

# 2025

## Building Healthier Communities



Supriya holds a sign sharing her gratitude for our supporters providing nutritious meals in school.

# Namaste and welcome!

I was born and raised in Pharping, the very community where the Rukmini Foundation works. As a child, I was extremely shy, so nervous that I avoided speaking even with my teachers, and I knew little about my own hometown. Programs like LitClubs, World Read Aloud Days, and mentoring sessions offered by the Foundation became my first window into new possibilities beyond what I had imagined for myself.

After high school, I never expected that this same Foundation would one day invite me to join its team. When I was offered a role as a Finance Assistant and Mentor, I was terrified but instinctively said "yes." On my first day, those fears quickly faded. I was welcomed into a sisterhood where we learned together, united by a shared mission, to empower the girls in our program as their supportive older sisters, their Didis.

My journey since then has been one of deep learning and growth. Nervous home visits opened my eyes to the challenges and resilience within my own community. Seeing firsthand the struggles families faced moved me deeply and strengthened my commitment to support them. Through organizing street dramas to raise awareness about child marriage and gender discrimination, I witnessed tangible change, fewer early marriages, more girls completing their education, and a gradual shift in community attitudes.

Each year, our work extends far beyond the classroom. In 2025 alone, we provided 150,000 healthy school meals, trained women in organic farming to improve both income and nutrition, and equipped teachers with essential mental health skills. We continue to stand with our community in times of crisis, a commitment that has endured from the 2015 earthquake through the pandemic and the floods this year. Perhaps the most powerful testament to our work is the circle of empowerment it creates. Today, three of our former Bahinis, Sirjana, Roshani, and Yojana, are now my colleagues, inspiring the next generation of girls. I feel a profound sense of pride when a young girl in the village points to me and says, "That's my Didi from Rukmini."

This report is a celebration of that transformation. It reflects what your support made possible in 2025, not only programs delivered, but futures built, a community strengthened, and confidence discovered. Every meal served, every training conducted, and every girl who begins to see a path forward is part of our shared story. Thank you for believing in this mission and for empowering girls like me to grow into mentors, leaders, and sources of hope for our community.

With sincere gratitude - Sabina



**SABINA BISUNKE, PROGRAM OFFICER**

# Mission

**Empower** girls through a **holistic** approach so that we can eradicate child marriage, end gender inequality, and enable a more equitable and prosperous community.



# How we are aligned to UN SDGs



# The leadership team in Nepal driving the mission



Usha | Dipa | Sirjana | Sanjita | Yojana | Roshani | Sabina

# 2025 Goals Report Card



Improve academic performance (**GPA**) by **0.5** in three partner schools.



**In Progress** - GPA **increased from 2.8 last year to 3.0** in interim reports, however final grades will be published in March 2026.



Provide computer training for **500+ participants**



**Partially Completed** - Reached **~300 students at 2 partner schools**.



Expand the School lunch program to an additional school to ensure **200 Kids** get lunches.



**Fully Completed** - **2 new lunch programs** in Setidevi, Talku/Balsudhar schools implemented in partnership with AllPeopleBeHappy.



Train **15 teachers and 5 Foundation staff** as Trainees on Mental Health



**Fully Completed** - **6 Foundation staff and 14 teachers** completed 6 sessions on Mental Health.



Increase home and school visits through local mentors to make **285 home and school visits**



**Partially Completed** - We traveled a total of 1077.52 kilometers and conducted **67 home visits and 94 school visits**.



Conduct **2 Talent and 1 Art Exhibition shows**



**Fully Completed** - GLOW Talent Show and 1 Art Exhibition conducted



Provide Leadership Training for **13 GLOW mentors**



**Partially Completed** - GLOW mentors received leadership training at their schools at different times, but we did not conduct a specialized training for them this year. We may look to do more in 2026.



Organize **3 Health Camps** in different communities to address key women's issues



**Fully Completed** - In partnership with AllPeopleBeHappy, we conducted a Mental Health Train the Trainer program and addressed other girls and women health issues.

# Our key accomplishments by the numbers



**97**

Girls receiving direct financial support to ensure they are able to attend school and have uniforms and other necessary school supplies to be successful.



**300+**

Trained SEE candidates and 2 different school students, on computers and digital technologies.



**150,000+**

Meals served Across 7 partners schools. 1,675 beneficiaries.



