



Nepal Aradhana Samaj (Karuna Bhawan)



Annual Report 2012-13

About us

A nonprofit organization managed by the Sisters of the Adoration of the Blessed Sacrament (SABS) is working in health, education sectors. It aims at providing services to empower HIV infected women and to ensure easy access to health facilities for HIV infected people and quality education for marginalized and disadvantaged children. Currently it is working in Lalitpur, Parsa and Bara District of Nepal.

Vision

Nepal Adoration Society envisages a healthy, educated and economically sound society.

Mission

The mission of Nepal Adoration Society is Economic, Social, Educational and Cultural empowerment of women, disadvantaged children, indigenous groups and other suppressed people.

Objectives

- *To provide health services to disadvantaged and marginalized groups.*
- *To provide care and support to sick and needy people.*
- *Empowering disadvantaged children through quality education.*
- *To enhance the awareness among illiterate and economically backward groups through formal and informal education.*
- *To make poor people and disadvantaged children self-dependent and skilled through technical and vocational trainings.*

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Acronyms

AIDS	Acquired Immunodeficiency Syndrome
ART	Anti Retroviral Therapy
ARV	Anti Retro Viral
CHBC	Community and Home Based Care
HIV	Human Immunodeficiency Virus
NAS	Nepal Aradhana Samaj (Nepal Adoration Society)
NGO	Non-governmental Organization
NRs.	Nepalese Rupee
PLHA	People Living with HIV/AIDS
S.L.C.	School Leaving Certificate
TU	Tribhuwan University

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Message From THE DIRECTOR

A single message that expresses our experience in 2012-13 is vision, determination to pursue the vision, team work and determination begins paying off.

It is our great pleasure that Nepal Aradhana Samaj has travelled a long journey with successful achievements of set objectives to enter its 15th year. Just a couple of years back, Nepal Aradhana Samaj (Karuna Bhawan) as an organization was in its infancy. Within a short span of time, it has made significant progress towards becoming a professional organization. This year too we put considerable time and efforts in enhancing and further developing our management procedures and policies to bring them to standard norms. We can now say with certainty that Nepal Aradhana Samaj's policies, procedures and forms and formats are at par with national quality standard. This is definitely not a small achievement for us.

This year we also pursued organizational development with priority and lot of effort was put towards it. Consequently, we have developed three-year organizational development plan and have begun to implement them with visible positive results.

