

# Himalayan Children Care & Environment Conversation Program

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# Himalayan Children Care & Environment Conversation Program

## Introduction

Himalayan Children Care & Environmental Conservation Program (HCCH) was established in 2006, November 13. HCCH is a non-profit social organization registered with the Nepalese Government and affiliated to the Social Welfare Organization. The organization is operated under the guidance of 11 member executive committee.

The organization dedicated for welfare of deprived children from high mountain remote region of Nepal basically from Upper Mustang. Currently 51 children's mostly represented from Upper Mustang are living with friendly environment and get a quality education and accommodation with extra activities from the HCCH. The HCCH stress on environment conservation programs basically cleanup campaign and other relevant activities are carrying out with the collaborations of like-minded organizations.

The HCCH is well equipped with the hostel, learning center and schooling at Manjushree primary school operated by Tibetan settlers of Paljorling camp at Prithivichowk, Pokhara

## Aim of the HCCH

The HCCH is aiming for higher education for those children who have successfully completed intermediate education by planning scholarship scheme and encourage them to work for the welfare of community in the higher mountain region.

In Mustang, parents have to engage their children in household activities such as farming & livestock grazing in order to ensure their survival. Due to the harsh environment, high altitude and minimal rainfall characteristic of Mustang, which lies on the Tibetan plateau, many people suffer from dietary deficiencies and health problems. The problems and poverty prevalent in the area is further aggravated by low infrastructure development and remoteness. Considering this, little resources have been put into the advancement, and care of the region. HCCH hopes to provide the needy children from Mustang a better life with adequate food, shelter, education, healthcare, and a familial environment.

Most of the children are orphans, while some have single parents, and the others are just from financially poor families who cannot even afford for feeding. Although the children come from different backgrounds, they all have one thing in common. That is, the inability of their families to provide them an acceptable standard of living, an education and a good future. HCCH aims to provide the children a quality education and upbringing while preserving the unique Tibetan culture and traditions of these ethnic Tibetans. We wish for our children to live together by developing mutual respect, understanding and love for each other, as well as for the world around them.

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## Objectives:

1. Provide better health and education for the deprived children around the mountainous Mustang region.
2. Generate awareness of health and education to improve their livelihood.
3. Preserve the unique culture and traditions of ethnic Tibetans.
4. Contribute for environment conservation activities

## A. Programs activities of HCCH

During this fiscal year most of the targeted programs were implemented successfully without any hindrance. The major programs were operations of children home and implemented environmental conservation programs as well as fund raising programs for the smooth operation of children home. Apart from this some of the extra activities were held such as regular cultural shows, weekly quiz contest, computer and sewing training for the children.

### 1. *Operation of Children home*

During this year the total children being enrolled in children home is 51 out of them 23 are male and 28 are female. They are being represented from the most deprived families of brought up Upper Mustang the region which is one of the most inaccessible , remote and trans Himalayan zone of the Nepal adjoining with the Tibetan autonomous region of Nepal. These deprived children are well kept under regular health check up with regular feeding and educating them with the warm and nice environment as if they felt as a real home and being participated enthusiastically in all activities under the learning process. The following regular activities are taken in order to enhances their capacity for building a quality future career so that they will be contribute for their home land as well as nations in all aspects of development and conservation of the resources.

#### a. **Regular praying**

As the deprived children are representing from the Trans Himalayan areas of Nepal they are from Buddhist families. In order to conserve the traditions and culture as well as developing spiritual feelings the regular practice of praying before the meal is done. The same implies for the children and doing it on regular basis.

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## b. Regular class attendance

The entire children are accommodated at home and taught at Manjushree school inside the Paljyorling Tibetan camp, Prithivichowk, Pokhara operated by the Tibetan communities. It takes around half an hour walk from the home. Till date 48 children are studying while higher classes students (6-7) are studying at SOS Tibetan school. The details are given in annex,



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## **c. Regular health check up**

In HCCH regular health checkup is done in weekly basis with the supports of Pokhara health Project and they send nurse and other health worker for regular checkup of the health conditions of the children. Apart from this, this year the HCCH organize dental camp for the children as some expertise were invited for the treatment of teeth ailment of the children. During that 7 children received dental treatments among them 5 were male and 2 were female children.

## **d. Food management**

As per previous year regular breakfast, lunch and dinner are providing to the deprived children at the home. From this year, in order to enhance their health conditions nutritious fruits are providing to the children 4 times per week basis. This greatly reduces the incidence of common diseases among the children.

## **e. Extra activities**

In order to enhance their capacity and learn creative things extra activities are undertaken along with their regular education. The children can shows really nice performance while they are given an opportunity to perform various activities. The regular computer training is given to the children above the class 3 for throughout the academic year. Weekly quiz contest is organized during holiday for the children to improve their general knowledge. Traditional Loba dances are being practice and organize show programs to the guest that greatly contribute for the conservation of their native lobaculture and traditions which have close similarity with the Tibetan culture. The school have a annual celebration of the sports day where the children of our home shown excellent performance this year. The HCCH organize swimming training to the children and that would utilize themselves as an entertainment to the children. So HCCH regularly organize swimming activities as an outdoor activity that makes a great refreshment for the children. Furthermore HCCH also initiated personal hygiene competition among the children group that also supports to improve personal hygiene immensely among the children of HCCH. Another important activities is annual field trip for elder children around their home land Upper Mustang so that it will greatly help to increase affection towards their native place and also interaction with their parents and relatives will help to conserve their traditions and culture .

