

A group of approximately ten young children are smiling and posing for a photo in a mountainous landscape. One child is standing in the center, while the others are sitting or crouching around him. They are wearing outdoor clothing like jackets and sweaters. The background shows steep, forested mountains under a blue sky with some clouds.

Impact Report: Remote Community Development

July – December 2021

About Adara

At Adara, we believe that each and every person should have access to quality health, education and other essential services, no matter where they live.

The first part of the Adara Group is an international development organisation called Adara Development that has expertise in maternal, newborn and child health, and remote community development. Adara Development has been working in Nepal and Uganda for more than 20 years.

The second part of the Adara Group consists of two businesses, Adara Partners and Adara Advisors, which are 'for purpose' rather than for profit. Their sole objective is to fund Adara Development's administration and emergency project costs. This allows 100% of donations received by Adara Development to go directly to project-related costs.

Adara reaches more than 170,000 people living in poverty each year and countless more through knowledge sharing.



Transforming Communities

We envision a world where every person has access to quality health and education services, no matter where they live. We bring this to life by delivering leading programmes across Maternal, Newborn and Child Health, and Remote Community Development.



Amplifying Impact

We touch the lives of more than 170,000 people living in poverty each year as well as countless others through our influence, networks and knowledge sharing.



Building Partnerships

For more than 23 years, we've been forging partnerships across sectors and countries. Thanks to our business-for-purpose model, 100% of every donation supports our work with people in some of the world's remotest places.

Adara's Remote Community Development Work



Education

Our education projects span 16 Nepali schools and include school improvement initiatives, teacher training, school infrastructure upgrades, vocational education support and distance learning programmes during lockdown periods. Through these projects we aim to develop and maintain model schools, as we have done with the Yalbang School in Humla and Shree Ghyangfedi School.



Health

We ensure communities in our target areas have access to year-round healthcare. We do this by improving health post facilities and training staff; funding a Tibetan Medicine Practitioner to treat remote communities; providing emergency medical support; facilitating specialised training for remote communities; and supporting facilities and health workers during the COVID-19 pandemic.



Child Protection

We aim to eliminate child trafficking by improving the quality of education in schools and encouraging parents to send their children – especially girls – to school. We also raise awareness among policymakers and influencers, and implement anti-trafficking projects with our partner The Himalayan Innovative Society in target communities.



Nutrition

With many remote communities in Nepal often facing widespread food insecurity, nutrition support has long been a central tenet of our remote community development work. We provide greenhouse development support, training and seeds to local farmers. This allows communities to cultivate their own fruit and vegetables all year round. We also provide emergency food distribution to communities in need.

COVID-19 in Nepal

As with other places around the world, we are seeing continuous spikes of COVID-19 in many of the countries where Adara works, largely driven by the Omicron variant. Nepal is no exception.

Nepal's terrible second wave of COVID-19 began to ease in June 2021, with the government lifting most restrictions in July as daily case averages plateaued at the 1,000-2,000 mark. While there were a few weeks of reprieve, Nepal suffered another spike around August, with cases rapidly climbing to an average of 4,000 per day. The timing of this surge impacted school reopening plans and delayed or cancelled end of year exams for senior students. By mid-September, cases had declined again, and with 17% of the population fully vaccinated by this time, schools in Humla and Ghyangfedi reopened and restrictions once again eased.

Throughout October to December 2021, case numbers of COVID-19 in Nepal remained low, and the vaccination rate continued to climb. Adara was in awe of healthcare workers in Humla who travelled up to 10 hours by foot to vaccinate elderly Yak farmers in the upper Himalayas – ensuring that the most vulnerable were protected.

Like with many countries around the world, the arrival of the Omicron variant in Nepal meant that COVID-19 cases increased again in late December 2021 and early January 2022. The government imposed tough restrictions – schools closed, citizens were required to carry vaccination cards in public, religious festivals were banned and theatres closed. Thankfully, case numbers began to decline by mid-February and are currently remaining at much safer, lower levels, and restrictions have now eased.

