

"A Loving Secure, Home for Orphan Children of Nepal."

2021

NEWSLETTER

Vol: 15



**RAINBOW CHILDREN
HOME NEPAL**

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RAINBOW CHILDREN HOME NEPAL
Pokhara-6, Dohikopatan

NEWSLETTER

Here we are once again out with our latest newsletter that summarizes how things are going here with the children and in Nepal. After months of lockdown last year, things seemed to be normal for a few months. However, now we are once more in a very strict lockdown where people aren't allowed to leave their home unless for emergency. Each day the cases are rising and so is the number of deaths. Yesterday (may 7) there were 23 new infections 3 deaths only in Pokhara.

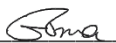


Just like in India the cases and deaths are rising rapidly. Hospitals do not have beds for new patients and people are dying due to a shortage of oxygen. Major global media around the world have raised concerns about Nepal at this point. The children's progress has been affected dramatically since the start of the pandemic. They hardly had classes in their schools and they had to adjust to the new norms of education ie online classes. But children here at home are dedicated and luckily we have a few desktops that were bought last year which have been a large help for them to attend their classes. From kindergarten to high school every class is now online.

There are hardly any tourists in Pokhara and likewise it's been more than a year since any of our sponsors or volunteers have visited us. Its difficult for us to maintain patience and hope vaccines will help deal with the abnormal situation. All of our outdoor programs and events are canceled for the time being. Once again half of the children are moved to our farm which is isolated and provides less chance of the virus effecting our children.

It's been a very hard month for me personally. Around April 14 I began to feel dizzy and my metabolism wasn't working so well. When I visited the doctor, they found that my high blood pressure was out of control, the readings reached 180-120. I thought my medicines were working and waited to go to the hospital. The next three days were even more difficult. The pressure kept rising and my body was swollen. Doctors just kept adding more medicines and on the fourth day, I was vomiting constantly from the early morning. I was immediately rushed to Kathmandu by air and admitted to the hospital. Within a few hours, the vomiting stopped and they were able to lower my blood pressure. After a night there, I stayed few more days to do further examinations. They revealed I needed to be more physically active and lose weight. They increased the doses of the medicine and have said it will take months before the pressure comes back to normal. Until then, I have to be careful, keep taking readings occasionally and if I feel dizziness I have to take emergency medication, but most importantly I have to start losing weight. My last readings were 169/100, just before I took my medicine this morning. These days since we can't go out of the home, I work with the children in the vegetable garden so I m spending more time with the children that are here. I hope things will eventually be better.

Thank you


Goma Dhakal
Managing Director

Message From Director



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We celebrated the biggest festival of Hindu, Dashain. At this festival, the people go to their relative's house and put tika and jamara and take blessing from the relatives. Like Every year some of the children went to their village to celebrate Dashain and some of them celebrated Dashain in RC. We tried to keep it low-key and make sure everyone was safe and responsible.



1. Dashain



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Teej is an important festival for women in Nepal. At this festival, all the women get gathered together and celebrate each other by singing, dancing and eating. But here in RCH it is celebrated with both boys and girls. At this festival, there was a big party in RCH. Teej Party includes rice pudding as a special dish which is called dar in Nepali. Children of RCH enjoyed dancing and singing for a whole day.



2. Teej



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Tihar is the second biggest festival in Nepal. It is the celebration of the bond between brothers and sister which is also called the festival of lights. In this festival, sister put colorful tika (Tika of Seven Different Colors) on the forehead of their brothers and their brother treats them with special gifts. Our Children also put tika and exchanged gifts with each other.



3. Tihar



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Maghe Sankranti is celebrated on the first day of Magh (around mid-January). Nepali people celebrate the coming of spring and appreciation of root vegetables which have sustained us through the winter months. Nepalese foods like Tilaura, Tarul (Molasys), Ghee, Spinich, and Yam's are cooked as the special items. It was a joyous day with full bellies.



4. Maghesankranti



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At this festival, the school conducts a program for their students. The children of RCH visited their respective schools and worship the goddess Saraswati and made offerings to their study materials. At this festival, the school conduct the programme.



5. Saraswati Puja



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We also celebrate Christmas in Rainbow Children Home. One of the children from rainbow dressed up like a Santa Claus. All the children got surprise gifts, chocolates, and fruits from the Santa Claus. We also had organized a rice pudding for everyone. Everyone sang and dance at the night. it was a memorable and unforgettable moment.



6. Christmas



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We normally have guests who want to share their birthday time with children. This time also we had people who celebrated their birthday in RCH. First of all, they take permission to celebrate the birthday with children. After granting the permission, they brought cake and chocolates with them. After that, we celebrated the birthday with joy and happiness. Our children also shared their talents with them.

They have also promised us to visit the children again soon. We always want such people who want to share their special moments with us. We always welcome the people to visit, celebrate birthday parties, volunteer, sponsor, and teach something new to our children.



7. Guest Birthday



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Agni joined RCH in March 2021 with his 9 years old sister Bhawana. He is 8 years old. He studies in grade 1. He is from Sindhuli , Jogi Danda. He likes to play football in his free time. His future is to be a pilot.

Bhawana joined RCH in March 2021 with his 8 years old brother Agni. She is 9 years old. She study at grade 2. She is from Sindhuli , Jogi Danda. She like to play skipping in free time. Her future is to be a nurse.

Nischal came to RCH in January 2021. He is 12 years old. He study at grade 5. He like to play table tennis in free time. His future is to be a lawyer.

Now they are happy here with us. We have admitted them in the school.



Agni Shrestha



Bhawana Shrestha



Nischal Chaudari

8. New Children



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Our Children had parents day in their school. In that day the children of RCH performs a dance in their school. Our children also got awarded the best performance in their study, sports, and other extracurricular activities. We are very proud to have such children in RCH.



9. Parent's Day



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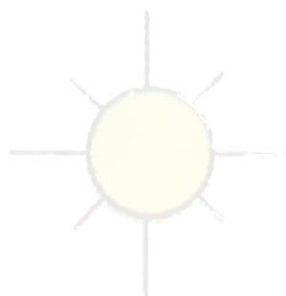
During the lockdown, eventually all schools shut down and children had nothing to do. So, we planned to give them training, some children went farm for agriculture training and some stayed at home.

In the farm(pame) there are 500 Chicken and 100 Ducks. The chickens will be ready for meat and eggs after 5 months and the ducks will be ready after 2 months for Rainbow's Children.

This is a very big help for the children to get this support. We would like thank all of you who have contributed to make this place a home. These activities would not be possible without your kind donations and support. We know now is trying times for everyone and money can be difficult. With that said if you are willing and able we are in need of your support. Maintaining the needs of 80+ children is not easy. We will continue to keep trying and providing for our big family at RCH to the best of our abilities.



10. Farm Activities



THANK YOU !!!

