

ADARA
GROUP
- BRIDGING WORLDS -



Impact Report

Remote Community Development

January - June 2025

YOUR IMPACT

With thanks to your support, our Remote Community Development work is improving education, child protection, youth development, health and community resilience in remote Nepal – and beyond through knowledge sharing.

We are thrilled to share with you some of our highlights from January to June 2025:

Shree Ghyangfedi School achieved 2nd place in the School Education Examination in its rural municipality.

We trained 206 students in Humla and Ghyangfedi on the issue of Child Marriage.

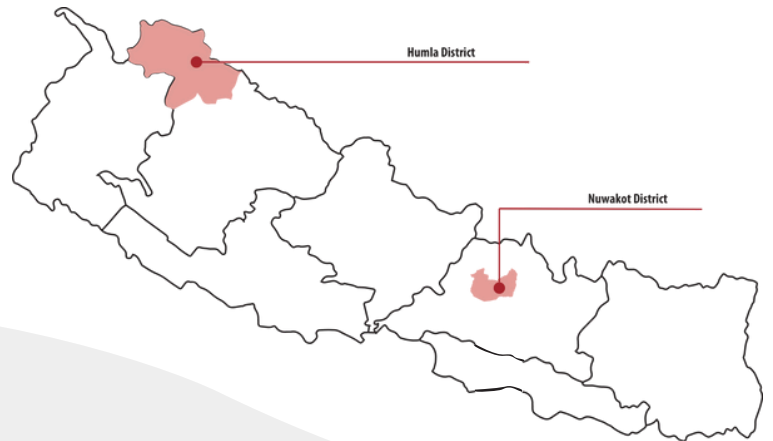
Adara launched Plus Two courses in Science and Law at Shree Ghyangfedi School—an exciting step forward in expanding higher education opportunities in remote Nepal.

A pilot of our greenhouse programme in Ghyangfedi built six greenhouses and trained farmers on installation, crop care, and organic techniques.

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

Where we work

Our programmes are located in some of the most isolated parts of Nepal. Click through to see the locations of our schools in the [Humla](#) and [Nuwakot](#) districts.



Your Impact: Parmila's story

"Adara gave me a chance to dream and now I see that same chance being given to the children of Ghyangfedi. And that is the most beautiful thing of all."

Parmila was just three years old when she came into Adara's care in 2004 as one of 136 "Adara Kids". From humble beginnings, to now working with a major investment bank in Hong Kong, Parmila's story highlights the transformative power of quality education and access to career development opportunities. She reminds us that we should never stop working for the rights of those in extreme poverty – one child at a time. [Read her story here.](#)



An update on

EDUCATION

Together with your support, 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.



- This year, we launched Individual Child Plans (ICPs) in Ghyangfedi. ICPs are a child-centred educational tool that helps teachers understand each student's unique needs and tailor learning and development plans accordingly. We began utilising ICPs when we first began child protection work in 2004 and have since implemented in a number of our partners schools in Humla. Adara provided training to educators at the Shree Ghyangfedi School to support the effective implementation of ICPs. These plans foster trust between students and teachers, ensuring every child feels heard, supported, and cared for.
- We introduced a new digital learning platform called E-Library – Study Smart at Yalbang, Kermi, Chauganfaya, Syada and Santa Schools. This app expands access to a wide range of educational resources, including virtual classes on curriculum-based subjects, e-books and interactive learning tools, enhancing both teaching and learning experiences.
- In partnership with The Himalayan Children Society, we hosted a mental health workshop for students living at the Yalbang School Hostel. The session aimed to raise awareness about mental wellbeing, dispel common myths, and equip students with practical tools for managing their mental health. Through interactive stations focused on journaling, mindfulness, and music, students engaged deeply with the topic. Inspired by the workshop, they went on to establish a Mental Health Club to share knowledge and promote wellbeing among their peers.
- Attracting well-trained teachers to remote, rural schools remains a challenge. In Ghyangfedi and Humla, recruiting qualified Maths, Science and English teachers has been particularly difficult. To help address this, Adara introduced an Internship Programme to support teaching staff. We first trialled this in Humla, and last year introduced it to the Shree Ghyangfedi School with one intern. In June this year, we have recruited another two. For a couple of months at a time, interns assist with classroom teaching, guide students (especially during exam periods) and support school management. The programme also helps create a pipeline of future teachers long term. The programme has already shown strong results and we are considering its expansion to feeder schools across Ghyangfedi.
- Last year, Nepal revised the grading system for the Secondary Education Examination (SEE), resulting in a nationwide drop in student performance. In response, Adara implemented a targeted strategy to better prepare students for the SEE. This included regular mock exams, additional preparation materials, and extra tuition support. Intern teachers at Shree Ghyangfedi School played a key role in helping students prepare. These efforts led to improved results in 2025, with Ghyangfedi School achieving 2nd place in its rural municipality.