**100+**

Teachers, Community Leaders, GLOW Club Mentors, and Foundation Staff received a 3-day Child Protection Policy training to create a safe and supportive environment for children.



**4,000**

Girls and Boys and Women participated in different in-person programs, mental health training, mentoring programs, community events, and more

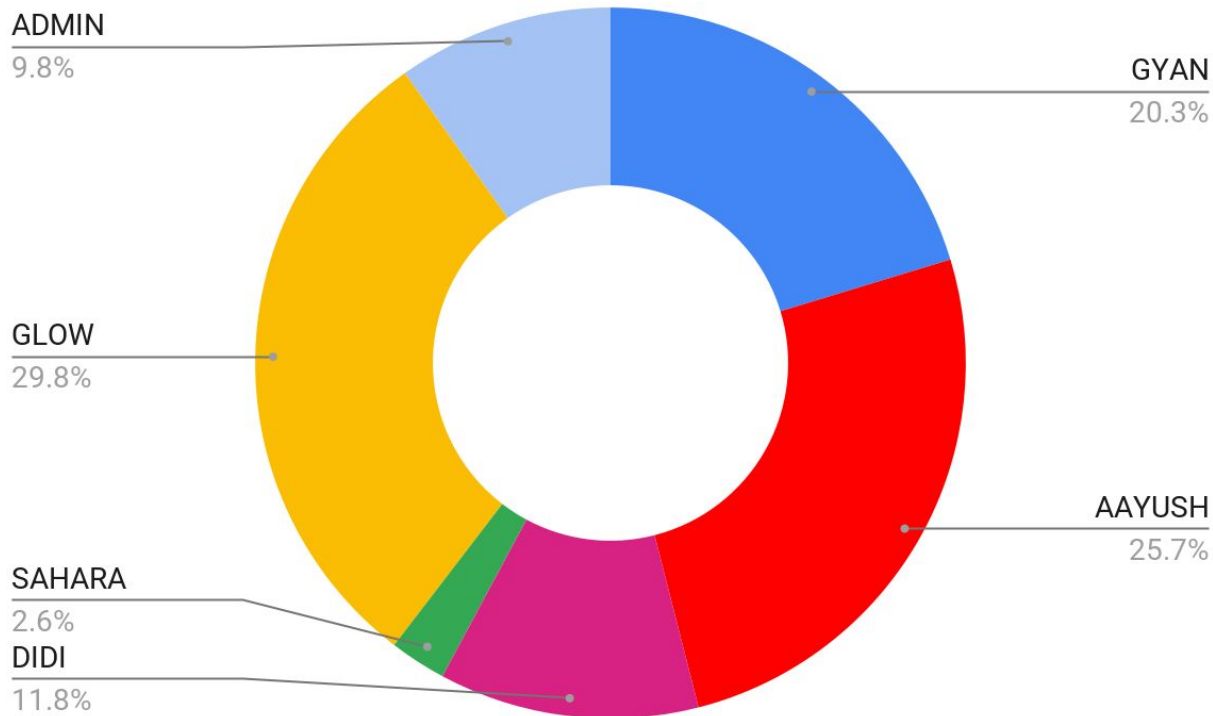
# How your support was utilized in 2025

## Highlights / Notes

Health & Wellness programs continue to be a key part of our overall budget as being healthy physically and emotionally is critical to education and empowerment for the girls and the community. **This will be an area for focus in 2026.**

This year, we made more progress in bridging the digital divide through in-depth computer training. **In 2026, helping the girls and the community at large develop skills for the future** will be another area of focus.

Lastly, we have seen the need to support the girls and their families through emergencies, so **we will build out our SAHARA efforts** as well.





**Jamuna inspecting the greens she is growing.**

## Building Healthy & Resilient Communities

In 2025, Rukmini Foundation has become a driving force for positive change by advancing its mission to empower minds, nourish bodies, and build safe, resilient communities. Through the school lunch program, more than 150,000 nutritious meals reached children in seven partner schools, directly fueling their ability to learn and grow. The Foundation's holistic approach extended beyond nutrition, with mentoring and child protection programs—such as the Child Protection Policy initiative—while also promoting mental and emotional well-being for countless children.

