



Impact Report: Remote Community Development

July to December 2022

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 25 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 200,000 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 200,000 people living in poverty each year as well as countless others through our influence, networks and knowledge sharing.



Building partnerships

For 25 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.

Remote Community Development



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.



Resilient Communities

With climate change causing increasingly dangerous weather conditions, community resiliency and disaster relief are growing areas of our work.

Through infrastructure and agriculture projects, we ensure communities are prepared for, and able to respond to, natural and human-made disasters. We also improve food security and nutrition outcomes by improving agriculture skills, knowledge and technology so that people have increased access to nutritious food.

The context: Nepal

Thanks to our community of supporters, the period July to December 2022 saw Adara's work providing essential services to some of the world's most remote communities in Nepal continue to transform lives.

According to [UNESCO](#), achieving universal primary and secondary education would help lift more than 420 million out of poverty, and if universal upper secondary education was achieved by 2030, [global income per capita would increase by 75% until 2050](#). Adara knows that our Remote Education work is a key part of achieving this dream – and our efforts in 2022 contributed towards achieving these goals.

However, despite the successes and achievements you'll read about in the following pages – the final six months of 2022 were not without its challenges.

In Humla, the border with China remains closed after it first shut in 2020 due to COVID-19. This continues to have a significant impact on food access and supply chains into the region. Further causing disruption, Humla suffered an unseasonably late and heavy monsoon period during the summer, which damaged one of the main roads into Humla from the south. The heavy monsoon rains also destroyed numerous crops – exacerbating the existing food insecurity that many families face each year.

In Ghyangfedi, global inflation rates continue to increase the costs of essential commodities, such as food and fuel, impacting those already facing financial insecurity.

The challenges of this period did not stop Adara's incredible Nepal team from continuing to deliver essential education, health, child protection and community resilience services. Adara is determined to ensure that the negative impacts of the COVID-19 pandemic, especially upon children, are minimised, and that the communities we serve continue to thrive.

Thank you for standing with us as we strive for a world in which everyone can access the essential services they deserve – regardless of where they live. Together, nothing can stop us.

Photo: The remote Ghyangfedi district, Nepal



Programme highlights

July to December 2022



Plus 2

Plus 2 has officially begun at the Shree Ghyangfedi School for the first time in the school's 58-year history. It is only the second school in the wider Nuwakot District to offer this level of higher education, and the first in the district to offer Law as a Plus 2 subject.



Zero

Zero maternal deaths were reported at Adara-supported health posts and birthing centres in Humla during the July to December period. This comes as facility-based births at birthing centres in Humla are slowly becoming more common, and the number of women attending antenatal and postnatal appointments at Adara-supported health posts are increasing.



99.2%

Analysis of Adara's recent household-level survey of our target villages in Humla revealed that school-aged **children in 99.2% of households are regularly attending school**, compared to just 74.5% nationally. This is an excellent indicator that we are overcoming some of the challenges these communities face in accessing education, and as a flow on effect, the risks of trafficking and early marriage are decreasing, particularly for girls.



Infrastructure

Adara is helping strengthen the education system in Nepal by initiating the **reconstruction of two schools in the Chauganfaya and Syada villages**, in order to make them safer and more child-friendly. In Chauganfaya, Adara started rebuilding a five-classroom block to be earthquake resistant, and in Syada, Adara renovated the early-learning classroom in the Saipal Secondary School.

Education: Humla

Adara has worked in Humla since 1998 to expand access to high-quality education services and increase participation in education, especially for girls.

From July to December 2022, thanks to your support, Adara supported more than **1,400 students across 10 target schools in Humla**. This included full and partial scholarships for students, which provide students with essential learning resources and uniforms.

Key highlights:

- Helped improve the quality of education through **supporting 12 teachers across 10 schools**, and providing them with a number of professional development training opportunities
- Celebrated that the average **student attendance rate** across all 10 supported schools in Humla was **86.1%** - a great sign that students are engaged in their education and are better protected from the dangers of trafficking and early marriage.
- Supported **71 students** who passed their School Education Examination (SEE) exams in 2022! This represents a **96% pass rate** for those who sat the exam in 2022, which is a great academic achievement for the entire Humla region.

Additionally, Adara partnered with two new schools in 2022, and our Remote Education programmes in these two schools is already off to a flying start. The **Saipal Secondary School in Syada currently has 335 students** and the **Balbadra Basic School in Syada has 149 students**. In both schools, **50% of students are girls**.

