Sunrise Children's Association Inc.

"Bringing a brighter future to the children of Nepal""

Newsletter
October-December
2019

Sunrise Home and Reintegration Program

Dear Sponsors,

Welcome to our last quarterly Newsletter for 2019! Some of the key highlights include:

- **The rescued children back with their families** during a recent monitoring visit
- **2 more graduates become Nurses!**
- **3 more graduates start bachelor's degrees**
- **Work experience** by college youth
- **Children's visits to their families** as part of the reintegration process
- **Academic achievements**
- **Flourishing organic crops at Sunrise Home**, festivals and special occasions celebrated and extra-curricular activities
- **Lots of photos of the children and their activities where you can see your sponsor children growing up!**

We are delighted to share that through Sunrise Home and the Reintegration program we have **directly supported 161 children and youth** so far and have helped transform their lives. This would not have been possible without your generous support, and for that **we are extremely grateful. Thank you.**

Sunrise Home

Rescued child Dil Bahadur Bhandari reunited with his mother

Dil Bahadur Bhandari is one of the 19 children rescued in mid-2019. **Just after his rescue to Sunrise Home, his father tragically passed away** in a jeep accident near his mountainous home in Humla. Due to conditions at home he has not been able to return permanently, but was very happy to see his mother, siblings and his relatives and spend a few weeks during the festival with them. We are planning his permanent reintegration very soon.

Above: Dil Bahadur Bhandari happy to be reunited with his mother during Dasain

Children visit their relatives during Festival

During festivals and long-term vacations, wherever it's safe to do so, children residing at Sunrise Home go and stay with their family and relatives to help strengthen their family bonds which will help their permanent reintegration as soon as its in their best interest to do so.

During this year's Dashain Festival in Oct 2019, the following children visited their home and family; **Dil Bahadur Bhandari, Anuradha, Yasodha** and **Bishal Shahi, Puja and Pushpa Dangol, Abishek kayastha, Sujan, Sushila and Sushil Mijar** and **Shiva Shanker.**

Above: Sujan, Sushila and Sushil Mijar receiving Dashain Tika (blessing) at their uncle's house

Child Progress

Second Term Exams

65% children (11/17) passed their 2nd terminal exam with **1 distinction, 5 in 1st division** and **5 in 2nd division.** Those that can still improve further were given counselling and are motivated to do better in 3rd term. **Congratulations to all the children for their efforts.**

Above: Children at Sunrise Home after getting their 2nd term exam results – some mixed moods!

Participation in Extra Curricular Activities

We encourage the children to participate in extracurricular activities at school and home to build their confidence and expand their skills. Believing that participation is the first step towards success, most of the children participated in various activities at school and did very well!

- **Joshna** participated in the "Open Singing and Dancing Competition" and won **1st prize in both. Pushpa** came 3rd in the "Dance Competition".
- **Laxman** came 1st in the "Spoon Race".
- **Bishal** came 2nd in "Debate Contest".
- **Ram, Laxman and their team** came 1st in the "Quiz Contest" while **Joshna and Dhiraj** came 2nd in the same contest.
- **Bishal, Dil Bahadur, Ramesh and Sujan** (Red house) came 2nd in "Kabaddi" game.
- **Ram** came 1st in the "Maths Race".

Above: Bishal Shahi during the debate competition

Above: Sushil Mijar in the Balloon Blast

The adolescents also attended orientation on "**Sexual and Reproductive Health, Life Skills and Sensitization Training"** at school which is important in their daily life and also put their creative skills to work and decorated their classrooms with various artwork, poems and quotes.

Above: Puja Dangol with some of her classroom decorations

Expression through art

Art is the creation, expression and sharing of thoughts in the form of pictures, which our children did to mark "**International Children's Day 2019"** at Sunrise Home.

