



School Admission Door to Door campaign at Rakash Khola

2024 Year in Review

It takes a village

Welcome to our year in review

2024 has been another remarkable year for Rukmini Foundation, filled with both achievements and challenges that remind us about the strength and resilience of our community. Reflecting on 13 years of our journey, I am so grateful to be a part of this community, "our village". For me, a village is not just a geographical term. Our village consists of the girls we support, their families, our partner schools and organizations, and our local staff and volunteers. But, it also includes our amazing donors and supporters (like you) throughout the world including amazing partner organizations like Global GLOW.






With that background, I want to welcome you to read our 2024 Year in Review, which talks about how it takes a village to empower girls through education. This year, we had many things to be proud of in our village, including the welcoming of 28 new Bahinis into our family, seeing 18 more graduates, and providing training on computers to hundreds. However, our village had many challenges as well, including things like how to provide for basics like food, so I am grateful for our team supporting lunch programs in some of our partner schools where we served over a 100,000 meals this year. We also provide health advocacy, access, and education for our students and the general community. A healthy village is a prosperous village. This year, our village also suffered from flooding and landslides that destroyed homes, roads and school, and even causing some deaths.. As a resilient village though, we came together to help to rebuild. Any success we have had is only possible as a collective village, and I extend my heartfelt gratitude to our donors and supporters throughout the world who are a part of that same village. We hope you enjoy our review of 2024.

Usha Adhikari, Executive Director



Our Mission

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

GYAN	AAYUSH	DIDI	GLOW	SAHĀRĀ
				
Gyan means knowledge and provides for: scholarships, awareness programs, quality education initiatives, tutoring support and STEM	Aayush means well-being and aims to ensure good health outcomes through nutrition, check-ups, health advocacy, awareness programs and additional support	Didi means elder sister and provides 1-1 mentoring, home & school visits, group programs, special events to broaden girls' horizons	GLOW Clubs provide an after-school program focused on fostering creativity, self-esteem, and entrepreneurship in our partner schools	Sahārā means support and is our community outreach program that looks to help like-minded orgs and addresses needs of community, especially during emergencies
12,900	5,000	6,100	5,000	25,000
Students benefited from scholarships, STEM programs and more	Students, family members and community members	Girls received mentoring, home visits and guest Didi sessions	GLOW Club Members, Moms Club, and more	Community members supported (Earthquake / COVID)



Our Foundation Team leading the way in Nepal

Roshana | Dipa | Usha | Sabina | Sirjana

Team celebrates International Day of the Girl event in the community

Our Local Village

Our local village in Nepal is based 12 miles south of Kathmandu, and our work focuses on underserved rural communities **affecting over 35,000 people**. We have **18 partner schools** benefiting **5,000+ students**, many of whom face educational challenges due to socioeconomic barriers. Providing services can be difficult due to the remote locations accessible only by walking, but by working with local partners we are able to reach more people and provide higher quality services. These partners include local municipal governments, community hospitals and institutions, such as: Manmohan Hospital, Shikharapur Community Learning Centre, KUSMS Dhulikhel Hospital, Nepal Health Corps, Nepal Institute of Mental Health, B.P Eye Foundation and more.



Working with local leaders

Celebrating our 13th anniversary along with the Mayor of Pharping (left) and our regional board leader (right) flanked by Bahinis



Educating **Village Elders**

Every year World Literacy Day is celebrated in Nepal with rallies, speeches, recognizing excellences in schools, cultural programs and other literacy related activities. We have been working on the importance of literacy for women and girls in the underserved areas; thus, celebrating this day is very important to us.

This year, we organized a literacy day event for the parents of our girls (sisters) and it was very eye-opening to see how much the parents (especially mothers) valued having the ability to read and write. The main purpose of the program was to:

- To help parents recognize the importance of literacy in everyday tasks.
- To inspire them to pursue education, learn basic numeracy, and improve their calculation skills.
- To build a good connection between parents and children.



Women learning to write for the first time on Literacy Day



Shreemaya

Tamang, Community Member

"Today, I held a pen and wrote my own name for the first time in my life at the Literacy Day program. Seeing my name on the paper, I exclaimed with joy, "I did it". I have always had to use my fingerprints to sign official papers, but I think I can write my signature now!"