Adara was able to respond quickly to this crisis in December – January. We have worked through many waves of COVID-19 in Nepal and have developed several crisis response projects including frontline health worker accommodation and children's hospital wards.



Adara monitored the situation with the border between Nepal and India and increased our support at Nepalgunj to provide drinking water, handwashing stations, dignified menstruation kits and health kits to Nepalis returning home. From early January to early March, we provided support to more than 21,816 returning Nepalis.

Adara's response also included ensuring that students in our targeted schools in Humla and Ghyangfedi were protected from COVID-19. Many schools reported that because of the strict pandemic related protocols implemented at schools and hostels, and thanks to the support and resources Adara provided, cases of typical winter diseases such as the common cold and flu were noticeably fewer this winter season. We also supported students through this time of further disruption to their education. Teachers were mobilised to provide extra tuition to students upon their return to school, to compensate for the education disruptions over the past two years.

The ongoing generosity from Adara's community of supporters has been crucial during this time. Now more than ever, Adara's education, healthcare, child protection and nutrition services have been essential for the communities we partner with, as rising food insecurity, disruptions to education and the socioeconomic impacts of the pandemic continue to be felt.

Together we can continue to ensure that remote communities in Nepal to continue to access the essential services they deserve.

Programme Highlights



The second half of 2021 was a time of reopening and reconnecting in Nepal. After months of lockdowns and school closures, students and teachers were excited to **restart in-person teaching in late August and September**. Adara supported our targeted schools to reopen safely by providing key COVID-19 disinfection and prevention resources, and joined the reopening celebrations in Humla and Ghyangfedi.



After being paused for several months, **Adara's Humla Survey resumed in late 2021**. A significant component of Adara's Monitoring and Evaluation, and Knowledge Sharing work, the survey involves a comprehensive household-level survey and education assessment for communities in the Humla region where Adara has worked for more than 24 years. Data will be analysed and shared in 2022.



The Shree Ghyangfedi School is growing in **new enrolments, new courses, new teachers and new buildings!** In 2021, construction was completed on the schools' newest two-storey, eight-classroom school building, which will accommodate the ever-expanding school population. The school also decided to add Lower Kindergarten and Plus 2 (final two years of secondary school), allowing students to continue their education without leaving the district.



Adara's health work in Humla and Ghyangfedi included a **focus on Maternal, Newborn and Child Health, and Menstrual Hygiene Management in 2021**. Our Health Coordinators conducted several days worth of training and awareness raising sessions on these topics, aiming to empower women and girls in our targeted communities and invite discussion on the key challenges they face in these areas, ready to continue this work in depth in 2022.

Remote Education

Adara works to ensure that all children, especially girls, in Adara's partner communities in Humla and Ghyangfedi have access to quality education up to a secondary level. This includes minimising disruptions to education caused by COVID-19 by providing opportunities for distance education throughout times of school closures.

After Nepal's second wave of COVID-19 from April to August 2021, schools in Nepal gradually began reopening in late August and early September. With students eager to return to school, the remaining few months of 2021 were focused on schools operating in a COVID-safe way and helping them catch up on the learning that may have been missed. Teachers went above and beyond to provide students with extra academic support, especially those who were preparing for end-of-year exams.

Adara's Remote Education work expanded in 2021. We worked with our partner organisation, The Himalayan Innovative Society (THIS) to assume responsibility for their project working with 'Tima' children. 'Tima' is a Nepali term for children being raised by single mothers, who face difficulties due to stigma as being 'abandoned' by their fathers. Adara provides targeted education support to 'Tima' children in the Limi Valley, a remote region that Adara is yet to work. The Limi Valley is extremely remote, and due to heavy snow, is inaccessible from October to May every year. Adara's support involves scholarship support for 70 children, providing them with learning materials, school uniforms and regular support from a social worker.

