

Annual Report 2024



BAHINI EDUCARE FOUNDATION

"Preventing exploitation, igniting Change, fostering Empowerment & self-sufficiency"

An Amazing Journey of Transformation: Ganga Pariyar Family



From the vicious cycle of poverty and exploitation, to the virtuous cycle of prosperity and dignity.

[Sonika in USA]

Ganga's family stands as a beacon of resilience and resurrection, embodying the impact of our Educare Family program. Admitted in July 2016, they were grappling with profound loss and unimaginable hardships. Bereft of a husband and father, Ganga, illiterate and destitute and her three children faced the brink of an abyss in a Pokhara slum. Their future seemed grim, with hunger, insecurity and misery looming large and at constant risk of worst forms of exploitation.

Through six years of dedicated support, Bahini Educare Foundation provided the family with their basic needs, safety, education, and empowerment. The daughters excelled academically, with the youngest, Sonika aged 21, recently earning a full scholarship to study in the United States.

Ganga herself transformed her life remarkably. Provided with informal education and training with courage and determination she managed to find employment in the female police force, with the primary task to protect women and girls from violence. She now earns a respectable livelihood and commands admiration in her community.

Reintegrated in 2022, Ganga's family no longer relies on our support but they remain grateful and deeply connected as "Family-Members" of the larger "BEF-Family". Their story exemplifies how a modest investment of care, resources and empowerment can break cycles of poverty and open doors to sustainable, dignified lives.

This is sustainability at its finest, and we are honoured to share this journey with our donors and partners.

Let us be inspired and continue transforming lives together!



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Bahini Educare Foundation

Preface

Since our inception in 2014, Bahini-Educare Foundation has been unwavering in its mission to uplift vulnerable women and children across the district of Kaski, Nepal. Officially registered with the District Administration Office in Kaski, affiliated with the Social Welfare Council and a recognized member of the NGO Federation and other elite Networks of socially active CSOs', we uphold the highest standards of compliance, accountability and ethical conduct. Our annual renewals are a testament to our enduring commitment to legal, regulatory and community expectations.

Our Vision and Core Values

With a vision driven by optimism, empathy, service and inclusion, Bahini Educare Foundation envisions a society free from exploitation, violence and abuse of Nepali women and girls. We believe in sustainable empowerment, focusing on single mothers, widows, and children helping them break cycles of poverty and dependence to unlock their potential.



Understanding the Scope of Need

The challenges Nepali women and girls face are complex and pervasive. Structural inequities rooted in patriarchy, caste, poverty and a lack of education expose them to risks like trafficking, forced labour, abuse and worst forms of exploitation. Every year thousands of children and women are trafficked to India, China and the middle east where they are abused and exploited for prostitution, slavery and even organ removals.

The WHO data reveals that suicide remains the leading cause of death among Nepali women aged 15-50, underlining the urgent need for intervention. This further emphasises our mission to combat gender-based violence, human trafficking, and child marriage, while providing support for women's mental health which persists in Nepal as per data from UNICEF and UN WOMEN. Addressing these systemic issues is critical to realizing a future where all Nepali women and children can live in safety and with dignity and opportunity.



Transforming Vision into Action

Bahini-Educare Foundation's all-encompassing strategy responds to both immediate needs: providing food, clothes, healthcare, education, counselling and protection plus long-term empowerment through education, vocational training and livelihood development. Rather than institutionalizing beneficiaries and creating dependency, we connect them with sustainable, dignified pathways to self-reliance. Our approach recognizes that empowered women catalyse broader, sustainable change in their communities.



Target Beneficiaries & Key Actions

Since 2014, Bahini Educare Foundation has supported over 80 families, with 30 families successfully reintegrated and 50 families currently benefiting from our support. Our Edu-Care Family Program is dedicated to single mothers and widows, equipping them and their children with essential resources and guidance to achieve a sustainable future. Our collaborations with local organizations, communities, and public schools amplify our impact and foster a cooperative spirit within the broader community.