We also **completed renovations of the early-learning classroom** in the Saipal Secondary School. The classroom is now a much safer and **child-friendly learning environment** – which is a key part of our model of remote education and focus on strengthening the education system.

Photo (top): Students at the Yalbang School, Humla.

Photo (bottom): The Saipal Secondary School in Syada, under construction in 2022



We continued to see the Yalbang School, our Centre of Excellence in Remote Education, grow and thrive. The school population grew slightly during this period to **335 students**.

Key highlights:

- In 2022, **50 Yalbang School students enrolled in their School Education Examination (SEE) course** – meaning that they will be sitting their school leaving exams in April 2023 and will be eligible to enrol in further tertiary education. The academic results of the general school population also showed signs of improvement during this period, after results began to wane due to prolonged school shutdowns throughout the COVID-19 crisis in Nepal.
- The **Agriculture and Farming Education programme in the Yalbang School continues to grow** and improve – with students recording a 97% attendance rate in their classes from July to December, which is a great indicator of the popularity and success of the programme. The two teachers of this programme received professional development training during this period, upskilling them in technical and vocational teaching.
- Yalbang students entered **an interschool science competition** in Humla in August. Organised by Adara and hosted at the Yalbang School, the competition invited students from the Saipal Secondary school in Syada, and Karnali Secondary School in Chauganfaya to compete. The group of students from Yalbang presented their project on how to install drip irrigation systems in Humla – which is a more sustainable method of irrigation better suited to topographies such as Humla where large water sources are not readily available. Excitingly, the **Yalbang students won the competition!**



Photo: Students of the Agricultural and Farming Education programme in Yalbang.

Youth

Every year, Adara supports recently graduated youths from Humla and Ghyangfedi who wish to pursue tertiary and vocational education. From July to December 2022, Adara provided this scholarship support, and a range of personal development opportunities to 103 youths.

For the 22 youth supported from Ghyangfedi, Adara's Youth Manager, Pema, visited each in November to create an individual support plan. This will help us better understand their needs and goals for their futures. In October, Adara also organised a 'Humla Youth Forum', where supported youth from Humla could express their concerns about issues facing young people in Nepal today, and what policies they'd like to see the government implement to address them.

One of the forum attendees was Nirmala, a young girl from the Burause village in Humla. She has one elder brother. Their family worked hard to send them both to a primary school close to where they lived. As Nirmala and her brother grew up, however, the costs of their education and the resources they needed to participate at school increased. To help out, the children did farmwork for their family – sometimes missing classes to be able to earn extra money.

Nirmala has always been a dedicated student. To make up for the time she missed out of class, she asked her friends to share their notes so she could study after school. She also made the most of her time in school by participating in a range of extracurricular activities, such as debating and writing competitions.

When Nirmala's brother left to pursue his tertiary education in Kathmandu, their family struggled to afford the cost of his tuition. Nirmala was afraid to tell her family about her own dreams – of studying engineering – because she didn't want to add any further financial stress. Luckily, Nirmala learnt about Adara's scholarship support, and was so grateful when her application was successful.

Thanks to Adara's support, Nirmala enrolled in an engineering degree in Kathmandu, and is currently excelling in her third year of the degree. Her family are so pleased both of their children have the opportunity to continue their higher education – because they know how valuable this will be for their children's futures.



Photo (top): Nirmala, an Adara-supported youth.

Photo (bottom): Some of the newly supported Humla youth in 2022.

Education: Ghyangfedi

Adara has partnered with The Shree Ghyangfedi School since 2015 and supported seven primary feeder schools in the Ghyangfedi region since 2019.

As this work grows in 2023, Adara will partner with the local government to build and support the opening of a ninth school in Ghyangfedi, a primary school, to continue expanding access to quality education services in the district.

Key highlights:

- Supported **560 students across eight schools** to receive a quality education.
- Celebrated the **19 students who passed their School Education Examination (SEE)** and can now go on to pursue tertiary or vocational studies.
- Provided **scholarship and personal development support to 22 youths** from Ghyangfedi, who are currently completing their tertiary and vocational studies.
- Organised **professional development for 27 teachers** from inside and outside the Ghyangfedi school district. Teachers learnt about the principles of Early Childhood Development (ECD) – the level of pre-primary schooling, which is not widely available in Nepal.