From July to December 2021, Adara continued working with our partner organisation, Hands in Outreach (HIO), to provide targeted educational support to young girls in Kathmandu. These students were elated to resume their physical classes – especially as many of the supported students are secondary students, meaning they had their final exams to prepare for. Twelve female students supported by the HIO and Adara partnership finished their Secondary Education Examination (SEE) exams during this period, graduating with some incredible academic achievements. The twelve students scored an average GPA of 3, with one scoring a 3.73 – qualifying her to enrol in medical school. HIO were also thrilled to reopen the two Early Learning Centres they support in Kathmandu. After months of closures due to the COVID-19 lockdown, resuming their essential early learning programmes to more than 110 preschool aged children from disadvantaged families in Kathmandu was something to celebrate.



Photo: Students in the school yard of their primary school in the Limi Valley, Nepal.

Education in Humla

Adara has worked for 24 years to ensure children living in remote Humla have access to high quality education near to where they live. When we started, this was just a dream for many communities – now it is a reality. Despite disruptions to the academic year caused by COVID-19 lockdowns, Adara's remote education work continued providing access to essential education services in Humla.

Key Highlights

From July – December 2021, your support allowed Adara to achieve the following in our eight supported schools in Humla:

- Support **1,102 students** through providing them access to Adara's distance learning programme and supporting their transition back to in-person teaching when Nepal's second wave of COVID-19 ended in September 2021. In 2022, we will be growing this number to support approximately 1,500 students in Humla, as we begin supporting two new schools.
- Support **72 teachers** to provide quality education for their students. Throughout Nepal's prolonged COVID-19 lockdown in 2021, this included mobilising teachers to conduct home-visits to their students to ensure they remained engaged and focused on their education.
- Welcome **175 new students** who enrolled during this period. It is fantastic to see school populations climb steadily, despite the impacts of the pandemic on engagement in education.
- Provide more targeted support to **775 students** through providing **scholarship support** in the form of school uniforms and learning materials.

In November, Nepal Country Director, Pralhad Dhakal, spent two weeks visiting Adara-supported villages and schools in Humla. Pralhad and the Adara team were met with excitement by all communities. Some highlights from the visit include attending a celebration at the newly built Kermi School, marking the official handover of the school building to the community. Pralhad also visited the Chauganfaya Village, where the Adara team were met with a formal welcome and flower garlands called 'Khatas'. During this visit, Adara and the community held an open discussion about our partnership, including the sustainability of Adara's projects and future work such as earthquake-proofing school buildings.



Photo: Students studying in the Yalbang School (top), the welcome Adara received in the Chauganfaya village in November (bottom).

Spotlight On: Centres of Excellence in Remote Education

Adara partners with local organisations and communities to develop and implement models that improve access to quality education in remote and low-resource settings. Adara has two Centres of Excellence in Remote Education. One is the Yalbang School, which Adara supports in partnership with the Himalayan Children's Society (HCS).

Adara has worked with the Yalbang School in Humla since 1998 to expand the accessibility of high-quality education. Adara supports the running costs of one of the school's student hostels, provides scholarships to students in the form of uniforms and textbooks, and funds the salaries of six teachers. In 2017, the Nepali government recognised the Yalbang School as the fifth best school in the country – an outstanding achievement for a remote school.

Yalbang reopened its doors to students in early September 2021 after months of closures due to COVID-19. In order to ensure they were prepared to return to school during the cooler, winter months, Adara distributed winter school uniforms, including winter fleece jackets, to all the students, teachers and staff at the school.

The second half of the year was a busy time for the school community in Yalbang. The school population increased to 337 students – 60% of whom are girls. This is a great indicator that girls in the area are benefitting from the opportunities Adara and HCS provide, such as targeted scholarships.

Thanks to one of Adara's philanthropic partners, the school also officially launched its Agriculture and Farming Education Project. This course is designed to teach young Humlis technical and managerial experience in agriculture, animal husbandry and horticulture – important skills in the region. 34 students enrolled in the course, two teachers from the Humla region were hired to begin teaching the classes, and the agricultural teaching lab was completed within one of the classrooms. Practical classes on topics such as harvesting and storing crops such as potatoes also took place.