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## ***2. Collaborative and partnership programs***

### **a. Members of network of children home**

Since this year the HCCH becomes the member of children home network. This will greatly contribute for sharing the experiences, good practices and raise the collective voice against the challenges and improve the children home. This is really nice forum for discussion and raise the issues related the deprived children and for effective nurturing of the children.

### **b. Membership of club**

Two of our elder children being nominated as Children communication club organized by the children home network and these two representatives frequently attended the club activities and meeting on regularly.

### **c. Active participation in public hearing programs**

This year during the children day celebration program at Pokhara DDC hall, the Network of children home organized public hearing programs by attending all the children home around the Pokhara with the Chief District Officer, Local Development Officer, District Education officer, Women development officer, chief of hospital and chief of the Pokhara municipality who are responsible for the welfare of the deprived children in Pokhara. The programs was held as first time for the children which seemed to be very impressive to raise the issues of children rights for education, health and up being them in order to increase the quality of life of the small children. More than hundreds of the questions were raised and responded by the responsible person. Finally all the relevant responsible authorities had given signature of commitment for resolving the problems being raised during the sessions. The children of HCCH also actively participated in this session and raised a couple of issues regarding the educations rights of the children for the deprived families of remote mountain region of Nepal.

## ***3. Environmental conservation programs***

An environmental conservation program is one of the major programs of the HCCH which is basically organized with Children with the likeminded organization. During this year the HCCH organize cleanup campaign right from the surroundings areas of children home to lake side area particularly Basundhara and Komagane park, Gaurighat, Digopatan and other premises of lake side's where the rubbish depositions is quite high. The children with the joint programs of Green clean Pokhara Movement with the leadership of Daniel organized cleanup programs in these sites. The cleanup programs are undertaking twice a month basis regularly.

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#### ***4. Fund raising programs for Children home operation***

A friend of the Himalayan Children's Care Home has been established at UK. At the same time the next Show you Care , supports Himalayan orphans welfare was founded at UK for the fund raising of HCCH. Specifically for the existing building rent of children home the required fund is being raised by the Director of Malla Trek. The director of Mall trek also arranging regular fund raising through the cultural shows by the children home. Apart from this, individual sponsorship and volunteer's fees are the only sources for sustaining children home.

#### ***5. Volunteer programs***

International volunteers are most welcome to do volunteer jobs in HCCH. The volunteers have a better chance to learn high mountain culture, tradition and Nepali as well as Tibetan language. Till dates 200 international volunteers have been already work and contributed remarkably for the smooth operation of HCCH.

#### ***6. Saleable item production***

The HCCH produced T-shirts and writing pads as saleable items. The organization is aiming to increase different items of saleable things as an income generation activities. The ultimate aim of saleable items production is to sustain the children home. But the



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efforts are very initial phase and in future more emphasize will be given on extensive production of saleable items considering the available resources.

## **7. Local handicraft production training**

The training was organized for the 6 poor women of the Lomathang Upper Mustang for local handicraft making for the periods of one month. The major aim of the local handicraft training is to introduce this program as an income generation activities so that the local poor women earn some cash to sustain their livelihood.

## **8. Sewing and art painting training**

The HCCH has trained five elder girls on sewing whereas 2 elder boys were trained for arts painting as per their interest.



## **9. Staffs training**

In order to improve the overall management of the organization Mrs.: Jyoti who act as Account and Admin Assistant has received two days training on Children home management on April 21 to 22, 2011 organized by the Children home network of Pokhara.

## **10. Auditing of the organization**

A yearly auditing work for the entire transaction of the organization has been accomplished and that the auditor responded positively and put positive remarks on remarkable improvements of record keeping and financial transaction properly.

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## B. Challenges

Despite its smooth operation the HCCH still significantly foreseen some challenges in long term these are as follows

### ***1. Land and building arrangement***

Till date the HCCH is operating by renting the buildings for accommodations. This may only temporary solutionsso HCCHhas no sufficient fund for construction of required building infrastructure so still we keep it as a high priority future plan for sustainable operation of the children home. So the HCCH hopes to be able to buy land and a home so as to improve the sustainability of our program. If the budget allows, there should be separate hostels for the boys and the girls.

### ***2. Transportation facilities***

Till date the children's have to walk on foot from the home to school daily as the home have not being able to buy required vehicles . This is due to financial constraint that the the home being unable to arrange it.

### ***3. Not sufficient resources***

As the home is not sufficient for the fund that's why we could not undertake other so many useful activities for the children's career development activities.Once we have sufficient resources at least we could implemented some useful programs

### ***4. Increasing pressure for children enrolments***

Each year the strong demands are frequently encountered from the sides of deprived families of the mountain remote communities of Upper Mustang requesting for their children's enrolment to this home. But unfortunately we could not meet the demands of local poor request due to limited resources and finally we have to limit on the children's number despite strong pressure from the local poor.