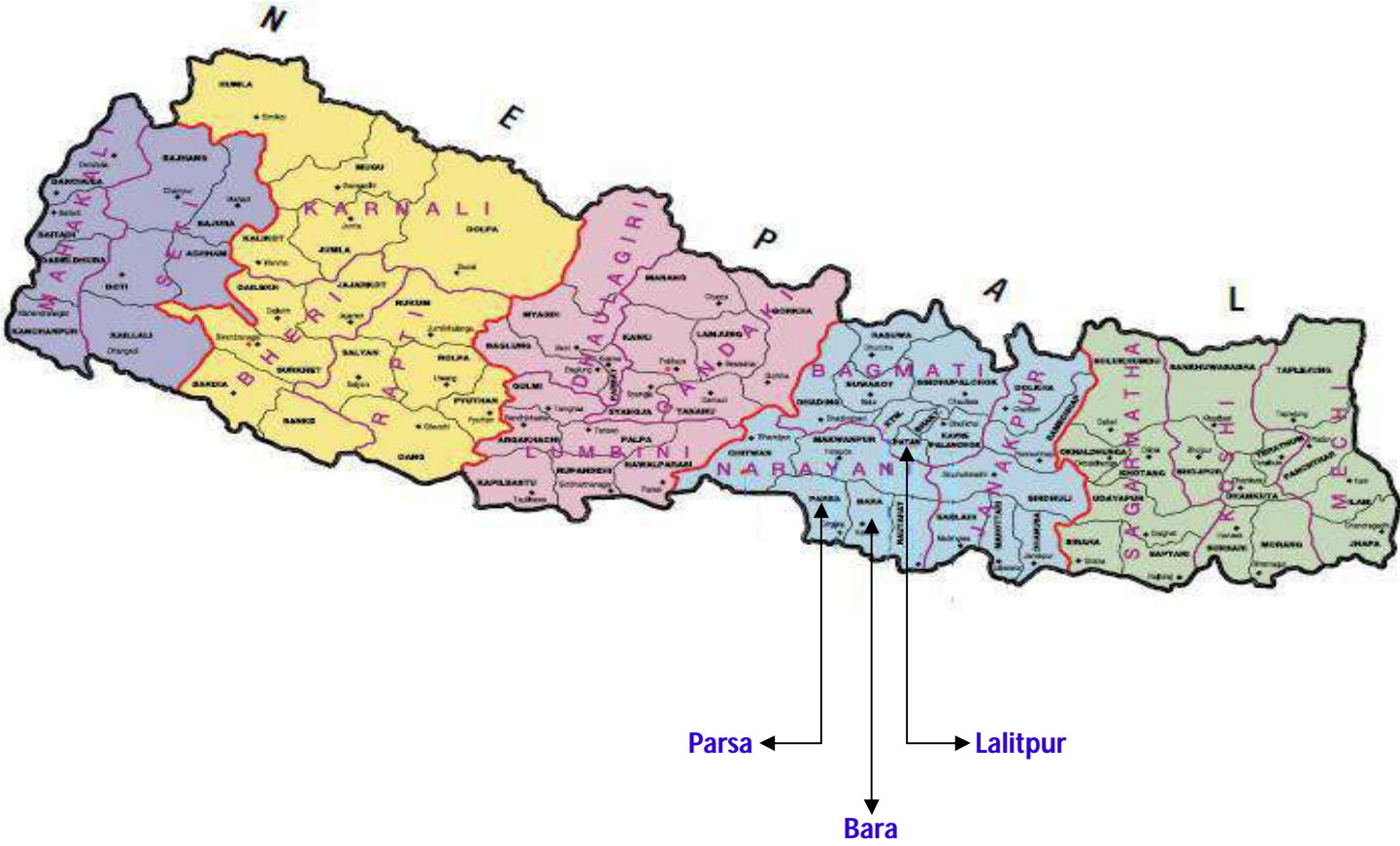
We have put our efforts to empower our beneficiaries through various skill and capacity building training and access to quality education. Such efforts will be continued in future.

I can say with some pride and confidence that we are prepared—strategically, in terms of our internal capacity and commitment to work together—to take them up and work collectively for empowering the HIV infected women, infected and affected children, disadvantaged and marginalized girls in the days to come.

My sincere thanks to my staffs and all other stakeholders for their contributions in making this happen. Thank you all.

Sr. Deepa Neeruvellil SABS
Director
Nepal Aradhana Samaj

NAS Program Districts



Executive Summary

A Significant year towards empowering HIV infected people, disadvantaged children and improving their standard

Year 2012-13 was a significant year for Nepal Aradhana Samaj from various angles – organizational development, achievement of specific objectives that contributed towards its mission.

A breakthrough year in organizational development

2012-13 was a breakthrough year for NAS in organizational development. This was the year NAS put tremendous effort to strengthening the organization. A three years developmental plan was developed and begun implementing it. Resultant Good Governance policy and Employee's Code of Conduct were formulated. Monitoring tools were reformatted to meet the standard. Web site was designed and hosted for disseminating true and transparent information.

Welfare and empowerment of HIV infected women and children

The Society contributed towards welfare of HIV infected woman and children who instead of getting love and care faced discrimination and hate by family members as well as society, by rehabilitating them with shelter, treatment, education to HIV infected children, and also empowering women with skill training and capacity building to increase self-dependency and self-respect among them for leading happy and peaceful life.