In 2021, Adara's teams were pleased to see evidence of the long-term impacts of our education projects in Humla. The team recently reconnected with four female graduates of the Yalbang School who, after completing their tertiary education, are now employed by the Nepali government across various roles in the Health and Education sectors. Having been accepted into the Nepali Public Service Commission is a fantastic achievement for these young women and the team are thrilled to see them working to provide essential services for the people of Humla, where they grew up.



Photo: Yalbang School students in their new winter uniforms.

Your Impact: the power of education

Srijana is one of six children from a family in the Tumkot village of Humla, Nepal. Srijana's family are very poor, but thanks to the support of organisations like Adara and our partner, the Himalayan Children's Society (HCS), she has been supported to receive an education.

Srijana received financial scholarships to attend primary school in Kathmandu, and then the Yalbang Secondary School, which has become a model for remote education across the country, providing hundreds of students access to quality education in their own community each year. Without schools like the Yalbang School, children in remote communities might not access education at all, facing much higher risks of child trafficking and early marriage.

Srijana graduated secondary school in 2017, and then went on to study to be a Lab Technician at university. In November 2021, she returned to Humla to work as a Lab Technician in the main Healthcare Centre in Yalbang, where she will be able to give back to the community that supported and nurtured her as a young student.



Photos: Srijana, working in the lab at the Healthcare Centre in Yalbang.

Education in Ghyangfedi

Adara started working in Ghyangfedi after the 2015 Nepal earthquakes. Since then, in partnership with the local government, Adara has helped rebuild the main school, Shree Ghyangfedi, and seven feeder schools.

Like Humla, Adara's teams and Ghyangfedi community were very eager to reopen to in-person learning after the prolonged lockdown period. Despite this, the reopening process wasn't as straightforward as it was in Humla due to local surges in COVID-19 cases, meaning schools only reopened in mid-September.

To provide students with some learning continuity, Adara worked with the Shree Ghyangfedi school to launch an online learning programme to complement the existing distance learning programme. Online classes were facilitated through Viber (a messaging app akin to WhatsApp). It involved teachers distributing tasks and assignments to students via the app, with students being required to complete and send a photo of their work to the teacher by a due date. While some students struggled with intermittent internet access, the programme was a great example of Adara and the school's ingenuity in the face of uncertain learning conditions, and a commitment to students staying engaged with their education during this time.

Once schools reopened in September, Adara delivered 750 sets of winter school uniforms, including fleece tracksuits, shoes, t-shirts, bags, socks and underwear – to the students, so they were ready to begin classes as winter approached.

The Adara team visited again in October to partake in a big day of celebration at the Shree Ghyangfedi School celebrating the end of the holiday, Dashain. The event was marked with cultural dances performed by students, and Adara contributed to the festivities by distributing one of the largest deliveries of learning materials the school has ever seen. 1,600 reusable face masks and disinfectant, 1,535 pencils, 835 erasers, 585 pencil sharpeners, and 108 whiteboard markers were gratefully received.



During Adara's visit, the local Social Welfare Council visited the Shree Ghyangfedi school to evaluate Adara's programmes in Ghyangfedi. After spending the day with the school community, they shared their assessment that Adara's work is having a very positive impact on the whole community. They were particularly impressed to see such strong educational outcomes in such a remote setting.

To continue this positive impact on the community and educational outcomes, Adara has been supporting the Shree Ghyangfedi School in its construction of a new, two-storey school building. This extension contains eight classrooms, a computer lab, science lab and library, and is built to be earthquake-resistant. The building has two separate boys and girls' bathrooms each – an important component of allowing female students to practice dignified menstruation. Adara worked with the School Management Committee and the Provincial government to push for this new building to be constructed – so we are thrilled to see students enjoying their new classrooms!

Photo: Students in Ghyangfedi in their new school uniforms provided by Adara.