2024 Impact Overview and Key Achievements

1. Health and Awareness Programs

- Dignified Menstruation & Safe Touch Awareness: Reached over 150 girls and 27 boys across six schools, across six government schools, educating them on menstrual health and safety regarding "Good Touch/Bad Touch."
- Women's Rights Advocacy: Engaged 50 mothers in discussions on child marriage, sex-selective abortion, women's legal rights and laws protecting against discrimination, paired with guidance on parenting and recognizing emotional/behavioural challenges in children
- Career Counselling: Provided guidance to 7 high school students at SEE and +2 levels for further studies, vocational training and the future.



2. Medical Camps and Health Screenings

- Health Camp for all our beneficiaries: Conducted a health camp for 256 individuals (153 from the Educare family and 103 from the education support program) offering free consultation by dental, paediatric, eye and gynaecology specialist
- Psycho social Counselling for children: Initiated counselling support for 7 children from our Educare families facing trauma and behavioural challenges
- Mental Health Awareness Program for Women: Engaged 40 mothers on Mental Health Awareness with strategies for coping and available mental health resources.
- First Aid Training for Mothers: Empowered 70 mothers through sessions in Lekhnath, Hemja, and Okm on first aid skills paired with basic health care items.



3. Mothers' Committee:

• A participatory meeting with 50 mothers was hosted to provide a space for discussions on crucial topics including early marriage, women's rights, and emotional issues affecting children.

A notable outcome was the formation of a Mothers' Committee, which comprises 7 members and will work as a vital communication link between the Foundation and the families it serves.



4. Educational and Economic Empowerment Initiatives:

• **School Enrolment and Retention:** Assisted 206 children with essential school supplies, uniforms, and school costs boosting improved school attendance and retention rates.

• **Livelihood and Skill Training:** Facilitated Mothers & children to pursue vocational training as part of their education plan to amplify the future prospects.



5. "One Sleeping Bag for One Life" Initiative:

Distributed 60 sleeping bags to single mothers and their children to combat the harsh winter months.

These efforts reflect our ongoing commitment to improving the lives of women and children in the communities we serve, through health interventions, legal awareness, skill-building, and direct support for education and livelihoods.

Employment, Self-Employment & Sustainability of Mothers

At Bahini Educare Foundation, our goal is to empower mothers towards financial independence, ensuring stability for their families and serving as role models for their daughters. In 2024, significant strides were made in facilitating employment opportunities for Educare mothers across various sectors, promoting both immediate financial security and long-term resilience.

Key Highlights:

- **Employment Placements:**
Mothers were successfully placed in diverse job roles, including housekeeping, construction, and positions within the garment industry. These opportunities have provided essential income and strengthened their sense of self-reliance.
- **Financial Stability and Education:**
We emphasize not only job placements but also the development of financial literacy and self-reliance. This dual approach supports mothers in managing their households independently, instilling vital values in their daughters and preparing the next generation for success.



Future Prospects – Self-Employment Initiatives:

While some mothers are already engaged in small-scale businesses, our vision is to help them expand and thrive. We plan to provide comprehensive support through guidance, mentorship, and seed funding. Initiatives will include tailoring, crafting, food services, and other livelihood projects aimed at fostering entrepreneurship. This will be a pivotal empowerment tool, allowing mothers to achieve self-sufficiency and maintain their dignity, even after the Foundation's direct support concludes.

Through these efforts, Bahini Educare Foundation seeks to create a sustainable, self-sufficient future for these mothers and their families, empowering them to live with independence and pride.

Strategic Partnerships and Advocacy

Our partnerships with local and international organizations amplify our impact. We are active members of the following national networks.

- a) CZOP (Children Zone of Peace): National Network
- b) CLGP (Children Local Governance): National Network
- c) Civil Society for Child Rights: Kaski Based
- d) Rights for Marginalized Women: Kaski Based

Through these networks, we actively involve in uplifting child rights wherever possible advocating and involving legal facilitations. To a greater extent, corporal punishment and other abuses are almost non-existent.



