

2022

Year in Review

Empowerment: Full Steam Ahead



Rukmini Girls enjoying first ever Run for Rukmini event in Nepal

Namaste and welcome!

2022 was another challenging year, but this year I felt even more grateful as all of our Bahinis were able to get back in school after a long break due to the pandemic. The pandemic has made us think long and hard about how to provide an even more holistic approach to our efforts - like economic, digital, and physical/mental empowerment. This year we were so delighted to be able to start implementing such programs in full force. For example, just in the last few months, we have conducted hands-on skill training program on sewing to help women in the community generate income opportunities. We also started a Digital Literacy project in one of our partner schools, Setidevi by providing laptops and also training for the teachers and staff. We also ran a training program for Trainers on self-defense, a first of its kind program in the area. Girls are harassed and even abused regularly, but through this training we are not only providing them ways to be physically strong, but also mentally as well. Lastly, another major highlight was our first-ever Science Exhibition in collaboration with the local municipality, we were able to bring thousands of students, teachers, community, and even national media to see how we are advancing education in the community. We firmly believe that this will help foster STEM programs in schools for the future.

These are just a few examples of how we are empowering girls, and I know we have a lot more to do. We have had to broaden our horizons with better management and leadership skills. Thanks to one of our Board Members, Priti Bhattarai, our women-led staff in Nepal received world-class leadership training from an expert in the subject. Speaking of board members, this year was also special because we were visited by Preeti Khanal, another US-based board member. We had been working together for a long time virtually, but seeing her in person was amazing as I felt like meeting my own sister. During her visit, she led a Didi program in one of our partner schools and the students were so captivated by her presence. I feel privileged to get a chance to play a small part in making this work possible, and on behalf of the Nepal Team as well as our Board, I want to thank everyone, especially our donors, whose support has made a very meaningful impact the lives of the girls we work with.

Usha



Mission

Empower girls through quality education so that we can eradicate child marriage, end gender inequality, and enable a more equitable and prosperous Nepal.



Day 5 of Self-Defense Training - Girls and Mentors learning how to defend themselves.

How we achieve our mission

Major programs at a glance

Gyan

120+
Girls



Ensuring girls are enrolling, attending, and excelling in school

Aayush

2,000+
Girls



Ensuring health outcomes through nutrition, check-ups, and additional support

Didi

5,500+
Girls



One to one mentoring, group programs, special events to broaden girls' horizon

GLOW Clubs

650+
Girls



After-school program focused on fostering creativity, self-esteem, and entrepreneurship

DEEP

4,000+
Students / Teachers



Digital Education & Empowerment Project bridging digital divide and expanding meal program



The leadership team in Nepal driving the mission, led by Usha Adhikari

Sabina | Usha P | Usha A | Apsara | Sirjana | Aasha

2022 Goals/Results & Report Card

A	Expand support for girls beyond high school	6 girls supported post high school 3 scholars who are actively working with the foundation to support programs
B	Expand STEM Club to over 200 girls	Even though we were unable to expand on STEM Club program as planned, we conducted 1st ever Science fair which brought thousands of students, teachers, and community members together. We plan to expand on this goal for 2023
A	Implement a self-defense program for girls aged 7-18	Started the program with a 5-days training for Trainers and some of the girls By having Trainers trained, we will be able to keep this program going into 2023
A	Expand Reading Circle program to include GLOW Club and community members	A few of our GLOW Clubs conducting this program 2 Community Reading Circles formed and ongoing
A	Distribute 50 computers and enhance digital education	Distributed 40, which was a great success given steep increase in costs of laptop. Providing training to students and teachers, working closely with schools
B	Expand mental well-being program & GLOW Clubs	2 New GLOW Clubs successfully started and Mentors Trained Conducted program on tech addiction and mindfulness. Plan to expand in 2023
A	Enhance community outreach by supporting Open School in Pharping and like-minded organizations	Supporting Open School with a grant- grade 8 to 12 - 65 students are studying. Conducting a Skill development training in collaboration with the Open School
A	Provide leadership training for Nepal Team	Conducted Leadership training and also provided self-defense, technical and mentoring training for our entire leadership team and select mentors

Gyan

120+
Girls



Ensuring girls are
enrolling, attending,
and excelling in school



20 New Bahinis Supported in 2022



This year, we welcomed 20 new girls who will receive our holistic support all the way through and hopefully beyond high school.



