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# Hopes & Opportunities

RIGHT4CHILDREN'S BI-ANNUAL NEWSLETTER



**Right 4  
Children**

WHERE HOPES & OPPORTUNITIES MEET



# Editorial

As we close another remarkable year, this Christmas edition of Hopes & Opportunities brings unique stories for us to celebrate the power of opportunity to transform lives. Right4Children has witnessed extraordinary journeys—students discovering confidence through running and art, schools embracing child-friendly practices, women gaining health and dignity, and youth stepping into safe livelihoods.

At the heart of these stories are children and young people who dared to dream—and communities who stood beside them. We have seen that discipline and passion can ignite futures. We see schools becoming more child-friendly, where leadership workshops, art competitions, and self-defense training are not just activities but seeds of confidence and empowerment. We see parents, teachers, and local leaders embracing shared responsibility, ensuring that every child not only enters school but thrives within it.

This year, our collective efforts reached thousands: women receiving life-saving health screenings, children nourished in ECD (Early Childhood Development) centers, families gaining access to clean water, and youth finding dignified livelihoods through skill-based training. The PRAYASS Project has been offering vulnerable women pathways to safety and independence. The SUCCESS Project demonstrated that sustainable communities are built when health, education, and livelihoods are woven together.

Christmas is a season of hope but hope alone is not enough. It must be nurtured with opportunity, strengthened with community, and carried forward with courage. Right4Children's work this year has shown that when we invest in children, we invest in the future of the country—a future where every child can learn, grow, and lead.

As we step into a new year, let us carry forward this spirit of solidarity. Let us continue to create hopes and opportunities for children, women and youth for better future

**Because where hopes and opportunities meet, transformation begins.**



# STAFF FEATURE

Growing up in Khijeedimba, Okhaldhunga, Padam Kumari Sunuwar Rai never imagined that running would one day carry her across countries, mountain passes, and into the lives of hundreds of young students. What she did know, even as a school-level athlete, was that she felt most alive when she ran.

Her journey truly began in 2022 after receiving training from the Mira Rai Initiative. That opportunity opened a completely new world. During her first 42 km race, she met one of the Initiative's athletes—a simple introduction that sparked the start of her trail-running path.

Months of discipline, long hours of training, and steady determination helped Padam carve out her space in the sport. Within 9 months, her talent and drive began to gain recognition.

A year into training, she represented Nepal at the Hong Kong TransLantau by UTMB, completing the 50 km category and securing 7th overall and 2nd in her age group. Soon after, she completed an 800 km trail run in 28 days, earning 1st position. Her growing journey eventually connected her to R4C through the Exchange & Empower Program, where an interview turned into a meaningful new chapter.

For the past two years, she has been a driving force behind the Right2Run program, inspiring 478 students across 12 schools to build discipline, confidence, and resilience. Many now run 5 km, 10 km, and even 21 km, discovering their potentials step by step. Her own achievements—including 286 km in the Everest Sky Race, 356 km in the Dhaulagiri Mandala Race, and top positions in Hong Kong and other international events—show that with opportunity and support, young people can rise, lead, and transform their communities one run at a time.



# Child Friendly School Follow-Up Project

Between September to December 2025, our Child Friendly School Follow Up Support Project in Machhapuchhre Rural Municipality, strengthened child-centered education through leadership development, student participation, and holistic school support.

STUDENT PARTICIPATE IN RUNNING COMPETITION



A CHILD IN DAY-CARE CENTER



A major highlight was the three-day Leadership and Management Workshop conducted in collaboration with the municipality, bringing together 104 participants which included Head Teachers, SMC (School Management Committee), and PTA (Parents Teacher Association) members from 38 community schools.

The workshop strengthened leadership capacity, clarified roles and responsibilities, and promoted collaborative action planning for improved school governance.

## KEY ACHIEVEMENTS OF THE PERIOD:

- Children's leadership and participation were strengthened through Child Club Orientation and Leadership Management Training, while SMC and PTA meetings reinforced collaboration between schools, communities, and Right4Children for child-friendly learning environments.
- Creative expression and confidence were encouraged through Brush Calligraphy Art Workshops and a Children's Art Competition, allowing students to express their understanding of children's rights through art.
- Basic Level Inter-School Competitions enabled primary students to participate in municipality-level events, fostering joy, teamwork, and confidence.
- Safety, health, and education quality were enhanced through self-defense training in 12 schools, ECD (Early Childhood Development) teachers' training, Head Teachers' meetings, and a School Health Program supporting better teaching, leadership coordination, and child well-being.
- Mural painting, cultural dress, and learning materials enriched school environments, reflecting a shared Christmas-season commitment to safe, inclusive, and child-friendly schools.



# CECSP

## (Community Education and Child Support Project )

The Community Education and Child Support Project (CECSP) was implemented from January to December 2025 with the support of TAIWAN FUND FOR CHILDREN AND FAMILIES in Pokhara Metropolitan City wards 14, 23, and 29. The goal of the project was to ensure school access for every child and preventing school dropouts.

The program provided educational support to 330 students, including school fees, bags, stationery, exam fees (partial and full), financial assistance, home visits, and remedial classes. These interventions enabled children who were out of school or at risk of dropping out to re-enroll, leading to improved attendance, stronger classroom engagement, and better average learning outcomes.



