



Friends of Nepal - Adelaide Inc.

Proud Supporters of Education for the Youth of Nepal

Namaste and welcome to the 2023 Annual General Meeting - Friends Of Nepal Adelaide Inc.

Since the AGM in September 2022 FONAI have continued to work as a team alongside our Partners Canopy Nepal.

I would like to thank Denise Roscrow - secretary extraordinaire, for her continuing support - keeping everyone including our supporters and sponsors up to date with the formal news letters, taking and compiling the minutes each meeting and all the paper work, (including compliance of our charity etc) Without Denise's huge contribution we would not function.

As you will all have read these informative News Letters I will keep my report as brief as possible. If I miss something please ask.

In October 2022 I visited Nepal with our daughter Bridie. We had two things on our mind - a trek (Bridie's idea) and a catch up with our students and the Canopy Team. We decided to do both in this order as the long and very important Festival of Dashain was being held as we arrived. Most students return to their villages to catch up with family. The trek was HARD (for me) Annapurna Base Camp - Bridie managed to climb those mountains like a goat, Enough said.

We met with many of our students - not all, as some were still away with families. The Canopy team talked about moving forward, our students' achievements and the many programs that they hold to enrich our students lives outside of their formal studies. We enjoyed meeting with a group of our female students, where slowly they became comfortable in expressing their thoughts, hopes and dreams for their future.

We went shopping in Thamel with our team members and stocked up on felt items that we were then able to sell later in the year at lovely Christmas Carols event concert held by the Mitcham Council and at some Urrbrae High School Barn Markets.

We also had the chance to catch up with the many Rotarians of Dillibazaar, share in a tour of the Medical Centre that FONAI was able to contribute to in Covid 19 times. This is now a FREE medical centre for local residents, offering maternity classes, aged care programs, particularly focusing on preventative health care, and is also a diagnostic centre for Dengue Fever etc. The clinic is now completely run by women - doctors, nurses, technicians, reception staff and management. The clinic is hoping that this new type of clinic will be taken up within other districts.

We also had a wonderful experience of visiting the SEEP project that is run by CDS (Child Development Society) for which FONAI has been supporting and facilitating sponsorship (Rotary and Private donors) over many years - this outreach program has given a hand up to many, many disadvantaged and illiterate woman from surrounding villages. The meeting we attended brought together women who had recently been attending the programs - they stood up and spoke - many for the first time publicly- telling us their stories and how this program had changed their lives. Attending this meeting was again one of the hi-lights of our trip.

ABN 25 785 726 975

Email: friendsofnepal@ozemail.com.au

Web: www.friendsofnepaladelaide.org





Friends of Nepal - Adelaide Inc.

Proud Supporters of Education for the Youth of Nepal

Moving on – Our FESSHIP program in 2022-2023 supported 15 students, 2 transition scholarship graduates, 4 Bachelor level, 1 Diploma and several at senior high school either year 11 or 12. It is often difficult to work out who is doing what! The Nepali College/school year does not coincide with the Australian system, the students often wait for weeks / months for their results, they move onto another level whilst still waiting - they often ask for support for transitional programs and for internships. Although different from the Australian system we are proud that we are able to support these well deserving students.

Here is an excerpt from the quarterly report that Monal sent through in June 2023.