Promoting Health Care and Awareness in the village

Most women in rural communities do not prioritize their healthcare and often have to live in pain and discomfort. To raise awareness on the importance of preventive women's health, we organized a camp in a remote village called Khadbu with 11 health care professionals from Dhulikhel Hospital.

64 women came to the camp to get check-ups. They were hesitant to do screenings, but with encouragement and effort from the healthcare professionals, they became comfortable. After screening, 48 women were found to have some issues. Any serious case was referred for further screening and minor procedures were done that very day. Other issues were treatable with physiotherapy and proper use of things like birth control methods and improved hygiene.



Ratna Maya

Ghising, Community Member

"I thought I was completely healthy since I had no pain or symptoms, but two years ago, during a health camp, doctors discovered some condition that should not have been ignored. They taught me some exercise methods to do at home everyday. I was doing what the doctors say and now the doctors noted significant improvement on my condition. They advised me to see a doctor if I experience any difficulties, or discomfort while coughing or doing household chores. I learned that prevention is often the best treatment for all kinds of women's health conditions".

Protecting **Our village from all kinds of harm**

This year, as part of our health and wellness initiative, we wanted to ensure that students had the tools to defend themselves from all forms of harm. Raising awareness and providing education about sexual assault, violence, and abuse is critical as victims may not only not know how to deal with these things, in some cases, they may not even know they were victims. The Foundation remains steadfast in its mission to create a safe, secure, and nurturing environment for young children. Through continuous efforts like this, we will tackle difficult issues and initiate positive change in the communities we serve.

[Link to post about the program:](#)

by [Preeti Khanal](#) | Jul 25, 2024





Building relationships

By visiting villages

Empowering girls from the most underserved areas is not an easy task. It requires providing access to education and materials, but more importantly, we have to provide support to the girls and their families. To do this, our team travels to many villages on foot through difficult terrain. Such visits are not just about taking notes and asking questions they are about building bonds with families for a lifetime. In the coming year, we plan to put an increased emphasis on visiting homes and schools because we know how impactful this is despite the challenges.

Foundation Mentors making the difficult journeys to visit homes



"I was a doing well in school until the COVID lockdown. My study habit was disrupted due to lack of direct classroom study and guidance from teachers. When schools reopened, I found my grades declining. With my teachers guidance and help from Rukmini Didis, my grades started improving. I am proud to say that I was able to get the best grade among the local community schools in the SEE Board examination. Now, I am studying in 11th grade with a Science major at Arunodaya High School."

