

ADARA
GROUP
- BRIDGING WORLDS -



Impact Report

Remote Community Development

July - December 2025

YOUR IMPACT

We are on a mission to improve education, child protection, youth development, health and community resilience in remote Nepal, while sharing knowledge and lessons that can benefit other regions.

Here are some exciting highlights from July to December 2025:

52% of the 1,841 students in 15 Adara-supported schools across Humla and Ghyangfedi were girls, reflecting strong progress toward gender equity in education in remote communities.

We achieved 100% institutional delivery with 100% maternal and newborn survival in the four Adara-supported Humla birthing centres.

65 teachers, School Management Committee members and Parents Teacher Association members from eight schools across Ghyangfedi received training to strengthen child protection awareness and practices and create safer school environments.

3,052 trees were planted to preserve the environment, provide economic opportunity and increase nutrition; including apple, walnut and avocado saplings.

Shree Ghyangfedi Secondary School achieved a 100% pass rate in both the Secondary Education Examination (Grade 10) and Grade 12 "Plus Two" Law and Science streams.

The transformative effect of education in Humla

We are proud to be featured in the final episode of the ABC's 'Common Cause' docuseries, showcasing Adara's Education work in remote Nepal.

The episode follows [Angjuk Lama](#) – once a student at the Adara-supported Yalbang School and now giving back to his community as Adara's Head of Community Resilience and Partnerships.

In parallel, it explores our Founder and Chair, [Audette Exel AO](#)'s journey, and how she's used business for purpose to deliver essential services to people living in poverty.

"Education is everything. It can transform someone's life. It can change the family, change the community. It has a huge impact." — Angjuk Lama.

You can watch this short ABC documentary about the transformative effect of education in Humla [here](#).



EDUCATION

Adara is strengthening the education system in remote communities across Nepal. We partner with 15 government schools reaching 1,874 students across two remote regions.



- To strengthen the quality of education, a training needs assessment was conducted with school teachers by Adara's Head of Education, [Dilli Dotel](#), in December 2025 across partner schools in Humla and Ghyangfedi. The findings highlighted a need for systematic, structured, and well-supported professional development opportunities for teachers that build foundational knowledge, strengthens practical teaching skills, and provides ongoing mentorship. As next steps, our education team will develop a robust, child-friendly, and curriculum-aligned teacher training programme that we can roll out in all 15-supported schools.
- We are thrilled to announce that Shree Ghyangfedi School was awarded for the best Maths teacher, Social Studies teacher and Economics teacher by the local rural municipality, highlighting the strong commitment of teachers and schools to quality education. Well done to all!
- To create unity, improve hygiene and retain students in school, Adara distributed school uniforms, bags, shoes, undergarments, and exercise books to students in supported schools across Ghyangfedi and Humla. For students who walk long distances to school, which can be challenging during the rainy season, we also provided 769 raincoats, helping them attend school safely during the season.
- Drawing on Adara's 28 years of experience, we have begun developing an education framework that will help monitor the quality and effectiveness of partner schools. The framework will cover 15 critical areas including governance, teacher capacity, infrastructure, community engagement, inclusive education, and student wellbeing. To support effective implementation, we will translate the document into Nepali for local stakeholders and develop a monitoring tool to track how the factors are applied at a school level.

Your Impact: Lhamu's Story

When students are supported to reach their full potential, they thrive. Fifteen-year-old Lhamu from Yalbang School has topped her class and earned the third-highest grade in the district in Agriculture and Farming Education.

"I worked very hard for this result," she shared. "I'm grateful to all my teachers for their constant support and guidance."

You can read her story [here](#).



CHILD PROTECTION



Adara is committed to ensuring every child is safe, feels safe, and can thrive. We strengthen child protection systems and raise awareness of child rights in schools, communities, and local governments, while also influencing policy to drive long-term change.

- Adara ran a series of child protection trainings for parents across six Adara-supported communities in remote Humla. Parents learned about the dangers of early marriage, the harm caused by corporal punishment and child abuse, and how to uphold children’s rights and create safer homes. Over 180 parents took part, pledging to end harmful practices and protect their children’s rights. These sessions are important to change mindsets and build communities where every child is safe and supported.
- Our team also facilitated child protection training for 65 teachers, School Management Committee members and the Parents Teacher Association members from eight schools across Ghyangfedi. The session was facilitated by Shiva Poudel, a well renowned lawyer and child rights activist in Nepal. The main objectives of the session were to define and understand the concept of a child and their rights, to introduce key legal instruments and frameworks related to child protection, and to encourage peer learning through group-based knowledge sharing.
- Adara partners with child helplines, law enforcement, and organisations dedicated to preventing child marriage, trafficking, and abuse. Between July and December 2025, we helped rescue three vulnerable girls from illegal elopement, sexual abuse, and trafficking through timely information sharing, survivor identification, and cross-border collaboration. All survivors were placed in protective care and supported to return to education or continue their studies.
- The Nepal Investigative Multimedia Journalism Network published an investigative story highlighting the issues of trafficking in Ghyangfedi, while showcasing Adara’s work in the community. Published in both English and Nepali, the story raises awareness of education as a critical tool for the prevention of child trafficking. The article underscores the severity of trafficking in the area and reinforced the importance of Adara’s education quality improvement and child protection initiatives, which have contributed to a reduction in trafficking cases since 2017.