Palliative care for people living with HIV/AIDS

NAS continued its Birganj based Care Home to provide nursing and medical care to needy PLHA not having proper support mechanism and access to health facilities from Parsa and

adjoining districts. Besides, social-psycho counseling developed positive attitude and thinking among PLHA receiving services in the centre that helped them to improve their living style and standard.

Role play in the community to reduce HIV infection

In the year 2012-13 NAS worked intensively in the community with objectives: Developing the understanding of basic HIV/AIDS facts and preventive measures for reducing HIV infection; understanding of basic care and support concept for HIV infected people; and reduce stigma and discrimination towards HIV infected people through positive attitude and thinking.

Hostel for marginalized and vulnerable girls

NAS organized and run hostel for marginalized and vulnerable girls to provide shelter, food, treatment and quality education in a secure and amicable environment, who were deprived of these basic needs essential for intellectual and psychological development.

Empowerment of vulnerable and marginalized children through quality educational and health services

NAS created an environment for vulnerable and marginalized children in Lalitpur district enabling them an easy access to quality education and health services. Beneficiaries were motivated for saving habit and good response was given by them.

Learning and Challenges

Coordination among partners - a key for successful implementation:

One organization cannot be capable of meeting all valid needs of beneficiaries because of her limited resource. But by establishing a proper coordination link among the partner stakeholders one can overcome this shortcoming and can provide quality services to beneficiary group with a wider scope.

Lack of Ownership:

"Absence of Ownership" is severely prevailing in most cases among the PLHA. Attitude of high expectation from organization is found prevailing among the PLHA causing a negative effect on self-independency.



Program Interventions

1. Health

NAS has formulated three strategic program components under health program for HIV infected people. These are being implemented in Lalitpur, Parsa and Bara districts. The three strategic components are:

- a) Care and Support
- b) Community sensitization
- c) Capacity building and skill development

Health program activities are aimed at improving physical and mental health status through easy access to treatment, care and support for HIV infected people, raising awareness about HIV/AIDS in community, building confidence and self dependency among target population. Due to the efforts put through this program overall scenario is improving. Some outstanding results have been witnessed. Positive attitude and thinking among the HIV infected people were developed. Mrs. Minu Pariyar, one of in-housed beneficiaries of our Karuna Bhawan Godavari unit became a burning example for HIV infected people. Minu has dedicated herself for serving HIV infected people by assuming President Chair in Sneha Samaj.

Intensive and frequent community sensitization activity on HIV/AIDS has changed the views and thinking among the community people resulting in a significant reduction of stigma and discrimination towards HIV infected people in Parsa and Bara districts.

2. Education

Three strategic program components has been formulated under the education program for vulnerable, HIV infected, and marginalized children. These are being implemented in Lalitpur, Parsa and Bara districts. The following are the strategic components:

- a) Residential support for vulnerable girls
- b) School fee and educational material support
- c) Personality development through various skill trainings

Education program activities are aimed at over all development of vulnerable and marginalized children through easy access to quality education, secure and amicable environment, and trainings and skill development. Due to the efforts put through this program overall scenario is improving. Some outstanding results have been witnesses.

Dropout rate among the beneficiaries has been reduced significantly. Class promotion rate is recorded over 95%. 40 children got class promotion with distinction and 1st division.

More focus was given on encouraging saving practice among the children. Despite the poor economic background children understood the benefit of saving and opted to save some amount from their pocket money whatever they get. Beneficiaries of Karuna Education project showed a keen interest in saving and saved an amount of NRs. 82,724 in the FY 2012-13.

Care and Support for HIV Infected Women & children, Godavari

The havoc of HIV/AIDS is still continuing and growing rapidly with continuously increasing infection rates in certain sub groups and which in turn contributing to spread towards the general population. The most challenging areas - Poverty, insufficient health care facilities and stigma – pose the most difficult challenges to address HIV/AIDS effectively. Nepal Aradhana Samaj in partnership with Kindermissionswerk, Germany has been providing rehabilitation with treatment, education, and skill training services to those HIV infected women and children from different corners of Nepal who are forced to desert home by family members and society; and living at bay without a proper support mechanism.