Physical activity days, mental health teacher trainings, mentoring sessions, career planning, and vibrant community events engaged nearly 4,000 individuals, strengthening connections and nurturing young leaders. Rukmini Foundation also provided essential skills training to 400 youth and three local women in organic farming, vocational trades, and computer literacy, equipping them for economic independence and personal empowerment. Celebrating seven graduates this year stands as a testament to the unwavering commitment of students, their families, and the broader community. Every meal served, every lesson taught, and every skill mastered moves us forward toward a future where youth and women can thrive and lead, making our community healthier, safer, and stronger.



## Building Healthy Eating Habits

Healthy communities require good nutrition. As part of our effort to improve the physical health of our students and community members, we are going beyond just providing lunches in schools. The Nutrition Awareness Program is also teaching parents about the importance of nutritional health and how they can pass on better eating habits to their children. These programs are developing healthier students and a much healthier community.

A mother and child enjoying a nutritious meal during our outreach program.

## Building New Relationships

In order to improve community health, we needed extra support, and we are so fortunate that in 2025, we built an amazing partnership with All People Be Happy Foundation (APBH). Bibi from APBH visited us in Nepal to learn more about our work and to support our programs. We are so grateful for her visit and the support of APBH that has allowed us to provide more nutritious meals and explore new ideas like building a women's agricultural initiative, which will help them contribute to their communities while improving their economic outcomes. Such innovative ideas are only possible by building new relationships, and we are looking forward to building on this for years to come.



**Bibi (far right) and Usha (middle) assessing a lunch program.**

# Building New Relationships: Global Connections



Tina (Board Member), got involved and inspired students through engaging and interactive lessons, boosting confidence and participation. Her supportive teaching style and meaningful cultural exchange left a lasting impact on students and community.

