



Impact Report

Remote Community Development

July – December 2024

YOUR IMPACT

With your support, we are improving health, education and community resilience outcomes in remote Nepal through our [AdaraRemote](#) model.

Here are some of our highlights from July to December 2024:

1,904 students reached in 15 schools. 53% were girls. Student attendance was 90%, compared to national average of 68%.

Shree Ghyangfedi School was awarded for having the highest Plus Two results in the rural municipality.

1,400 avocado saplings were planted by students in Ghyangfedi as part of 'One Child, One Tree'.

475 people trained on building and maintaining greenhouses. 90 households received a new greenhouse.

400 couples provided with family planning support and 299 antenatal appointments attended by pregnant women.

3,226 appointments at five Adara-supported health posts in Humla, and 1,682 visits to a Sowa Rigpa (Traditional Tibetan Medicine) practitioner.

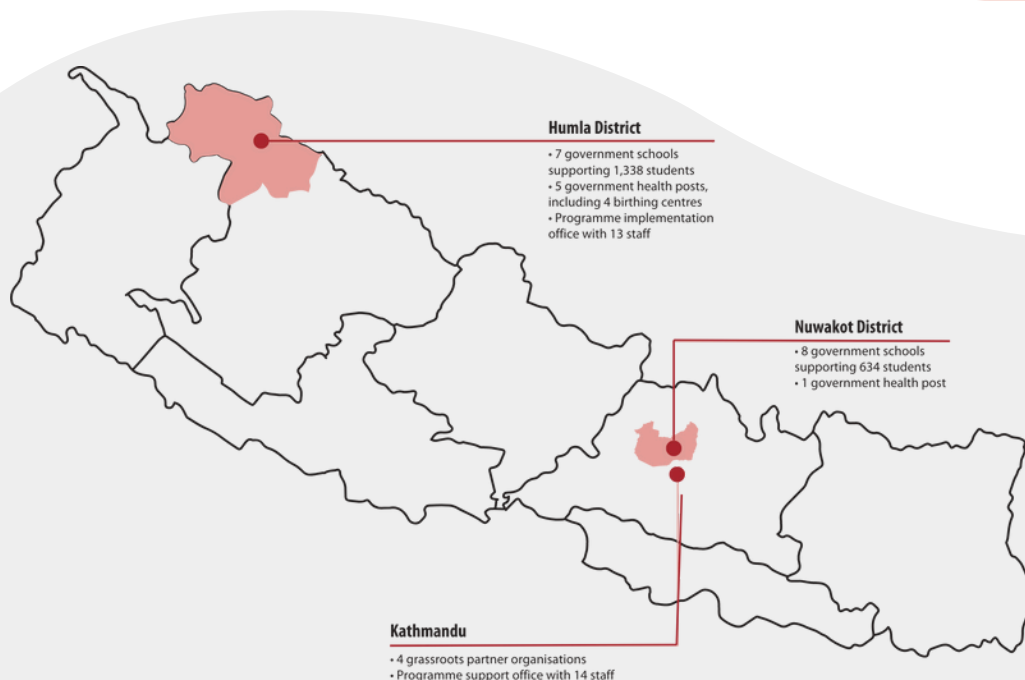
30 scholarship recipients graduated with vocational or tertiary level education. A total of 256 students from Humla and Ghyangfedi have graduated from the programme to date.



92% students reported that they felt safe at school through the Shree Ghyangfedi School survey.

33 Child Club and nine Girl Safety Group meetings were held to help students exercise their rights.

41 students are being supported to continue pursuing their higher education and vocational training.



Where we work

Our programmes are located in some of the most isolated parts of Nepal – the Humla and Nuwakot districts.

An update on

EDUCATION

We improve access to and the quality of education. By partnering with a network of 15 government schools, we strengthen the education system and uplift opportunities for children living in remote communities, reaching over 1,900 students.