Adara is focused on climate adaptation to build resilience through agricultural support, food security and disaster preparedness. At Shree Ghyangfedi School, we started introducing agriculture education by providing a large variety of fruit saplings and flowers to be planted in and around the school grounds. On Nepal's national Children's Day, teachers and students **planted over 75 different plants** including lemons, nuts, avocados, curry leaves, peace lilies, roses and olives. These plants will serve as a demonstration to others of what crops can be grown successfully and even commercially in the district – which will support income generation opportunities for families. The activities were also a way to educate students about agriculture and food security.

As part of our water, sanitation and hygiene (WASH) work, Adara **renovated the main bathroom block** at the Shree Ghyangfedi School and a new water pipe system to restore the school's direct supply of clean drinking water. To keep our schools safe, we also helped **install new windows and doors** in several classrooms and **a new main gate** at the school's entrance.

To inspire the next generation of scientists from Ghyangfedi, Adara supported three senior students to attend an inter-school science competition. **The students placed third** with their natural disaster altering system! This success led to the Chair of the Rural Municipality (local government) endorsing the Shree Ghyangfedi School as an 'Innovation Centre' and selected the school as the host for an upcoming science exhibition in 2023.



Photo: School assembly at the Shree Ghyangfedi School.

The Adara team and the entire Ghyangfedi community had something very special to celebrate in 2022 – the official launch of Plus 2 classes for the first time in the school's 58-year history!

Plus Two is the optional last two years of secondary schooling in Nepal, which can qualify a student to apply for a university degree. After months of preparation by school management and Pasang Sherpa, Adara's Ghyangfedi Project Manager, this dream of the Ghyangfedi community became a reality.

We could have only dreamt making higher education opportunities like this available for students in Ghyangfedi a few years ago. In 2015, the district was severely impacted by the Nepal earthquake, with all buildings, homes and schools either damaged or destroyed, and 86 people killed. With the help of our supporters, we rebuilt an earthquake-safe school for the Ghyangfedi community, which opened in June 2017.

The Shree Ghyangfedi School is only the second school in the wider Nuwakot District to offer this level of higher education, and the first in the district to offer Law as a Plus 2 subject.

Pasang is excited to think about how this development will impact the entire community.

"Plus Two will help Shree Ghyangfedi School to become a model school and an education hub in the district. More budget will also be allotted by the local government towards running the school... Over time, the literacy of the whole village will increase," Pasang says.

Part of the process of launching Plus 2 has involved investing further in the infrastructure and resources at the Shree Ghyangfedi School. Thanks to the incredible support of Leif Wahlin Foundation, who fund the entirety of our work in Ghyangfedi, Adara has been able to hire three new teaching staff and set up a new computer lab, complete with eight desktop computers and 14 laptops and access to a large digital library of educational resources.

Among the first cohort currently enrolled in the Plus 2 programme, two students have decided to study science and eight have chosen law. The school anticipates that many of the 19 students who completed their Grade 10 SEE exams in 2022 will also progress to Plus Two in 2023. As the programme grows, we expect more subjects will be offered in the future, including agriculture. This is just the beginning of the Shree Ghyangfedi School evolving towards its potential of becoming a Centre of Excellence in remote education.



Your impact: Ishya's story

Meet Ishya – a third-year ophthalmology student at the Tilganga Institute of Ophthalmology in Kathmandu.

Ishya dreams about using her training as an ophthalmologist to provide eye care services and raise awareness about common eye health issues in her home community of Ghyangfedi. When she graduates from university soon, we know that Ishya will have a bright future ahead of her.

But the future hasn't always seemed so certain for Ishya. Born to a family of farmers in Ghyangfedi, Ishya enrolled in several different schools across Nepal in order to continue her education while her family migrated around the country to seek better financial opportunities. Ishya was completing the ninth grade in Kathmandu, living with her cousins while her family returned to Ghyangfedi. When she learnt about the work Adara was doing in her hometown, she leapt at the opportunity to return.

With the support of Adara, Ishya enrolled in the Shree Ghyangfedi School. She was thrilled at the opportunity to finally receive a quality education while living at home and couldn't believe the difference in the school and how much it had improved.

As part of our rebuilding works at Shree Ghyangfedi School after the 2015 Nepal earthquake, Adara created child-friendly and safe classrooms, separately gendered bathrooms, providing essential learning resources and training teaching staff – all with the aim of developing the school into a 'Centre of Excellence' in remote education.