The project aims at increasing life span of HIV infected women and children and improving their quality of life through positive attitude and thinking.

For achieving the set aims the project is carried on with the following

Specific objectives:

1. Providing shelter, food and medical treatment to HIV infected women and children.
2. Empowering HIV infected women through skill trainings and employment opportunity and counseling.
3. Providing education and personality development opportunity to infected children.

Project Activities:

- Running rehab centre to provide shelter and food to in-housed clients.
- Treatment and other essential medical services.
- Education support to in-housed infected children.
- Income generating activities.
- Skill training.

Key Achievements:

- 100% in-housed clients received living support, treatment, nursing care.
- All 6 in-housed women engaged in income generating activities
- All inmates received awareness on different psycho-social aspects to strengthen morale.
- 1 of our in-housed beneficiaries joined another NGO with a determination of serving HIV infected people.
- 100% class promotion by in-housed children
- 3 children got double promotion.
- 1 child passed S.L.C. examination in second division.
- Some small kids won prizes in spelling contest, handwriting and drawing competition.
- All 6 in-housed women received tailoring training.

Treatment: Specific objective # 1

Health condition of each beneficiary is monitored regularly and care is provided without delay as and when necessary. Normally patients are referred to Hospital when they are severely sick and also for investigations. In other cases they are treated and cared in-housed.

28 in-housed beneficiaries received nursing and medical care support. All in-housed clients were referred for CD4 count test to determine their immunity level. This test is done twice a year for each client (once in every six months) to monitor their immunity level. 22 beneficiaries (6 women and 16 children) are on Anti Retroviral Therapy.

On the occasion of WORLD AIDS DAY – Pediatric Dental Care Unit Head Dr. Nitin Agarwal and his team from TU Teaching Hospital conducted a dental camp for our children and they did the needful service for the children at Karuna Bhawan.

Living Support: Specific objective #1

Nutrition and accommodation

In-housed beneficiaries received nutrition and accommodation support. 28 PLHA (6 women and 22 children) were benefited from support during the reporting period. However, 2 children left Karuna Bhawan during the latter half to stay with their families.

Entertainment: Specific objective #3

Several programs such as Teej, Children's day, outing for children were arranged to entertain inmates especially children. A colourful Teej celebration with dancing



and singing was observed by the inmates along with women staffs of Standard Chartered Bank.

Children's day was celebrated jointly with children of Karuna Kinderhaus. They were



applauded and cheered by the audience for their magical dance, play, and songs.

A one-day outing was arranged for children in Sept 2012. They visited central zoo under the guidance of staff. They saw

tiger, lion, Worgan Wotang, wild cats, deer, elephant, crocodile, tortoise, different types of birds, fishes. All children were very much interested to know about these animals. After seeing animals children enjoyed different types of swings, sliders with great fun in the children's park situated inside the zoo.

Income generating programs and Skill training: Specific objective #2

Women inmates utilized their skills in some income generating activities like knitting, candle making and embroidering. They used to sell their product in local market.

Goat and rabbit-raising was also done by them as a source of income. Further, they engaged themselves in vegetable gardening that meets the day to day vegetable needs of Karuna Bhawan to a great extent.

From these income generating activities they get sufficient pocket money and some part of income is reinvested in the channel for smooth running of these activities

Karuna Bhawan, Godavari is focusing more in strengthening HIV infected women by providing various skill trainings. This year tailoring training has been started with generous support of Miss Mary L Partosa.



Vegetable Gardening at Karunabhawan



Embroidering work by in-housed clients



Tailoring training

Education: Specific objective #3

Education of inmate children is going well. 20 children are going to school and studying in different classes. Most of the children are very good in studies as well as in extracurricular activities. Some of small kids also got prizes for spelling contest, handwriting and drawing competition.