- A key pillar of our AdaraRemote model is creating a child-friendly and safe school environment. To help achieve this, we upgraded buildings at three feeder schools in remote Ghyangfedi, Nepal – Red Panda Bal Jyoti Basic School, Suryamati Basic School and Nava Sikchya Niketan.
- In December, we also inaugurated the newly built Syada School in Humla, which has eight classrooms across three blocks. The school is earthquake-resistant, fully equipped and safe for children. Well-lit structures and a spacious playground provide opportunities for children and staff to access plenty of sunshine. This is important in a region where many people live with vitamin D deficiency and arthritis. Gendered toilet blocks, handwashing stations and drinking water systems will also improve health, hygiene, and privacy, particularly for girls.
- As we do each year, Adara supported all students, teachers and schools across Humla and Ghyangfedi with the uniforms, stationery and learning materials they need to thrive at school. Distributing these items help create equality, improve cleanliness, and enhance learning outcomes for students.
- We're excited to share that we completed the new science lab at Yalbang School in August. This new facility will better support high school students studying science and agriculture at the school, improving the quality of lessons and giving students the best chance to excel academically.
- In September, Adara published our student survey results from Shree Ghyangfedi School. The survey shows that between 2022 and 2024, there has been a notable increase in student engagement and their overall school experience. 100% of students expressed their enjoyment in coming to school, and 98% believed they were gaining a high-quality education.



Pema's Story

Born in a small village in remote Humla, Nepal, Pema always had big aspirations despite limited opportunities. Pema's journey is a testament to the power of quality education and what's possible through dedication, perseverance, and hard work.

[Read Pema's story here.](#)

An update on

CHILD PROTECTION

We raise awareness of children's rights. And, by strengthening child protection systems in schools, communities and local governments, we ensure children are safe, feel safe, and can thrive.



- 53% of students across our partner schools are girls. This shows we are providing equal educational opportunities and helping protect girls from the risks of early marriage and trafficking.
- As part of Shree Ghyangfedi School's new Quality Improvement Plan, they are establishing individualised plans for all students. This is an important way to ensure children don't drop out of school, which can increase their risk of child trafficking or early marriage. Plus, it looks to help improve overall health, hygiene and academic results. It is great to see this internal knowledge sharing, as child plans are something Adara's team in Humla have been doing for decades, to great effect.
- Our teams remained focused on advocacy, training, and raising awareness about the dangers of child trafficking in the communities where we work. In Ghyangfedi, we conducted two sessions focused on children's rights, safeguarding and protection during this period. Parents, teachers and community members learnt about the importance of education, particularly for girls, and the risks of trafficking and early marriage.
- In Humla, we began using digital boards across all seven rural municipalities as a new and engaging mode of communication. These boards display key messages about child protection and safeguarding, such as our children's book and an anti-child trafficking video made together with our partner The Himalayan Innovative Society (THIS). They also display district updates and public service announcements on health, education and other social matters.



Photo: Youth manager teaching high school students about the dangers of early marriage

An update on

YOUTH

We support youth to access vocational and higher education opportunities so they can build pathways to meaningful employment. We also elevate their voices, supporting them to influence policies and plans that affect them.



- Plus Two is the final two years of secondary education that allow students to specialise in core subjects and prepare them for tertiary level education. There are 118 students studying Plus Two at Yalbang School, Chauganfaya School and Shree Ghyangfedi School, including science, law and agriculture. 61% of these students are girls.
- 63% of students passed their Secondary Education Examination (SEE) across Adara-supported schools, compared to the national average pass rate of 47.87%. The grading system across Nepal has recently changed, making it harder for students to pass. We will continue to run before and after classes to help students prepare for their exams, and continue offering career counselling sessions to ready them for future learning and career opportunities.
- We are currently supporting 18 youth in Humla and 23 in Ghyangfedi with scholarships to further their education through vocational training and tertiary education. 49% of these students are girls. Being able to access further studies helps build meaningful pathways to employment. To date, 256 youths have graduated from the programme, with 53% being female.
- Youth from Humla participated in International Youth Day 2024, which highlighted the role young people can play in helping to achieve the United Nation Sustainable Development Goals. Through awareness raising, knowledge sharing and collaboration, the event encouraged participants to become agents of change.