Gyan

120+
Girls



Ensuring girls are
enrolling, attending,
and excelling in school

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In 2022, we saw the emergence of young leaders like Roshani Rumba who took it upon herself to lead local tutoring sessions to empower girls.

Gyan

**120+
Girls**



Ensuring girls are
enrolling, attending,
and excelling in school



Yojana



Sangita



Purnima



Punam



Malika



Kritika

This year, 6 more girls graduated from high school and became eligible for college and higher education.



Gyan

120+
Girls



Ensuring girls are
enrolling, attending,
and excelling in school

One of our goals this year was to develop a love of reading:
We created 2 new community book clubs and are expanding program within our GLOW Clubs as well



Aayush

2,000+
Girls



Ensuring health
outcomes through
nutrition, check-ups,
and additional support

We started a self-defense class by training local trainers on techniques to help keep girls and women safe. We will expand on this program in the coming years.

What they are saying...

Shrijana Poudel

Mentor of Pharping GLOW Club

“I wish we had self-defence training a long time ago so that many girls would have been spared from violence and abuse. After the training, I believe that girls can protect themselves better. I am committed to teach other girls what I learned during the 5 days of self-defense training.”

Dilip K.C

Community Member

"After taking part in Run for Rukmini - 11th year anniversary celebration, I learned lot more what the Rukmini Foundation has been doing to bring changes in our community. I appreciate their efforts in empowering girls through education and through a variety of programs.”



Aayush

**2,000+
Girls**



Ensuring health
outcomes through
nutrition, check-ups,
and additional support

Poor menstrual health kills girls and women, and is often a taboo subject, but we are breaking barriers to enable girls to advocate for their own well-being.



Aayush

2,000+
Girls



Ensuring health
outcomes through
nutrition, check-ups,
and additional support

**Board Member, Preeti Khanal was able to visit our programs while in Nepal,
and even got to enjoy school lunch with Bahinis at Champadevi School**

Aayush

**2,000+
Girls**



Ensuring health
outcomes through
nutrition, check-ups,
and additional support

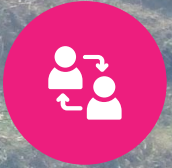


Health check-ups are crucial in ensuring that our Bahinis (younger sisters) are physically well, and we even provide this access to their family members as well.



Didi

**5,500+
Girls**



One to one mentoring,
group programs,
special events to
broaden girls' horizon

We conducted as many home visits as we could, and we plan to increase the number of these visits in 2023 by improving our team's mobility.



Didi

5500+
Girls



One to one mentoring,
group programs,
special events to
broaden girls' horizon

A highlight of our Didi Program was having the Field Coordinator for READ Nepal, Ms. Bina Gole come to speak with our girls about her life and how she overcame her challenges in order to lead a successful life.



Didi

5500+
Girls



One to one mentoring,
group programs,
special events to
broaden girls' horizon

Our mentoring program takes us into communities where we engage through creative programs like street plays and involving community members through dance as well.



GLOW Clubs

650+
Girls



After-school program
focused on fostering
creativity, self-esteem,
and entrepreneurship

After what seemed like forever, GLOW Club members and the community celebrated the chance to reconnect at our Local Summit.

GLOW Clubs

650+
Girls



After-school program
focused on fostering
creativity, self-esteem,
and entrepreneurship



GLOW Club members celebrated International Literacy Day by sharing their ideas, concerns, and also their talent.

GLOW Clubs

**650+
Girls**



After-school program
focused on fostering
creativity, self-esteem,
and entrepreneurship



Girl Advocacy Representative (Suneri Basnet) led a conversation circle on the critical issue of climate change and how it is impacting girls in Nepal.



GLOW Clubs

650+
Girls



After-school program
focused on fostering
creativity, self-esteem,
and entrepreneurship

Through the GLOW Clubs' Girl Boss Professional program girls are learning how to start a business, run it, and be their own boss.

What they are saying...

Shree Krishna Maharjan

Teacher, Pharping Secondary School

“We were aware how the GLOW Club program has been helpful in girls’ empowerment, so our school was anxiously waiting to be included in the program. Now that we have our own club our girls are happy to be a part of new and creative learning opportunities.”

Shyado Tamang

Teacher, Shikharapur Community School

“I got to know the good works of the Foundation and its impact on the girls more closely after participating in the self-defense program. I am eager to help and support in any way possible in the upcoming programs.”