## Urgen Sanjay Lama

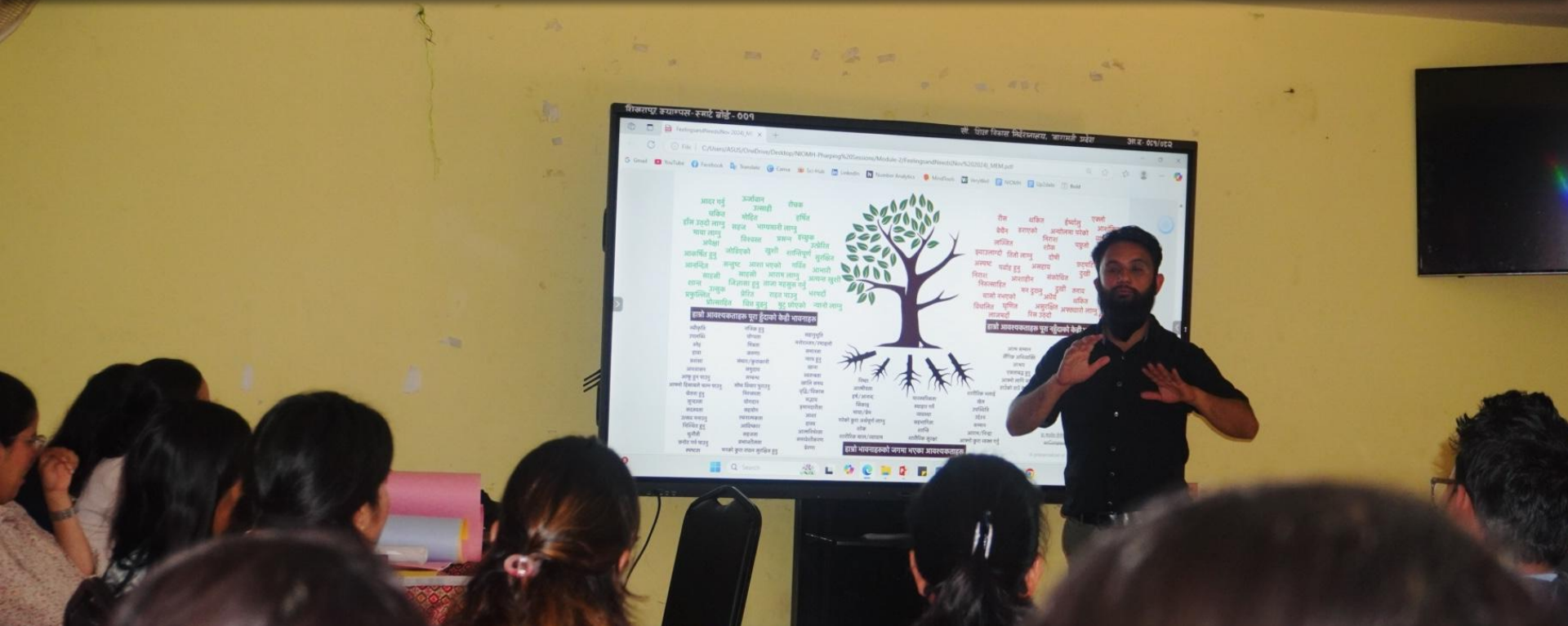
Community Leader

Rukmini Foundation has been bringing different programs in schools and in the community, such as: Scholarship Program, Day Meal Program, GLOW Clubs, and after school tutoring , and health and wellness programs. These programs have helped for the betterment of schools and the community at large. Supporting the Day Meal Program in seven schools is a significant initiative. Rukmini Foundation has also helped schools to practically implement child protection policy, which has made schools a safer place for learning.

Most important of all, Rukmini Foundation is always there to help the community whenever there is natural disaster like the 2015 earthquakes or the challenges we faced during the COVID pandemic, where they helped to install an oxygen plant which saved lives. As a local leader, I appreciate these programs and I will support by allocating some budget for the lunch program in schools in my ward.



# Building Mental Resilience



**Our teachers and staff face serious challenges, so equipping them to create safe environments, break stigma, use supportive language, and promote mental well-being is equally important as physical health. Partnering with Nepal Institute of Mental Health (NIOMH), we were able to provide valuable skills to teachers and foundation staff. Here, Kapil leads the training.**

## Som Bahadur Balami

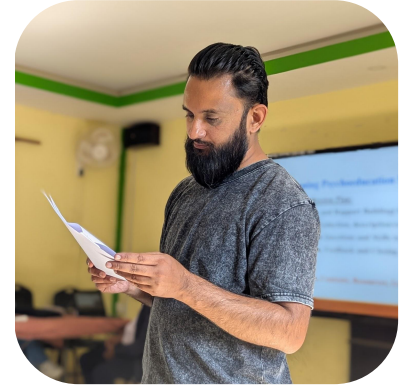
Vice Principal  
Setidevi Secondary School -  
Talku  
Participant of Mental Health  
Training



Although I have been teaching for many years, it was only after receiving mental health training that I realized how much stress and depression that students face. Earlier, it was common for teachers to scold students publicly or compare them with others when they made mistakes. This training helped me understand that a teacher's words can help or hurt a student, and it taught me to use kinder words. I have experienced positive changes in myself and am very grateful to the Nepal Institute of Mental Health (NIOMH) and Rukmini Foundation for this valuable training.

## Kapil Sharma

Trainer  
Nepal Institute of Mental  
Health (NIOMH)



It was a pleasure collaborating with the Rukmini Foundation team during the Mental Health Training program. The session was well-organized, interactive, and created a safe space for open sharing and learning. The participants were enthusiastic and engaged, making the discussions meaningful. Programs like this are important for reducing stigma around mental health and empowering communities. I truly appreciate the dedication of the Rukmini Foundation team and look forward to future collaborations.

# Building Safer Schools



In the event that bad things happen to kids, it is up to the teachers, staff, and the community to react well. To make this possible, we brought together 100 teachers from 28 schools to train on child rights and protection. Based on this effort, schools established Child Protection Committees to promote safe and supportive learning environments. Here, Gajendra Sir reflects on the day's teachings.

## Gajendra K.C

Principal  
Setidevi Secondary School,  
Talku



We have been closely associated with Rukmini Foundation almost since its establishment. What began as a scholarship program has expanded into various awareness initiatives, GLOW Clubs, computer support, and a lunch program. Following the recent child protection policy training, our school has also been able to adopt and implement an effective Child Protection Policy that we all understand how to use. Being part of these initiatives makes me truly happy. Rukmini Foundation has made significant contributions to improving the overall standard of our school, and we too are committed to making this school even better. Parents, students, and teachers alike are grateful, and we look forward to continuing this meaningful collaboration in the future.

