

# Rainbow Children Home Nepal

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## NEWSLETTER

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[www.orphancarenepal.org](http://www.orphancarenepal.org)

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## 1. Message from the Director:

It is a delight as we are publishing our regular edition of quarterly newsletter in this electronic version. This Newsletter is like a preamble of Rainbow Children Home and Rainbow Handicraft Project. I would like to express sincere Thanks to all the stakeholders for their continuous help and support to our organization Rainbow Children Home and Rainbow Handicraft Project in many ways directly and indirectly. This e-Newsletter is also a souvenir to you from us with lots of updated information regarding the developments in the four months.



I would like to express my special thanks to **Philip Von Foundation, Fritz and Sybil von Phillip**, Germany. We feel pleasure to express our deep sense of gratitude to **Svein and Karin Dahle** and all the Norwegian friends. We also would extend our warm thanks to **Anies Suzukawa, Rosemary, Tony, Mardi, Robyn Harris, Di Meill, Sandy Madden, Karin Haddon, Lyn and David Edwards Kerri Howell, Tim Ridgway, Karin Haddon**, and **Graeme Baje** with Aussie Action Board from our Australian network. I would like to extend thanks to **Sophia Tsao** from Taiwan, **Gunta Podina** from Sweden, **Marc Osborn** from USA, **Sara Breingan, Keith and Hilary Cooper, Marcia Watson, Sara Martin** from UK, **Sabrina and Angela De Camilli** from France, **Suzanne Young** from Hong Kong, **Susan, Marit and Nina** from Norway. **Bidhan and Paula, Brooke Wilson, Ingrid Dorgan, Craig** and **Jennifer, Julie-Anne Mascarenhas** from USA, I would like to express my thanks to **Rocio, Jose and CIDEN** organization representatives from Spain in our project developments. I would like to express our sincere thanks to **MediHimal Group** from Germany, **Himalayan Footstep, Pahari Trust** and all the sponsors, volunteers, visitors and well-wishers for their regular donations, sponsorships, and supporting through many ways. Our work would not have been completed without the co-operation, help and support of you all. We are all part of big cause in service since the last nine years.

Once again I would like to express BIG THANKS to you all and hope of your continuous support.

  
Goma Dhakal  
President

## 2. New Boy @ RCH

Name: Sagar Kunwar  
DOB: 5th March 2004  
District: Parbat, 06, Tila-  
har



Sagar became our child in October, 2014. His father is named Mithu Kunwar who brought him here. When his father and he came first at RCH, they both looked very sick. His father is aged 45 whereas Sagar is 11 years old. Both the son and the father cannot speak fluently and possess identities issued by the government of Nepal for their disability. The mother is not on her consciousness and her whereabouts are not known. Sagar was working as a dish washer, his father had let him stay at a restaurant where he would do dish washing on condition that Sagar would be allowed to go to school. Sagar now is at RCH. Looking at the way Sagar has got along with kids here it seems he doesn't have any disability. When school resumes Sagar will be admitted to school and given a chance for a new kind of life here at RCH while his father will get a place to stay here and assist in different works in the field.



## 3. New House mother



Name: Bina Ranabhat  
Joined: 5th October  
2014  
District: Tanahau

Rima, the house mother has been in medical treatment since a month and we've been having shortage of staff in the kitchen. And we've found **Bina Ranabhat of Tanahau, aged around 40 years old**. She's a single wife after her husband left her and has ever since kept her children in her parents home while she searches for jobs and income opportunities. While she belongs to the same neighbourhoods of villages back in tanahau as Deepak and Ama, Bina's eager to find an opportunity at Rainbow. She is going to be the in-charge of the kitchen. We heartily welcome the new member in the family.





## 4. New Handicraft Project at the District Prison Center Kaski

Our recent handicraft project extends to the District Prison Center, Kaski where we provide them with weaving trainings for next three months. For some a prison sentence is rehabilitation centre, where people change in positive life while for some misfortunes it's a place they are captive because proofs pointed towards them. With a few women that got into the prison while they were pregnant, their children also stay there with their mother doing the sentence. We hope to provide an opportunity to these women to earn an income and fund their children's education.

Vice- CDO of Kaski Inaugurating a 3 months trainings and income opportunities to female prisoners in the district prison

Currently the women are learning to weave enthusiastically. They are getting trainings for three hours a day, six days a week. We would like to extend the project to other centres in other districts but will have to focus in this initiative at first. From next month they will start earning their income. We hope working will inspire the lives of the prisoner with something to do than lie dull behind bars all day and help in the afterlife of their sentences.