Photo: Child protection training, Humla

YOUTH

We support young people to access vocational and higher education, helping them build pathways to meaningful employment. Beyond education, we amplify their voices – empowering youth to shape the policies and plans that impact their lives and communities.



- Adara ran career guidance sessions for 40 students in Ghyangfedi, and 57 students from Grade 9 and 10 in Humla, to support informed decision-making after the Secondary Education Examination. The sessions helped students identify their interests and strengths and explore education and career options. They also built students' confidence to choose study pathways aligned with their passions and long-term goals, helping to reduce dropout rates.
- Results from Grade 12 final examinations were published in November 2025, with a 100% student pass rate in Ghyangfedi! Completed in May 2025, 17 students from Shree Ghyangfedi School sat exams across Law (nine students) and Science (eight students) – 11 of whom were girls. While one Law student and five Science students required supplementary examinations, these final results reflect strong student resilience and effective academic support.
- In August 2025, the Ghyangfedi Youth Club launched the 'One Household, One Lemon' campaign to promote local self-reliance and sustainable livelihoods. Inspired by Adara's 'One Child, One Tree' initiative, they distributed one lemon sapling to each of the village's 750 households. The campaign aims to expand fruit farming, increase household income, and enhance environmental conservation.



Your Impact: Priya's story

Priya has been a student at Shree Ghyangfedi School since Grade 1. Today, she is studying Grade 12 Law through Plus Two (optional Grades 11 and 12), a critical pathway for students in Nepal who wish to pursue university education. She is also the first person in her family to complete Grade 10.

Priya is focused on her studies and aspires to attend university. She says her journey has inspired her two younger siblings to dream big and set goals for their own futures.

HEALTH

We strengthen local health systems to improve access to quality care by partnering with government facilities, investing in community outreach, and supporting traditional health practices that align with safe and effective care.



Meet our new Head of Health Programmes, [Awantika Priyadarshani](#)

- During this period, Adara strengthened collaboration with the District Health Office (DHO) and the District Hospital in Humla. Adara supports the government in improving access, service quality and awareness raising through our resources, human resource, sensitisation activities and infrastructure improvement support. Joint initiatives included the celebration of World Breastfeeding Week in Humla, which expanded outreach and engagement with families, communities, and health facilities. We also jointly delivered training for health workers from five target health posts on the safe and rational use of injections and pharmaceutical quality assurance.
- Our health team coordinated general physical health examinations for 382 children in Ghyangfedi. Two experienced doctors from Kathmandu carried out comprehensive medical check-ups for school-aged children and infants from surrounding villages. 345 students in Humla also benefited from general health examinations. This outreach addresses a gap in access to basic health services, ensuring children receive timely assessments, referrals, and health guidance.
- Adara upgraded our partner birthing centres in Santa, Kholsi, and Chauganfaya with lightweight prefabricated structures to serve as a kitchen and waiting room. We equipped the facilities with smokeless stoves, beds, and bedding, so families traveling from remote villages to access maternal care have a safe place to stay and prepare food. These improvements will also help keep mothers and accompanying family members warm and safe during winter months. The Kholsi birthing centre benefited from the installation of a new cement floor, significantly improving hygiene by making the facility easier to clean than the previous mud floor.
- Adara's Knowledge Sharing Manager, [Pragya Lamsal](#) published an article on Sowa Rigpa – a traditional Tibetan medicine practice – in a national daily newspaper "The Rising Nepal". Adara joined forces with Sowa Rigpa Association Nepal and national health leaders to advocate for formal recognition, a major milestone in preserving and promoting Nepal's rich heritage of traditional medicine, contributing to a more inclusive, holistic and accessible national health system. The article highlights the cultural significance and traditional healing practices of Sowa Rigpa, its relevance within Nepal's health landscape, and its role in community health systems. It also celebrates Nepal's recognition of Sowa Rigpa, the achievement of granting legal status to Amchi practitioners and integrating the tradition into national healthcare and formal medical education. The article also shared experiences from Adara's health programme whilst reflecting on challenges related to preservation and the importance of safeguarding Indigenous knowledge for future generations. You can read more [here](#).