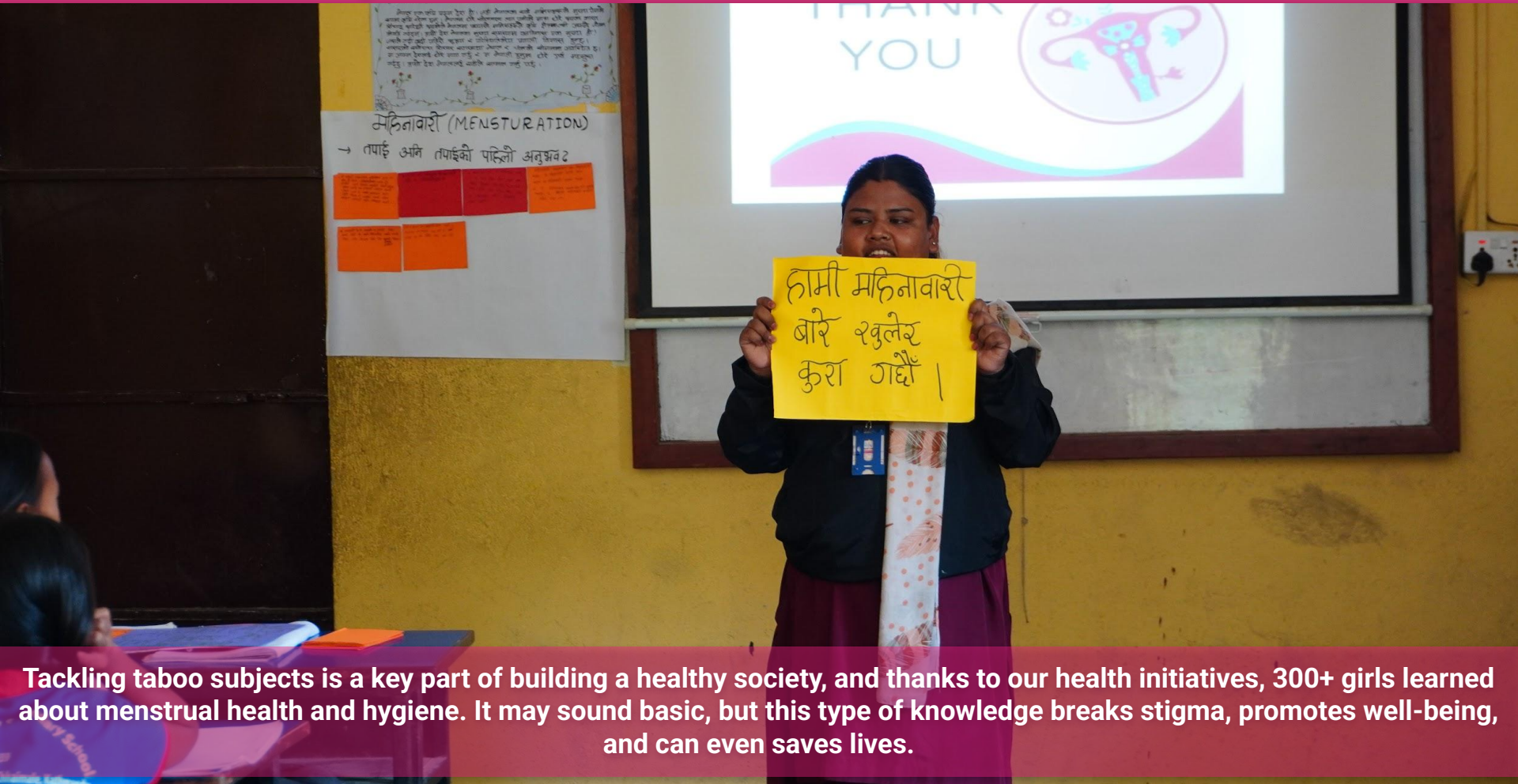
## Surendra Lama

Principal  
Kamadhenu Secondary  
School



Before the child protection policy training, we knew it was an important requirement, but not everyone in our school knew how to implement it or did not understand its importance well enough. After this training, I am proud to say that Kamdhenu School not only has an established policy, but we know how to apply it to promote the welfare of children.

# Building Knowledge About Critical Health Issues



Tackling taboo subjects is a key part of building a healthy society, and thanks to our health initiatives, 300+ girls learned about menstrual health and hygiene. It may sound basic, but this type of knowledge breaks stigma, promotes well-being, and can even save lives.

