



AVASAR
NEPAL
EDUCATION FOR EMPOWERMENT

Quarterly Report ' 23

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about us

who we are

Avasar Nepal (AN) is a non-profit making, non-governmental organization (NGO), registered in Kathmandu, Nepal. Avasar in Nepali means "Opportunity" and Avasar Nepal was created with this very notion to be a bridge to provide opportunity to adolescent girls in the very remote villages of Nepal through the help of education.

mission

To provide the basic rights of education to the girls in the remote areas of Nepal in order to empower them to strengthen their skill development and help them to make their own decisions in their families and communities.

vision

To minimize the risks of early marriage, child labor, human trafficking, sexual harassment and school dropout, it is important that all the adolescent girls in the remote areas of Nepal should have the equal access to education and resources. Our vision is to mitigate these facts and for them to be the direct beneficiaries of our project.

goal

Help and improve equal access for women to social, economic, political and educational sectors.



proeject “Ikasi”

Avasar Nepal has been running the “Ikasi” project in collaboration with Nepaldala and InterHands. The Ikashi project focuses on providing full funding for girl’s education. Under this project, Avasar Nepal has been supporting girls from Bajhang by providing them with facilities such as education, accommodation, basic hygiene and dignity needs, extra-curricular activities such as dance, singing, and taekwondo along with tuition classes.

We currently have 11 girls from the far west who live in Avasar Nepal headquarter in Kathmandu and are being supported through this project.

The team members select girls from rural areas of Bajhang with underprivileged socio-economic backgrounds. The selection mechanism emphasizes all-round excellence coupled with a strong commitment to social responsibility so that the girls can be effective, and become positive change-makers in the future. We expect our girls to sustain their excellent record, take ownership of their education by all means possible, nurture a sense of giving to others in need, and facilitate better and more equitable outcomes in their communities in days to come.



our team



Kamal Khsetri
Project Coordinator



Bijaya Baskota
Project Officer



Indira Dahal
Housekeeping

Our team is a diverse group of individuals with a shared passion for helping our girls become more empowered and help them to develop their skills to be able to make their own life decisions.

We thrive on collaboration, working seamlessly together to achieve our goals. Each team member brings a unique set of skills and experiences to the table, creating a dynamic environment that fosters creativity and growth.

OUR girls



Durusa Rokaya



Kabita Rokaya



Menuka Bohara



Chadani Bohara



Smriti Rokaya



Iswari Nepali



Laxmi Nepali



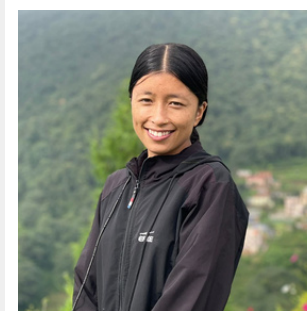
Kabita Bohora



Rumala Kumari Bohara



Amrita Rokaya



Bimala Bohara

working areas



Education, Accommodation, Medication

- Funding support to girls for school/college enrollment including extra-curricular activities, transportation, and stationery items.
- The girls live in a rented apartment in Kathmandu where food and basic needs like food, water, and clothes are provided so they can focus on their studies.
- Regular health checkups including any emergency medical requirement are taken care of free of cost.

Focus on extracurricular activities, talents

- Each month the girls are provided with the opportunity to visit different parts of the city to broaden their learning experience.
- Each girl is provided with the opportunity to enhance their skills by providing various training such as dancing, singing, and taekwondo.

Social awareness training

- Every month the girls participate in the workshop on various social issues and life skills such as sexual harassment, gender-based violence, empowerment, and child marriage. The girls are motivated to openly speak about issues that they feel is important and participate actively in such workshops.

updates



june updates

1. Workshop on “Equality and Leadership”:

As part of our monthly routine, we organized a 2-hour training session centered around the themes of "Equality, Equity, and Leadership." The session primarily emphasized effective presentation skills, followed by engaging activities such as Ask vs. Tell exercises, group discussions, games, and collaborative group work involving the participants. The primary objective of this training was to promote equal treatment for everyone and cultivate leadership skills that can be applied within any group context. Additionally, the training placed special emphasis on empowering young women to confidently express their opinions and take a proactive role.

Remarkably, all the young women actively participated in the session, finding its content engaging and valuable. They enthusiastically committed to applying the knowledge they gained in their everyday lives.

2. Router and thumb scanner installation for proper check-in and checkout.

When the new office was established in Kapan, we encountered challenges with the internet service, which wasn't functioning reliably. To create a more productive working environment, we installed an additional router. Additionally, we implemented a thumb scanner at the Kapan office to ensure transparency in our operations and to easily monitor the attendance of both our team members and the girls we support. This thumb scanner is utilized by all Avasar staff members, including the project coordinator, project assistant, tuition teachers, and support staff, as well as by all the girls. It is mandatory for the girls to use this attendance method to track their school/college arrival and departure times, as well as any other outings."

