

10 YEAR REPORT
(1998 - 2008)



Shangri-La Orphanage
Home
Nepal



"If we do not help each other, who will help us then?" - Buddha

Shangri-La glimpses

Status

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(Cover picture : A village old man in Jumla attired in local wool garments processing wool.)

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Creating equality based society

At this very moment, I bear in my mind the momentous rendezvous with Govinda Development Aid Association. It was the second year of the establishment of both the associations, Shangri-La and Govinda. The day was 3rd January 1999. And our first meeting in Shangri-La, in a small rented Office building in Gausala, Kathmandu with Mr Rocco Umbescheidt. The day has been imprinted as landmark in common history of Govinda and Shangri-La. The very day had added immense synergy to us in our charity works to form common vision, 'creation of equity based society'. The humanitarian hearts of the east and the west echoed Buddha's truism- 'If we don't help each other, who will help us then?' Still the day reels before my eyes, like it was just yesterday, although a lot of water has flown down in the *Bagmati* and the *Kocher* since then!

With the firm support and dedication from Govinda Development Aid Association, Shangri-La Orphanage Home has vigorously grown into well established national development agency in Nepal with various projects related to the sectors of children welfare, education, vocational training, health, agriculture, construction and awareness. An NGO, now teamed with more than sixty working staff, has incessantly been working with trusty seven committee members all the way through past one decade.

Every decision and action taken in last 10 years or so are just as important as any one. Nevertheless some decisions stand like signpost forever. Here, I would like to mention a couple of such events for me. The decision made in honorable Presence of Govinda Chairperson on 30th July 1999 to purchase land and build own Orphanage building in Chapagaon, Lalitpur has remained most memorable episode in our history

to me that has helped us exist in quite a sustainable way to run orphanage project. Shangri-La Home in Chapagaon is not just a project now. It is already an integral part of the community. This integrity and sustainability of the project has been possible only through that historic decision of purchasing enough land for making farm and own houses.



Once again, the next leap in the development work occurred with the decision made on 8th November 2005 in significant presence of GDAA Chairperson to expand our projects to west Nepal. My own visit to west Nepal in April 2007 has been the most inspiring one. Only after this visit, speaking from the bottom of my heart, I have further become conscious of our responsibility to work for the people who endure hard-hitting life under unfair social and economic circumstances in the inaccessible and remote nook and corner of the country. The empathy I have felt with the people of west Nepal and our projects since then have once again stirred and awaken inner impulse in me to work for the needy and deprived people of our own country with the cooperation of development partner with similar mission.

Service and charity to anyone is admirable. Nevertheless, to reach to very needy ones is judicious and equitable. Our working experience for the remote and rural needy folk of my own country has given me opportunity to realize this wisdom empirically - 'Help the helpless.'

Thanks and congratulations to all Shangri-La and Govinda team and best greetings for successful completion of the first decade.

Neeta Shahi
Chairperson SOH, Nepal

Nothing else than the coincidence where we are born divides us



Looking back it seems unreal. In 1997, six young people in Germany had a dream of supporting a small orphanage project in Nepal. Besides the initial limitation of 15 children and 3 employees nothing was fixed in those days. All just started, driven by the idea, that our world can be changed through our action. Nobody could ever imagine that one day, in cooperation with Shangri-La and diversified means of support more than 5000 people in 8 projects would benefit.

In a moment like this, looking back at 10 years of development aid we are made aware that this all started with a small but encouraged initial step. And all the people who are contributing to our projects are a living example that dreams can become true if we help each other.

By realizing important developmental interrelation and background we had no other choice than to act and to help others in a sustainable way. And to act means not only the realization of 8 projects for more than 5000 people right now, to act means also to work with our European and Nepalese members and staff for a more conscious understanding of a globalized world, where the steps of each one counts and creates the picture of this world every day new.

After 10 years we can say that we developed the projects from a charitable to sustainable structures and that we met hundred, if not thousand of people who joined us and became an important part of Govinda and Shangri-La. Self determination, independence, participation, networking and sustainable solutions became leading concepts and ideas on this journey, still founded on the basic motivation of the first years: injustice, which is still present all over the world, needs to be solved.

Looking back, I can see that an idea, idealistic dream and feeling can be lived and transformed into reality and that impossible things can become true.

Before this year ends when this report in your hand will be published, 36 million of people (one third of them children) will have died because of hunger and starvation, everyone of them like us equipped with an identity, a right to live and equality, with feeling and hope. Nothing else than the coincidence where they have been born divides us and our relatives from this fortune. Let us use this gift to help each other in Nepal, Germany and in a global community, as well.