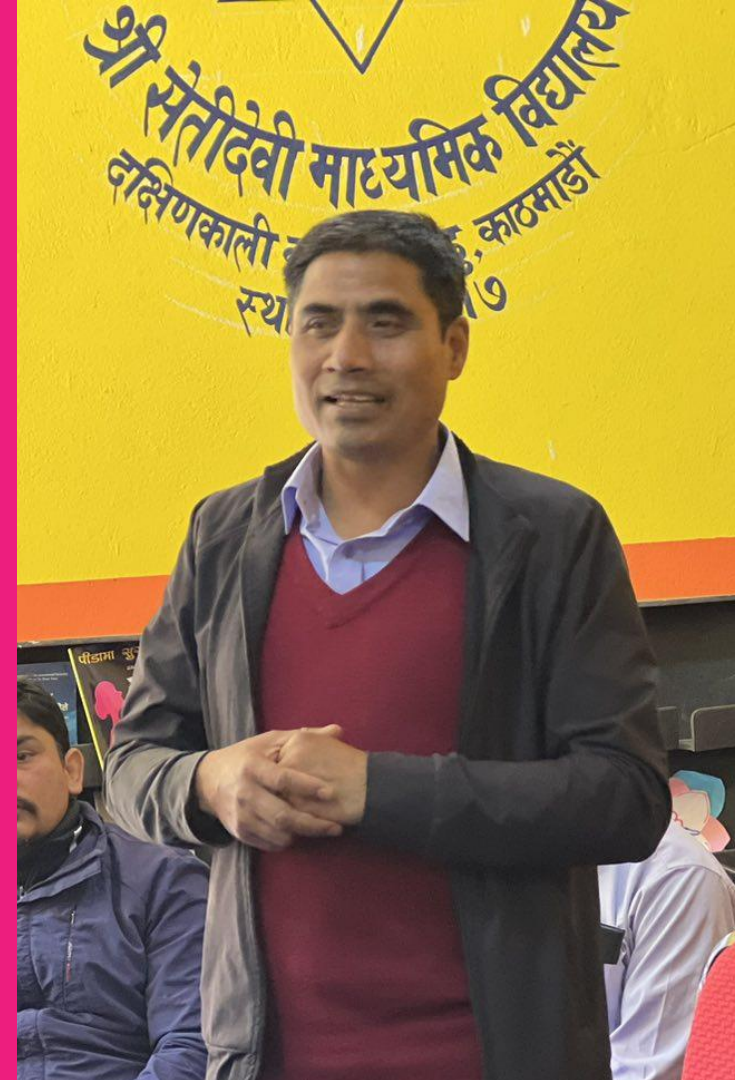
Padma Maya Shrestha



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“I was delighted to welcome Brinda Bhattacharya to our school, who was invited by the Rukmini Foundation as a guest speaker for the Didi program. She is an accomplished Social Work Practitioner and Educator, and she came to inspire our students. I participated in the whole program and her story was quite inspiring. She explained how she went through different adversities in life but kept on working to overcome them. I was happy to see as students were quite attentive to what she had to say. I am also quite hopeful that her story will inspire our students to work hard but also seek help when they need it. Thank you Brinda Ji for motivating our students.”

Gajendra K.C
Principal of Setidevi Secondary School Talku





Providing high quality training to the village



One of our young leaders from the village, Bipin leading the way



Learning how to use technology at a young age →



Roshani Didi → teaching our Bahinis



Students created a pinhole camera in STEM class



Students making a volcano in STEM class

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“The 2 months computer training I received was great. During the training, I learned basic computer skills like making presentations, working with Excel, and searching online. These skills will help me in my daily life and at work. Now, I can be more successful in projects by better using technology. This training also gives me a platform to learn more about computers in the future, which can help my education and professional career. Thank you trainers for your dedication.”

**Prerana Purkuti,
Rukmini Bahini, Arunodaya Sec. School**



Our work requires **All of us to be mentally resilient**

Over the last 13 years, we have seen the scale of challenges for our girls and our team grow. Our girls now deal with issues that we did not imagine back in 2011. Our mentors need to be able to deal with the evolving challenges while dealing with their own. In order to equip mentors and other key personnel with general understanding of mental health issues and techniques to deal with problems like stress and anxiety in girls, a mental health awareness and training was provided. Trainees were able to understand their own mental state and learned how to manage stress in a productive way. They will be able to use their learning in helping their younger sisters. We will look to expand on this program in 2025 through partners.

Dipa leading a session on the importance of mental health





“From the mentoring session, I learned a lot from Sukrita Didi. As an introvert is challenging for me to express my feelings to others. After hearing from Sukrita Didi, I learned about the importance of opening up and sharing our emotions and problems with friends and others who can help.”

Chitra Bdr. Shrestha
Student , Arunodaya School



Happy New Year

GLOBAL
G.L.O.W

Thank you so much...

- for creating this extraordinary organization throughout the world to provide us great opportunities and support.

Connected with our **Global Village**

Which includes all of our board members, donors, volunteers, supporters, and well-wishers who make the work possible. It also includes amazing organizations like Global GLOW who provides us both funding and support to run our amazing afterschool program through GLOW Clubs.

Through global partners like Global GLOW, our impact is magnified through innovative programs.

Pallavi Gahut is welcomed in Nepal by Foundation team





I was delighted to see their talents in hosting the program, their speech, their performance in singing and dancing and their lovely artwork. I have seen their growth from shy girls transformed into confident individuals.

Foundation Advisor, Laxmi Aryal hands out graduation certificates to GLOW Club Graduates

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“GLOW Clubs have had a very positive impact in our school. The sessions have helped our students build confidence, understand important life skills, and develop a sense of responsibility. We see them growing into empowered individuals who are ready to contribute positively in their school and their communities.”

