

# RAINBOW CHILDREN HOME NEPAL

## *Newsletter*



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# Rainbow Children Home Nepal

Date: 22 August 2023

## From the Director's Pen: Insights and Updates

I trust this message reaches you well and in good spirits. It is with profound gratitude that I convey some of the recent events and advancements at Rainbow Children Home Nepal. Despite the challenges brought forth by the ongoing recession post-COVID, and the widespread economic repercussions affecting lives worldwide, we remain committed to our mission of providing support and care to the children under our care.



Over the past few months, our home has been brimming with the spirit of festivity, togetherness as well as had various empowering training like Public Speech and recently had a Public Speech Competition in Children's day. The myriad of festivals, including Teej, Mother's Day, Ashar 15. various programs like dental check-ups, visitors' birthdays, and more have not only added color and vibrancy to our lives but have also brought our children closer, fostering a sense of unity and cultural understanding. And we're already seeing them improving their stage fear and developing confidence.

During these celebrations, the resounding laughter of our children filled the air as they engaged in games, melodious songs, and exuberant dances. Witnessing their joyful smiles and the bonds they formed with each other was truly heartwarming.

As we reflect on these wonderful experiences, it's imperative to acknowledge the pivotal role played by our supporters and donors. Your generosity has been the cornerstone of our ability to provide a nurturing haven for our children to flourish. We remain profoundly thankful for your unwavering support, as it empowers us to continue offering quality education, healthcare, and essential life skills. Many of the earlier children are now abroad and approaching their career after their education or training. I'm absolutely delighted to see that they now are at different parts of the world where I never been.

Looking ahead, our commitment to enhancing our facilities and programs remains resolute, and your involvement remains integral in realizing these goals. On behalf of the entire Rainbow Children Home Nepal family, I extend my sincere gratitude to all our well-wishers and supporters. Your contributions have infused life-changing impacts into the lives of our children, and we are indebted to your constant benevolence.

Your involvement in our journey propels us forward, united in the shared aspiration of granting these remarkable children a brighter future. Thank you for being an integral part of this transformative voyage. Together, let us continue sculpting better lives and futures for our beloved children.

**With warm regards,,**



**Goma Dhakal**  
**Director**  
**Rainbow Children Home Nepal**

August 2023



## On the auspicious occasion of Mother's Day

Goma, lovingly referred to as Mother by everyone in the home, took center stage on this special day. With a heart brimming with love, she tenderly applied tika to each child, symbolizing blessings and protection. The children reciprocated by presenting heartfelt gifts to their beloved mother figure. Goma's face lit up with pure happiness, knowing that she had made a positive and lasting impact on their lives.



## At that time

Goma's unwavering dedication and selflessness have made her an exceptional role model and mother figure to all. The Rainbow Family extends their heartfelt gratitude to Goma for her tireless efforts and unwavering commitment. Her nurturing presence has created a haven of love and care, instilling within each child a sense of belonging and hope. On this Mother's Day, let us honor and celebrate mothers like Goma who have touched countless lives with their boundless love and compassion.



## Children's Visit to the Cable Car at Sedi

On May 5th, the eager young hearts of Rainbow Children Home, along with a dedicated staff member, embarked on a captivating journey to the cable car haven situated in the enchanting locale of Sedi. Against the backdrop of a clear May day, the children's anticipation was palpable as they commemorated the adventure through a series of delightful photographs, capturing both the scenic beauty and their own radiant smiles.



### At that moment

Laughter and camaraderie filled the air as they shared this unforgettable escapade. Amidst the excitement, the children indulged in a satisfying lunch, refueling their energy for more explorations. As the clock marked 5 o'clock, it was time to bid adieu to the cable car and return home, hearts brimming with the memories of a day well-spent. This excursion exemplified the power of adventure in nurturing young minds and fostering bonds of togetherness, creating cherished moments that will be treasured for years to come.

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# PUBLIC SPEECH TRAINING PROGRAM

## Rainbow Children Home's Five-Day Public Speech Training Program

At Rainbow Children Home, we recently hosted a transformative Public Speech Training Program aimed at empowering our children with essential communication skills. Recognizing the importance of effective communication in today's world, we enlisted the expertise of a dedicated teacher to guide our young learners. Over the course of five intensive days, our children eagerly embraced this opportunity to develop their speaking abilities.