DEEP - 25 Laptops were presented to Setidevi School, and the school has started teaching computer classes on a regular basis.

What they are saying...

"I am extremely thankful to the Rukmini Foundation for providing 25 Laptops and also making available a technical expert to train our teachers for all the necessary training needed. We have been teaching computers from Grade 4, but it was done only with books and lectures. Now, with availability of computers and trained teachers, we feel the real learning has begun. We also have seen great enthusiasm among students for learning and this is quite inspiring for the whole school.

We have incorporated computer learning from Grade 4 through 8 in their class schedule. Grade 9 and 10 are encouraged to use computers during their free time. We also want to share this amazing resource available to other schools, if our schedules permit. We wish all the other schools in the community also have this kind of learning opportunities for their students.

Once again, I would like to thank Rukmini Foundation for providing this opportunity for our school."

Gajendra K. C

Principal, Setidevi School - Talku



DEEP

4,000+
Students / Teachers



Digital Education &
Empowerment Project
bridging digital divide
and expanding meal
program

DEEP - Not only providing access to laptops, but providing training and mentoring on how to use these devices. Usha P provides hands-on training.

What they are saying...

Anisha Gurung

Student, Setidevi School - Talku

"I have been studying computer subject only on books. Now, getting a chance to learn by using a computer has made learning fun. I also understood the usefulness of computer. I have already learned few things like typing, emailing, google searching and finding things I like to know. I want to thank the Rukmini Foundation for providing this opportunity for many students like me."

Bijaya Tamang

Teacher, Setidevi School - Talku

"I used to teach Computer subjects without a computer. It was difficult to teach and even more difficult for the students to learn. Now, we have a fully equipped computer lab, where every student has access to computers. I also did some training to refresh and update my skills. There is great excitement for students to learn, and I also feel great joy for being able to teach in a meaningful way."



DEEP

4,000+
Students



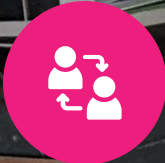
Digital Education &
Empowerment Project
bridging digital divide
and expanding meal
program

In strong coordination with the Dakshinkali Municipality we helped to conduct a first ever community-wide Science Exhibition at Arunodaya Secondary School where more than 4 thousand people participated.



Didi

5,500+
Girls



One to one mentoring,
group programs,
special events to
broaden girls' horizon

Pramila Gajmer was our very first mentor (Didi), and after 10 years of service, she is moving to the next phase of her life, so we conducted a small program to show our appreciation for her many contributions to the foundation.



Didi

5,500+
Girls



One to one mentoring,
group programs,
special events to
broaden girls' horizon

Mentoring young girls to be the best versions of themselves is not easy, and our mentors also need support to be their best selves, so this training program was a great way for our mentors to be there for each other as they are for their Bahinis.

Aayush

2000+
Girls



Ensuring health
outcomes through
nutrition, check-ups,
and additional support



As part of our Promoting Animal Welfare (PAW) project, we conducted an awareness program during “Kukur (Dog) Tihar” festival where young people learned the importance of caring for and protecting animals like dogs and cats throughout the year and not just for 1 special day.

GLOW Clubs

650+
Girls



After-school program
focused on fostering
creativity, self-esteem,
and entrepreneurship



Through our GLOW Club program we were able to create a special project where local women not only received training on tailoring, but also used their skills to create reusable sanitary pads that can be very useful for adolescent girls.



Aayush

2,000+
Girls



Ensuring health
outcomes through
nutrition, check-ups,
and additional support

Celebrated World Earth Day by cleaning a public park with our team and some of our girls. It is not just one day of activity, but establishing a mindset that we have to play our part to keep our community / environment clean.

Aayush

**2,000+
Girls**



Ensuring health
outcomes through
nutrition, check-ups,
and additional support



To practice, maintain, and train mental resilience, the students learned yoga techniques and also conducted physical exercises.

2022 in Numbers

Our key accomplishment metrics this year



20

New girls enrolled

We helped 20 more girls enroll in school and will be supported through our programs



400+

Students, Staff & Teachers

Trained on computers and digital technologies. More importantly, Setidevi School has adopted computer learning part of the curriculum & others want to follow.



