 2020/2021 because of the pandemic induced economic recession. Poor people are living on \$2 or less daily and they are literally living from the hand to the mouth! For many, a day without work means a day without food.***

***Hunger is the most poisoned sting that poverty can inflict on human beings and it is the root cause of for unbearable suffering. It entails an increasing number of suicides, rape, child-marriage, prostitution, desperation and anguish for many of the twelve million of the poor people in Nepal. During these difficult/challenging times “Bahini-Educare-Foundation” stepped up and increased their support for the most vulnerable” hand in hand with the local authorities and community leaders. For these people our help is making all the difference and it is giving them hope in the darkest hours of their lives.***

***Due to the generous donations we received from BONO DIREKTHILFE, Germany, we were able to distribute the following goods for a total of 568 families. Keeping in mind the complicated situation due to lockdown’s and restrictions we conducted the distribution in three different phases in three different phases. However, the recipients were always the most destitute, those in desperate need for help!***



***1) First action on June 8th: 100 of the poorest families mostly single women led families, from Chapakot were provided with the relief items.***

***2) Second action on June 11th: 108 families mostly HIV affected people and physically challenged people received relief items.***

***3) Third action on July 8th: 360 families from the biggest slum in Pokhara were provided with relief items.***

***We also received a COVID RELIEF GRANT from Global Giving USA. Through this grant, we were able to support 300 families.***

***We further received a financial aid from Nepal Ireland Society, Ireland and were able to help 100 more families.***



***We have been very cautious to recognize the most disadvantaged and vulnerable families and this in cooperation with the local authorities.***

***Each of these families received:***

- |  |                                 |
|--|---------------------------------|
| <b><i>a) Rice 25 kgs</i></b>                   | <b><i>b) Lentils 2 kgs</i></b>  |
| <b><i>c) Soaps ( 2 bathing/ 2 washing)</i></b> | <b><i>d) Masks (15 pcs)</i></b> |

***The poor people in Nepal are very resilient and they are able to cope as long as they have enough food for survival and it is our declared objective to help as many as we can in this efficient and direct way!***





***A total of over 5000 beneficiaries benefitted from these relief actions and this could not have been possible with your kindness and generosity. THANK YOU!***

***The members of the board also contributed along with some of our Nepalese friends living abroad. Through this were able to donate***

- a) 5000 masks***
- b) 6 Thermal guns***
- c) 500 litres of Sanitizers***
- d) 3000 pair of gloves***

***These items of safety were donated to 4 health centres in the villages of Kaski and a school in Ghachowk.***

***Special mention goes out to the members of the board. They have all been proactive in this initiative going out of their comfort zones to help our people.***



## 9) Optimizing- Networking

*We are constantly aiming to improve and optimize our service and to this end we are putting strong emphasis on “NETWORKING”.*

### **Nepal House:**

*This NGO is providing free professional psychotherapy for girls and young women that have been abused and traumatized.*

### **LP4Y(Life Project 4 Youth):**

*LP4Y is working for the development of innovative solutions for the professional and social inclusion of young girls from extreme poverty and exclusion through empowerment and vocational training.*