## 5. Academic Progress

Judging on the results of the children of our organization we must say the results of our children education is indeed satisfactory. There are three different schools our children go to based on the age groups they are in. Each school results are usually good. The children's school results of BUDS Academy and National Inventive Boarding school have been published recently. From BUDS Academy Anup B.K., Sujan B.K., Sushil Ranabhat, Shila Karki, Ayush Sapkota, Anjali Nepali, Asha B.K., Sristee Karki, Bidisha Lamichhane, Bibek Pariyar, Kalpana Bogati, Niruta B.K., Anita Ranabhat, Bikash B.K. results has been published and all the children result is satisfactory. Likewise, from National Inventive Boarding school Srijana Rai, Sagar Gautam, Lakchin B.K. and Indrani Dhakal's result have been published and based on the individual capacity of their own. Lakchin scored 1st position with 95.14% in his class and likewise from BUDS Academy Anita Ranabhat has scored 2nd position with 94.4%, Kalpana Bugati scored 5th position with 84.6% and Niruta B.K. scored 6th position with 91.3% in their class respectively which are among the outstanding result this term.

**National Inventive Higher Secondary Boarding School**  
Baidam, Pokhara, Nepal  
Estd:2055 B.S.

**PROGRESS REPORT CARD**  
*First Term-2071*

REG NO : 067/075 NAME : LAKCHIN B.K.  
CLASS : TWO SEC : B ROLL NO : 1

S. N.	SUBJECTS	FULL MARKS	PASS MARKS	OBTAINED MARKS			CLASS HIGHEST
				TH.	PR.	TOTAL	
1	ENGLISH II	100.0	40.0	97		97.0	98
2	MATHS	100.0	40.0	99		99.0	100
3	G.K.	50.0	20.0	49		49.0	50
4	NEPALI II	50.0	20.0	48		48.0	50
5	ENGLISH I	100.0	35.0	73	24	97.0	97
6	NEPALI	100.0	40.0	63	24	87.0	98
7	SCIENCE	100.0	40.0	68	24	92.0	92
8	SOCIAL STD.	100.0	40.0	73	24	97.0	96
TOTAL		700.0	275.0	570.0	96.0	666.0	

RESULT: PASS Percentage : 95.14  
DIVISION: Dist Position : 1

KEY TO GRADE	KEY TO PERCENTAGE	PERSONAL DEVELOPMENTS
A - Excellent	80% and above - Distinction	1. Home work activities A
B - Good	60% and above - First Division	2. Personal appearance A
C - Satisfactory	50% and above - Second Division	3. Discipline A
D - Poor	40% and above - Third Division	4. Extra activities A
Remarks Congratulations! Keep it up.	Attendance 57 57	5. Conduct A

Date : 2071/04/11  
Class Teacher  
Principal

**BUDS ACADEMY**  
POKHARA-06, BAIDAM  
FIRST TERMINAL EXAMINATION 2071

Reg. No : 2070/279 Name : ANITA RANABHAT  
Class : ONE Section : A Roll No. : 2

S. N.	Subjects	Full Marks	Passed Marks	Obtained Marks		Total	Class Highest
				Th.	Pr.		
1	English	100	40	87.0		87.0	98.0
2	Nepali	100	40	94.0		94.0	99.0
3	Maths	100	40	97.0		97.0	97.0
4	Social Std.	100	40	94.0		94.0	98.0
5	Science	100	40	98.0		98.0	98.0
6	G.K.	50	20	49.0		49.0	49.0
7	Hand Writing	A	C	A		A	A
8	Drawing	A	C	A		A	A
9	test	A	C	0.0		0.0	97.3
Total :		550.0	220.0			519.0	

Result : Passed Percentage : 94.4  
Division : Dist Position : 2

ATTENDANCE Total Present Days : 59  
Working Days : 66 Absent Days : 7

Remarks: CONGRATULATION ! FOR YOUR RESULT KEEP IT UP

Date : 2071/4/6  
Class Teacher  
Principal



## 6. Achievements



### Deepak in the program

Our children have been building good reputation in our society showing academic promise with exemplifying results, involvement in clubs and community programs and last but not the least of all demonstrating high moral character with their behaviour. Many organizations invite our children for the participations in different activities like singing competition, games, spelling contest, and many social activities. Recently, Deepak B.K. was honored as "Talent Student of school" by "Symbiotic Society of Nepal" and received in form of prize and certificate. He was selected as he had scored highest marks in all the school last year. He is a school topper student too.