Sarita's Story

Sarita grew up in remote Humla and dreamed of becoming a pharmacist. Since receiving support through Adara's Youth Scholarship programme, her dreams are becoming a reality. Read her story here.

[Read Sarita's story here.](#)

An update on

HEALTH

We strengthen the health system to improve access to quality care. We do this by partnering with government health facilities, investing in community health outreach systems and supporting traditional health practices.



- Lapka, (who we mentioned in [our previous report](#)) officially began as the Shree Ghyangfedi School Nurse in September. Through her efforts, she has already helped improve the health and hygiene of the school. Lapka began by building rapport with the students, visiting each classroom and making herself a familiar friendly face. Now, the children visit her regularly with their health concerns. When teachers are absent, she fills in – teaching the students about hygiene and sanitation and menstrual hygiene management (MHM). She motivates the girls to come forward with their questions about MHM and to offer free sanitary products. She refers more complex cases to the local health post.
- Now that the Syada School rebuild is complete, we have begun offering midday meals to all students at the school. We also provide meals to Santa and Yalbang Schools in Humla, and all eight schools in Ghyangfedi. We ensure schools regularly include eggs and meat into their midday meals, along with vitamin rich local fruit and vegetables. We know that the provision of regular meals improves student enrolment and attendance and boosts their nutrition.
- Each year, Adara runs training on hygiene, safety and nutrition for kitchen staff at supported schools. In December, we distributed 1,450kg of fortified rice to all eight schools in Ghyangfedi, to help boost student health. Fortified rice is rich with iron, zinc, vitamin A, folic acid, thymine, niacin and pyridoxine.
- In Ghyangfedi and Humla, 28 people received emergency medical assistance. Due to geographic and financial barriers, many were unable to attend health facilities during periods of critical illness or injury. Following referrals from their local health post, patients were supported to travel for further treatment. Our recently launched telehealth programme aims to reduce some of these barriers in accessing health services, by connecting patients with health experts in Kathmandu and helping identify those requiring additional care sooner.
- In Humla, community members from Syada, Santa and Yangu villages received vital training from Adara's health team on maternal and newborn health. 182 men and 343 women joined the session on the importance of institutional delivery, immunisations, kangaroo mother care, antenatal care and postnatal care. It was encouraging to see male attendees engaged, who can now better support the women in their family before, during and after pregnancy.

An update on

COMMUNITY RESILIENCE

We support remote communities to anticipate, prepare for and respond to disasters and crises. We do this through food security, agriculture, disaster risk reduction and infrastructure projects.



- After devastating floods swept across Nepal in October, our team delivered crucial relief to the village of Manikhel, south of the capital Kathmandu, where 51 houses were destroyed and six people lost their lives. To support this community in need, we distributed essential resources including sacks of rice, blankets, jackets, water purifiers and menstrual pads. A doctor was also assigned to offer medical support.
- To improve nutrition and food security, we supplied 650 households across Humla with vegetable seeds and 90 households with a new greenhouse. This will allow community members to cultivate their own nutrition-rich, fresh vegetables year-round, even in this harsh climate.
- Adara also ran a two-day greenhouse and solar training for 475 farmers, showing them how to build and take care of greenhouses, and provided valuable insight into food security and nutrition. This included information on how, when, and what green vegetables to grow across the seasons, including in and out of the greenhouse, thus providing all year-round access to stable food sources.
- After the success of 721 avocado saplings in 2023, of which 80% are growing well, we distributed a further 1,400 avocado plants across Ghyangfedi, as part of our 'One Child, One Tree' project. Along with positive impacts on food security and the environment, the high market price of avocados makes these saplings a valuable contributor to the region's economic development.