Counseling, Awareness and Gathering: Specific objective #2

Periodic psycho-social counseling was conducted for inmates of Karuna Bhawan to empower them mentally and psychologically. This cultivated positive attitude and thinking towards their life. The impact can be seen from the achievement of Minu Pariyar.

In the year 2012-13 Karuna Bhawan had conducted a special prayer service and gathering of former inmates on the occasion of WORLD AIDS DAY. After the prayer service a candle lighting ceremony organized to honor the people living with HIV/AIDS and those who have died due to the infection. On Dec. 25th 2012 a gathering with our old inmates was organized on the occasion of Christmas and they spent a good time with Karuna Bhawan family.



World AIDS Day at Karuna Bhawan

Personality development and Skill Training for Children: Specific objective#3

Trainings such as computer skill training, music have been started for In-housed



children. All children are actively learning these skills to develop themselves.

Karuna Kinderhaus (Hostel for girls), Godavari

Nepal Aradhana Samaj in partnership with FUNECH Germany is running this project to provide shelter, food, quality education, treatment in secure and amicable environment for vulnerable and marginalized girls of the community who are deprived of these basic needs.

Specific Objectives:

1. Providing support in educational development for girls deprived of proper education and environment from dalit, poor, vulnerable and marginalized family in the community.
2. Providing support in intellectual and psychological development.

Activities:

- Residential and living support.
- Education support.
- Treatment and other essential health services.
- Programs to develop intellectual, psychological traits and leadership quality.

Key Achievements:

- 38 girls (13 newly admitted) received residential and living support.
- 38 girls received basic skill training for personality development.
- 100% class promotion achieved.

- 8 girls with distinction and 11 in 1st division were promoted to next class.
- 2 girls won prizes in poem writing competition.
- 2 girls won prizes in drawing completion.
- 1 girl won prize in essay writing.
- 1 girl each won prizes in football and sports.

Residential Facility: Specific objective #1

38 vulnerable and marginalized girls from different areas of Nepal have been receiving residential support in a secure and amicable environment. Nutritious foods are given in the hostel to keep their physical and mental health good. Routine medical checkups are done to monitor their health status.

Education support: Specific objective #1

All 38 girls are getting quality education in different schools of Godavari. They are doing well in studies as well as in extra-curricular activities.

Skill training: Specific objective #2



Besides academic studies, training is provided for the children to develop their



skills like music, dance, and needle work etc time to time. They perform exceptionally well in sports and arts. Music class is conducted once in a week. They learn to play different musical instruments like key board, guitar, flute, tabala, and triple as per their interest.

A computer lab with 8 high end computers has been setup with an objective to develop computer skill among the beneficiaries. Computer class is conducted every Saturday and all have shown keen interest to learn basic computer skill.

Culture programs: Specific objective #2

The children had performed marvelous



cultural programs with high degree of enthusiasm on the occasion of Children's Day and Hostel day. They were encouraged with applaud from honorable audience for their colourfull dance, music, recitation, and drama.

Children who stood first in their class received prizes from generous donor agency on Hostel Day celebration.



Games and extra activities: Specific Objective #2

Girls actively take part in games and other activities. 1 girl won 3rd prize in essay writing, 2 girls won 1st and 3rd prize in drawing competition; 2 girls won prizes in poem writing and 1 each in football and sports.



Care and Support for HIV infected people, Birgunj

Nepal Aradhana Samaj this year too continued the program – Care and support for HIV infected people – with generous support of MISEREOR, Germany. Though its working area is only Parsa and Bara districts, Nepal Aradhana Samaj in coordination with other organizations continued needful services such as treatment, nursing care to HIV infected as well as affected people from Makwanpur, Rauthat and Sarlahi districts. Besides, Nepal Aradhana Samaj felt the necessity for shelter and living support for those HIV infected people coming to Birgunj Hospital for treatment from far distant and continued its care home services, which was setup in the year 2007. Apart from these services, Nepal Aradhana Samaj continued the education support to HIV infected and affected children.