Ishya loved her time as a student at the Shree Ghyangfedi School, and graduated from her School Education Examination (SEE) with an 'A' grade. She successfully applied to receive scholarship support from Adara to pursue her ophthalmology studies in Kathmandu, and has continued receiving support and care throughout her studies. This included receiving emergency medical care when she became very sick with COVID-19 in May 2020.

Ishya is very grateful for the "help, care, opportunity and concern for her safety" that Adara has shown her over the years. She hopes that our work will continue to develop the Ghyangfedi region and provide the essential services that her community deserves.



Photo: Ishya and her sister, Salma.

Child protection

In addition to Adara's remote education programmes, we also seek to protect children from the dangers of trafficking and early marriage by raising awareness among policymakers and influencers, and implementing anti-trafficking projects with our partner The Himalayan Innovative Society.

In partnership with The Himalayan Innovative Society (THIS), we are providing ongoing support for five children from Humla who were identified as facing a high-risk of trafficking. A social worker is managing and checking in with each child and their family regularly to ensure their safety and monitor their school attendance. THIS is also providing essential education resources such as stationery, school uniforms and school bags – to reduce the impact of financial insecurity upon the children's attendance and engagement in their education.

One of these five children receiving support is Jaya – pictured right. Jaya is eleven years old and lives in the Palsa village, which is a two and a half day's walk from essential services such as health posts, electricity and clean water supplies. He attends the Kailashpuri Secondary School – although this wouldn't be possible without the financial support provided by Adara and THIS. Sadly, both of Jaya's parents died when he was young, and he was raised in the care of his elder siblings and grandmother.

His family struggles to send all of his siblings to school, and his elder brother had to leave his studies in the eight grade to support the family. Now that Jaya is receiving assistance from THIS and Adara to continue his education, the family can afford for his older brother to resume his studies as well.

Thanks to this intervention, Jaya now gets to complete his education and his risk of being trafficked has greatly reduced. We are happy to report that there have been no reported cases of child trafficking in Humla during the second half of 2022.

In partnership with THIS, key highlights include:

- We supported '**Child Protection Focal Person**' appointments in six rural municipalities throughout Humla. The focal person is responsible for reporting back to THIS and Adara regularly on topics such as the incidence of child marriages in their community, what prevention work was done to prevent child marriages or trafficking, and whether they have noticed any concerning behaviours in their community.
- We produced **six episodes of an anti-trafficking radio programme** that is broadcast throughout the Humla region. The episodes covered topics like the importance of maintaining student engagement in school through providing midday meals and extracurricular activities, how to empower children to know their rights and the importance of providing menstrual hygiene management training to female students.
- Adara and THIS attended an anti child-trafficking conference in December in the Karnali Province in Humla. Nepal Country Director, Pralhad Dhakal, gave the opening address and focused on the government's role in protecting children and how they can work with organisations such as Adara and THIS to achieve their aims.



Photo: Jaya (right) with his older brother

Thanks to our incredible supporters, Adara ensures communities in our target areas have access to year-round healthcare. From July to December 2022, Adara worked with our partner organisations, communities and health posts in Kathmandu, Humla and Ghyangfedi to provide disadvantage people with quality health care services. We also continued our focus on maternal, newborn and child health, learning from our 25 years' experience in Uganda.

Key highlights:

- Providing **dental services to 100 female students** in Kathmandu with our partner organisation, Hands in Outreach. These students all received general dental and health check ups, and many also received follow-up care, such as having fillings and extractions.
- Servicing **3,570 patients at three health clinics in Kathmandu** with our partner organisation, the Himalayan Medical Foundation (HMF). HMF provided high-quality healthcare and diagnostic services to hundreds of disadvantaged patients each month, including monks and nuns from monasteries across Kathmandu. All patients receive free healthcare services and medicines as they are unable to afford healthcare on their own.
- **Educating 63 Shree Ghyangfedi School students about 'Menstrual Hygiene Management'** – 24 of whom were boys – in order to destigmatise menstrual health and improve health and education outcomes for young women. Delivered by Adara's Health Programmes Manager, Menuka Rai, this half-day session covered topics such as the interlinkages between menstruation, child marriage customs and child trafficking in Nepal. Menuka also distributed reusable sanitary pads to the students at the conclusion of the session.
- Delivering a **'Birth Preparedness' and 'Safe Motherhood' training** course to approximately **240 women in Chauganfaya, Dharapori and Kholshi villages** in Humla in November. The training focused on topics such as maternal and child nutrition, the importance of immunisation and family planning methods.
- Wonderfully, **zero maternal deaths** were reported at Adara-supported health posts and birthing centres in Humla during the July to December period in 2022.
- Delivering a **Maternal, Newborn and Child Health (MNCH) training session to close to 100 males and fathers** in the Dharapori and Kholshi villages in Humla. Adara's health team ran the training in order to increase the participation of fathers and men in childbirth and child rearing, with the aim of reducing maternal morbidity and mortality.
- Collaborating with the local health post in Ghyangfedi village to see students of the Shree Ghyangfedi School receive their **booster immunisations for COVID-19**.