Key Highlights

The July-December period was an exciting and busy time for the Ghyangfedi region. With your support, Adara's partnership with the Ghyangfedi community resulted in some exciting achievements relating to education:

- The Shree Ghyangfedi School **added 'Plus 2' courses at the school** and hired three new teachers to facilitate these classes. 'Plus 2' is the final two years of secondary schooling in Nepal that were previously not available for students in Ghyangfedi – meaning students had to leave the district to complete their education. The school is also adding **two new teaching faculties**, Science and Humanities, to provide students with more education opportunities in their home district. The community is very excited to now have this available to students and hopes that many more children will now complete their education.
- Excitingly, the Shree Ghyangfedi School is further expanding to **add Lower Kindergarten classes**. These classes will help students more easily transition between Early Learning and Grade 1 classes, leading to better educational outcomes.
- Adara supported **608 students in Ghyangfedi across eight targeted schools** in the region with education scholarships. Including **74 newly enrolled students** in the period, this support ensured that hundreds of students had the uniforms and learning materials needed to meaningfully engage in their education.
- Adara was proud to see that all seven students who passed their SEE (school leaving exams) in 2021 have since **enrolled in either +2 courses or vocational courses in Kathmandu**. It is wonderful to see students continuing to pursue their education beyond when students in Ghyangfedi have typically ended their formal education.



Adara Youth

Adara's targeted support of youths in the Humla and Ghyangfedi regions is a significant part of our education programmes. With your support, Adara provided scholarships for tertiary or vocational education, and personal development training for 15 Ghyangfedi youths and 68 Humla youths between July and December 2021.

Your Impact: Bimala

Bimala is from one of Humla's most isolated villages – Chala. Despite coming from a family of poor farmers, Bimala was lucky enough to attend the Yalbang School – the best remote school in Nepal - thanks to the support of Adara.

Bimala was a dedicated student, who always took advantage of the extra tuition classes that Adara provided in the lead up to her SEE (school leaving exams) in 2021. Sadly, despite all her diligent preparation, Bimala's SEE exams were cancelled due to Nepal's second wave of COVID-19. She spent the long lockdown period with her family at home in Chala, where she became determined to continue her education and enroll in 'Plus 2' classes. 'Plus 2' are the two most senior years in Nepali secondary school, with few students electing to take them.

Luckily, Bimala's aunt lived in Kathmandu, where many schools offer Plus 2. Bimala was determined that continuing her education was the right path for her, however she was nervous about leaving Humla for the big city. She was also unsure about how to afford the school fees and learning materials she would need to complete her studies.

Thankfully, Adara was able to support Bimala's ambition and provide her with a youth scholarship, which covers the cost of her school fees and learning materials. Adara's support of Bimala's educational journey – from secondary school at Yalbang to Plus 2 at Kathmandu, has been a huge motivator for her. She is currently performing very well in her classes and has found a number of teachers and students that have been kind and helpful to her.

We know Bimala, like so many of the youths supported by Adara, will have a great start to their adult lives thanks to the targeted support they receive as they each decide for themselves the next step in their journeys.



Photo: Some of the youth supported by Adara.

Child Protection

Adara's remote education programmes are designed to not only increase access to high-quality education, but to reduce the risk of child trafficking in Humla and Ghyangfedi. Together with our partner organisation, The Himalayan Innovative Society (THIS), Adara works to ensure that young children, especially girls, are protected from dangers such as child trafficking and early marriage. While being engaged in education is a great way to significantly reduce the risks of both, Adara and THIS also carry out more targeted work to protect vulnerable children in Humla.

Key Highlights

From July – December 2021, examples of this work included:

- In partnership with THIS and UNICEF, Adara facilitated a three-day Anti-Trafficking Workshop with THIS for the seven local governments of Humla in November. Senior local politicians attended the workshop, which included a session on the importance of child participation, run by Adara Nepal's Country Director, Mr. Pralhad Dhakal. Pralhad also participated in a similar conference in August, speaking to a number of anti-trafficking organisations present about the rights of children.
- THIS installed 85 message boards and 12 school murals with key anti-trafficking messages around a number of the villages in and around Humla. They were placed in schools, health posts, village centres and police stations.
- THIS identified 10 new children who were at a particularly high risk of trafficking in Humla in August 2021. This identification was the result of close consultations with schools and community members and led to THIS providing extra education materials and clothing to 20 children in total to ensure they remain engaged in their schooling. THIS also equipped their social workers with extra communications expenses to allow them to stay in contact with these children and their families and coordinate their work more effectively.