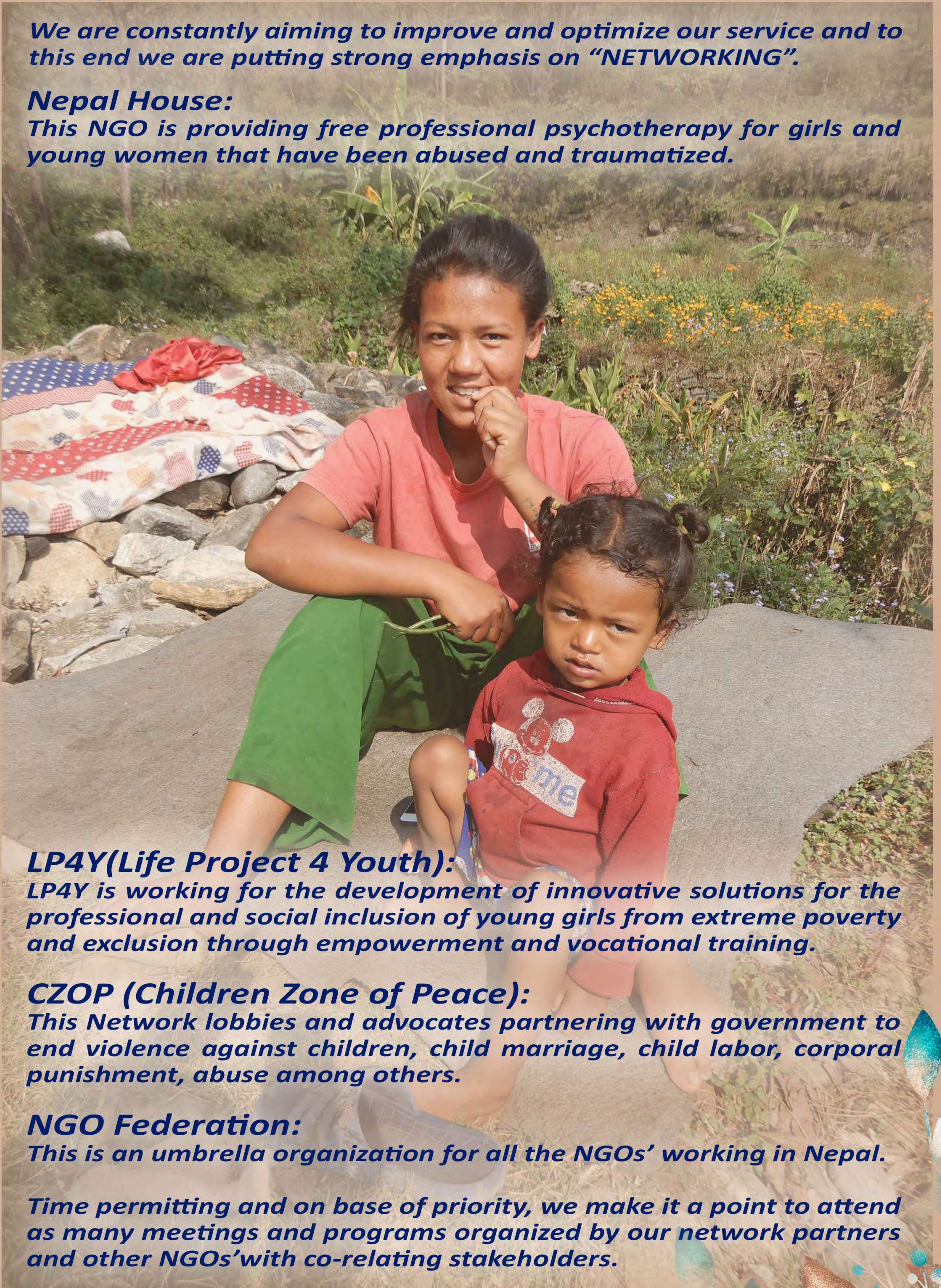
### **CZOP (Children Zone of Peace):**

*This Network lobbies and advocates partnering with government to end violence against children, child marriage, child labor, corporal punishment, abuse among others.*

### **NGO Federation:**

*This is an umbrella organization for all the NGOs’ working in Nepal.*

*Time permitting and on base of priority, we make it a point to attend as many meetings and programs organized by our network partners and other NGOs’with co-relating stakeholders.*



## 10) Family Visits :

**We make sure each of our families and other beneficiaries for education support etc are visited on a regular base.**



- a) For every new application a minimum of two visits is done. Post which an assessment report is presented to the board meeting, which approves the type of support to be provided.**
- b) Each family is visited whilst distribution of food supplies, educational supplies among others. Besides these our health worker visits these families as per need.**
- c) Beneficiaries of other programs are visited as per requirements. These visits are done at their homes, communities and schools for purposes of facilitation, research and results.**

## The Team

**Our TEAM consists of two full timers and one part-time employee all of which are all-rounders. We work six days a week and we are available around the clock for the case of any emergencies.**



## B-E-F in NUMBERS:

- **EDUCARE FAMILIES: 27 Families: 90 Beneficiaries**
- **Education Support: 100 children are going to school with our support**
- **New Families in 2021: 4**
- **Re-integration: 5 families**
  - a) **2 mothers re-married with their children**
  - b) **Daughters got married**
  - c) **Mother died in one family while close relatives took care of the children**
- **Jobs : 2 girls have gotten a good job after training at LP4Y**
- **Life Skill Trainings: 2 girls in Training @ LP4Y, 1 from BEF, other referral from Rukkum (Far West Nepal)**
- **Meals: 91284**
- **Health Insurance: 90 Beneficiaries**
- **Medical support/advice: 95 beneficiaries**
- **Uniforms, bags & Foot wares: 100 sets**
- **Clothings (Summer, Winter): 180 sets**
- **Inner wears: 180 sets**
- **Sanitary pads: 500 packets**
- **Soaps: 2000 bars**
- **Shampoos: 7000 sachets**
- **Tooth brushes: 300 pieces**
- **Toothpaste: 324 pieces**
- **Masks: 300 boxes**
- **Awareness program: 325 beneficiaries**
  
- **COVID Relief Action: Approx. 5000 beneficiaries benefitted**
  - 16700 kgs of Rice**
  - 3340 kgs of Lentils**
  - 2800 pieces of soaps**
  - 40000 pieces of masks**
  - 50 Litres of Sanitizers**
  - 6000 sets of Gloves**
  - 5 Thermal Guns**



# GRATITUDE:



***Our programs are professionally organized and implemented. All our beneficiaries are safe, healthy and thriving and very grateful for our support. We are appreciated and respected by the communities, the local government agencies, NGOs' and Government authorities. We are witnessing extraordinary positive changes in all our beneficiaries and we are determined to extend our support to many more of the most underprivileged children and single mothers in Nepal.***

***On this regard, we would like to thank all of our partners and relevant stake holders for their generosity, kind donations and the amazing trust in our work.***



**Raymond Lindinger  
Co-founder/Advisor**

***Thank You:***



**BONO Direkthilfe eV, Germany**



**Schluss Strich eV, Germany**



**Nepal Ireland Society, Ireland**



**Global Giving, USA**

***Your donations are not only funds, but life changing window for the many hope-less and disadvantaged families!***