Above: Sunrise children with their art

Anuradha represents her school Child Club at Rural Municipality event

Anuradha Shahi is serving as a **Joint Secretary** of her school's child club. She along with other 4 members of the club got an opportunity to participate in a Shivapuri Rural Municipality level interaction program with the theme "People's Representative with the Children" marking International Children's Day 2019. During this event she and other youth shared their understanding of child rights and requested the RM to ensure a child friendly community. Specifically, she stated (translated):

"***Children*** *are the pillars of the nation, not only for the future but also for today. The nation should ensure that every child is using his/her rights to the optimum level that he/she deserves for holistic development."*

Above: Anuradha (left) and her child club members participating in an interaction program with the local Rural Municipality Office

Psychosocial counselling continues

SCAI believes that family is the best place for children's overall growth and development, hence we continue to explore the children's thoughts and encourage them to return to immediate or extended family when we feel it's in their best interest. This quarter, specific "**Self-Awareness Activities"** were conducted with the children and our psychosocial counsellor to help everyone understand what, if any, emotional barriers may exist and to help prepare them for reintegration.

At the same time our team continued with assessment of the children's families.

Above: Sunrise children after a psychosocial counselling session at Sunrise

Keeping the children safe with annual fire-fighting refresher training

As part of our risk mitigation activities the annual fire-fighting mug drill for children and staff took place outside Sunrise Home, and the evacuation and fire-fighting teams were re-briefed on their roles and responsibilities in the event of a fire.

Above: Preparing a safe fire-fighting demonstration at Sunrise Home

Dashain and Tihar festivals

Dashain is the main festival in Nepal. The festival is observed for 15 days and involves elders offering Tika, Jamara and blessings to those younger.

As is tradition, all children received new clothing and those that were unable to return to their villages enjoyed the traditions of a home-made swing, kites and outings to the local waterfall and the movies.

Above and below: Children and staff after receiving Dashain Tika blessings

Above: Children with kites during Dasain

Above: Sunrise children with their new Dashain clothes

Tihar also known as **Deepawali** is the **second biggest** festival in Nepal and is observed for 5 days. The first day is to worship crows, 2nd for dogs, 3rd for cows and Laxmi, the Goddess of Wealth, 4th for oxen and the final day is Bhai Tika – brother sister day. As always, the **Sunrise children showered each other with blessings.**

Above: Children after Bhai Tika (brother-sister blessings)

Christmas party with Sunrise children and reintegrated youth

Every quarter we invite the reintegrated children and youth back to Sunrise Home; this time to celebrate Christmas and New Year. The children and youth always love getting back together and sharing these special occasions and sharing their news with each other.

As always it was a day of fun, games, dance and delicious food.

Above and below: Sunrise children and reintegrated youth exchanging their meals

Above: Josana and Abhishek giving each other a meal

Above: Sushila with her Christmas feast

Above: Playing tug of war

Above: Group photo of Sunrise Home and reintegrated youth

Sunrise Home's thriving vege garden!

The latest veges to be planted in the Sunrise garden; **spinach, radish, tomato and cauliflower.** The children are also still drinking fresh milk daily from our own **Sunrise cows**.

Above and below: radish, spinach and cauliflower in Sunrise Home garden

Reintegration Program

Child reintegration is important for children's natural development. Our dedicated team continue to visit our reintegrated children on a regular basis at their homes, schools and colleges to help **ensure their protection, education and child rights are being met** and to help them and their families overcome any challenge they may be facing.

Since most of the children come from poor economic backgrounds, marginalized groups and socially underdeveloped communities, we provide them with a range of support including **education, personal belongings, food, rent assistance, counselling and various**

trainings and interaction sessions through Sunrise Youth Club (SYC).

This quarter, our team undertook 51 home visits of 43 children across 27 schools and colleges.

Update on the children rescued in mid-2019

Most of the rescued children came from the remote districts of **Humla and Mugu**, where there is minimal infrastructure and a low standard of living. Many families struggle with traditional farming methods and most live in poverty and face various social malpractices.

The Human Development Index is still low with **higher child mortality, malnutrition and trafficking of children to orphanages** in Kathmandu and other cities for an education, which is the case of the children that were then rescued and send to Sunrise Home.

To enable these children to live safely and happily with their families and get an education, **we continue to support 15 of the rescued children to go to school -** 2 are still are sunrise home and 2 o longer need our support.