### During the program

Through turn-by-turn lessons and practice sessions, they honed their articulation, confidence, and presentation skills. It was heartening to witness their growth and progress throughout the program. By the end of these five days, they had not only overcome their initial hesitation but had also acquired the poise and proficiency needed to confidently articulate their thoughts. This program has undoubtedly equipped our children with valuable life skills, enabling them to participate actively and confidently in various events and programs.



**Starting Date : 4<sup>th</sup> December 2023**


**Pokhara to Siklesh Trek for Kids Program at Rainbow Children Home Nepal**

**Executive Summary:**

The "Pokhara to Siklesh Trek for Kids Program" is an exciting educational initiative aimed at providing 22 children from the Rainbow Children Home in Nepal with an exceptional outdoor experience. This program includes a 2-day trek from Pokhara to Siklesh, combining cultural immersion, exploration, and team-building activities. This year, the program aims to provide a special experience for the children due to the impact of COVID-19 and recent economic challenges. It is an excellent opportunity for the children to break away from their routine lives, especially after one and a half years of online classes due to COVID-19.

**Introduction:**

In light of the challenging circumstances, including the effects of COVID-19 and financial constraints, the Rainbow Children Home is dedicated to organizing an extraordinary event for the children. The Pokhara to Siklesh Trek program seeks to expose them to the beauty of Siklesh, promoting cultural awareness, outdoor education, and emotional well-being.

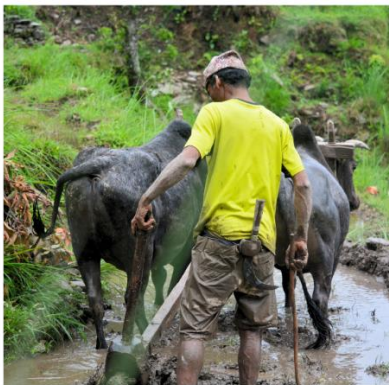




# ASHAR 15

## Reviving Traditions through the Ropai Rice Planting Festival

Likewise, rice holds the status of being the staple food in Nepali families, so rice farming has been a keystone of agriculture practices for centuries. In occasion of Ashar 15, a significant date in the Nepali agricultural calendar, Rainbow Children Home Nepal orchestrated a joyous event. Our children, filled with enthusiasm, eagerly participated in the traditional practice of "ropai," or rice planting.



## During that instance

Journeying to the fields in Pame, the children engaged in the hands-on process of planting rice on the designated lands. This experience proved to be a remarkable and educational moment for our young ones, fostering a deep connection to the country's agricultural heritage. The event not only provided them with a chance to partake in a time-honored tradition but also offered a valuable lesson about the importance of agriculture in Nepali culture.





# DENTAL CHECKUP

## A Successful Dental Check-up at Rainbow Children Home, Nepal

Rainbow Children Home in Nepal is dedicated to the comprehensive health of its beneficiaries, arranging regular body check-ups and annual dental examinations. Collaborating with the Mechimahakali Social Organization, a recent dental check-up event took place at the home, addressing various dental conditions among the children.



### On that event

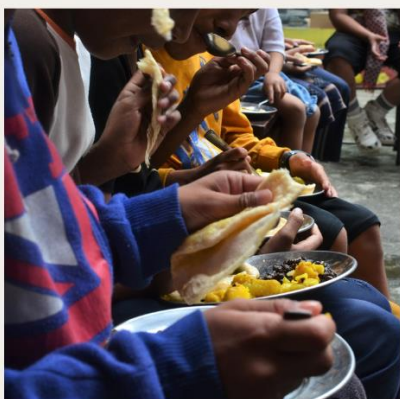
Led by a dedicated dentist and team, damaged teeth were cleaned and treated with recommended medications. The children's appreciation was evident as they presented the dentist with a certificate and expressed their gratitude for the care provided. The event concluded with a joyful group photograph, marking the success of the dental check-up. With a commitment to dental health, the children eagerly anticipate these check-ups every three months, ensuring their smiles remain vibrant and healthy.