Despite the increased risk of child trafficking during times of crisis and economic insecurity, there have been no reported cases of child trafficking in Humla between July-December 2021.



Photo: A THIS Social Worker in action (top), an anti-trafficking message board installed by THIS (bottom).

Health

Along with our partners such as Hands in Outreach (HIO) and the Himalayan Medical Foundation (HMF), Adara works to ensure that essential health services are available for all our targeted communities – supporting communities against COVID-19 and providing primary health care. From July to December 2021, this involved visiting supported schools and health posts to resupply them with disinfectant and cleaning materials, to prevent COVID-19 transmission.

In Ghyangfedi, Adara work to regularly supply and train 92 Female Community Health Volunteers (FCHVs) in the region. Equipped by Adara with medical resources such as PPE, thermometers, pulse oximeters, sanitising materials and soaps, these incredible women provide basic healthcare to villagers and promote important health messages such as proper hygiene and PPE use. In the previous few months, the Ghyangfedi FCHVs have had a specific focus on maternal, newborn and child health care. They pay special attention to pregnant women in their villages, encouraging them to attend antenatal appointments at their local health post, and discuss the important of delivering their babies at birthing centers rather than at home, where the risks are much higher.

In Humla, Adara's Health Coordinator Kyamma ran three days of maternal, newborn and child health (MNCH) training sessions for 325 participants, educating them on a range of topics. The trainings discussed the early signs of pregnancy, how to reduce maternal and neonatal mortality rates, and how male partners can play an important role in the pregnancy and delivery process. During this period, Kyamma also ran health trainings with mothers groups in Humla alongside a senior nurse from the District Hospital, discussing topics such as child nutrition and family planning.

Photo: Maternal, newborn and child health training being delivered by Adara in Humla.



Adara also has a targeted approach to Menstrual Hygiene Management (MHM) in our work in both Humla and Ghyangfedi. In December, Adara's Health Manager, Menuka, ran an MHM awareness session with 44 young students in Ghyangfedi between Grades 6 and 10. Students were engaged in a discussion about the range of products they have accessible to them, and how they feel about coming to school during their menstrual cycle. Menuka was happy to report that girls feel increasingly confident about managing their menstrual health needs, including at school, and that cultural taboos in Nepali culture surrounding menstruation have noticeably begun to shift in Ghyangfedi communities.

From July to December 2021, Adara played an important role in continuing essential services provided at local health posts in Humla. Unfortunately, due to reductions in government funding, the health posts in the Adara-supported villages of Kholshi and Chala were left unstaffed for a number of months. However, working with the provincial government, Adara coordinated the temporary transfer of health post staff from other villages in Humla to the Kholi and Chala health posts, so that they could continue to operate.

These health posts in Humla were especially important throughout Nepal's second wave of COVID-19, which reached Humla despite its isolated geography. With all the health posts adequately staffed, **3,377 patients** visited the Adara-supported health posts in Humla during this period, receiving essential health and medical services that would otherwise only be accessible in the District Hospital in Simikot – several days walk from many villages. An additional **742** patients received care from the traditional Tibetan Medical Practitioner that is supported by Adara, Kelsang Tsering.

Our partner organisations Hands in Outreach and the Himalayan Medical Foundation (HMF) continued their work of providing essential healthcare services to vulnerable communities during this time. After many months of delaying these services due to the COVID-19 lockdown in Kathmandu, HIO resumed their work of providing **78 of their supported children** with dental check up appointments. A small number of young students were also provided with orthodontic care and **171 children** received general educational support.

Similarly, HMF served an incredible **2,132 patients** at their health clinics during this period, 128 of whom benefited from free pathology services. This is more than double the number of patients served during the same period in 2020 – evidence of the ever-increasing need to ensure that essential health services are accessible to all. HMF clinicians referred eight patients to hospitals for further treatment, and provided acupuncture therapy for a number of their patients as well



Photo: A patient receiving care at HMF's Pharping clinic.