Photo: Ghyangfedi students participating in Adara's partner, AXIS' World Clean Up day in October 2024.

An update on

SHARING OUR KNOWLEDGE

We strive to scale the impact of our programmes by sharing our very best ideas and our biggest mistakes locally, nationally and globally. We advocate to relevant leaders and governments to keep issues that are important to our partner communities central to their policy and budget decisions.



- In September, we launched our children's story book about child protection in partnership with The Himalayan Children's Society. Titled 'Our Home: Our Family' ([available to read on our Knowledge Sharing website](#)), the story promotes key messages about staying with family and the value of education. It is being distributed across all Adara-supported schools.
- In August, Adara participated in a national discussion on "Social, Cultural and Legal Aspects to Combat Girl Trafficking in Nepal". In partnership with the National Child Rights Council and German charity, Hatemalo, the event was attended by the Minister of Women, Children and Senior Citizens, government officials and many other organisations. Experts from various sectors presented valuable insights on the complex nature of girl trafficking. They highlighted changing trafficking patterns, the challenges victims faced, and the tactics used by traffickers to exploit vulnerable individuals.
- Director of Remote Community Development, [Pralhad Dhakal](#), and Youth Projects Coordinator, [Pema Ramla](#), participated in a multistakeholder discussion focused on the challenges faced by youth in remote areas of Nepal. The discussion was hosted by [Democracy Media Network](#) and [Students For Liberty](#), and was attended by youth, civil society leaders, political leaders, NGOs, journalists, and academics. Pralhad and Pema shared their insights into our many decades of work with young people.



Photo: Students reading 'Our Home: Our Family' children's story book about child protection

WHAT'S NEXT?

As we launch into 2025, we find ourselves facing an unexpected and unprecedented local, national, and global context. In February, an executive order was signed to freeze all USAID funding and activities – 40% of all global humanitarian funding. Many devastating cuts to international aid have followed across the globe.



The impact is already and will increasingly be catastrophic for people living in low-income countries, including the communities Adara works alongside. In particular, we are concerned that withdrawal of funding for education and child protection services will result in an increase in early marriage and child trafficking across the country. Over the next six months, we will continue to monitor the situation and strengthen access to essential services for people living in remote areas.

See below for a few of our exciting plans:

- Nepal's five-year Integrated Nutrition Program that started in January 2025 has lost up to US\$72 million of funding due to the USAID withdrawal. In response, we are doubling down on our efforts to improve nutrition in our target communities. For the first time in Ghyangfedi, our Agriculture Project Coordinator, [Gagan Rokaya](#), will be training a group of farmers on greenhouse technology, construction and maintenance. We have worked with farmers in Humla for many years, so we will be drawing on our knowledge and expertise on remote farming to improve nutrition in Ghyangfedi. We will also start the development of a plant nursery and orchard at newly constructed Syada School in Humla to support student health and knowledge about agriculture, plants and the environment, as well as support environmental protection.
- To build on our child protection and advocacy efforts, we are supporting the formation of a Youth Club at Shree Ghyangfedi School. This platform aims to give youth a voice on issues that matter to them and help them engage and lead various initiatives like anti-early marriage and environmental protection initiatives in their communities.
- We will be conducting general health examinations for over 600 students at Shree Ghyangfedi School to ensure they are happy, healthy, and ready to learn. This will include dental and ear, nose and throat check-ups. Students that need follow up medications or treatments will receive this through the school or local health post.
- To help strengthen health outcomes for women in Humla, we will be conducting screening of cervical cancer and uterine prolapse in collaboration for the rural municipality and district health office. These types of services are not typically available for these communities, and looks to improve, and even save, many lives.

THANK YOU

With the incredible support of our donors, partners and the Adara businesses, we will face the challenges that lie ahead and stand with those most deeply impacted. Thank you for standing with us.

Watch our new 'About Adara' video below:



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