*Recently Deepak B.K. was honored as the most talented student of his school by the "Symbiotic Society of Nepal", He was awarded a prize and a certificate. Deepak was selected because he scored the highest marks in all his subjects at his school. He is one of the schools top students.*





## 7. Birthday Celebration of Children



### Monthly Birthday Program

*We have birthday parties for all our children in the home every month. The party in May was for Bidisha Lamichhane, Anita Nepali, Sandesh Dhakal, Mahesh Bohara, Asesh Lamichhane, Lachin B.K. Amisha . Similarly in June, the birthday boys and girls included Sanju Nepali, Rabina Rana Magar, Bikash B.K. and Sushil Ranabhat. Likewise in July Ashish Khanal, Asmita Khanal, in August Shila Karki, Bibash Chaudhary, Kalpana Shakari, Amish Giri, Amit Giri and in September Ambika Ranabhat's birthday was celebrated. Birthdays are always celebrated by cutting cake and distributing candies to all the children and staff while the birthday boys and girls get gifts for their birthday.*





## 8. Health Check-ups



### Dental Health Check-up program

Rainbow Childrens Home makes sure the beneficiaries get their body checked up twice a year and an annual dental check up . A dental check up was organized by the Riverside Health Centre, Shyauli Bazaar at the home where some of the children got their teeth taken out and got medicines recommended. also a general health check up is done every year in our home. Dental check ups were performed by Santosh Gurung and his team.

*On the 27th of September, 2014 the children of RCH had their full body checked up. The changing seasons brings some health problems and Medicine were also distributed for the children who needed it.*





## 9. Child Participation



Deepak in UNICEF's videography training

Three of our boys, Kamal Khanal, Deepak BK and Sudip Gautam have participated in a three day training program on Risk Mapping. The purpose of the program is to identify the risky places in Pokhara sub metropolitan city. Kamal and Deepak were in the team for map making and had to mark risky places for different wards in Kaski district. Sudip was in the team who hand wrote what the stakeholder could do to solve the problems as identified risky.

Deepak and Sudip were involved in the making of a one minute film of risky places in Pokhara. Sudip got the chance to act in two of the "one minute movie". These were based on Floods and Earthquakes while Deepak was part of the directing team. The program was organized by District Children Welfare Board, Kaski and UNICEF Nepal.





## 10. General Assembly of RCH

On 2nd of August, 2014 we have organized 6th Annual General Assembly. Every year we have to do it. We have invited all the general members, executive and board members in that program. Our Chief Guest was Assistant District Administrator, Kaski, and other guest were Officer of the Social Development of Pokhara



Sub-metropolitan City, Supervisor of Children Development Committee, Pokhara, President of free Journalist Association, Nepal, President of NGO Federation, Member of Nepal Tourist Board, Director of Pokhara Industrial management, President Mother's Group, President of Children Club, Pokhara and Our child Bhumika Chhetry also given a beautiful speech in that annual general assembly. About 80 people were participated in this program. Our Secretary presented our progress report and our Treasurer presented our financial and audit report, and our President presented future plans in that annual general assembly. We have organized food for the participants and guests after the program. This is our annual regular program, and this is mandatory for the annually renewal of our children home.







Like each year during the festival, Goma and the family began the festival by performing cultural rituals. Kamal who is of the Brahmin caste, becomes the priest of the home and nearby neighbours tying the threads on to others reciting the traditional "mantras" used in the festival Brahmin Caste people are the high cast according to the Hindu caste hierarchy system. Sudip has begun keeping the traditions alive by becoming the next priest as his Bhramin caste allows him for the privilege. In this festival, Goma the director of the house gives TIKA, fruits and money to the children. It is a common culture for Nepalese to use red TIKA on the forehead during festivals where the elders give blessings while putting the colored rice on the foreheads of juniors. This festival also marks a brother-sister meeting and exchange of gifts. Almost every Nepalese home eats as special dish of NINE different beans (Pea) called "Quati". At RCH, children enjoyed the nutritious and delicious food in the lunch. Children become happy to get an opportunity to celebrate Janai Poornima at RCH.