Nabin Amatya
Principal of Tribhuvan Secondary School
(Tribhuvan G.L.O.W club)





[Read Tina's Blog Post about her visit to Nepal](#)

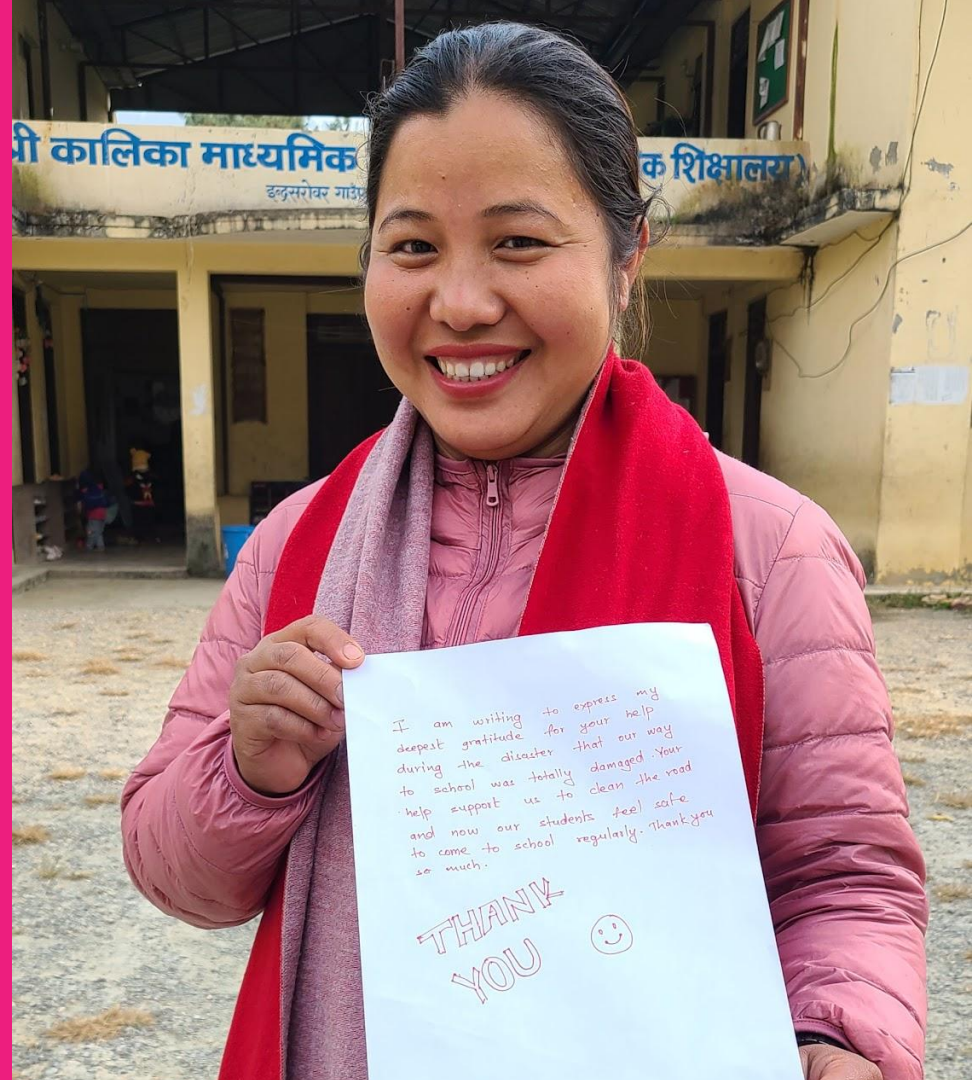
Newly appointed Board Member, Tina Gleisner brings smiles to a Didi Program.



Our village has been beset with natural disasters: from the earthquakes in 2015 to the recent flooding, which caused roads, homes, and schools to be damaged, our village has suffered. Despite that we were able to come together to get students back to school and ensure lunch can be provided as well.

“I would like to express my deepest gratitude for Rukmini Foundation's help after the flooding and landslides that caused major damage to our school. Your support helped us to fix the road leading to the school, and helped our students feel safe enough to come back to school.”

Uma Tamang
Principal, Kalika Technical School, Phakhel



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“I really appreciate the school lunch program. Getting enough healthy food to eat is a challenge in our community, but since the school started the lunch program, our children have been receiving nutritious food every school day. Sometimes I visit the school to see it for myself and lunches are always healthy and look to be tasty.”

Suntali Dimdung
Mother of a Kalika Technical School Student





Our Successes

Thanks to the amazing work of our team in Nepal along with the support of local and global partners we have been able to meet most of our goals for the year along with some significant achievements. From more girls graduating to adding 28 more girls to the program to celebrating talent and much much more.