There is enough room for everybody on this planet. We just have to share it.

I wish Shangri-La and Nepal prosper in years to come, and that you keep believing in your own strength and capabilities which are strong foundation for the present political changing in Nepal.

Rocco Umbescheidt
Chairperson, GDAA

Let our life be lived not for our own



We have just crossed a decade's journey of SOH. There is a saying that climbing a mountain is not hard but to remain on the top is challenging. We really felt that this saying is true in this long journey. Our journey together with GDAA in this concern was remarkable and enjoyable. Life is always learning and we have learned a lot on the way. We have been able to cross many up and downs. A very real thing is that this journey was not the journey of one single person but it was a combined journey. In this journey we do not want to forget a remarkable contribution that we have received from GDAA team, SOH committee, all staffs and stakeholders. Without their involvement this journey would not go ahead a single step. So, I would like to thank all for the contribution, helping hands and very sincere co-operation.

At the end, I expect the same kind of co-operation from all in walking towards future destination. Let us not say mine but ours. Let us not say me but us. Let our life be lived not for our own but for others those are helpless, deprived and are in need.

Lastly, thanks to all Govinda and development partners who have joined hands with us to make Nepal a better and prosperous place to live. Thank you all who have brought Shangri-La in today's shape, especially Shangri-La committee, members, staff and volunteers.

Ashok Adhikari
SOH Executive
Vice Chairperson

The organisation is tracking an open source philosophy

The history of the projects run by GDAA and SOH are remarkable. They can be seen as a model example of a *developing*



development project. Started charity-driven and out of a humanitarian interest with an orphanage in the supportive surroundings of Kathmandu Valley 10 years ago, the projects shifted to the educational field, leading to micro-credit, medical and community based programmes in the western mountain region of remote Karnali. Instead of only curing the effects of underdevelopment, the organisation made important moves to change the causes. Instead of only transferring money from Europe to Nepal, the organisation is working indefatigably to raise awareness and develop consciousness in both areas for more sustainable development. Instead of following the usual path of prohibiting the projects from other stakeholders in the development aid market, the organisation is tracking an open source philosophy by sharing, exchanging and supporting other organisations. With the growth and development of the projects, the whole organisation has grown to a renowned and professional institution. And it is still growing and learning.

Lastly, I congratulate SOH for successfully completing 10 years that are reflected in this Report which is in your hand right now.

Stefan Gross
GDAA Executive Member

Shangri-La Orphanage Home - An Introduction



"Only a life lived for others is a life worthwhile."

Albert Einstein

Shangri-La Orphanage Home - An Introduction

Shangri-La Orphanage Home (SOH) which has a national recognition today as a national level development organization was officially registered in Kathmandu District Administration Office, Nepal on 1998. As the name suggests, the organization started with the orphanage project in its early days of its establishment.

Govinda Development Aid Association (GDAA), Germany has been the regular development partner of SOH ever since its establishment by means of its regular involvement in financial support, project conception, technical support and consultation.

Mission Statement of the organization

Vision

Shangri-La envisages of creating an equity-based world in which all people can realize their full potential with full respect to human rights and dignity where people have opportunities to live healthy and secured lives.

Mission

Our mission is to work for disadvantaged children and community people in order to bring improvement in their lives through four sectors of development intervention: health, education & vocational training, gender equality and child focused programmes.

Objectives

The objectives of the organization are to

- Raise the living conditions of the people by working towards awareness-raising, gender, health, education and agriculture
- Support sustainable development by working towards cultural and technological transformation in ecological aspects
- Integrate social classes to confirm equality among all living in the same society
- Give life skills and vocational training to make people self-reliant
- Build secured lives of orphan and needy children and provide free education to the very poor children of the marginalized communities

Main Projects of Shangri-La

1. Orphanage Home



2. School



3. Vocational Training Centre



5. community Development Programme

4. Scholarship Programme



6. Trade for Aid



Milestones of Shangri-La

May 1998

The idea of starting a social organization in Nepal in partnership of German aid organization and Nepali team was conceptualized in Kathmandu after several conversations in Shanti Sewa Griha. The initiators were Mr Krishna Gurung, Mr Meghendra Bir Shahi, Ms. Mariana, Mr Rocco Umbescheidt, Ms. Elke and other few Nepali friends of them.