*We celebrated the Festival, called JANAI POORNIMA (Sacred Thread Festival) at the Rainbow Children Home Nepal on 10th of August, 2014. In this annual festival, it has been a culture in Nepal to get sacred threads from the Bhramins/Priests. There are 6 strings of thread that is tied in the hands and the body.*





## 12. Inter Children Home Essay Writing Competition



### Childrens Day Special

*On the occasion of NATIONAL CHILDREN'S DAY 23 children from 12 different child care centres participated in an essay competition organized by RCHN on this year's slogan "Let's Listen to Children's voice and End Child Abuse."*



The chief guest of the program was Senior Officer from Metropolitan City Department – Pokhara. A jury consisting of retired and school teachers was set up for evaluation the essays. Essays were written in English and Nepali in the both languages. Co-ordinator of the Essay Writing Jury board was Mr. Surya Nath Adhikari who was former headmaster of Tal Barahi High School while others were Mr. Bikram Poudel (Vice-Principal of National Inventive Higher Secondary Boarding School), Miss Sarada Guraju (High School Co-ordinator of Tal Barahi Higher secondary School) and Saraswati Bhandari (Teacher from Dharmastali School). All those that participated were certified and the winners got the prize from the chief Guest Mr. Om Raj Poudel. The first position was secured by Bikram Thami from Shanti Children Home, second position was secured by Yougendra Rana Magar from Child welfare Foundation, Third position was secured by Punam Saru Magar from Star Children Home and our child Bhumika Chhetry won the consolation prize in Nepali. Likewise in English language, Yogesh Parajuli from 3 Angels Nepal became first and Sudip Gautam from RCH became second. At the same time we have honored the children from RCH who had scored outstanding marks in their school final exams last year. Refreshments (Food and tea) were served to all the participants and jury members, chief guest and other guests. The children took this opportunity to expose their skills in music.





## 13. Festival Celebrations: TEEJ



### Children's visit to market on Teej Festival

RCHN and RHN together organized a Teej Party at RCH on 27th of August, 2014. All the children (boys and girls) together celebrated this festival. Teej is a women's festival but here at RCH we celebrate it with both boys and girls. The Teej party involves rice pudding as the special dish which is called "DARR" in Nepali. In the evening we had party for all the children, an overwhelming singing and dancing party. **A feeling, not expressable in words, never understood by any male, what it must be being a female** and the festival is just about that that's why the girls enjoy this festival.

Each year at Batulechaur, 12 km away from the home there is a carnival for the festival where there are lots of games, sports and song competitions. The children had a visit arranged and took a day to observe the happenings at the place. At school Bhumika and Samjhana participated in the singing competition and got awarded the second prize.



Similarly Radio Janani and the Handicraft Association of Pokhara organized a Teej special market where there was lot of exposure at different women led projects and organizations. Rainbow Handicraft was also for a display. The girls sang on stage and gathered an applause. The eight days of festival also had a fashion show, sports and competitions.



## 14. Letter to the Constituent Assembly

One of the boys of our children home, Deepak B.K. had been awarded the 2nd prize of letter writing competition "Letter to the Constituent Assembly Member". He and Bhumika Chalaune Chhetry had taken part on that competition from our children home. It was on 12th of August. On the occasion of National Children Day, 14th August, he was handed over the prize by the constituent Assembly member Mr. Ravindra Adhikari where about 200 children had participated.



CA member Ravindra Adhikari awarding Deepak

## 15. Home Visit: Deepak and Manisha



With their grandfather at the village

Deepak and his sister Manisha had recently visited their home where their 76 aged grandparents are living. They had been there and celebrated the Dashain festival at their own home. Their grandparents were extremely happy to see them at their house.



## 16. Welcoming the new committee of Pokhara Chamber of and Commerce and Industry




### New President Mr Bindu Kumar Thapa

Rainbow Children Home Nepal organized a WELCOME program for newly elected President of Pokhara Chambers and Commerce Industry. In this program a former member of Nepal Tourism Board, the General Secretary of Network of Children homes, Kaski and other social personalities were invited. President of Pokhara Chambers and Commerce Mr. Bindu Kumar Thapa and his team visited our home. Our children sang a welcome song for them. We the Rainbow Children home family heartily welcomed them and congratulated the wishing them for their working period, President-ship and other respective posts.