# Building Foundations for Future Opportunities



Sunita | Sarita | Manisha | Rasana graduated from 10th Grade (Secondary Education Examination)



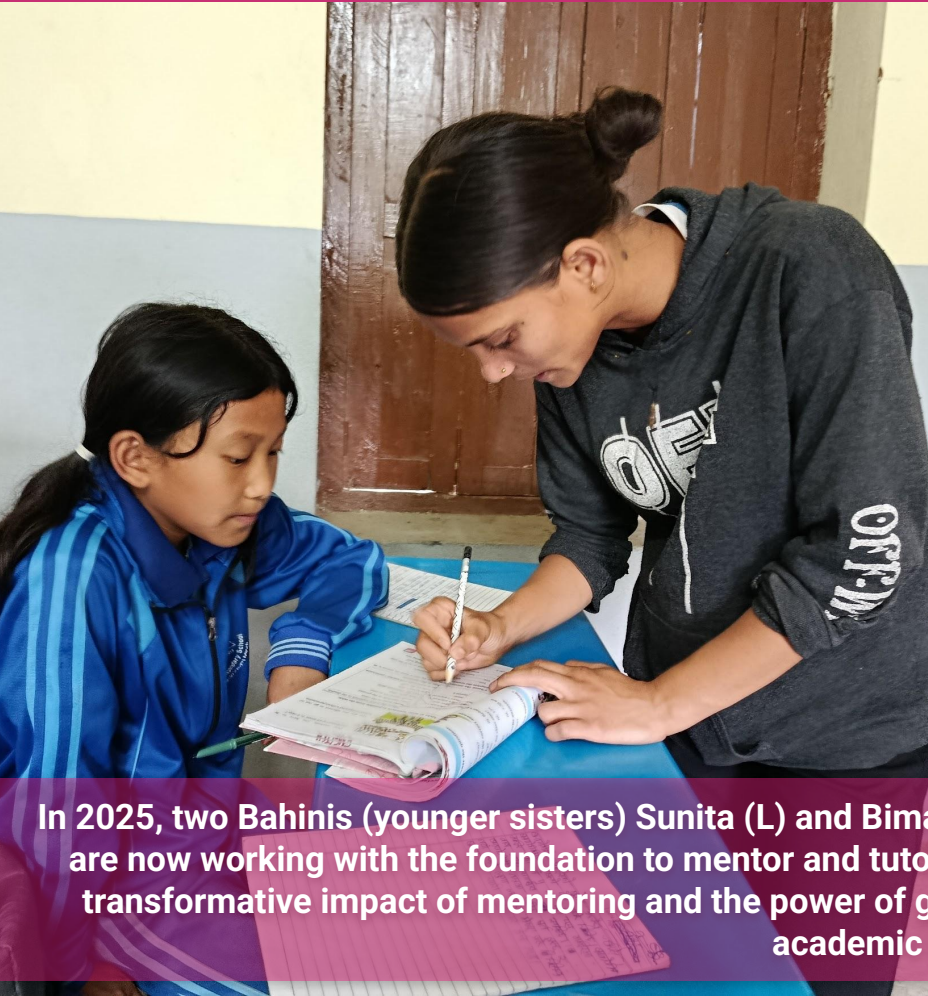
Sonima | Nilima | Lasata graduated from 12th Grade

# Building Leaders



Ultimately, education is just a means to develop future leaders. This year, we are so proud to have another one of our graduates (Yojana) joining the foundation staff as a mentor to other girls. This type of virtuous cycle is what our mission is all about and is what will allow us to build healthier communities.

# Building Leaders: From Bahinis to Didis



In 2025, two Bahinis (younger sisters) Sunita (L) and Bimala (R) transitioned from Bahinis to Didis (elder sisters). They are now working with the foundation to mentor and tutor other girls in their communities. Their journey reflects the transformative impact of mentoring and the power of guidance in empowering young girls and is a key reason for academic improvement.

# Building Digital Skills: Closing the Digital Divide



This year, we had the goal of providing computer training to 500+ students, and even though we did not reach those numbers, we provided post high school computer skills training to 80+ SEE graduates along with training for other adults in the community to learn valuable digital skills, all guided by a skilled trainer.

# Building Digital Literacy

**International  
Literacy Day  
2025**  
*Promoting Literacy In  
The Digital Era.*



Related to our goal of bridging the digital divide, we used the Literacy Day event this year to foster digital communication and critical thinking skills along with a sense of social responsibility among students. In this technological age, we know that digital tools can be used for both good and bad, and we want to ensure that our girls are getting the best out of these tools.