28 July 1998

Giving continuity to the previous concept of forming a social development organization, the First General Gathering was held at Gausala in Kathmandu in presence of Mr Krishna Gurung, Mr Rameshwor Man Singh, Mr Meghendra Bir Shahi, Ms Yamuna Marasini, Ms Leela Gurung, Ms Neeta Shahi, Mr Ashok Adhikari, Mr Batuk raj Mishra and Mr Dadhibal Thapa that decided to found a social development organization. Mr Roman Cieslewicz from GDAA Germany was present in the meeting. The meeting also decided that the envisioned social organization would start its humanitarian social work with the start of an orphanage project.

17 September 1998

Shangri-La Orphanage Home (SOH) was registered and established in Kathmandu as a non government organization. It has been affiliated with Social Welfare Council of Nepal.

14 October 1998

SOH, by the time, had many meetings and exchanges with a similar humanitarian organization based in Aalen Germany named Govinda Development Aid Association (GDAA). SOH received its first grant from GDAA of total amount \$ 3934.00

18 November 1998

"Shangri-La Home" the first project of SOH, had been inaugurated by SOH Advisor Mr Rameshwor Man Singh. The first four children sheltered in Shangri-La Home were Sirjana Tamang, Pushpa Thapa, Dinesh Dangal and Lalita Dangol.



28 December 1998

GDAA Chairperson Mr Rocco Umbescheidt visited SOH from Germany. The chairperson held important meetings with SOH on bilateral cooperation and further extension of SOH projects, especially supporting SOH on purchasing own land and constructing Orphanage Building.

June 1999

The search for appropriate land to run its different projects for the Organization took a long time and finally 15 Ropanis of land was purchased in Chapagaoun, Lalipur.

13 September 1999

The two buildings of SOH were constructed on its own land in Chapagaoun Lalitpur and were inaugurated by German Ambassador Mr Ruediger Lemp. Each building is called Dr. Med. Bert Zink House and Ulrich Zanginger House respectively.



Dr. Med. Bert Zink was the founder of Plato Foundation. Dr. Med. Bert Zink supported the construction of SH building in Chapagaoun and its land purchase. He has supported for the running costs of SH.

Ulrich Zanzinger is the GDAA Comiteee member. He contacted GDAA and Plato Foundation in Germany. Ulrich Zanzinger supported the construction of one of the SH buildings in Chapagaoun and its land purchase. He has also supported for the Orphanage project's running cost.

20 December 1999

The Orphanage Home construction was completed and the buildings were inaugurated in the presence of Prime Minister Sher Bahadur Deuba, Roman Cieslewicz and Stefan Gross.

05 January 2001

SOH supported Udaya Kharka Secondary School at Neupanegaun for its school building construction.



04 November 2001

SOH purchased land for Shangri-La International School (SIS) building construction in Chapagaun. The land measures 13 Ropanis.

12 November 2001

SIS building construction work started. German Ambassador Mr Ruediger Lemp laid foundation stone of Shangri-La International School project.



March 2002

A team of teachers were selected for SIS. A Teacher Training of Pedagogical Team of SIS was held for a month. The trainers were from Tribhuvan University, Kathmandu University, Hatemalo and Germany.



15 April 2002

Shangri-La International School (kindergarten and primary level) started. All the Shangri-La Home children were enrolled in SIS.

02 June 2002

SIS Kindergarten building construction was completed. The kindergarten section has a separate building in SIS.



15 April 2002

SOH started Shangri-La Scholarship Programme (SSP). The poor children in Chapagaun and neighbourhood were selected for free quality education in SIS.



15 April 2003

SOH launched another project- Shangri-La Vocational Training Centre (SVTC) in connection with SH, SSP and SIS. The training centre started vocational training for SIS children. The training workshop was in SH.

01 February 2004

Shangri-La Vocational Training Centre (SVTC) building construction started in SIS Premise.



2005

Shangri-La decided to start its community based projects in west Nepal. Karnali which was the most deprived region became the focus for the development work. Rocco Umbescheidt and Stefan Gross the representatives of donor organization of Shangri-La visited Karnali region. Development concepts and planning to work in west Nepal was carried out through out 2005 in Shangri-La and Govinda.



Eye camp

An Eye camp was held in Shangri-La International school. The focus of the camp were scholarship children, their parents and other students of the school. Eye glasses, medication and general surgery of the eye were supported.