'Our grade 12 students successfully concluded their high school education, while our grade 11 scholars exhibited remarkable performance by clearing their 11th-grade board exams. The scholars were introduced to new School Liaison officers (SLOs) and field Volunteers (FVs). Some of the scholars have taken on parttime employment and are preparing for the government public services examination known as the "Lok Sewa Aayog" exam. The FESSHIP team evaluated the scholars' psychological and social well-being by conducting a psychosocial well-being assessment. Assisting in this assessment was Simoni Agrawal, a postgraduate student specializing in clinical and counseling psychology. The main aim of this evaluation was to encourage open discussions about mental health concerns and gain valuable understanding of the scholars' individual psychosocial and well-being issues. The assessment explored various areas, cognitive and behavioral patterns, scholar's strengths and weaknesses, triggers, stressors, emotional difficulties, vulnerabilities, and more, which could influence their academic performance, relationships, and overall well-being. With the insights gathered from this assessment, the team gained a deeper understanding of the scholars' psychosocial state and developed a personalized guidance, counseling, and support system tailored to each scholar's specific needs, enabling them to thrive in all aspects of life. Additionally, the team worked towards revising and improving the scholars' overall well-being and progress report. The scholars actively participated in setting personal goals for themselves, which they aspire to achieve by the end of the Nepali calendar year 2080 BS (corresponding to 2023-2024 AD). They also outlined the necessary steps they intend to take in order to accomplish these goals. Additionally, during the monthly meetup held in May, the scholars, with the assistance of Simoni Agrawal, practiced gratitude and reflected on the things or individuals they are grateful for in their lives. The team provided career counseling to scholars in grade 11 and grade 12, aiming to assist them in exploring and gaining knowledge about various study options available for their higher education. In addition, a few team members shared their personal life stories related to academics and career to help the scholars understand the wide range of study and career opportunities they could pursue. The career counseling allowed the scholars to gain insights and perspectives from the team members' experiences, enabling them to make informed decisions about their own academic and career paths. The scholars from grades 11 and 12 completed their board exams in June, the team organized a retreat picnic to Switzerland Park in Nagarjuna, Nepal, for the scholars as well as the entire Canopy Nepal team and school level scholars. The purpose of this outing was to provide a joyful experience and help the scholars relax and enjoy themselves after the stressful exam period. At the park, the scholars participated in fun games and activities, creating a lively and entertaining atmosphere for everyone involved. This quarter, our friends and supporters from Rotary Club of Lindisfarne also visited Kathmandu. The team went around Kathmandu with them, met scholars and they understood our scholarship program more. Overall, it has been a transformative journey for our scholars, and we look forward to witnessing their continued growth and success.'

ABN 25 785 726 975

Email: friendsofnepal@ozemail.com.au

Web: www.friendsofnepaladelaide.org





Friends of Nepal - Adelaide Inc.

Proud Supporters of Education for the Youth of Nepal

Monal Bhattarai, who is currently running Canopy, is an amazing young woman who is keeping a close eye on the FESSHIP Program. Monal is managing FESSHIP programs and sends quarterly reports and financial statements and answers our endless questions. I would like to thank Monal at this time for her patience and accuracy.

What else have we been doing?

We started collecting reading glasses which we were able to give to a young man Keshav who is an Optometrist. Keshav organised an eye clinic in remote Nepal, where he and his volunteer friends tested students eyes, arranged for new lens to be fitted into the glasses that we had provided, then returned with the 'new' glasses for each student who required them. This will allow many students to continue their studies in a more positive way.

Keshav has recently asked for more glasses (particularly children sizes) and some financial support to help with the cost of new lenses and we are helping with this worthwhile project.

Friends of Nepal's original member Margaret Congram, who now resides in Tasmania, took a group of Rotary friends to Nepal in May. They stayed at Cocina Mittho Cha, met with Sajina, whom they supported for almost 4 years enabling her to complete her Diploma in Nursing, and were able to review the EIC tutoring program they funded with Monal and the Canopy team. I believe they had a wonderful time - Margaret has been instrumental in facilitating many projects, she is a tireless worker who is always willing to lend a hand, raise money for worthwhile causes - Nepal being very close to her heart. The club raised over \$8,000 at their inaugural Gala Dinner last October and generously donated some of these hard earned funds to jointly sponsor another female student, Sunita, through university with us. Thank you Margaret and team for joining FONAI in supporting disadvantaged students and the many projects that come with this.

Fundraising: Question - Do you know the approximate amount of funds that FONAI have raised since we joined with Canopy Nepal in 2018 ? Over \$109,348 or NRS 9,075,894. 32 Not Bad!
Years of Education Supported since 2018 - 54.5yrs and counting :) This doesn't include all the years before 2018!

So how do we fund these student scholarships, the emergency health fund, the many running costs in Nepal, accommodation for regional students, laptops, exams, uniforms etc etc.? you may ask!

We have wonderful Jan who makes jams, in jars donated by Lynne and Andrew, Hilary who sews all night and never sleeps and of course we sell Nepali items. We have Malcolm and Bernie who put up and down tents and help at markets that Sue attends reluctantly but always does! We have amazing donors who donate chocolate from Melba's, biscuits from Emmaline's, treats from Woolmore's, sparkly stuff from Flourish, wine and cash from McLaren Vale, money from the Montessori Children's Centre there, the list goes on and on and on!