GLOW Club Setidevi members express their power

2024 Goals Vs Achievement



Demonstrate marked progress in academic and personal development for 45 new students



70% of the Girls showed improvement in grades and general performance in school and showed improved interpersonal skills



Expand Mental Health programming to reach 300+ students and community members.



Conducted Mental health awareness event in **2 schools for 137 participants**

Continue Commitment to Meal Program



Provided **125,000+ meals** for students



Self Defense Training continue at Partner School for 200+ girls.



Conducted self defense program and good touch bad touch awareness at 2 schools at Panchakanya and Kalidevi Secondary School for **269 participants**

Reach 200+ boys through key mentoring programs dealing with child marriage and gender-based violence.



334 Boys participated in various programs



Conduct a formal training program on Mental Health for 13 GLOW Club Mentors.



Successfully completed training for 13 GLOW Club mentors and RF staff

Conduct first ever GLOW Club talent show.



34 Girls participated by dancing, singing, poetry writing, art drawing etc.



Prepare 4 Documentaries and record 4 Podcasts.



2 Podcasts published and 1 Documentary in progress

Provide Basic Computer Training for our 50 Bahinis



Provided one-time computer training to **60 Bahinis** and conducted sessions for **80 SEE candidates** and **16 teachers**

Provide Computer Training for 400+ Community Members



375 Community Members received computer training



Conduct awareness programs on emerging topics: cyber bullying, body-shaming, misinformation, dangers of foreign employment.



Conducted programs on cyber bullying and body shaming at Panchakanya and Kalidevi Schools for **128 students.**



Through mentoring and tutoring, 9 Bahinis from Kalika School passed SEE Examinations in a re-test.

Girls in our village have resilience and never give up



More
**Girls join
the
Rukmini
family**

They are not just 28 numbers and faces, but 28 families that we will support and 28 dreams we will foster.



Taking the Next Steps in Education

We hosted 2 programs to celebrate girls who graduated from high school (SEE Exam) as well as some who graduated from Grade 12. The graduation ceremony involved graduation caps, flowers, tika (blessings), and most importantly, cake. The girls were all proud to wear their handmade graduation caps, and the mentors offered flowers and blessings to our younger sisters who have made us so proud. Finally, we cut the graduation cake, which was a sweet treat for everyone to celebrate their sweet success. This event was made more special by the fact that we had a special Guest Didi, Sanju Maharjan, who came to speak to the girls on the topic of self-defense.

[Check on this link for a blog post about this event](#)

Graduate girls cutting the celebratory cake

Celebrating **Talented Villagers**

Our village's young leaders and leaders need to develop all kinds of skills. They don't just need to be smart and capable, but they need to be able to inspire, lead and motivate.

To help develop these skills, GLOW Clubs have been critical. This year we had the goal of hosting a talent show to highlight the amazing girls and to boost their confidence in performing in public. In total, 34 girls participated in a performance of singing, dancing, reciting poems, drawings, and public speaking. We will plan to continue this as a tradition because we need to cultivate talent in our village.

Sushma Magar singing a song during the talent show



Puja supporting a campaign on child marriage a few years ago



Sharing stories Of empowerment

This year we started recording interviews with various people of the foundation. In our first "episode", we heard about Puja Pudasaini's journey from her village to school,, supported by the Rukmini Foundation. She talked about her experiences with the foundation's initiatives, including the impactful "Didi Programs" and efforts to combat early marriage. She highlights the importance of education in empowering girls and delaying marriage, showcasing the foundation's work in creating lasting change.

Videographer & Video Editor: Lalman Lama

Guest: Puja Pudasaini

Link: [Watch the podcast on YouTube](#) (In Nepali only - we will look to add English subtitles for future episodes.)