01 January 2006

After a long preparation work of 2005 another project named Shangri-La Community Based Integrated Development Project (SCBIDP) was launched in Jumla in west Nepal. A project office of SCBIDP has been established in Jumla. SOH and GDAA signed a 5 year project- "Outreach Programme" with Karnali Technical School.



17 March 2006

Shangri-La Orphanage Home has always been very conscious about ecology and sustainability of the projects. A bio gas plant has been installed in Shangri-La Home project.



May 2006

SOH through SCBIDP made baseline survey of Dilichaur and Patmara VDCs in Jumla for further project development in Jumla.

18 September 2006

Solar Energy Plant was installed in Shangri-La Home and Shangri-La International School.



01 January 2007

Shangri-La Sustainable Development Programme (SSDP) started in Jumla. It is a community based capacity building development project with its main focus on micro-credit, education, agriculture and health.

23 February 2007

SOH provided school building construction support to a government school in Luma Jumla.



March 22 until April 20 2007

A dental camp was held in Jumla, SCBIDP office. The Swiss dentists were involved in the camp. The dental camp was for curative treatment and for awareness raising. There were three types of treatment: extraction, scaling and "black filling" (application of silver nitrate and eugene). More than 1200 people benefitted from the camp.



August 2007

KTS ORP started from early 2006 and the project "KTS ORP" Midterm Evaluation was carried out. The result of the evaluation was satisfactory that led Shangri-La and KTS to continue the programme for next three years.

December 2007

A baseline survey was carried out in Mugu, the next neighbouring district of Jumla in Karnali for further extension and development of the SOH projects in Mugu district.

14 March 2008

Shangri-La Interaction Centre (SIC) has been established in Luma of Jumla district.

June 2008

The first batch of SIS appeared for the SLC (School Leaving Certificate) examination in April 2008 and all the students of the first batch passed the SLC securing excellent result.



23 July 2008

SH Project's first batch youths passed out from SH and shifted into rented flat in Saldobato and joined higher secondary school. There are five youths.

October 2008

An evaluation plan of Shangri-La Orphanage Home and its projects was designed. The plan was to make an evaluation of SOH and its projects of its 10 year period. An evaluation team was formed in the leadership of SOH vice chairperson comprising GDAA chairperson and its member, programme manager, five project managers and SOH finance officer. The evaluation will be completed in 2009.