We have 20 regular and much valued sponsors who continue to make their donations monthly, half yearly and annually and the occasional one off donations. We also enjoy considerable support from the Rotary movement, particularly the clubs of Mitcham, Blackwood and Lindisfarne.

Thank YOU all from the bottom of our hearts!

ABN 25 785 726 975

Email: friendsofnepal@ozemail.com.au

Web: www.friendsofnepaladelaide.org





Friends of Nepal - Adelaide Inc.

Proud Supporters of Education for the Youth of Nepal

And don't forget our movie nights!

Did you hear? We held a fantastic BARBIE Film Fundraiser at the Wallis Cinema Mitcham where we filled a theatre with pink and more pink, gave away a huge amount of prizes and treats to nibble on. Best of all we had so many happy faces and big smiles at the end of the event (and made lots of money!)

Looking towards the Future:

We have held many meetings at Cafe Buon Giorno at Mitcham, where we have looked at our program, how it has developed over the last few years and how we hope to go forward. We have always maintained that we will see all our students through to the end of their studies, that we will make sure that each and everyone of them will fulfil their scholarships and head towards employment in Nepal. With this in mind we came to the realization that the programs as we know them in 2023 may change a little.

At the end of 2024 financial year our partnership agreement with Canopy comes to completion. We are looking at making a few changes and combining our current FESSHIP program with the Canopy Nepal Scholarship Program (CANSHIP) so that our students can complete their studies as mentioned above. This is a progression that we have been working towards for some time and we are sure that it will be just as successful as our FESSHIP program.

We will keep you posted and look forward to your continued support.

Looking Back! Our Past Students and what they are up to!

December 2022 found us with a surprise in the form of one of our very first students Sanjeev arriving in Adelaide with his gorgeous new wife Namita - Sanjeev received support for + 1 & 2 and a Bachelor in IT - Sanjeev then went on to employment and decided he would like to continue his computer and graphic design studies in Australia (Masters) It has been a big adjustment for Sanjeev and his partner Namita but one that they have handled well. Sanjeev is doing very well, studying and working and Namita works and hopes to become an Aged Care nurse once Sanjeev has completed his studies.

Manju - Manju was also one of our very first female students, Manuj had a dream to become a Lawyer - we supported Manju for many years until she found alternative support - she has now completed her degree, Bachelor in Law and Business Studies, and is on the board and working with Amnesty International in Nepal. She is a passionate advocate for the Dalit community in Nepal.

Anjana - Our dear Anjana - a real pocket rocket has finally completed her Bachelor in Fashion Design, it was often a difficult road but Anjana stuck with her studies and very recently Graduated. Anjana is now working in fashion and hope to one day go abroad and further her career. We are so proud of these students their hard work has paid off and of course they would not be where they are today without the commitment, kindness and support from our sponsors and supporters.

Hem, also an original student, has relocated to Canada to pursue studies and Bishal is using his Cooking and Hospitality qualifications in Dubai.

ABN 25 785 726 975

Email: friendsofnepal@ozemail.com.au

Web: www.friendsofnepaladelaide.org





Friends of Nepal - Adelaide Inc.

Proud Supporters of Education for the Youth of Nepal

Finally, thank you firstly to the wonderful hardworking committee who have continued to show such support and dedication to achieving our mission.

It has been a very tough year for some of our very close team members, Malcolm and Antoinette lost their dear daughter, Louise, Sue lost her beloved husband Reg, and our dear friend and supporter Jan lost her husband Rob. Our condolences go to each and everyone of you and of course to your families and those close to you. You are all amazing!

Secondly to all our donors and sponsors for the wonderful support you have all given, and to you all for coming along tonight.

You are helping make a difference in the lives of some of the most marginalized people in Nepal.

I have attached separately the 2022/2023 FESSHIP Program Goals and Key Performance Indicator Outcomes Summary - kindly provided by Denise Roscrow - Secretary.

Lynne Rawson
Chairperson 9/10/23

ABN 25 785 726 975

Email: friendsofnepal@ozemail.com.au

Web: www.friendsofnepaladelaide.org