Specific objectives:

1. Providing care and support to PLHA
2. Creating appropriate environment for the welfare of PLHA.
3. Enhancing the knowledge and capacity of PLHA.
4. Playing important role in the community to reduce HIV infection.
5. Dissemination of truth and correct information about HIV in the community.
6. Enhancing the awareness about HIV in the community.

7. Providing education support to disadvantaged and marginalized HIV infected and affected children.

Activities:

Project carried out following activities in order to achieve the set objectives.

- Care home services.
- Medical treatment and other essential health services.
- Psycho-social counseling.
- Home visit.
- Awareness programs on HIV/AIDS.
- Education Support.
- Capacity Development of PLHA.

Key Achievements

- 141 PLHA received living support in care home.
- 224 PLHA received treatment and nursing care.
- 184 PLHA referred for CD4 test.
- 168 PLHA received psycho-social counseling.
- 31 PLHA received CHBC training.
- 353 pregnant women covered under PMTC counseling.
- 2173 community people got awareness on HIV/AIDS.
- 211 people underwent Voluntary Counseling and Testing (VCT).
- 37 PLHA put on ART and adherence counseling.

- 20 children received educational support.
- 5 HIV infected people mobilized as peer educator.

Care home and treatment: Specific objective #1 and #2

HIV infected people who suffer from illness or psychological stress come to care home for support. Stay can be from one day to 21 days as per need. During their



stay they receive living support along with medical and psychological care.

A paramedical staff looks after the nursing and medical care. Major issues are referred to better centre normally Narayani Sub



Regional Hospital. Doctor visits care home twice a week for medical examination and treatment of clients.

Further, PLHA are referred for CD4 count test to determine their immunity level. PLHA who are put on ART stays in the care home for 14 days and ARV medication is administered under the supervision of Paramedical staff. Besides nursing and medical care, socio-psycho counseling on regular basis is given in group or one to one to develop psychological strength of the HIV infected people.

Community Sensitization on HIV/AIDS: Specific objective #4, #5, #6

HIV infection is on increase and the further spread of disease can only be curtailed if large parts of affected societies are made aware of transmission mechanisms, risk reduction techniques and their own serological status. An important challenge that must be addressed is: how to sensitize local communities concerning HIV/AIDS related issues and how best to encourage individuals to get tested.



NAS in the year 2012-13 has put intensive focus on community sensitization by conducting 6 events of community awareness programs and 12 events of group counseling for creating comprehensive knowledge of HIV/AIDS and consequently creating a shared sense of urgency to tackle this epidemic with following aims.

- Develop an understanding of basic HIV/AIDS facts among community people.
- Develop an understanding of preventive measures for reducing HIV infection.
- Reduce stigma and discrimination towards HIV infected people in the community through positive attitude and thinking.
- Develop an understanding of basic care and support concept for HIV infected people.
- Develop an understanding of increased HIV related issues and increased HIV infection.



Altogether 2173 people were sensitized on HIV/AIDS with the objective to increase

awareness on HIV/AIDS through these events. Discussions were done in participatory way on various topics such as:

- What is HIV/AIDS?
- Causes of HIV infection.
- Prevention of HIV infection?
- Primary and secondary symptoms of AIDS.
- Difference between HIV and AIDS.
- How to take care of HIV infected people by identifying gaps and needs.
- Different stigma and discrimination shown towards HIV infected people.
- How to reduce stigma and discrimination through Positive attitude and thinking.
- VCT (Voluntary Counseling and Testing)

Training and Capacity Building: Specific objective #3

The purpose of CHBC training is to develop a home based mechanism for providing care to HIV infected people at home. Training was organized with following objectives.

- Develop an understanding of the Basic Facts on HIV and AIDS.
- Learn the concepts of communicable and opportunistic infection management.
- To help the participants to identify the various gaps and needs of person

living with HIV and AIDS and family; how to take the care.

