

**Ekerö in April 2012**

**Newsletter No 2, 2012**

**Hello, Tashi Delek and Namaste**

### **The Annual meeting 2012**

This year, we had our annual meeting on 18 March at Ekebyhovs Castle on Ekerö. We had no special program because on February 11 we had the opportunity to inform about our trip to Humla this summer and about KMCH at the castle.

### **Election of officers**

The Annual meeting chose Hans Alm to the President. Other members of the Board are Eddy Sandberg, Richard Sjöberg, Caroline Prising and Italo Pilotti.

Paul Mikalsson and Lars Urell were elected as auditors and Stefan Remius as alternate auditor.

Ulla Brauner and Maria Lindberg were elected to the Nomination Committee.



### **Information from Humla**

In January, we received information that Naki, who lives and helps us in the children home and last year was a teacher at the children's school, could no longer be remunerated by the authorities. We decided to try to go in and pay her salary so she can remain as a teacher at the school and stay at our Children home. It increases our variable costs but we will make an attempt to cope with this. Naki has been with us for so long time and is a great model to the children. Now KMCH pays the salary for two teachers in the school. *(Photo: Naki and Dolma in traditional costumes from Humla.)*

In the beginning of May Chembal will go to Humla for some months and work with our projects there. In the end of May, there is a major

Buddhist festival at the Monastery with the participation of a high lama from Sikkim. The number of visitors is estimated to around 4000-5000 people.

Thanks to a large donation, we are now able to start the construction of our new children's home. It feels very gratifying.

Chembal recently sent a **Progress Report for 2011** on KMCH in Nepal. I will in this and the next newsletter use parts of this report. I have shortened and changed a bit but, in essence, it is Chembal's words. This newsletter is mainly about the Children home and the school.

(Start of text by Chembal Lama)

## **Background of Humla**

Due to poverty, lack of education and because of that lack of family planning there are many families who have great difficulty in raising their children. The infant mortality rate is quite high, and the children who survive are destined to live a difficult life of hardship and endurance. Poverty not only brings hunger, but depression, apathy, alcohol-drug abuse, aggression and violence on top of it. Some children lose their parents in an early stage of their lives. Children work in the farms with their parents for their survival instead of going to school. Some are abandoned by their fathers, neglected, abused or mistreated.

Those children are in any way underprivileged or victimized and for whom any other suitable solution cannot be found are more than welcomed in our house.

The central base of our methodology is that the future of Humla will depend of the young generation of Humlis and that the most important thing is to help them to get education in their own environment – girls as well as boys. KMCH offer those underprivileged children a permanent solution, based on care and education. *(Photo: Chhukel and Naki with the children.)*



Kailash Manasarovar Children of Humla, founded in 2007, is a non-governmental and non-profit organization that is registered under the District Administration Office of Humla (DAO) according to Nepal government rules and regulations and is affiliated to Social Welfare Council in Kathmandu. It is located in remote the village of Yangar in Muchu V.D.C. which border Tibet. KMCH provides opportunities of education and health for very poor, underprivileged, orphanage, semi orphanages and very needy children.

Under 2011 KMCH was running four projects and had a staffs of eight persons. Five of them work almost full time for KMCH.

**The programs and services offered are:**

- a. KMCH Permanent children home
- b. Namkhyung Charity Clinic, NCC
- c. Adult Education Project
- d. Women income and uplift Handicraft project
- e. Better agricultural project

**KMCH Permanent children home**

The children who get accepted into our permanent home are preferably quite young when they arrive here. Those children who live in our permanent home we provide nutritious food, shelter, educational

material, extra tuition in hostel morning and evening, health care etc. during their school period. Winter they have winter vacation because of heavy snow and cold weather in Humla. All of them get a good formal education in a recognized governmental school. We are sending one teacher to make better quality of government school in Yalwang. (In 2012 we pay the salary for two teachers). We are helping very needy children to make their future bright and



children who are so far from the opportunities of education. *(Photo: Children doing homework in the children home.)*

Without KMCH support they couldn't get a child's first right of education in their life. The people in Upper Humla are very poor and belong to the lowest caste in Nepal (Botia).

Now there are 33 kids living in the children home, 20 girls and 13 boys. The oldest are 15 and the youngest 7 year of age. They attend classes as below.

