

Orchid Garden Nepal
Kalopool, Kathmandu Nepal
Reg. Social Welfare Counsel: 19917
PAN NO: 302312434
OGN Ph: +977-01-4430407 / 9841231407
Orchid.garden.np@gmail.com
Web: orchidgardennepal.wordpress.com
Yearly Activities (16th July 2018 to 15th July 2019)

Organizational Overview:

Orchid Garden aims to protect and promote rights and wellbeing of discriminated and underprivileged children of Nepal. We provide care and quality education for these children in order to give them a better future and break the cycle of poverty.

They simply could not provide proper food or look after them during the day”. These families were very poor and had to work long hours every day just to make ends meet. Hard to believe, but their own children sometimes were in their way of survival and in a way risking lives for both of them.

It develops a safe premise for economically and socially underprivileged children. Around 200 children between the ages of six months to ten years old receive life skills lessons from eight o’clock in the morning until six at night. Apart from the day care, children receive pre-primary education where they learn English, Nepali, Mathematics, Art and social skills. They learn how to love and respect their community and parents, how to work hard and always think positive. For most of these children, this type of thinking is often not practiced in their homes.

Many kids who come here for the first time are filthy and heavily underfed. After three months in the program, one can hardly recognize them anymore - they are smart, cheerful, clean and healthy. At our rented premises in Kalopool, Kathmandu we provide a nurturing and safe environment for the children, nutritious healthy meals, and a well-rounded and multi-faceted education. Through our initiatives and collaborative approaches, we strive to provide quality education and care during the most crucial years of their development, ensuring the children and the Nepalese society as a whole a brighter and better future.

Through our current and past efforts, the outcomes have been very promising and encouraging. Our children thrive and keep a passion to learn.

Current Programs and Human Resource Structure of Orchid Garden Nepal

Program	No of Staffs	Remarks
Founder President	1	
Program Director	1	
Accountant	1	
Program Associates staffs	6	Teachers
Program Helpers staffs	4	Kitchen , Daycare and overall cleaning
Program Associates Part time staffs	2	Dance and Music
Security Guard	1	Looking after overall
Total	16	

Day Care : We provide a safe place for very young children from 6 months of age to two and half years



to have fun while learning and develop holistically.

At the moment, we are at full capacity with 50 children.

At the center, we conduct adequate developmental and social activities with professional supervision. Staff and volunteers balance motor,

physical, emotional, social, spiritual, mental and intellectual skills. Children are also provided healthy and nutritious food which is lacking in most of their homes. Each child is monitored on their development.

Yearly Activities of Pre-Schools :

- **Evaluation system:**

Three evaluation tests were held within a year and the progress level of the children and the areas of improvement, support and also identified for the further support to promote their academic level.

- **Awareness class :**

Transforming Constructivist Learning by Rupa Khadka and Isha Thapa Magar about Bully. In an ever changing society of the 21st century, there is a demand to equip students with meta competences going beyond cognitive knowledge. Education, therefore, needs a transition from transferring knowledge to developing individual potentials with the help of constructivist learning.

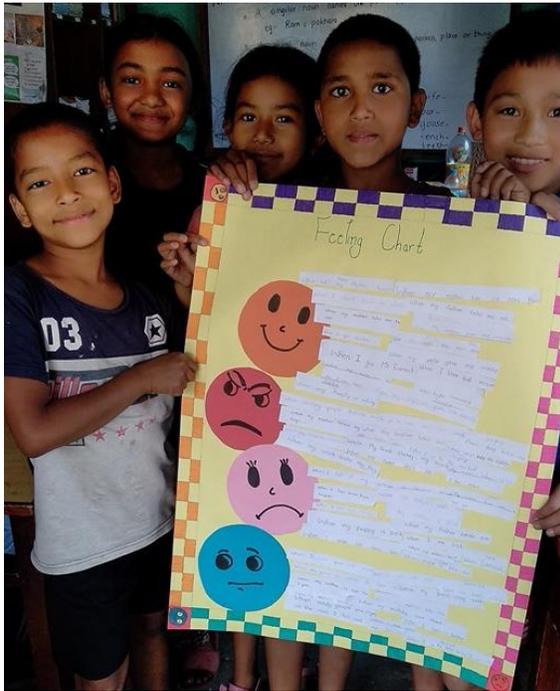


- **Sports Meet:**

Sports improve the interpersonal skills and make a person efficient as a team player. Sports are the healthiest way to de-stress yourself and more comfortable with others. Playing increases sharpness of mind and mental strength. All positive traits for a healthy mind and a healthy person can be gained from sports.



- **Forms of feelings:**



Children were making aware of the forms of feeling by presenting feelings chart. The objective of the work is to realize them joy, happiness and positive attitude begins with feelings and it will guide us.

- **Celebrations:**

- **Christmas Celebration:**

We wish you a Merry Christmas and Happy New Year! May this Christmas and New Year bring you peace and tranquility, and as you walk your path may it bring you happiness. On this joyous day, may your life be filled with good luck and prosperity. We hope you know how much we value your support. We wish you a very merry Christmas and New year may we enjoy many more years together as helping hands, heads and hearts.

- **Dashain and Tihar Celebration:**

Celebrating Dashain good wish exchange program for students and staff separately with lots of excitement and sharing the core value of celebrating Dashaina and marked it as one the biggest festival of Hindu. Tihar is a festival of lights, colors, flowers, music. Today is the second day of Tihar. The festival is celebrated for five days. First day worship of crow, dog, cow, ox and the day of this festival ends with the Bhai Tika. On the day, sisters put Tikas of different colors on the foreheads and colorful garlands around the necks of their brothers with the exchange of gifts. The groups of young play vaili or deusi in their localities during the festival with the specific songs and music especially designed for this festival in the ancient days.



