

# ANNUAL UPDATE

# NEPAL

## SINDHULI



**Together with your sponsorship, children and families are making positive changes in Sindhuli. Learn more about the valuable ways we work with children and communities.**

Just over 300,000 people live in scenic Sindhuli, where most people are farmers vulnerable to the effects of climate change. Today, natural disasters like floods and landslides have become common occurrences in Sindhuli, and just 50% of residents have access to health centres. This year, our efforts have focused on keeping students, and especially girls, in school: 38 students who had dropped out came back to school, and 33 schools were spiffed up with improved facilities.



**3,585**

Parents trained in gender equality and child rearing



**2,698**

Students benefitted from remodeled classrooms



**250**

People with disabilities received hygiene kits

**“THANKS TO PLAN, I CAN EXPRESS MY VIEWS WITH ELDERS CONFIDENTLY.”**

Nirmala, Sponsored Child





**NAME: BIMU**

**AGE: 15**

**DREAMS TO BE: A  
LAWYER**

**“PLAN’S CHAMPIONS OF CHANGE CLASSES TAUGHT ME HOW TO SPEAK UP FOR GIRLS LIKE ME ABOUT HOW WE ARE TREATED.”**

## Meet Bimu

**Like the child you sponsor, Bimu is learning to become a leader in her community.**

Bimu lives in a house made of mud and stone, where she helps her mother collect grass and farm after school. She dreams of going to university to study law, where she can fight against discrimination.

## Know My Strength

In Bimu’s village, child marriage is common. As a result, many girls have to drop out of school at a young age. Plan’s nine-month long Champions of Change project offers a positive intervention to at-risk girls in Bimu’s community, raising awareness about girl’s rights, building self-esteem and confidence, and practising leadership.

Bimu was one of 25 girls involved in Champions of Change in her community. In addition to forming her own children’s club, where young people talk about social issues and organise advocacy projects, Bimu was also invited to speak before her community at an event hosted by her local government. “Hosting these events has built my confidence,” Bimu tells us. “People also know my strength.”

## Learners to Leaders

When Bimu learned that a child marriage was supposed to take place in her community, she had to take action. Along with her fellow Champions of Change, Bimu contacted the local authorities to stop a marriage involving a 15-year-old girl. Complications arose along the way, but Bimu didn’t give up: she knew just how harmful child marriages can be for girls. Not everyone in her community might understand why she did what she did, but Bimu remains confident. “People might think of me negatively, but we did it for a good reason,” she says today. “They will realise how important it is later on.”



*Bimu dreams of becoming a lawyer.*



# OUR PROJECTS IN SINDHULI ARE HELPING CHILDREN THRIVE



This year, we supported local schools to make sure that no student is left behind.

## MY FUTURE IS BRIGHT



**17% of teenage girls between 15 and 19 years old in this region are pregnant or already mothers.** With limited information about reproductive rights, sexual health and the importance of staying in school, many girls and women are at a disadvantage. Since 2019, our “Lead and Decide” programme has focused on nurturing the leadership skills of students, particularly girls and young women, to imagine safe, strong futures together. This year, 13 cases of child marriage were stopped. At a local festival, the Sindhuli Fair, 2,584 visitors stopped by our educational booth about sexual health and reproductive rights. A campaign called “Girls Take Over” created safe spaces for girls to take centre stage, advocating for their rights before their communities.

## KNOWLEDGE IS POWER



**In Nepal, 770,000 children between 5 and 12 are not in school, and most are girls.** From high rates of child marriage to limited resources in schools and poverty, our “Girls Learn Equally” project has been devoted to uplifting girl students since 2021. This year, we provided 307 students who were falling behind with remedial courses so that they could stay caught up with their grade level. 1,963 students will be learning in improved classrooms after gender-inclusive training sessions with parents and educators. Another 38 students came back to school after having dropped out, and 24 schools – 96 classrooms in total – received additional maintenance and supplies.



“I always faced criticism for being outgoing. Today, as a leader of the Girls Takeover Event at my school, I am receiving praise. I am delighted to be in this position.”

- Aakriti (18) from Sindhuli

# YOUR SUPPORT MEANS BETTER FUTURES



The best is yet to come – and together we will continue to work for a brighter future for the children in Sindhuli.

- Only 78.8% of residents in the rural parts of Sindhuli have access to safe drinking water. With your help, we will support Sindhuli construct and renovate water infrastructure.
- 48% of local parents aren't sure they'll send their children back to school. We will expand community outreach to local parents to emphasise the value of education.
- 55% of students are falling behind in reading and maths. We will support at-risk students with scholarships, mentorship and tutoring, to keep children in school.

Thank you for your continued support.



“We are grateful for your generous sponsorship of our programme. Your contribution makes a huge difference in the lives of the children, girls and young women where we work.”

**Ravi Shankar Pandit**  
Programme Area Manager

## THE PLAN EFFECT



Your sponsorship commitment is turned into effective long-term change – providing help for self-help. We involve children at the centre of all projects, bringing effective and sustainable solutions to families and communities. With Plan's Effect, your commitment helps empower communities to transform their lives and futures.

## THE LAST 12 MONTHS



### FEBRUARY



24

schools receive improved facilities for disabled students

### MARCH



25

government officials trained in water quality testing

### APRIL



2,085

teachers participate in gender-inclusive training workshops

### MAY



752

workshops held with local parents about early childhood health