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## A Heartwarming Birthday Celebration at Rainbow Children Home

In a heartwarming event, we recently celebrated the birthday of one of our cherished guests at Rainbow Children Home. Our visitors, who often become a part of our extended family, express their wish to share their special day with our children, and with the home's warm blessings, these celebrations come to life. Bringing a cake, chocolates, and sometimes even stationery materials, our thoughtful guests added a touch of magic to the day, filling it with joy and delight.



## During that day

The children's excitement knew no bounds as they joined in the festivities, relishing the chance to celebrate alongside these special friends who brightened their birthdays with laughter and shared talents. These meaningful connections at Rainbow Children Home hold immense value, creating avenues for our children to learn, grow, and connect while enjoying themselves. We extend our heartfelt gratitude to our incredible guests for making these moments unforgettable and for being a part of our children's cherished memories.



## Celebrating Raksha Bandhan with Joy and Unity at Rainbow Children Home

On the joyous occasion of Raksha Bandhan, the halls of Rainbow Children Home resonate with laughter, love, and a sense of togetherness. Sagar Gautam, as guiding presence in the lives of these children, steps into the role of a protector as he delicately ties rakhis around the wrists of each child. With every rakhi he places, he imparts not just a physical thread but a heartfelt blessing, symbolizing his unwavering support and care for their well-being. In this celebration of sibling bonds, the sisters of the home also partake enthusiastically, tying rakhis onto their brothers' wrists.



## Throughout that situation

The children's faces light up with sheer happiness as the day unfolds. Their excitement is palpable as they share this tradition, and the air is filled with a sense of anticipation and joy. The simple act of tying rakhis becomes a representation of the strong ties that bind them together as a family at Rainbow Children Home. The happiness on their faces speaks volumes about the significance of these connections and the sense of belonging they feel. As the celebrations unfold, it becomes clear that Raksha Bandhan is not merely a ritual.



# SUDIP'S VISA TO LONDON

## Visa To London

We are overjoyed to announce the heartwarming news that one of our own, Mr. Sudip Gautam, has achieved a significant milestone by successfully obtaining a visa for London. Rainbow Children Home extends its warmest and proudest congratulations to Sudip, commemorating this momentous occasion with the traditional blessings of tika and khata. Sudip's journey to London, where he will pursue further studies in computer science, is a testament to his unwavering determination and dedication to his educational aspirations.



As Sudip prepares to embark on his educational adventure in London, we send him off with our heartfelt best wishes. May this new chapter in his life be filled with knowledge, growth, and countless opportunities for personal and academic development. Sudip's pursuit of higher education in computer science not only reflects his own ambition but also serves as an inspiration to all of us at Rainbow Children Home. Congratulations, Sudip, and may your academic journey in London be filled with success, discovery, and the realization of your dreams.



# PUBLIC SPEECH COMPETITION

## Rainbow Children Home's Public Speech Competition

On the occasion of Children's Day, Rainbow Children Home hosts an engaging public speech competition for our cherished young residents. This event is a cherished tradition, allowing our children to shine as they take the stage to share their thoughts, dreams, and insights with enthusiasm and vigor. The topics they choose are as diverse as their personalities, ranging from their favorite stories and hobbies to their aspirations for the future.



## During that Day

To inspire and recognize their efforts, prizes are awarded to the children based on their performance, fostering a healthy sense of competition and accomplishment. What truly warms our hearts is the palpable joy and camaraderie that fills the air during this event, as all our children come together to support one another and celebrate their unique voices and talents within the Rainbow Children Home community. It's a day where not only speeches but also memories are made, etching smiles on every face.



## **Teej Triumph at Rainbow Children Home: A Celebration of Womanhood and Unity**

On the auspicious occasion of one of Nepal's grandest festivals, Teej, Rainbow Children Home radiated with joy and fervor. In an effort to pay homage to this celebration of womanhood, the home organized a splendid Teej program exclusively for its children, extending warm invitations to numerous guests to partake in the festivities. The highlight of the day was undoubtedly our young, vibrant girls, who gracefully danced to the tunes of traditional melodies, their smiles illuminating the entire event.



### **Amidst the event**

The tantalizing scent of mouthwatering dishes permeated the air, enticing both our children and esteemed guests to savor the delectable feast. From sunrise to sunset, our girls danced with unbridled enthusiasm, immersing themselves in the vibrant spirit of Teej. As the day unfolded, the children, along with their guests, relished the sumptuous culinary delights, making this Teej celebration at Rainbow Children Home a harmonious blend of tradition, unity, and heartfelt joy.