3. Performance in the social drama “Child Marriage”

As six girls, currently enrolled in Bal Uddhar Secondary School, found themselves enjoying their summer vacation with plenty of free time on their hands, they were encouraged to create and stage a social drama addressing the issue of child marriage. The purpose of this drama was twofold: firstly, to raise awareness among the girls about this critical issue, and secondly, to make productive use of their spare time through experiential learning.

4. Tuition classes

"Avasar Nepal recognizes that many girls face challenges in subjects such as Mathematics, English, Nepali, and Science. To address this educational gap, we have provided ten school-going girls with the support of a dedicated tuition teacher. These tuition classes have been successfully conducted over a period of three months.

5. Other support.

"Avasar Nepal incurs various monthly expenses, including rent for the flat and office space in Kapan, monthly staff salaries, tiffin fees, and miscellaneous items such as groceries, essential supplies, stationery, transportation costs for the girls, medicines, and items related to hygiene and dignity."

july updates

1. Notebook distribution:

Avasar Nepal undertook a project to print 5,000 personalized copies. After several rounds of discussions and coordination, the printing was carried out by Triple Two Production.

Currently, these copies have been distributed among our girls and staff members for their daily use.

2. Installation of “Smart Paani” water filtration:

"With our newly established flat and office in Kapan, we have taken steps to improve the representation and communication capabilities of our organization. To facilitate effective communication, we have installed a telephone service at our office.

Additionally, considering that the Kapan area predominantly relies on well water, we have installed Smart Paani water filtration systems. This ensures access to clean and hygienic water for all the girls, promoting their health and well-being."

3. Installation of a landline for the girls to be in touch with their family in the Far West:

Understanding the need for the girls to stay in touch with their family members, Avasar Nepal decided to install a landline in the office.

A routine is created for the girls to make phone calls to their families every week.

4. Participation in inter-school poem competition:

"To celebrate Bhanu Jayanti, the Budhanilkantha Municipality hosted an Inter-School poetry competition at their Municipal office. Among the participants was Kabita Bohara, who proudly represented her school. Kabita chose to recite a poem titled 'Mero Desh' (my country). Although she didn't secure a top position, this platform provided a significant boost to her confidence. She was recognized for her participation with an appreciation certificate, marking her admirable effort in the competition."

5. College admission for further education:

"After successfully completing her SEE, Rumala expressed a keen interest in pursuing further education and aspiring to become a Health Assistant (HA). Avasar Nepal wholeheartedly endorsed her decision and provided complete support. After a thorough investigation, it was confirmed that she met all the eligibility criteria for this pursuit, and her admission is done in All Nepal College of Technical Education.

6. Monthly workshop on “Pandemic and mental health” and “Table manners”

"Monthly training sessions were conducted addressing topics related to the pandemic, diseases, mental health, and table manners. These sessions primarily covered comprehensive information about pandemics, specifically focusing on COVID-19, and methods to prevent the spread of communicable diseases.

Furthermore, the training included essential lessons on table manners and etiquettes, followed by a series of instructional YouTube videos delving into these subjects."

august updates

1. Admission to singing class.

Three of our girls expressed a strong interest in learning how to sing, and as a result, they were enrolled in singing classes within the Kapan area. These dedicated individuals now attend their singing classes every other day, diligently practicing their singing skills not only during their lessons but also back at the flat from time to time."

2. Visit to Swayambhunath Temple:

"As a part of our monthly excursion program, the girls had the opportunity to visit the Swayambhunath Temple. These outings have proven to be highly beneficial for the girls, as they provide a valuable opportunity to acquire new knowledge and insights each month.

3. Checkup for Amrita:

"On a Saturday afternoon, one of our girls, Amrita, experienced severe neck pain. In response to this, she was promptly taken to Karuna Hospital for an emergency health checkup. At the hospital, she received a thorough examination by medical professionals, who diagnosed her condition and prescribed antibiotics to reduce her pain. Additionally, a follow-up plan was put in place to monitor her progress.

4. Monthly workshop on "Psychology, learning, memory and stress"

"In August, a monthly training session titled 'Psychology, Learning, Memory, and Stress' was facilitated by Mr. Sabin Rikham Magar, a seasoned meditation practitioner and psychology teacher. During the session, Mr. Magar delved into the fascinating realm of psychology, shedding light on the diverse ways individuals learn, the encoding and decoding of information in human memory, and the impacts of stress, both positive and negative.

The participants exhibited great enthusiasm for acquiring new knowledge, and the trainer himself expressed keen interest in conducting another session with the girls in the future."

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