Our Program Coordinator Mansingh, who is also originally from Humla, **visited all the children and their families in their homes in November and found all were happy and well and attending their local schools.**

Above: Subash Malla with his parents in Mugu

Above: Sapura, Alina and Alisha with their aunt in Humla

Above: Bastola Shahi with his parents in Mugu

Above: Gangaraj and Diljan with their parents and younger brother in Mugu

Above: Anushka with her mother in Humla

Above: Arjun Rawat with his mother in Humla

Above: Basanta Bohora with his father in Humla

Above: Suresh Singh with his parents and siblings in Humla

Our team also continues to visit the children that were reintegrated earlier to continue to give them guidance and support until they finish college.

Above: Som Tamang with his classmates

Above: Anita (recent Nursing graduate) and older sister Chirring (Bachelor graduate) with their mother

Above: Mitthu with her sisters during home visit

Above: Raju, Supriya and Sishir during their home visit

Above: Bikash Thapa at his school

Above: Bipin and Binam Thapa at their school

2 Youth Graduate from Nursing!

Nikita Thapa and Anita Lama, our 2 Nurses have finally graduated from their 3-year Diploma Certificate with **76% and 77%** respectively. They are both now preparing for their nursing license exams. **Congratulations girls on your fantastic achievements!**

Above: Nikita Thapa, Nursing Graduate

Above: Anita Lama, Nursing Graduate

Youth head abroad for study and job opportunities

Lokendra Moktan/Tamang has gone to Japan to study Japanese language and has a part time job to fund his living expenses and pay for his studies.

Chham Bahadur Gurung has gone to Malaysia to work as a waiter.

3 more youth start bachelor degrees!

Sadumaya Budha, Khim Maya BK and **Milan Tamang** started their self-funded bachelor's degree this quarter. We are very thrilled to see these youths taking their next steps and following their dreams.

College field visits and excursions

Rajaram Thapa is keeping very active through his college practical, learning how to make a variety of food and drinks as well as his self-taught creative **YouTube blogs.**

Raj Kumar Shrestha, 3rd year of a Pharmacy Diploma attended a week long exposure on running a pharmaceutical company, various medicines and practical at a Teaching College and Hospital in Pokhara.

Mitthu Tamang and Durga Shakya went on a 5-day educational tour to Poon Hill, one of the tourist areas in Nepal as part of their subject course (Travel and Tourism subject).

Above: Mittu enjoying during her college tour to Poon Hill

Above: Rajaram at hospitality college practical, learning how to prepare delicious food and drinks

Above: Raj Kumar during his Pharmacy Diploma practical field visit

Sunrise Youth Club

SYC continued to involve the youth in various activities to help them further along the path to independence and achieving their dreams. The youth re-focused on the vision of the club, as well as received orientation on things like gaining employment with the "Public Service Commission" to secure stable government jobs.

Above: Some of the SYC with SCAI Country Manager Raj

Maintaining Accountability through Social Audit 2018-19

In October 2019 we held our annual social audit where we and our NGO partners shared an overview of the project activities, progress made, financial reports and held open discussion about any challenges the beneficiaries, stakeholders or SCAI/NGO teams are facing and how collaboratively we can further improve our programs and their impact.

The session was facilitated by an independent facilitator with presentations by the Deputy Mayor Manju KC, RM Education Officer, our SCAI and NGO partner teams, with input from parents, students and teachers.

Above: SCAI's Emma Taylor and Country Manager Raj Kumar Lama Tamang with the RM Education Director and Deputy Mayor

Above: Some of the participants of the Social Audit

International Volunteer Day 2019

To appreciate the key committee members from our NGO partners and other key people that have contributed to SCAI's projects, we organized a simple but much appreciated social function where everyone had the opportunity to share their experiences working with SCAI and we gave special thanks through words and certificates of appreciation. The **Deputy Mayor of Shivapuri Rural Municipality also happily attended the event** (3rd from left!).

Above: Some of the team receiving thanks from SCAI on IVD

We hope you enjoyed reading the highlights from this quarter, and we look forward to bringing you more exciting news in 2020.

Thank you all for your ongoing support which makes it all possible.

Emma, Raj and Mansingh
SCAI Australia/Nepal