**Starting Date : 4<sup>th</sup> December 2023**

**Project Proposal: Panchase Trek for Kids Program at Rainbow Children Home Nepal**


**Executive Summary:**

The "Panchase Trek for Kids Program" is an exciting educational initiative aimed at providing 16 children from the Rainbow Children Home in Nepal with an exceptional outdoor experience. This program includes a 2-day trek to Panchase, offering breathtaking sunset views, a campfire experience, and a hike to Panchase Peak. It provides an opportunity for children to connect with nature and create lasting memories. Given the recent impact of COVID-19 and economic challenges, this program holds special significance for the children, providing them a much-needed break from their routine lives.

**Introduction:**

In light of the challenging circumstances, including the effects of COVID-19 and financial constraints, the Rainbow Children Home is dedicated to organizing an enriching event for the children. The Panchase Trek program seeks to expose them to the beauty of Panchase, promoting outdoor education, team-building, and emotional well-being.

**Project Objectives:**

1. To introduce children to the natural beauty of Panchase and its surroundings.
  2. To provide an opportunity for children to experience outdoor activities, fostering resilience and emotional well-being.
  3. To promote teamwork and appreciation for nature.
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### Scope of Work:

- Day 1: Departure from Pokhara for a 2-hour drive to Panchase, including transportation for 16 children.
- Activities: Arrival at Panchase, sunset viewpoint, and campfire experience.
- Day 2: Hike to Panchase Peak and return to Pokhara.
- Activities: Trek to Panchase Peak and a safe return to Pokhara.

### Methodology or Approach:

- Transportation: Private vehicles for round-trip travel for 16 children.
- Accommodation: Local lodging arrangements in Panchase.
- Guides: Experienced guides for trekking and ensuring safety.
- Safety: Comprehensive safety measures, including first-aid provisions.
- Special emphasis on COVID-19 safety protocols and precautions.

### Budget:

items	Cost per Unit (NPR)	Quantity	Total Cost (NPR)
Shopping (per child)	2000	16	32000
Transportation (round trip per vehicle)	12000	2	24000
Food and lodging for Day 2 (per person)	1500	16	24000
Snacks during the drive (per day)	400	2	800
Lunch (per day)	550	2	1100
First-aid and basic medication	5000	1	5000
Guide and support staff fees (per Day)	4300	2	8600

**Total Estimated Budget: 95,500 NPR**





The background of the page features a light beige color with decorative blue and white curved borders in the corners. A central graphic includes a yellow sun with rays, a multi-colored rainbow, and a group of stylized human figures in various colors (yellow, pink, red, blue) standing together.

**Resource Requirements:**

- Local guides and support staff.
- Educational materials and activity supplies.
- Accommodation reservations.
- First-aid kit and medical support.
- COVID-19 safety measures, including masks and sanitization.

**Expected Deliverables:**

- Daily activity reports.
- Photos and videos documenting the journey.
- Evaluation report with feedback from participants and staff.

**Conclusion:**

The Panchase Trek for Kids Program offers a unique opportunity for 16 children to connect with nature, witness stunning sunsets, and hike to the Panchase Peak. In the wake of COVID-19 and economic challenges, this program represents a special event for the children, providing them with a memorable adventure while ensuring their safety and adherence to COVID-19 precautions.

**Budget:**

A budget of 2,000 NPR per child (16 children) is allocated for shopping, including jackets, trousers, raincoats, inner warm clothes, socks, and hats based on individual necessities.

Particulars	Cost per unit	Qty	Amount
Shopping	Rs 2000	16	32000
Transportation (round trip per vehicle )	Rs 25000	2	50000
Food and lodging for Day 2 (per person)	Rs 2500	22	55000
Snacks during the drive (per day)	Rs 4000	2	8800
Lunch (per day )	Rs 5500	2	8800
First-aid and basic medication	5000	1	5000
1 Guide and 2 support staff fees (per day)	4300	3	17200
<b>Total</b>			<b>Rs 176800</b>

**Resource Requirements:**

Local guides and support staff.

Educational materials and activity supplies.

Accommodation reservations.

First-aid kit and medical support.

COVID-19 safety measures, including masks and sanitization.