COMMUNITY RESILIENCE

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



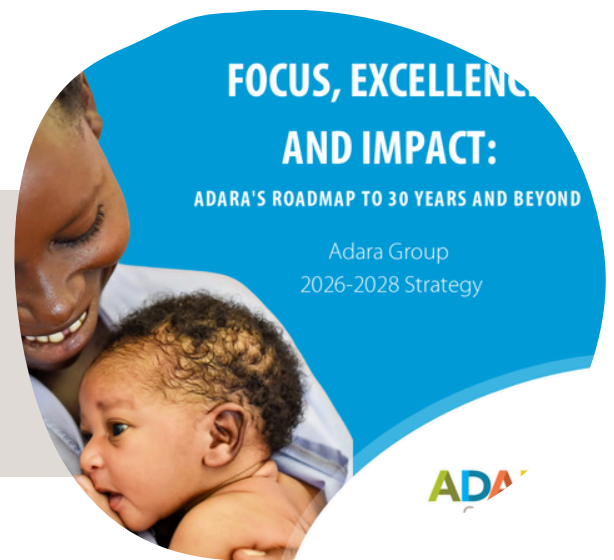
- Drawing on nearly two decades of experience working alongside farmers in remote mountainous communities, Adara produced an instructional video and comprehensive Greenhouse Manual, demonstrating the step-by-step process of constructing greenhouses in high-altitude regions. The manual includes material lists, design specifications, and maintenance tips tailored to challenging high-altitude conditions. Available in English and Nepali, these resources were developed for farmers, field practitioners, and organisations working in mountainous regions. They will continue to evolve as lessons emerge from ongoing greenhouse farming initiatives in close collaboration with communities in Nepal and beyond. You can read more and watch the video [here](#).
- In July 2025, we ran poultry farming training for seven famers in Syada, Humla. The training covered how to raise chickens and build a chicken coop, feeding knowledge, and required vaccination and treatments. We provided ten chickens to each farmer as well as technical support and materials to build a chicken coop. The project aims to improve nutrition, food security and income generation.
- Communities in remote Nepal are highly exposed to earthquakes, landslides, floods, and fires, yet have a more limited access to emergency services. To tackle this issue, in December 2025, we coordinated a two-day Disaster Risk Reduction (DRR) training for students, teachers, the School Management Committee, Parent Teacher Association members, and parents from eight Adara-supported schools in Ghyangfedi. Led by two highly experienced DRR trainers linked to the Red Cross and national DRR networks, the training combined classroom learning with hands-on simulations. Participants gained practical, lifesaving skills including search and rescue, first aid, CPR, stretcher-making using local resources, and fire safety. As a key outcome, Adara formed a local youth rescue team was formed, strengthening community preparedness and capacity to respond effectively to future disasters.
- Adara built a new earthquake safe toilet block at Kholsi School, with separate toilets for boys and girls, complete with running water. This is particularly important for female students, enabling them to conveniently manage menstrual hygiene with privacy. The new facility directly benefits 140 students and teachers and significantly reduces health risks by eliminating unsafe open defecation.



Photo: Poultry farmer, Syada

WHAT'S NEXT?

We have launched our 2026 – 2028 strategic plan: “Focus, Excellence and Impact: Adara’s roadmap to 30 years and beyond”! [Read it here.](#)



This reporting period coincided with widespread Gen Z-led protests across Nepal, creating a challenging and uncertain operating environment. As the country moved towards the election period, there were fears of further unrest and disruption. In response, our teams closely monitored the situation, adapting programme operations where necessary, and strengthening our risk matrix.

The vote on March 5th, 2026, delivered a decisive mandate for change, with a new, reform-focused party led by former Kathmandu mayor Balendra Shah winning a landslide victory over long-established political parties. Turnout was strong, driven by young and first-time voters, and the election was largely peaceful. The national mood is cautiously hopeful. As the political landscapes settles, the safety and wellbeing of our staff and partner communities remain our highest priority. This will guide our planning and decision-making as we continue to deliver high quality initiatives over the coming months.

2026 also marks the start of our next three-year strategic period, anchored on the guiding themes of focus, excellence and impact. This strategy represents a significant transition for Adara’s work in Nepal. Over the next three years, we will implement a phased exit from selected schools, hostels, and health facilities in Humla – some of which we have supported for nearly 30 years.

This decision has been made with deep reflection and care as we strengthen local ownership through formal handover agreements, government commitment, and capacity-building for teachers, school committees and health post management. We will concentrate our education resources on two key areas of growth: Syada and Santa in Humla, and Ghyangfedi.

This strategy will strengthen and refine our AdaraRemote model, deepen collaboration with communities and government partners, and embed sustainable systems, child protection, and quality improvements. By prioritising long-term local leadership and systems change, we will continue to provide lasting outcomes for women, children, and communities.

You can read the full [2026-2028 strategy here.](#)

THANK YOU

With the incredible support of our donors, partners and the Adara businesses, we look forward to our strategic roadmap, as we head towards 30 years of Adara and beyond! Thank you for standing with us.

Watch our "Greenhouse farming: Lessons from Nepal's high-altitude Humla district" here:



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