An update on

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.



- We delivered a series of trainings at Yalbang, Kermi, Chauganfaya, Kholsi, Syada and Santa Schools in Humla, engaging girls and child club members. Sessions focused on understanding child rights, recognising abuse, and using safe reporting tools like school complaint boxes. Students also identified risks in their environments and brainstormed practical actions – such as peer education, and improving child-friendly spaces.
- At the Yalbang School, Adara’s Youth Coordinator, [Pema Ramla](#), held a risk and protection mapping exercise for students living at the school hostel. Each student completed a confidential survey and were encouraged to discuss any concerns they had. Students reported strong, trusting relationships with staff – an encouraging sign of a safe learning environment. We will use these surveys help inform and strengthen our work and identify any challenges.
- In March, we launched Safer Environment for Girls Clubs at six schools in Humla. The clubs give girls a platform to raise concerns and advocate for change, as well as learn about proper menstrual hygiene management. Early outcomes include improved access to menstrual hygiene supplies, upgraded bathroom facilities, increased confidence, and less stigmatisation for girls.
- Child marriage remains a pressing issue in Nepal, especially in remote and rural areas where girls face economic hardship and limited opportunities. In June 2025, youth and child clubs in Ghyangfedi identified child marriage as their top concern and launched a community-led campaign to raise awareness among parents and teens. Adara hosted an engaging session with award-winning advocate, Mandira Shrestha, reaching students with creative activities and legal education. School nurse, [Lapka](#), now leads ongoing sessions and monitors student wellbeing. We also held child marriage awareness sessions in Yalbang and Syada in Humla for Grades 7 to 10.
- In May, Adara invited a Nepali journalist from the Global Press to visit Ghyangfedi. Media is a powerful medium to raise awareness about the prevalence and impact of child trafficking. This is also a great way to share our knowledge, as journalists play an important role in shaping public opinion and influencing policy makers. During the exposure visit, we were able to explain the context of girl trafficking in Ghyangfedi, reveal the severity of the issue and gather testimonies to increase awareness. Sunita Neupane said, “Adara’s work in Ghyangfedi is impactful. Their aim of reducing girl trafficking through community-based education programmes is truly inspiring. When a girl is in school, the risk of trafficking is relatively lesser.”

An update on

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.



- 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. We are committed ensuring youth can access these opportunities locally. Many young people leave Humla in search of higher education, and once they go, it's hard to bring them back. However, when young people stay and engage locally, they help build a socially aware, politically conscious, and emotionally grounded society.
- Since March, the Yalbang School has partnered with HASERA Nepal to deliver virtual agriculture classes to students of the Agricultural Education Programme. These interactive classes help students build knowledge and apply sustainable farming practices in their communities. The sessions cover practical, eco-friendly farming techniques, including pesticide awareness, beekeeping and super compost & Bio-Beds.
- Plus Two courses in Science and Law at Shree Ghyangfedi School continue to expand higher education opportunities in remote Nepal. Despite the challenges of operating advanced courses in such a remote setting, student interest has been strong. We are currently supporting six students (three girls and three boys) who completed Grade 11 last year and are now in Grade 12 (the final year of Plus Two). Two students have enrolled in Science, and four in Law. We have 17 new Plus Two enrolments from the recent SEE graduate class, ready to begin Grade 11. In addition to academic support, these students receive monthly stipends and access to personal development and skills training to help them stay motivated, independent, and focused on their future.
- After years of effort, we have established a Youth Club in Ghyangfedi. The Youth Club brings together Adara scholarship graduates, senior students from Shree Ghyangfedi School, and some teachers to lead change in their community. The club empowers youth to unite, coordinate, and act on key issues including girl trafficking, unemployment, and access to education. Members are also working with Female Community Health Volunteers and mothers' groups to run awareness campaigns, promote wellbeing, and ensure youth voices are heard in local decision-making.

An update on

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.



- Sowa Rigpa is one of the world's oldest and most well-documented traditional medical systems. Since 2004, Adara has worked to protect and promote Sowa Rigpa in Humla. Over the past year, we partnered with the Sowa Rigpa Association Nepal and national health leaders to push for formal recognition by the government of Nepal. We used this opportunity to share our knowledge and experience of implementing this practice over many years. As a result, Nepal now has its first licensing framework and a new Bachelor of Sowa Rigpa Medicine and Surgery (BSRMS). This milestone marks a major step forward in making healthcare more inclusive and accessible, especially in remote regions.
- In remote areas like Humla, many women struggle to access basic health care, let alone regular screening for life-threatening conditions like cervical cancer. To address this, we organised a women's reproductive health camp in May. We reached 223 women across five health posts – screening for cervical cancer and common medical conditions. Of those screened, 27 received appropriate treatment on site and were referred to the District Hospital for further care. Regular screening and follow up care are essential to protect women's health, no matter where they live.
- At the beginning of the year, Adara coordinated health checks for students across all Ghyangfedi schools. We partnered with doctors from Kathmandu as well as the local Ghyangfedi health post staff to see a total of 415 students and their parents. We conduct student health checks every year to ensure students stay healthy, and where needed we refer students for further treatment.