*We invited and congratulated the newly elected members of Pokhara Chamber of Commerce and Industry. The program was held in Rainbow Training Centre where the newly elected members gave inspiring words to the children and the children got an opportunity to sing in front of them.*







We have celebrated our biggest National festival DASHAIN from 25th September to 7th of October, 2014. It is one of the joyous moments for the Nepalese because the festival is all about going to different relatives and taking blessing from them. The blessing is poured with mouth as the elders put colored rice on the forehead of younger ones and maize plant's leaves planted 10 days earlier at the beginning of Dashain is put on the head as well as the ears. Like every year there are some children who go to their villages and celebrate this festival with their closest relatives. The festival is also marked with each home buying mountain goats and all the families gather and prepare a big feast. In addition there are varieties of other foods like fruits, homemade "roti"s, nuts, pickles and so on. We bought two Mountain Goats for the RCH family. This festival is celebrated for 10 days but the school and official institutions are closed for 15 days, while the governmental offices are closed for 7 days.

- 1.) 25th of September : First (starting) day of the festival, plantation of maize plant "JAMARA" planted on first day and to be used on the 10th day.
- 2.) 26th to 30th September: Visited different temples, Phewa lakes and visited many other places.
- 3.) 1st of October: Bought two Mountain Goats, Few children also go to the goat market, cut it one for meat on that day.
- 4.) 2nd Of October: Cut the another Mountain Goat.
- 5.) 3rd of October: The main day of the festival, Starting putting Tika from older to younger person with blessing, good wishes, delicious food and some money. Children went to put Tika from Sagar, Hari, Sajana, Enoch, Khim, Durga, and volunteers, Children also visited some neighboring houses and well wishers for taking blessing.
- 6.) 4th to 6th October: Children visited some new and old places. Some children back to RCH from their relative's home. Visited Children Parks and played games.

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# 16. Festival Celebration: DASHAIN

## The Nepalese festival of highest values





## 17. Rima's Treatment



Rima (Asmika) Rai is a house mother of RCH since last four years. She has one daughter about 7 years old, one of the beneficiary of RCHN. Her husband left the after birth of daughter and the whereabouts are still unknown. She was searching for a job for sending her daughter to the school and living life. During that time RCH found her while she was searching for job. She found a job as a house mother at RCH and her daughter Srijana Rai's school admission was done by RCH. Their daughter and mother life was happily moving. But before 3 months her stomach started becoming bigger day by day. We thought she got pregnant so we sent her to the hospital to check up. It was found that she was not pregnant and started diagnosis for her disease. X-ray, Ultra Sound, C T Scan; Blood and Urine tests were done and she was diagnosed with Cancer. According to the CT SCAN Report in her stomach there is large cystic lesion arising from right adenexae and extending into and occupying almost whole of abdominal cavity with enhancing thick septae and solid component with complex right ovarian cyst likely malignant.

We couldnt leave her like that and have started her treatment procedure. According to the doctor's advice chemotherapy was started from 2nd September, 2014. Untill now two dose of chemotherapy has been proceeded and yet another is awaiting next week . After complete 3 dose of chemotherapy doctor will perform surgery and then only they will be able to tell us where we are at her treatment procedure



## 18. Tulasha's Eye Treatment



Tulasha Bogati, joined RCH in June 2010. Her sister Kalpana also came with her at RCH. Now she is 14 years old. She started complaining about her sight which made her difficult to focus during the night. Turns out she had that problem since her childhood. After hospitals and ophthalmologists couldn't diagnose what had happened in Pokhara she had been advised to visit the Tribhuvan University Teaching Hospital in Kathmandu. We had taken an appointment, did some tests and returned back after two weeks for the (GVF and EPG) tests. As advised, we also did the colour vision test and HVF test. After all the reports the eye specialist finally concluded she had the illness since birth. She can see but sometimes she will have problem to read and problem to see small things. Her study program has been highly affected by her eye problem. Doctors have given drops and advised for an annual visit. The bad news is her vision will start degrading in the future just like Narayani and there is no existence of ways to make it better. But with proper care and doctors advice we hope it slows down and doesn't affect their lives.



Thank you

Once again we would like to express our gratitude to all the KIND people who helped us time and again, by sponsoring children, volunteering, making donations, sending volunteers, and providing clothes, providing reading and writing materials, sending sports items and many more. We are very grateful to all the great people who are directly and indirectly supporting us. Without your wonderful contributions we could do nothing, so you are also a member of this wonderful home. Your every contribution is appreciated.

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*We hope you like the new design of the newsletter. The children are learning designing and some of them have been involved during the production of this edition of newsletter.*