Photo (top): MHM session in Ghyangfedi.

Photo (bottom): COVID-booster vaccinations at Ghyangfedi school.



Resilient Communities

Climate change is causing increasingly dangerous weather conditions and global events, leading to rising instability. This means Adara is prioritising improving community resilience, working for environmental protection and providing disaster relief in our work in Nepal.

Key highlights:

- In December 2022, Adara **organised disaster preparedness training** for the Yalbang School community. Involving students from Grades 8-10 and the teaching staff, the programme worked to create awareness about the natural disasters that could impact the community, including earthquakes, fires and landslides. The programme also trained participants in accident prevention and risk reduction techniques to employ on school grounds. Similarly, a series of earthquake drills and disaster preparedness training was conducted at the Shree Ghyangfedi School for all students.
- Adara **repaired and reinstated the solar power system** at the Shree Ghyangfedi School. Initially installed in 2017 with the support of the Alternative Energy Promotion Centre, the solar power has not been functional for a time due to the battery needed be replaced. With this work now complete, the school now has much more reliable and continuous electricity to operate the lighting of the school and the new computer lab. This not only improves the functionality of the school environment – but limits the carbon footprint of our work in Ghyangfedi.
- We **conducted Water, Sanitation & Hygiene (WASH) training** for close to 600 Humlis across six of Adara's target villages in Humla. The objective of the training was to raise awareness about topics such as personal and community hygiene, and proper waste management, which are key components of Adara's WASH projects in Humla and our broader goals of improving community and environmental health. At the conclusion of the training programme, participants were given bars of handwashing soap to encourage better personal hygiene.
- After many years of planning, Adara **began the reconstruction of the Chauganfaya School**. It was identified in a hazard-mapping study commissioned by Adara as our supported school most at risk of damage should an earthquake occur. We are constructing the new, five-room classroom block with **special earthquake resistant interlocking bricks** – meaning the children inside are now safer while at school. These interlocking bricks are produced locally by Humli labourers, utilising locally sourced materials – which not only minimises the environmental impact of their production but also stimulates the local economy in Humla. In 2023, we hope to also rebuild the Chauganfaya School's student hostel using these interlocking bricks. Adara plans to reconstruct all buildings in our target schools in the coming years to ensure they are earthquake resistant.



Your impact: Griva's story

Griva Lama is 55 years old – but thanks to the support of Adara, she's just embarked on a new business venture for the first time in her life.

Griva has always been involved in the agricultural sector in Humla. A member of a local 'agricultural cooperative', her family cultivates 15 separate plots of farmland. Despite their hard work, Griva and her family have always struggled to produce enough food to support themselves. "Our crops produce enough to feed my family for only a few months (each year) – without employment, there is always a lack of money for household expenses", Griva explained.

"In the past, we never grew, saw or (ate) green vegetables during the winter season. It was customary to eat food mixed with salt and dry vegetables. Due to poor nutrition, children were malnourished and the elderly in my family became ill."

Thanks to Adara's food security and agricultural projects throughout Humla, Griva and her family received the tools needed to construct a greenhouse and were trained in how to utilise it to increase their production of green vegetables year-round. She was trained in seasonal and off-season farming techniques, and now grows a whole range of crops that were never available to her before. Crops such as swiss chard, coriander, tomatoes, cabbage and onions are now all thriving in Griva's greenhouse.

Not only has this improved the health and nutrition of Griva and her family, but this improvement in agricultural productivity has allowed Griva to sell her excess produce to support her family. "Since I started earning money from selling vegetables, I don't have to ask for money from my husband for household expenses.", she told Adara.