# Building Roadmaps for the Future



The protests that occurred in Nepal have many causes, and one of them is the high unemployment rate among the youth. To start to combat this, we created a Career Counseling training session for teachers equipping them to guide students in making informed career choices based on their own interests and strengths. Education should lead to meaningful employment, but unprepared students may not make the best choices. We know that we must start with teachers first.

# Building Confidence



The Rukmini Foundation's GLOW Talent Show empowered over 125 girls, transforming a platform of performance into a celebration of confidence, creative expression, and communal support.

## Aahana Basnet

Girl Advocacy  
Representative  
Shikharapur GLOW Club



As a GLOW Club member, I had the chance to learn about the importance of girls' empowerment, leadership skills and awareness programs. However, being a member of Girl Advocacy Committee (GAC) is a completely different experience for me. I have the opportunity to meet so many International friends and learn different points of view from the platform. This year I had the opportunity to lead a session as a master trainer where I focused on Digital Wellness for my friends at the GLOW Club.

Thank you Rukmini Foundation for trusting me to lead lead the Girls Advocacy Committee in 2025.

## Bhuvaneshwari Karki

Mentor  
Kalidevi GLOW Club



I have completed three years of running the GLOW Club at Kalidevi, and this journey has brought remarkable change—not only in the girls, but in me as well. I used to be quiet and struggled to express my thoughts and problems. Today, while teaching the girls self-advocacy, I am also practicing it in my own life. Seeing them confidently share their ideas without fear or hesitation makes me truly happy. Through the GLOW Club, they have learned about hygiene, relationships, and community awareness. I am deeply grateful to Rukmini Foundation and the GLOW Club for all the learning and growth.

## Building A Sense of Community Responsibility

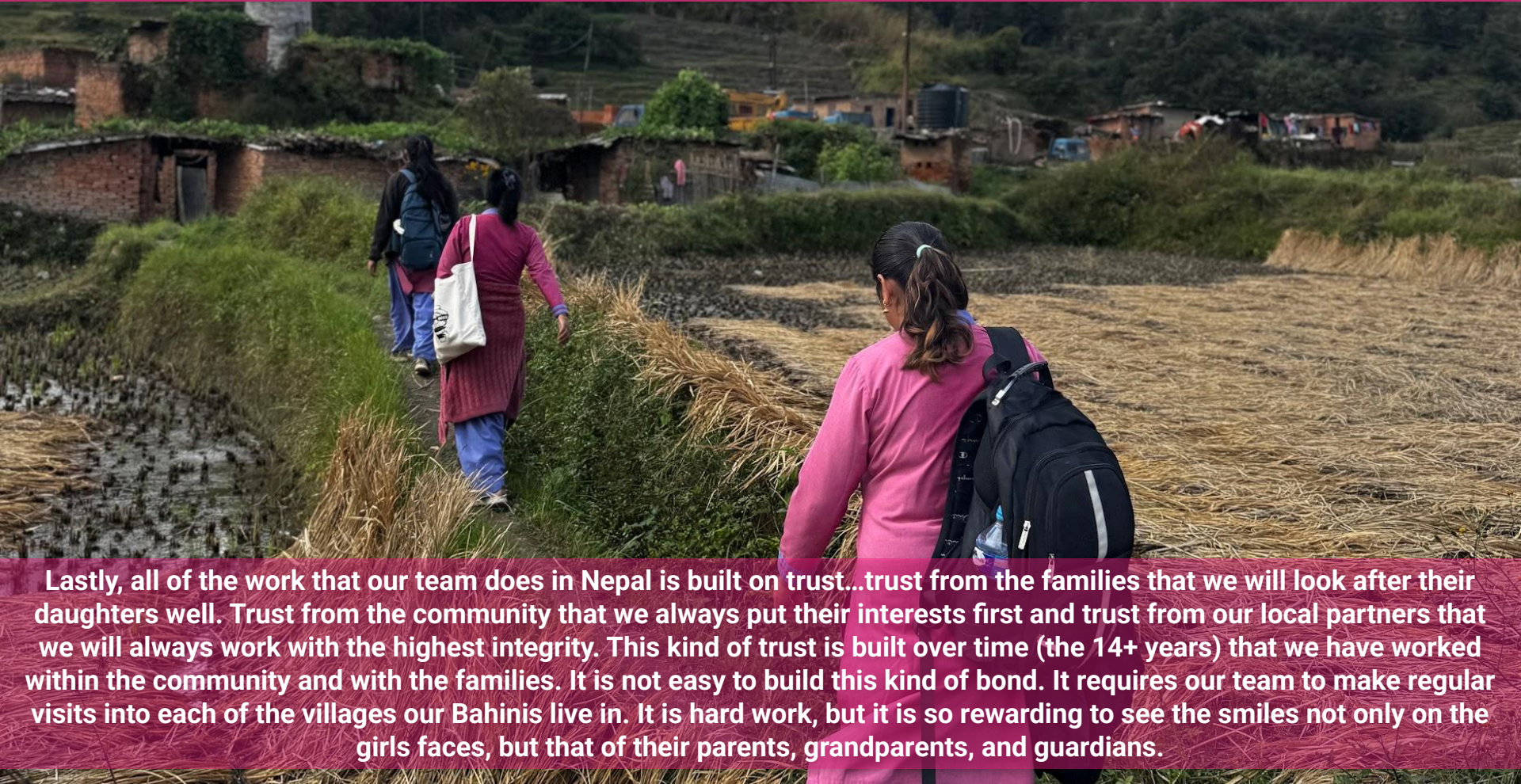
Throughout 2025, we continued our ongoing commitment to environmental stewardship through multiple collective cleaning campaigns across various communities. Working alongside dedicated students and local partners eager to protect the environment, we have taken tangible steps to restore, clean, and safeguard public spaces.