- To have a broad overall picture of community based care and how this links to the continuum care cycle.
- Develop the positive attitude and thinking for responsive HIV&AIDS intervention.
- Develop an understanding of the life skill based education.
- To learn the medical problems, basic care and when it is required.
- Learn minor illness and symptomatic management for managing at home.

NAS organized 1 event of CHBC training for PLHA to meet set objectives. 31 PLHA participated in the 2 days training.



The training is conducted in participatory approach and covered elements of HIV and AIDS based education along with nutrition, physical exercise, stigma and discrimination, leading happy life. The training was finished in a very peaceful environment with effective achievement of

set objectives. Participants rated these trainings as a valuable and very applicable in their life. They became well aware of the elements of HIV/AIDS based education.

Education Support: Specific objective#7

NAS provided education support to 20 (10 boys and 10 girls) HIV infected/affected children of Parsa and Bara districts who did not have proper support mechanism to access quality education. Out of 20 children 8 are HIV infected. They received monthly tuition fee and Educational materials such as copy, pencil, pen, pencil sharpener, and eraser along with school dress and school bags as support for continuing their studies smoothly.

All 20 children were promoted to next class with good performance.



Educational material support

Karuna Education Support, Nakkhu

Nepal Aradhana Samaj is running educational support program for children belong to vulnerable and marginalized family who migrated to Lalitpur district from different areas of Nepal in partnership with CCS Italy.

The project 'Karuna Educational Support' intends to improve the living conditions of the children by providing access to quality education, where the children get formal education and are more aware of their rights as this would help in enhancing their overall personality. Therefore the overall growth and development of children benefited from education indicates the need of this project.

Altogether 65 children received educational support through this project.

Specific Objectives:

1. Providing support for educational development of children from marginalized family.
2. Providing support for intellectual and psychological development of vulnerable and marginalized children.

Activities:

- School fee support.
- Educational Material support.
- Health checkup program.
- Library support.
- Saving by children (Piggy Bank).

- Children's day program.

Key achievements:

- 65 children enrolled in school
- 100% beneficiaries children attended school regularly.
- 100% of children received educational materials.
- 100% of the children received school fee support.
- 100% children benefited by the health check up.
- 100% children participated in children's day program.
- 100% children benefited through child saving program (Piggy Bank).
- 43 children received Library Support.

Support for school fee payment: Specific objective #1

School tuition fee support has relieved marginalized parents financially to a great extent. This made access to quality education possible for these marginalized and vulnerable children. 65 children received school fee every month.

Educational material support: Specific objective#1

Educational materials support such as books, uniform, copy, bag, pen, pencil, sharpener, eraser etc. in the beginning of new academic session helped these

marginalized children a lot to continue their study with new zeal and this support also reduces financial burden of their parents to a great extent for purchasing educational material. 65 children received the support.

Children's day: Specific objective#2

A visit to Central Zoo, Jawalakhel was organized for the children of Karuna Education Project on Saturday, 22th September 2012 with objectives to acquaint children with nature and habits of animals and to have fun and pleasure.



They saw tiger, lion, Worgan Wotang, wild cats, dear, elephant, crocodile, tortoise, different types of birds, fishes. All children were very much interested to know about these animals. Children also enjoyed different types of swings and slider with a great fun in children's park inside the zoo.



Children enjoying swing in central zoo

Health checkup: Specific objective#2

NAS put a great focus on the health of beneficiary children. 2 events of health check up program were organized to monitor general as well as oral health status of the beneficiary children.

The 1st event of health check up revealed that the children were fairly nourished and generally healthy. The check up covered:

- Height and weight measurement
- General health screening
- Screening for shortsightedness
- Screening for other problems

The most common complaints were abdominal pain, headache and ear infection. The children were prescribed proper medication and some with acute ear infections were referred to a better centre.