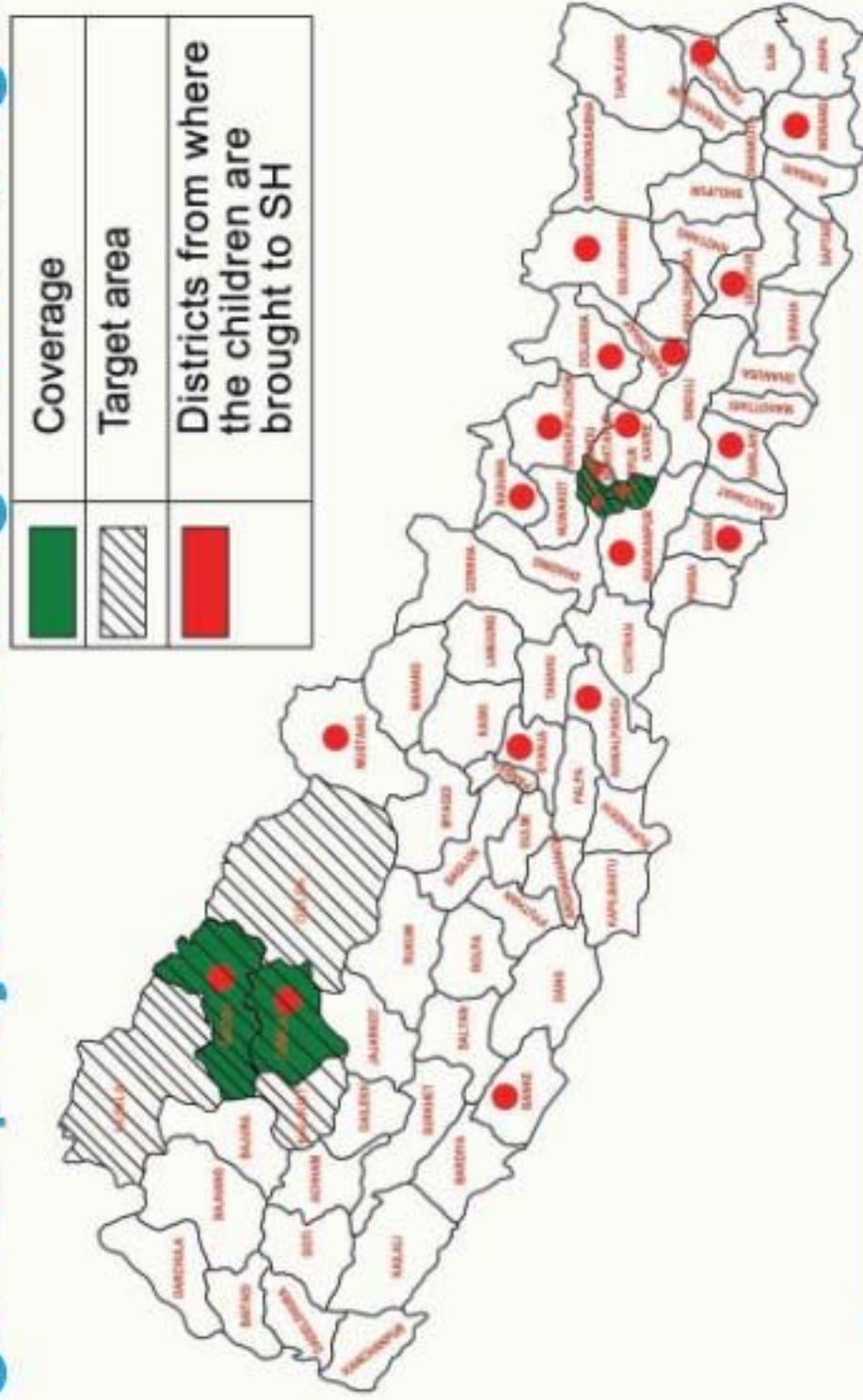


10-19 November 2008

Dental and gyne health camp was run in Jumla. The dental camp was held in Urthu village and the gyne camp was held in Jumla hospital. More than one thousand people benefitted from each camp.



Shangri-La project coverage and target areas



SH: Whole Nepal (presently covers 21 Districts)

SIS: at least 6 VDCs

SVTC: at least 6 VDCs

SSP: 6 VDCs of Lalitpur (pop. 40255)

SCBIDP: 2 districts- Jumla (2 VDCs) and Mugu (3 VDCs)

Shangri-La's growth and development (1998-2008)

Counting September 1998 as the first official and foundation time point of the organization, 2008 marks a decade-long history making year.

The table below presents what mainly happened and continuously going on in Shangri-La Projects since its establishment.

Projects	Established Year	Project status in the beginning year	Project Status now (2008 December)
Shangri-La Orphanage (SH)	1998	5 children in a small rented house	46 children in own Orphanage building and land
Shangri-La Int' School (SIS)	2002	310 students, primary level school	513 Students, secondary level school
Shangri-La Scholarship Programme (SSP)	2002	32 students	252 students
Shangri-La Vocational Training Centre (SVTC)	2003	Carpentry and pottery training to 29 students in SIS	Carpentry, Pottery, Agriculture and Home Science training to 296 SIS students
Shangri-La Home Social Integration Project (Reintegration Plan)	2004	Practised inside Home	5 youths are out of SH and they live independently in flat in the town and attend college
Shangri-La Community Based Integrated Programme (SCBIDP)	2006	Outreach Programme to 128 students of KTS and 3250 people in two VDCs in Jumla	KTS ORP in Mugu in three VDCs of Mugu New project concept in Mugu (three VDCs)SSDP in Jumla
Shangri-La Trade for Aid	2007	SVTC product sale	A common project of SVTC and SSP for internal resource generation
People in Sustainable Development in Mugu (PISDIM)	Planned for 2009	Planned for three VDCs in Mugu/ Karnali	Proposal accepted by Back to life e.V. and GDAA Germany to start from 2009

Ten Years of Shangri-La: Photo Gallery



Orphanage at Bagdol in a rented building



Mr. Achim Mettang being greeted at SOH



German guests at SOH



SH building construction at Neupanegaun



SH Children



Orphanage team



SIS inaguration (2002)



SIS planning workshop in 2001



SIS team in 2002



Committee members Mr. Juju, Mr. Dadhibal, Mr. Ashok, Ms. Neeta and Mr. Meghendra



SOH staff gathering



GDA vicechair person enjoying Holi festival



Pottery learning in SVTC



Shangri-La Trade for Aid (STFA)



Community people involved in STFA



Rocco Umbescheidt inaugurating community interaction centre in Jumla



Micro credit training participants
SCBIDP- Jumla



Community mobilization



Shangri-La Home



"They filled his world with utmost bliss
Then left without a goodbye kiss
Now that he is all alone
His little heart has turned to stone"

Amy I. Ramdass

Shangri-La Home: introduction and activities

Shangri-La Home Project is the first and ongoing project that started from 1998.