These initiatives have not only improved local surroundings but also fostered a sense of shared responsibility and collaboration among participants. Our collective efforts demonstrate that caring for the environment is a continuous journey, and we remain committed to sustaining and expanding these campaigns in the years to come.



**Sabina (Front) leading Rukmini Team in cleanup efforts.**

# Building Stronger Bonds with Families



Lastly, all of the work that our team does in Nepal is built on trust...trust from the families that we will look after their daughters well. Trust from the community that we always put their interests first and trust from our local partners that we will always work with the highest integrity. This kind of trust is built over time (the 14+ years) that we have worked within the community and with the families. It is not easy to build this kind of bond. It requires our team to make regular visits into each of the villages our Bahinis live in. It is hard work, but it is so rewarding to see the smiles not only on the girls faces, but that of their parents, grandparents, and guardians.

# Looking Ahead for 2026



As we wrap up our 2025 Year in Review, we are also looking ahead to another year of empowering girls through education. We are also empowering the community at large and that is thanks to you, our supporters, and our partners like Global GLOW, AllPeopleBeHappy, and all of the local organizations we work closely with.

# 2026 Goals

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

## GYAN



1. Continue our focused GPA improvement initiative from 2025 with three (3) schools to achieve +0.5 GPA improvement.
2. Expand on current Computer training program to reach 500 community members (students and locals) by creating a local Technology and Skills Center.

## AAYUSH



1. Establish a plan to have a lunch program started or in the works in every partner school .
2. Leverage Training by Teachers and Foundation Staff from 2025 to provide Mental Health training for 500+ students.

## DIDI



1. Given the rising importance of post school career preparation and economic empowerment, conduct 4 Special Guest Didi sessions around job preparedness and career planning.

## SAHARA



1. Provide organic farming training to 60+ Women from different local communities.

# A year with moments of darkness but we led with light.

2025 brought significant challenges for the foundation and its staff. However, as always, the team in Nepal have responded with resilience and courage. Whether it was dealing with personal tragedy, weather emergencies, or political upheaval, the team never wavers from the mission of empowering girls through education. This year, we also experimented with new ideas thanks to our friends at AllPeopleBeHappy, and we look forward to building on that for 2026. Seeing the impact of our lunch program, we have the ambitious goal of ensuring a similar program exists in all of our government partner schools. Our ambition is only possible through your support and for that we are so grateful. Wishing you all a very happy new year.



[WWW.RUKMINIFOUNDATION.ORG](http://WWW.RUKMINIFOUNDATION.ORG)

We wish you a very bright and happy holidays and a great new year.



**Roshana Didi lighting a lamp (diya) to celebrate our 14th anniversary. Roshana is now employed by a local government office, so we want to congratulate her on this new opportunity and also thank her for her work with the foundation.**