**Project Objectives:**

To introduce children to the cultural heritage of Siklesh.  
To foster resilience and emotional well-being after a period of limited travel opportunities.  
To promote teamwork and outdoor exploration.

**Scope of Work:**

Day 1: Departure from Pokhara at 10:00 AM for a 6-hour drive to Siklesh, including transportation for 22 people (16 children, 3 staff members, 1 guide, and 2 support staff).

Activities: Arrival in Siklesh, village walk, and dinner.

Day 2: Village hike and a visit to a scenic viewpoint (1-2 hours).

Activities: Cultural immersion, viewpoint exploration, and return to Siklesh Village.

**Methodology or Approach:**

Transportation: 2 private vehicles for round-trip travel for 22 people.

Accommodation: Local lodging arrangements in Siklesh.

Guides: Experienced guides to facilitate trekking and cultural interactions.

Safety: Comprehensive safety measures, including first-aid provisions.

Special emphasis on COVID-19 safety protocols and precautions.



**Expected Deliverables:**

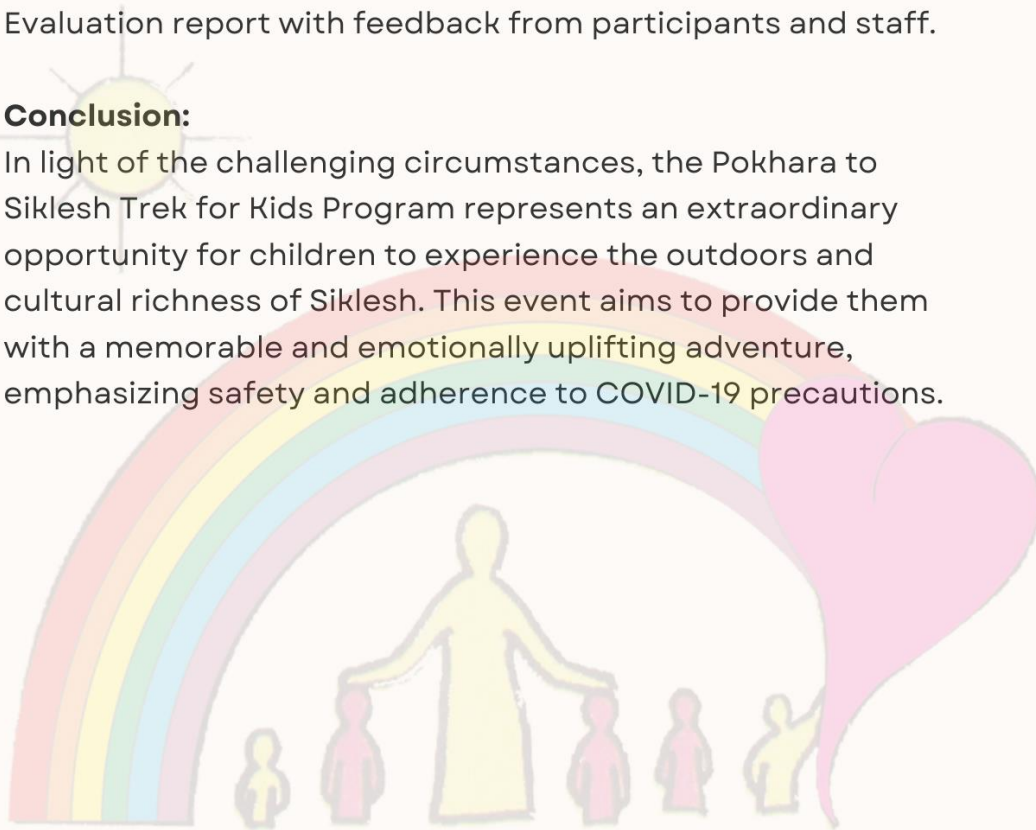
Daily activity reports.

Photos and videos documenting the journey.

Evaluation report with feedback from participants and staff.

**Conclusion:**

In light of the challenging circumstances, the Pokhara to Siklesh Trek for Kids Program represents an extraordinary opportunity for children to experience the outdoors and cultural richness of Siklesh. This event aims to provide them with a memorable and emotionally uplifting adventure, emphasizing safety and adherence to COVID-19 precautions.





**THANK YOU**