100,000+

Meals Served

Just this year alone, our nutrition program has served over a 100,000 plates of foods across various partner schools



4,000+

STEM Participants

First-ever Science fair organized in Pharping where 25 schools participated and we had over 4,000 people attend including national media



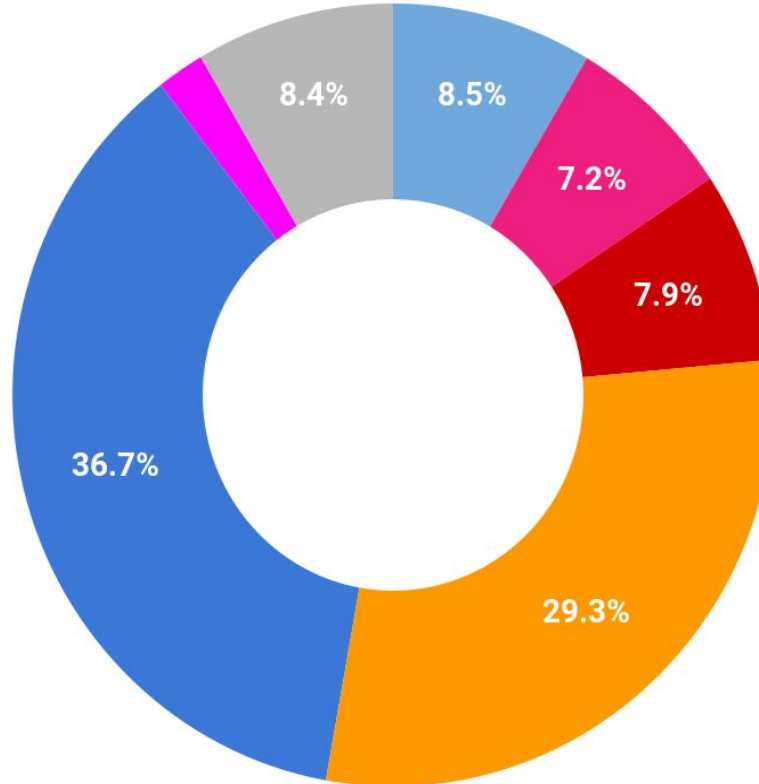
1,000+

Girls & Women

Participated in different physical programs like days celebrations, self-defense training, mentoring programs, community events, and more

How your support was utilized in 2022

- Gyan - Quality Education
- Didi - Mentoring
- Aayush - Health & Wellness
- GLOW Club - Afterschool Program
- DEEP - Digital Education & Empowerment Program
- Sahara - Community Engagement
- Administrative



Highlights / Notes

Thanks to our wonderful partner organization, Global GLOW we were able to not only provide world-class after-school program, but also innovate with new programs, such as income generation programs for community women.






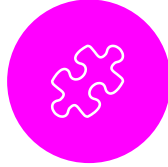
We also did a lot through our DEEP program to not only provide access to computers, but also training for students and even teachers. DEEP also enabled us to increase access to our nutrition program.

Looking Ahead for 2023



2023 Goals

Here is what we are looking to do in the coming year

Gyan	Aayush	Didi	GLOW Clubs	DEEP	Other
					
<ol style="list-style-type: none">1. Start a Music & Arts Program (Kalaa)2. Expand community based tutoring program to at least 1 more village	<ol style="list-style-type: none">1. Self Defense Training implemented at Partner School for 300+ girls2. Expand nutrition program to a new school	<ol style="list-style-type: none">1. Incorporate boys in mentoring programs2. Increase home and school visits by improving mobility of our staff	<ol style="list-style-type: none">1. Support 1 local women entrepreneurs group to establish a business2. Provide Public Speaking Training for girls including a podcasting program	<ol style="list-style-type: none">1. Start at least 1 community-based STEM Club2. Open 1 Library / Open Cyber Tea Shop to expand access to technology for local communities	<ol style="list-style-type: none">1. Expand our internship program to include at least 2 more graduate girls2. Conduct awareness programs about migrant workers and how to avoid exploitation

11 years later, we continue to learn and grow thanks to you!

We are grateful to you for your support this year, in which we were even more innovative than usual. This year we tried many new things, which we believe will become core components of our program. We have the confidence of trying new things because of our amazing team in Nepal, but also because of our wonderful supporters.



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Wishing you all a very happy and peaceful 2023

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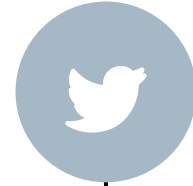
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