Medical screening of Child

The 2nd event, an oral health checkup program was organized for monitoring oral health status of the beneficiary children.

The oral checkup covered:

- Oral screening
- Oral health orientation
- Distribution of oral hygiene items

The program was conducted in two sessions. In the 1st session the team of doctors examined each child and advised according to their oral health status.



In the 2nd session health team gave oral health orientation to the children. Children were made aware of how to keep their oral health sound, importance of fluoride, food



stuff helpful and hindrance to oral health, technique of brushing teeth, and appropriate amount of tooth paste to be taken for each brushing.

The program is ended with distribution of oral hygiene material consisting tooth paste, tooth brush, soap, and napkin.



Distribution of oral hygiene materials

Library: Specific objective #2

NAS put focus on library support to encourage reading habit among the children. Reading of different types of books fiction, story, biography, and solving brain games contributes not only to enriching their knowledge but also polishes their personality.

Piggy Bank: Specific objective #2

NAS focuses Piggy Bank as *of the children, by the children and for the children* to encourage saving habit among the children. All beneficiary children were intensively counseled in groups as well as one to one about the expending nature of their pocket money and benefits of saving some amount out of their pocket money. Despite the poor economic background children understood the benefit of saving practice and opted to save some amount from their pocket money whatever they get. They waved their hands to save at least NRs. 1.00 per day with a desire to fill the bucket drop by drop and later utilize saved money for their educational purpose. 65 children joined the piggy bank and showcased their determination. They saved a sum of NRs. 82,724.00 in the year 2012-13. Indeed it is a great effort on their part and deserves high-end appreciation.

Thank you Karuna Bhawan



I am Alisha Khadka. I am 12 years old sponsored child studying in class 7 at Modern Graded English Boarding School, Kusunti, Lalitpur. I live with my mother Rita Khadka in Kusunti, Lalitpur. There are only two members in my family. My father left us 11 years ago when I was only 1 year old. My mother was alone in the village and faced lots of difficulty in raising me. Then my mother migrated to Kathmandu valley from Okhaldunga district in search of work. Our financial condition is very poor. My mother works as daily wages labor. My mother has no land and house in the village. I got the educational support from Karuna Bhawan since 2011A.D. I am doing well in studies and go to school regularly.

Before I got the support from Karuna Bhawan, my mother was hardly able to educate me due to poor economic condition. This support makes my mother feeling easy to educate me. I play basketball and badminton and my favorite fruit is mango and favorite vegetable is potato. My best friend is Rebika K.C. During the free time, I help my mother in her household works.

Finally I thank Karuna Bhawan from the bottom of my heart for generous support for my education and wish the regular support to other children like me in the future too.

St. Alphonsa's School, Simara

St. Alphonsa's School is established in Simara with a vision to aspire towards creating a human society free from prejudices, superstitions, and discrimination based on sex, religion, caste and economic status and characterized by respect for the dignity of the human person, leading to concern for each other, especially the underprivileged. As education are essentially a service and a means of liberation from ignorance and illiteracy.

The motto of the school is

"Education For Total Liberation".

Aims and objectives:

St. Alphonsa's School aims at creating individuals who are intellectually competent, morally sound, psychologically whole, imbued with the sense of the Divine, committed to the cause of Justice, Love and Peace and ever open to further growth. Our education is to be an instrument not only for the integral formation of underprivileged individuals but also for the development of a nation.

Students are helped to develop all their talents and to form integrated healthy personalities for a better future. The school tries to inculcate in them the spirit of patriotism, universal brotherhood, and sense of civil rights and duties. They are helped also to lead a goal-oriented life, upholding noble principles and lofty ideas

and to respond creatively to the changes of the contemporary world.

Presently, L.K.G, U.K.G, and 1 to 4 Classes are running. There are 250 students in the school and 8 teachers are taking care of their studies. Students belong to local community and there is positive attitude among the community people towards the school.



Physical Training



Students performing Dance on Parents Day