- **Celebration of Mother's Day:**

Children celebrated the Mother's Day by reciting the poem for their beloved mother and their whole world does not only revolve around her, but she is the most influential person who inspires them. Their mother is not just another woman. She is an extraordinary. Children Raised the VOICE and Said that Happy Mother's Day to YOU All the Mothers

- **Celebration of Teacher's Day:**



Guru Purnima. Traditionally this day is reserved for Guru Worship. On this day disciples pay respect to their Gurus. Guru refers to spiritual guide who enlighten disciples by his knowledge and teachings. Guru Purnima is also known as Vyasa Purnima and this day is commemorated as birth anniversary of Veda Vyasa. Veda Vyasa was the author as well as a character in the Hindu epic Mahabharata.

- **Celebration of Parents Day:**

Some glimpse of 12th Annual cum Parents' day of Orchid Garden Nepal. Parents and Children were rewarded from Chair persons from Samudayak Sangam and respected persons from the community.

- **Celebration of Holi:** Happy Holi to You all, May this festival of colors bring the prosperity, joy and happiness in our life. Let the year be as colorful as our life. It is the time to express the happiness of being loved and to be loved through colors.
- **Celebration of both National and international Children's Day:**

“सुखी नेपाली समृद्ध नेपाल बाल अधिकार सबैको सरोकार”

राष्ट्रिय बाल दिवस २०७५

Children are taking over and turning the world blue “Get involved and Go Blue” United Nations Universal Children's Day promote international togetherness, awareness among children worldwide, and improving children's welfare. Universal Children's Day offers each of us an inspirational entry-point to advocate, promote and celebrate children's rights, translating into dialogues and actions that will build a better world for Children.



Outdoor exposure: Community Visit:



Why knowing community is important? Because community saves us from the isolation and alienation we fear. Because in the real world people have no choice. Because community is about finding each other and a place we can call home. But we are also compelled to build community not only because we are survivors in an existing world order but because we bring differences to a society that erases our differences. By dealing

with differences we confront the question of the social and economic foundations of our society. Teachers helping them to know their community in their own eyes.

Coordination & Collaborative Activities

- **Self Defense Training:**

The Inspector Ms. Alegina Rai (Kamal pokhari Police Station) was provided the session regarding of Self-defense to the girls and interested parents at Orchid Garden Nepal. It helps to prepare them for unexpected situations and also helping them to increase their confidence, awareness, and warrior spirit, mental and physical health. Self-defense class teaches



them the basics of self-defense techniques that is needed them to prepare themselves for dangerous and unforeseen circumstances. Life is a gift sand it's also unpredictable.



- **Sex Health Education:**

Dr. Subi Gandhi from U.S.A. Girls were aware of sex health, actual age for being in relationship, maintaining the healthy relationship, some precautions from the diseases transform by sexual relationship. Children filled

with pleasure and it's fond of memories and treasure for their future.

- **Participating in Nepali Child Peace Camp:**



Sahara Magar and Laxmi Manandhar were took part in 10th Nepali Girl Child Peace Camp, On the theme of “GIRL POWER” Bikalpa Gyan Tatha Bikas Kendra Nepal is organizing Girl Child Peace Camp in Kathmandu Nepal for girls only to come together and share on peace and non-violence and become a collective source to work towards Peace and community building. They had practical learning skills on building confidence, presentation, team decision, idea and views sharing. It would boost their knowledge on planning, team work, problem solving, balancing and

concentration.

Cleaning program:

Parents, Staffs and Youths of Orchid Garden Nepal frequently participated in the River, community, park and historical places cleaning program together with Samudayak Sangam, Local Clubs, Office of MP and Kamal Pokhari Police Station.



National Polio and Vaccine Day:

The health assistance from Kathmandu Metropolitan City Office Ward No 5 Handigaun, visited the Orchid Garden Nepal in their every program related with children and nutrition. They provided the Albendazole, Vitamins and checked the condition of malnutrition in those children.



Parents' awareness session:

Mr. Harka Bishwa the incharge from Kamal Pokhari Police Station, took the session for the parents of Orchid Garden Nepal regarding of legal process for citizenship card, birth registration, passport, cyber crime, domestic violence, gender discrimination and anti social issues registered in his department. This session was helping them to aware of the social phenomenon.

Staffs Capacity Building:

International Conference on Child and Adolescents health Nepal:



One of the staffs attended the International Conference on Child and Adolescents health Nepal. Mental health is a level of psychological well-being or an absence of mental illness. It is the

"psychological state of someone who is functioning at a satisfactory level of emotional and behavioral adjustment". From the perspective of positive psychology or holism, mental health may include an individual's ability to enjoy life, and create a balance between life activities and efforts to achieve psychological resilience.

Childhood Maltreatment, Emotional Consequences and Potential intervention:

Child maltreatment causes suffering to children and families and can have long-term consequences. Maltreatment causes stress that is associated with disruption in early brain development. Extreme stress can impair the development of the nervous and immune systems. Consequently, as adults, maltreated children are at increased risk for behavioral, physical and mental health problems. The impact of child maltreatment can be profound. Research shows that child maltreatment is associated with adverse health and mental health outcomes in children and families, and those negative effects can last a lifetime. In addition to the impact on the child, child abuse and neglect affect various systems, including physical and mental health, law enforcement, judicial and public social services, schools and nonprofit agencies as they respond to the incident and support the victims. It needed to outlines the programs and strategies that are proving beneficial in reducing the likelihood of child maltreatment, such as public awareness efforts, parent education, home visitation, and community prevention efforts.