Your Impact: Gita's story

"I am lucky to have survived because of the timely referral and road access," Gita says. "Without it, I wouldn't have made it."

Gita lives in Syada, a remote village in Humla. When complications arose during pregnancy and childbirth, it was Adara-supported maternal, newborn and child health services that made the difference. Thanks to the swift action of the health workers at the birthing centre, Gita and her beautiful baby survived a life-threatening delivery.

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



An update on

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.



- Following the success of Adara's greenhouse initiative in Humla, we launched a pilot project in Ghyangfedi to support livelihoods and improve self-employment and income generation opportunities. We hope this will contribute to a reduction of youth migration and trafficking linked to unemployment. In April, Adara's Agriculture Project Coordinator, [Gagan Rokaya](#), worked with local farmers to install six greenhouses. Due to local conservation restrictions, a new design using iron poles was developed to suit the region's terrain. Farmers received training on installation, crop care, and organic techniques. This pilot aims to demonstrate the potential of greenhouse farming to generate income and build resilience in remote communities.
- The Eco Club, made up of 10 student members, raises awareness about global environmental issues like climate change, biodiversity loss, and sanitation. Through hands-on activities such as tree planting, waste management, and awareness campaigns, students are encouraged to promote sustainable practices across their school, hostel, and local community in Yalbang.
- At the start of the year, students from Shree Ghyangfedi School showcased their earthquake disaster management model at a local science exhibition organised by the education department. Their innovation and teamwork earned them third place in the exhibition. To ensure they're prepared in the event of an earthquake, students regularly take part in disaster drills and training, and schools are equipped with disaster boxes and supplies.
- Agricultural education equips remote communities to build sustainable livelihoods and tackle food security challenges. Students at the Yalbang School have been learning how to grow fresh apricots, which they turn into jam to sell at local markets. They have also learned how to conduct soil pH testing in the agricultural lab, and how to test soil quality using agricultural lime. Through the Agricultural Education Programme, students gain practical skills for agricultural careers, income generation, and to improve future food security and environmental sustainability.
- In May, a glacial lake outburst flood and landslide affected 19 households in the Limi Valley, located in one of the most remote parts of Humla, Nepal. Our team was first on scene, delivering emergency relief, medical supplies and a health worker to support those impacted. This disaster, triggered by melting ice, is a stark reminder of the real-time impacts of climate change in the Himalayas. As glaciers melt and communities face increasing risk, the urgency for climate action has never been greater.

WHAT'S NEXT?

Due to the withdrawal of USAID earlier in the year, Nepal faces continued uncertainty. Many donor-funded programmes have been cancelled, scaled back or re-scoped to fit reduced budgets. Most health and education-based programmes remain on hold, awaiting other sources of funding. This is placing pressure on Adara, our partners and the NGO sector as funding for essential services run out.

Nepal is also in a state of political instability. Anti-corruption protests escalated across Kathmandu and other cities in Nepal in September 2025, following the government's decision to ban 26 social media platforms. Over 70 lives were lost during the protests. Thousands were injured, and several government buildings, schools, shops and homes were destroyed or vandalised. Nepal's Prime Minister KP Sharma Oli and several other top officials resigned, and a new interim Prime Minister has stepped into place.

Amid these challenges Adara remains vigilant and active, and our programmes continue – thanks to our incredible donor partners who stand with us. Adara has been working in Nepal for 27 years. We've navigated periods of instability before and are well equipped to manage crises with care and caution.

With your continued support, we're excited to begin our strategic planning for the 2026–2028 period. Throughout September, our Nepal teams are hosting a series of 'mini-summits' to identify key priorities and opportunities for impact. These collaborative sessions will lay the groundwork for our next strategic plan.

Strengthening leadership across the five arms of AdaraRemote is a key investment as we prepare to implement our next three-year strategic plan. We've welcomed two new leaders to Adara's Remote Community Development team: [Dilli Dotel](#) as Head of Education and [Awantika Priyadarshani](#) as Head of Health. Dilli will lead our education programmes, as well as our child protection and youth development initiatives. Awantika will oversee our health programmes, while [Angjuk Lama](#) continues to lead our community resilience work.

In October, our global team will come together in Sydney to build on insights from the mini summits and shape the direction of our work over the next three years. We look forward to sharing the outcomes of this planning process towards the end of the year.



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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