Spotlight On: Protecting women and girls

Woven throughout all of Adara's Remote Community Development work is a dedicated focus on protecting vulnerable women and girls. By expanding access to high-quality education, providing scholarship support to female students, and leading anti-child trafficking discussions, our work positively impacts the lives of thousands of women and girls every year.

Key Highlights

From July – December 2021, some key activities directly supporting women and girls included:

- Continuing our partnership with the **Women's Foundation**, who provide free legal support to vulnerable women and children who are victims of domestic violence, trafficking and sexual abuse in Kathmandu. During this period, the Women's Foundation provided legal services to 86 women, providing services such as mediation and representation in court.
- Assisting numerous women to start their own small businesses as an income-generating activity. Our partner organisation, **Hands in Outreach**, provided funds to four of their supported mothers to start small businesses, and Adara supported two single women in Chauganfaya and Kermi to start 'COVID-19 mobile shops' which sell products such as masks, soaps and sanitisers.
- Mobilising some of the young women supported by Adara's Youth programmes to make motivational videos encouraging younger female students in Ghyangfedi to persist with their studies. These videos are shared on social media and with parents to raise awareness of Adara's work and the importance of enrolling girls in school.



Your Impact: Giving Birth Safely

Idha (pictured) is a 32 years old from the Kholsi village in Humla, where Adara has worked for many years. Like many of the women in Kholsi, Idha married at an early age. They have two children – now aged 13 and 10 years old. Idha fell unexpectedly pregnant again in 2021 and was luckily able to receive antenatal care, including receiving folic acid and iron supplements, from the local Adara-supported health post.

The healthcare workers at the health post took good care of Idha during her pregnancy and recommend strongly that she give birth at the Simikot District Hospital to receive the best care possible. The hospital is a 7-hour walk from Idha's home, and the road involves difficult terrain and steep mountains. This meant Idha gave birth in her home instead. Luckily, she had a safe delivery of a healthy baby girl. However, after the baby was born, Idha and her husband realised that Idha had sustained significant perineal tears, and her placenta had not yet been delivered. Idha's husband ran to the Kholsi health post to get help.

The healthcare worker rushed to Idha's home where they successfully delivered the placenta and treated her tears. Afterwards, he stayed with Idha and her husband and taught them about proper postnatal and newborn care. Idha's husband said, *"I don't know what would happen to my wife today if we don't have the health service here. We are so grateful to Adara for the support and to revive the regular health services in our village. That is not the case in many villages in Humla."*

Idha and her family are in good health thanks to the healthcare worker and health post that Adara supports. A key focus of Adara's health programmes in 2021 and 2022 is utilising our expertise in maternal, newborn and child health to ensure that more women in Nepal give birth safely.

Nutrition and Food Security

Working hand-in-hand with Adara's health programmes in Nepal are our nutrition programmes, which aim to improve agricultural productivity and food security. This work was especially important in Humla during this period, as many of the crops grown by farmers were destroyed by unseasonably late snow and monsoons. As a result, food prices have increased, and shortages have become more common.

Key Highlights

From July – December 2021, some examples of Adara's work included:

- Monitoring the **nutrition and agricultural productivity** of families in Ghyangfedi. In early 2021 Adara distributed thousands of seed packets to Adara-supported schools, which were grown in small greenhouses by students at school. Originally, this produce was designed to contribute towards the daily midday meal that Adara provides to all 600+ students in Ghyangfedi, however due to the long period of school closures, many families harvested and consumed this produce instead. Many families thanked Adara for helping them improve the quantity and variety of fresh produce they were able to incorporate into their families' diet over the past several months.
- Members of Adara's Nepal team attended a nine-day training course in **organic agriculture** in order to learn about the hazards of chemical fertilisers and the advantages of using traditional, organic farming methods in areas such as Humla. Specific learnings will be passed on to student and teachers in Ghyangfedi, to implement in their tunnel farming.
- Our partner organisation **Hands in Outreach (HIO)** tackled food insecurity in Kathmandu by distributing large food packages to 215 families in August and November. Deliveries include staples such as rice, lentils and salt, as well as eggs and beans.
- Commencing the Agriculture and Farming Education course at the Yalbang School, which in addition to educating students about traditional Humli farming techniques, will allow Yalbang School to produce large quantities of fresh produce and compost that can be sold to wider Yalbang community. In the long-term, this project will contribute to food security in Yalbang and benefit local farmers directly.