11th Annual General Meeting (AGM) – A Milestone of Reflection and Growth

On September 13, 2024, we held our 11th AGM at the Pokhara Event Centre, where 50 attendees, including government officials, NGO leaders, and community members, gathered to review and celebrate our year's accomplishments. Key highlights included

- Financial Review: The year's financial audit was presented and unanimously approved, showcasing our dedication to transparency.
- Policy Updates: Following a two-year donor-led audit, new policies developed in collaboration with external experts were ratified to enhance governance and organizational efficiency.
- Expansion to Tanahun District: We formally approved the establishment of a new branch in Tanahun, advancing our mission to support an additional 10 families in this underserved region.
- Recognition of Achievements: Special acknowledgment was given to five girls who passed their SEE and Grade XII exams and to Ganga, a reintegrated mother who expressed heartfelt gratitude for the foundation's support.

The AGM concluded with attendees sharing positive reflections, lauding Bahini Educare Foundation's mission and its transformative impact.

Financial Integrity: Communication, transparency & accountability:

In 2024, our esteemed donors, commissioned a comprehensive financial review covering 2021-2023 through an independent external audit, with no discrepancies found. This strengthens our commitment to transparency and ethical governance.

To improve our organizational capacity, they funded essential resources like a new laptop and accounting software coupled with staff training. This has enabled us to streamline administrative processes and reinforce our commitment to transparency. Additionally, we optimised our policies on Child Protection and GEDSI (Gender equality, Disability and Social Inclusion) ensuring our work aligns with global best practices in safeguarding and inclusivity.



Furthermore, we continue to improve our communications providing the monthly "Family-of-the-month" reports as well as periodic reports that are highlighting the root-causes of gender discrimination and exploitation.

Your feed-backs and appreciation of our reports are a confirmation that our comprehensive reports are well received by our donors.

Looking Ahead: Goals & Expansion Plans 2025

As we celebrate a decade of impactful action, Bahini Educare Foundation is excited to announce our significant step forward—the establishment of our second branch in Tanahun. Our success in supporting 50 families is a shared achievement, made possible by our donors, partners, and our committed team and board. Together, we take pride in our collective accomplishments.

We believe that expanding our capacity of our current branch, "BEF 1", beyond 50 families would compromise the quality service that we are providing to each family. Our experience over the past 10 years has shown that our concept of a direct approach with a lean TEAM and low overhead costs is the right strategy to tackle the huge problems that we are facing.

This is why we decided to replicate our concept by establishing a second branch in Tanahun, located 20 km east of Pokhara. Key to this expansion will be a well-trained team of young women from our target groups, prioritizing candidates from underprivileged backgrounds. Once the team is in place, we will establish a suitable facility in Tanahun, allowing us to begin operations in this underserved area. Currently we are supporting already around 10 families in this community and we will follow the organic, gradual approach that has defined our progress so far.

By 2025-2026, both our branches will have the capacity to support 10 additional families, contingent on securing long-term funding. We are confident that with continued empathy, commitment, and generosity, we can meet our goals and deepen our impact.



Conclusion:

As we look towards 2025, our mission remains vital. The stories we share in our “Family of the Month” reports reveal the transformative impact of our work—not just testimonials, but life-altering changes. By addressing essential needs such as food, clothes, hygiene, healthcare, education and job training, we empower families to break cycles of poverty and vulnerability, moving towards a future defined by freedom and dignity.



Our expansion into Tanahun symbolizes more than just geographic growth; it represents profound expansion of hope, safety, and opportunity for vulnerable families. We look forward to advancing our mission, adapting to new challenges, and embracing opportunities for lasting, positive change. Our path forward remains clear: to ignite change, prevent exploitation, and empower the vulnerable across Nepal.



Contact Us: For further information or to support our mission, please reach out to us at bahinieducare@gmail.com or visit our webpage: www.bahinifounditon.org. Feel free to subscribe to our “Family of the Month” stories!