"My wife now manages the household expenses by selling vegetables, which helps our family a lot", Tashi, Griva's husband, told Adara.

In Adara's recent Household level survey of Humla, we were able to understand the deep impacts of our work providing greenhouse materials, training and support to thousands of households over the past several years. In this survey we learnt that without greenhouses, only 1% of households were able to grow enough food to provide food security for 7 months or more per year. By comparison, 84% of households are now able to grow enough food to support their households for 7 months or more per year, thanks to the greenhouses Adara has supported them to build and utilize. Adara's work improving the food security and agricultural productivity of Humla is not only improving health outcomes – but is creating economic stability as well. In 2023, we will expand our agricultural support to more directly equip and train farmers in modern farming techniques, to deepen the impact of this work.

Photo (top): An abundant greenhouse in Humla.

Photo (bottom): Griva in her greenhouse.



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:

- **Hosting an 'Exposure Visit' at the Yalbang School** with our partner, the Himalayan Children's Society (HCS). Adara and HCS invited various stakeholders to the school in August 2022 to present on how we have worked together to maintain the school as a Centre of Excellence in Remote Education. Representatives from five other Humli schools were in attendance, as were several local government representatives and members of the School Management Committee. It included touring the school grounds, the residential accommodation for Yalbang students, the computer laboratory, and the facilities for the Agriculture and Farming programme. The exposure visit was very well received and led to attendees requesting that a 'Yalbang Model School' knowledge package was created that could be shared amongst other organisations and educators in the region.
- **Sharing our child protection expertise through our Nepal Country Director**, Pralhad Dhakal, through his role as a Strategic Advisor to the National Child Rights Council (NCRC). Pralhad is currently advocating that the child protection policies in Nepal require that police checks be completed for all staff working with children, especially for those working in residential childcare. This is not currently a common practice in Nepal, but is an essential component of the child protection work Adara has carried out in Nepal for the past 25 years. In December 2022, Pralhad also attended a conference where he presented to the council's board on the minimum standards for residential childcare. He shared about the importance of individual child plans – which were a key part of Adara's child protection and rehabilitation work with the Adara Kids – a group of 136 children Adara rescued and rehabilitated after being trafficked from the Humla region. Thanks to Pralhad's recommendation, individual child plans have now been included in the national child protection policy. This is a fantastic example of Adara's knowledge being shared in such an influential way.
- **Presenting about Adara's remote community development work at a conference** in Simikot, Humla in December 2022. Attendees at the conference included local government representatives, other non-government organisations, educators from Humli schools, and local healthcare workers. Adara presented about our past 25 years' experience working in the area – included our public-private partnership approach, our biggest successes and some of our learnings. The session allowed us to gather advice and feedback from the various stakeholders, which is invaluable.



The road ahead

2023 is an exciting year for Adara, as it 25 years since our story began.

To celebrate this anniversary, at the beginning of 2023, Adara launched bold and ambitious new three-year strategic plan. [You can read the plan here.](#)

The theme of our strategic plan is **Strong Foundations, Broad Horizons**. It is an acknowledgment that as we seek to broaden our impact through scale and knowledge sharing, we are building on a 25-year history of deep service delivery to bring quality health and education services to people living in some of the world's remotest places. Over the next three years we will build on this history to impact more lives through our work.

Some exciting activities to look forward to in 2023 include:

- **Finishing the construction of the Chauganfaya school building** with earthquake-resistant bricks, to ensure that students are safe from natural disasters while at school.
- **Increasing our focus on Maternal, Newborn and Child Health (MNCH)** in remote villages through starting work in the Syada Birthing Centre and continuing our support of the Chauganfaya Birthing Centre. In early 2023, members of Adara's Global Health team will be travelling to Humla to provide basic newborn care training to healthcare workers at these centres.
- In partnership with the local government, **constructing and opening a new feeder primary school** in Ghyangfedi for 50 students.
- **Piloting apple farming and poultry farming** in three villages in Humla to promote food security and income generation. We will also introduce agriculture education and technology in five villages across Humla to further promote food security and expand the success of the Yalbang Agriculture and Farming Education programme.



We can't do any of this exciting work without the support of our incredible partners, donors and champions, like you. Thank you for being a part of Adara's journey over the past 25 years, and for continuing to stand with us as we bring our 2023-2025 strategic plan to life.

Contact Us

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

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