Photos: Students learning to use a triller machine at Yalbang School (top), the new commercial greenhouse in Yalbang (bottom).

Knowledge Sharing

Adara believes that the knowledge created through our programmes is not ours to keep. We strive to scale the impact of our programmes by sharing the data, research conclusions, training packages and lessons learned.

Key Highlights

Between July and December 2021, our Knowledge Sharing activities included:

- **Resuming our Humla research study** after several months of the data collection activities being paused due to the COVID-19 crisis in Nepal. Working with local data collectors, the study involves a comprehensive household-level survey and education assessment. It will provide data on literacy rates, child abuse, girl trafficking, menstrual hygiene, engagement in school activities, and perceptions on traditional gendered and cultural norms. We will use this data to inform programme design, contribute to national understanding, and share with others working in similar areas.
- Contributing to numerous **anti-child trafficking conferences** on a local, regional and national level. Adara has built strong working relationships with other key organisations working on this issue in Nepal such as the Central Child Welfare Council, UNICEF and THIS, with Adara's Nepal Country Director Pralhad Dkahal often being invited by these organisations to be a featured speaker. The conference in November drew media attention in Nepal, with Pralhad's comments on child rights published in a Nepali newspaper.
- Continuing our collaboration with UNICEF, the Nepali Red Cross, the Nepal Ministry of Health and the Nepal Police Force on our work at the **Nepal/India border** point of entry in Nepaljung. Our work managing the flow of people from India to Nepal during surges in COVID-19 cases has been instrumental in the COVID-19 response in the Humla region and is a great example of the power of multi-organisation partnerships.
- Conducting numerous **community consultations** with three villages in Humla that Adara has not previously worked with. Adara's Nepal Country Director Pralhad spent several days in October in the villages of **Syada, Santa and Yangu** to discuss with the community some of their most pressing challenges and ways in which Adara can support. Community consultations were also conducted with local government, schools and community members in our currently supported villages to share our 2022 Remote Community Development strategy and gather feedback from our project beneficiaries.



Photo: Young students in Ghyangfedi.

The Road Ahead

The July to December 2021 period was a time of reopening, reconnecting and resuming Adara's high-impact Remote Community Development projects. The first half of 2022 is shaping up to be an equally exciting time for Adara and our partner organisations.

In particular, we look forward to:

- **Working with three new villages in 2022** – Syada, Santa and Yangu, which will include two new schools – Saipal Secondary School in Syada and Balbhadra Lower Secondary School in Santa. After 24 years of specialising in remote community development and delivering high-quality education projects, we are excited to expand Adara's impact within the Humla region and scale our remote education work.
- **Construct new school buildings** in partnership with the School Management Committees (SMCs) of the Mangyen School and Suryamati School in Humla and Ghyangfedi. They have requested funding from the provincial government for more classrooms and new playgrounds for their growing numbers of students. It is hoped construction will begin in 2022.
- **Supporting the installation of internet services** at the Yalbang School and Hostel. Internet services will allow students to more easily participate in online learning when necessary and will provide access to a host of other educational resources.
- **Preparing the Shree Ghyangfedi School to be able to offer Plus 2 courses** in 2022, by recruiting two new qualified teachers. The school anticipates that many of the 18 students completing their SEE exams this year will progress to Plus 2.
- **Launching a Knowledge Sharing platform** on Adara's website, which will act as a hub where other organisations and academics can easily access resources produced by Adara relating to our work.



Photo: Young students in Ghyangfedi.

Contact Us

Thank you for standing with Adara to provide essential remote community development services.

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