Class	UKG	1	2	3	4	5	6
Number	7	9	9	3	3	1	1



All our children are attending Shree Mahaboudha Child Friendship Secondary School in the village Yalwang. It is a 30 minutes' walk from KMCH children home in Yangar. The children use this route every day, morning and evening. In the annual examination among the 175 children in the school the school topper was a boy from KMCH hostel. Most of the children from KMCH are doing well in school not only in the ordinary subjects, they are good in sports and other activities as speech, question and answer, sanitation, discipline and in the "little doctor program" organized by another NGO called Nepal Trust.

Except the long winter holiday the school is closed for shorter periods on national public holidays during the Hindu festivals DASHAIN and TIHAR and on some local Buddhist festivals in Humla.

On Fridays we focus on activities that will preserve and protect the tradition and culture of upper Humla Buddhist society. We train Dance, Religious Dance, Female dance, Male dance and other very old traditions as wedding songs and dances etc. with the hope that the Humla traditions will remain and be a part of the life for the coming generations. On Saturdays the children in KMCH are cleaning their clothes and the hostel.

In September there is a National Child Day. Then the children in the school dance and sing and perform in front of the parents who have the possibility to come and look.



*(Photo: Children in traditional costumes from Nepal.)*

KMCH have every year open space picnics for all the children and staff. This year we had two picnics. Picnics are very common in Humla and are much appreciated by the Humlis.

Besides the education of the children we pay attention to a number of other aspects of importance for the children:

**Prepare for independence:** The children have to clean their own living environment, wash their clothes and uniforms.

**Social adaption:** The children are taught how to live together in an organized society, with the emphasis on behavior, communication skills and sense of responsibility.

**Leisure program:** We provide the facilities and atmosphere for the filling in of their leisure time in a creative, healthy and educationally justified way.

**Health:** when our children get ill, we take them to NCC for general treatment and if we found more difficulty we take them to Simikot for treatment. Prevention of diseases our teacher and Nurse teach them in home.

### **KMCH Daily routine in Hostel**

5 am Wake up from bed.

5 am – 5:30 Cleaning tooth and face.

5: 30 – 6 am Morning Prayer.

6 am - 6:30 Breakfast Morning tea and Tsampa.

6:30 – 8 am Extra class by Chhukel and Naki.

8 am – 8:30 Room cleaning and environment cleaning.

8: 30 – 9 am. Break play and rest.

9 am - 9:30 am Lunch time.

9:30 am. Children start to go school.

4:30 pm Children get home from school.

4:30 pm – 5:45 pm having tea & Tsampa or snack and rest and play time

5: 45 pm – 7 pm Homework and extra tuition by Chhukel and Naki.

7 pm – 7:30 Rest and playing.

7:30 to 7: 50 Evening prayer.

8 pm Dinner and then go to bed.



### **Daily School time table**

10 am line up and national anthem

10:10 – 10:45 First period subject

10:45 – 11:30 Second period subject

11:30 – 12: 15 Third period subject

12:15 – 1 pm Fourth period Subject

1 pm to 2 pm break and Tiffin time

2 pm to 2:45 Fifth period Subject

2:45 – 3:30 pm Sixth period subject

3:30 – 4pm Seven period subject

4 O'clock free from school.

*(Photo: Children having breakfast in the Children home.)*

### **KMCH Daily food routine**

1. Morning breakfast: Butter tea & Tsampa
2. Lunch: Rice, Dal and vegetable (when there is available meat we provide meat) and some time we serve Yak curd.
3. Tiffin to school: Rice, Dal , Vegetable
4. Snack after back from School: Sweet tea and sometime Yak butter tea with Tsampa

5. Dinner: Momos, Tukpa, T- Momos and Rice,
6. In autumn we provide apple for children after lunch and dinner.
7. Children can have other fruit when there is available fruit in jungle they can collect themselves.

### **CONCLUSION**

During the last year KMCH has expanded its projects and humanitarian services to accommodate for a larger number of beneficiaries. Through the three big different projects that we are running, a total of 33 children are helped on giving opportunity go to school for education. Our children have done very good for study in school and got highest scores amongst the 175 pupils in school and also got highest scores in their classes, got rewards for good sanitation and discipline from school.

*(This is the end of Chembals Progress Report so far. It will be continued in the next newsletter.)*

With greetings from the Board of Directors of KMCH Support Group  
by  
Hans Alm