LITTLE HANDS, BIG RESPECT (PKR -23)



EDUCATIONAL MATERIAL SUPPORT (PKR -29)

### KEY ACHIEVEMENTS OF THE PERIOD:

- Parental education reached 371 parents on child development stages, age-specific needs, and supportive home learning; psychosocial counseling supported children and families in emotional well-being, communication, coping, and self-care; and regular parent-teacher meetings promoted joint problem-solving on school issues.
- Community accountability was strengthened through CFLG (Child Friendly Local Governance) orientations with 49 local stakeholders (including community leaders and ward representatives) and support for ward-level CFLG declarations.
- Public awareness was expanded through four PSA (Public Service Announcement) jingles on school enrollment and CFLG indicators, broadcast 1,840 times in prime slots via Everest FM, reaching around 4,000 listeners, and shared through Right4Children's social media platforms.



# Connecting Health, Education, and Livelihoods for Sustainable Change

Since July 2024, Right4Children (R4C) has been implementing the SUCCESS (Sustainable Unified Communities Children, Education and Social Services) Project in Pokhara Metropolitan City to improve the lives of women, children, and vulnerable families. Through health services, nutrition support, drinking water facilities, vocational and technical training, and community protection activities, the project has already created positive change at the grassroots level.

### KEY ACHIEVEMENTS OF THE PERIOD:

- 18 women's health camps reached 2,095 women, with 18 suspected cervical cancer cases referred for treatment and emergency support provided.
- 172 children benefited from nutritious meals in nine ECD (Early Childhood Development) centres, and a new ECD centre was built in Nayabasti.
- Water and sanitation improved with a filtration system, bore well, and gender-segregated toilet, benefiting nearly 350 households.
- 45 youth received vocational training and gained employment in hospitality.

**Nearly 3,200 people benefited from the SUCCESS Project's community initiatives.**





# Right4Children Concludes PRAYASS Project with Focus on Sustainable Change

Since 2023, PRAYASS (Protection from Risk and Assisting Young Girls and Women in Accessing Social Services) project has been working to empower young women engaged in Nepal's Adult Entertainment Sector (AES) through prevention, rehabilitation, community support, and advocacy for long-term systemic change. In 2025, the project entered its final year with a focus on sustaining the project outcomes.

## HAND-OVER PROGRAM (PKR -25)



## Key Achievements (Sep–Dec 2025):

- 671 women benefited from VIA (Visual Inspection with Acetic Acid) health camps.
- 78 individuals received vocational training; 2 placed in jobs.
- 49 new beneficiaries reached through SHE Centre outreach visits.
- 44 participants attended career guidance sessions.
- SHE Centre provided health sessions to 25 beneficiaries and counseling to 35.
- 302 children from 9 communities received winter dresses as educational support.
- 346 at-risk children received remedial classes with stationery support.



R4C partners with Public 4K TV for a program on challenges faced by women in the Adult Entertainment Sector.



# Strengthening Schools, Supporting Children

During this period SIQAEE (School Improvement for Quality Assurance and Enhancement in Education) project key focus was to enhance inclusive and quality education by improving school infrastructure, teaching practices, and children's overall wellbeing.

Physical infrastructure support was provided in 3 schools, including toilet construction, building support, and fencing with gate construction. These improvements created safer, more child-friendly learning environments and encouraged increased investment from the Local Government.



TOILET CONSTRUCTION



EYE CAMP

## KEY ACHIEVEMENTS OF THE PROJECT:

- Teacher training: ICT (Information and communication technology), AI (Artificial intelligence), pedagogy, classroom management, and leadership.
- Learning support: Remedial classes in 13 schools.
- Activities: Art, drama, sports, and child leadership programs.
- Girls' empowerment: Self-defence training.
- Career guidance: Grades 8–10.
- Health & hygiene: Check-ups and awareness sessions.
- Life skills: Wiring, plumbing, sanitary pads making.
- Home-school collaboration: Academic and attendance support.

## Project Rangichangi Adds Color and Confidence to Gandaki Classrooms

*Project Rangichangi transformed 11 classrooms at Shree Dedgaun Secondary School, Nawalparasi East, from 4–11 November 2025. Led by youth volunteers in collaboration with Right for Children and Baudikali Municipality, the initiative introduced colorful murals, books, art materials, and creative activities. Over 400 students and 30 teachers benefited from child-friendly learning spaces, storytelling, art workshops, and teacher training, creating a more joyful and inclusive school environment.*



STUDENT GETS FACE PAINT

# SOME GLIMPSE



## Happy Moments with Volunteers

Students from Machhapuchhchre enjoy a fun and cheerful time with our volunteers, Charlie and Nikita, sharing smiles and laughter.



## Brush Calligraphy Workshop

School students explored creativity and learn the art of brush calligraphy in a fun, hands-on workshop.



## We Stand Against Gender Violence

A powerful drama highlighting the fight against gender-based violence, performed as part of the 16-Day Campaign to raise awareness and inspire action.



## We Stand Strong

Students from Machhapuchhchre show their team spirit on the football field, playing with energy and determination to bring the trophy home!



## R4C Team Meeting for Strategic Planning

The Right4Children (R4C) team came together to discuss key priorities, make important decisions, and plan actions aimed at achieving impactful and productive outcomes.





# FAB SCHOOL

R4C supports youth in Nepal through skills-based livelihood initiatives, including FAB School, founded in 2017 with GATE Vocational. Under PRAYASS Project, vulnerable and out of school youths are empowered through FAB School by providing practical, employable skills in hospitality trades such as culinary arts, food and beverage service, housekeeping, bakery, front office, and laundry.



FAB School is run in the teaching hotel model. Trainees gain hands-on experience while also receiving basic English, computer, and life-skills to boost confidence and workplace readiness. The program emphasizes experiential learning, environmental awareness, and resilience. In 2025, a total of 78 youths completed hospitality training, with support from Kathmandu University and industry partners to access safe apprenticeships, fostering sustainable livelihoods and youth protection.

## THANK YOU!

to our amazing partners, and supporters for all your invaluable contributions, partnerships and collaborations.



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