Key accomplishments in 2024 by the numbers



28

New Enrolled bahinis

Helped **28 more girls** enroll in schools and started to receive our holistic education program



18

Graduates

10 girls passed national **SEE** exams and **8 girls** graduated from **12th** grade



700

Students & Teachers

More than 75% of our goal for providing training to 400 on computers and digital education



125,000

Meals Served

Served **125,000+ plates** of food across various partner schools



180

GLOW Club Graduates

180 girls completed 3 years of GLOW Club programming this year

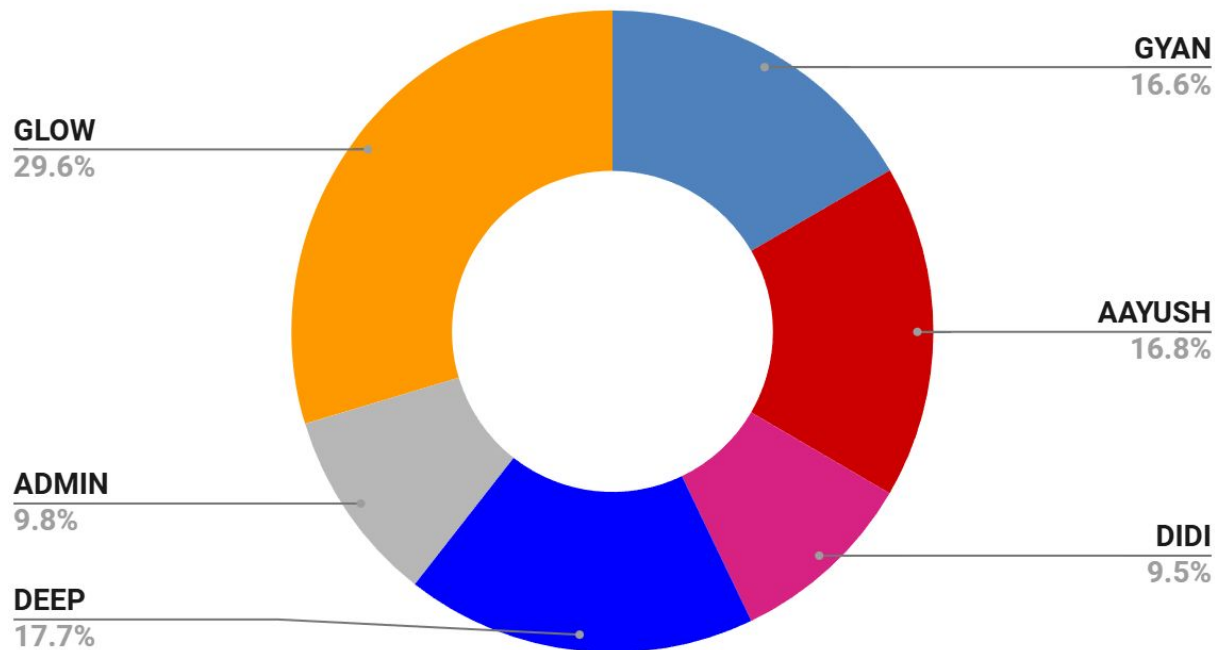


11,000

Beneficiaries

Nearly 11 thousand students and community members benefited from different programs like self-defense training, mentoring (including boys), community events and awareness programs

How your support was utilized in 2024



Total Expenses were around **\$56,000** in 2024

Our Digital Education & Empowerment Program (DEEP) will be combined with GYAN Program for 2025.

Administrative costs continue to be **less than 10%**, which includes the salaries of our women-led staff in Nepal.

2025 Goals

GYAN



1. Improve academic performance (**GPA**) **by 0.5** in three partner schools.
2. Provide Computer training for **500+ participants**.

AAYUSH



1. Expand the School Lunch program to an additional school to ensure **200 Kids** get lunches.
2. Train **15** Teachers and 5 Foundation Staff as **Trainers** on Mental Health.

DIDI



1. Increase home and school visits through local mentors to make **285 home** and **84 school visits**.

GLOW



1. Conduct **2 Talent Shows** and 1 Art Exhibition.
2. Provide **Leadership Training** for **13** GLOW Club mentors.

SAHĀRĀ



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



WWW.RUKMINIFOUNDATION.ORG

Thank you **For being a part of our village**

Everything we were able to achieve this year is thanks to everyone in our collective village. Our team has worked very hard to provide quality programming, the girls are learning and growing, the families and community members are providing support, and our partner organizations are helping in areas where we need them. In 2025, we will keep doing the good work we have done so far, but also look to build on partnerships through new relationships with organizations like AllPeopleBeHappy to improve nutritional, mental, and women's health outcomes in our communities.

On behalf of everyone at Rukmini Foundation, thank you for being part of our journey. Together, let's make 2025 another year of progress and empowerment for our village.

Girls enjoying a meal during a hiking program.