The objectives of Shangri-La Home are as follows:

- Ensure happy and secure lives of needy, helpless and orphan children
- Provide basic facilities- healthy nutrition, habitation, clothing and education together with medical facilities and recreational opportunities
- Provide scholarship to the children who are orphan, semi-orphan and who are deprived of educational opportunities in their own families
- Reintegrate the orphans of SH in the Nepalese society

Starting with 4 children it has been able to accommodate upto 51 children in the project. At present, SH have been accommodating 46 children.

Reintegration plan

The orphan children study up to the SLC level staying at the orphanage and studying at its own project school. A reintegration plan for after SLC period has been prepared for their future support.

Counselling

There are regular visits of a child counsellor from Kathmandu to work with the children and the Home staff.

Extra Activities /Entertainment

One of the wardens is especially responsible for the extra activities. Sports, music, theatre visit, cultural programmes, picnic, tour, hiking are some of the main activities that go around the year. There is a child club and they hold community projects in the neighbourhood.

Status of Shangri-La Home Children from 1998 to 2008

Year	1998	1999	2000	2001	2002	2003	2004	2005	2006	2007	2008
No of children	4	14	18	40	43	50	50	50	51	51	46

SH Management

The project is led by SH project Manager. The Project manager is responsible for the overall regular planning, implementation and monitoring of the project.

Main caretaker system

There are four main care-takers under SH project Manager's leadership. They are called warden. The SH children are divided into four groups and each warden is responsible for their respective group.

The children's life in Home Meditation

The day begins with the assembling of the whole Home family in the meditation hall at 6 am in the morning.

Study Hour

After morning tea, a 2 hour study time follows where the children prepare their homework and lessons for the school.

Tuition

Children who need special attention are put to tuition class in the morning.

Cooking and cleaning

Children, as in any community homes and families, learn to cook and clean and it is their routine life to assist the kitchen staff and cleaners for cooking and maintaining rooms and surroundings.

Health and Medical

Health is very important sector in SH project. A health trained warden is responsible for the medical sector. SH has a medical room where children get indoor treatment. A doctor regularly visits for regular health examination.

Agriculture

Agriculture is a significant activity of Home project. A gardener is maintaining the agriculture. More than 50 plants of orange trees, number of Lapsi fruit plants and vegetable plots where organic farming is practised make the SH agriculture. To support the organic farming, cattle farm with two cows serve the dual purpose: manure for the plants and fresh milk. In leisure time the Home children are engaged in the garden work where they learn agriculture.



Shangri-La International School



"Education is what remains after one has forgotten everything he [she] learned in school."

- Albert Einstein

Shangri-La International School: introduction and activities

Shangri-La International School provides education to the orphans, underprivileged, disabled, children from lowest income status families under scholarship programme and to the children from sound economic background as fee-payers.

The objectives of SIS:

- Provide education up to secondary level to the children who have lost their family ties and have to survive with their own ability in the world.
- Provide practical education and skills to live independently and empower the children through formal education by well trained teachers for the children of the specific social background.
- Include poor and underprivileged children in the same school environment where socially better class children are educated for creating social adjustment and harmony.

In 2002 April, when the school project started the school was running up to class five only and there were only 310 students, in total. Now the school has been running successfully up to class 10 and there are 513 students.

Achievement in 2008

24 students of SIS appeared in the SLC examination for the first time in 2008. The result of the students was satisfactory: 8 students brought the distinction result, 14 students with first division and 2 students with the second division result.

The 8 distinction holders were awarded by JCI (Junior Chamber International) and Private and Boarding schools' organization (PABSON).

Main Features

- Library
- First aid facilities
- Computer laboratory
- Science laboratory
- Qualified and trained teachers
- Learner centered teaching approach
- Teaching aids
- Instructional materials
- Separate kindergarten block

Awareness on Child Rights

The teachers in SIS are oriented on child rights and they are sensitive towards interacting with the children with the thought in mind that it is the right of the child to learn and it is the duty of the teacher to teach. The school fully discourages any kind of corporeal punishment to the children.



Progress from 2002 to 2008

	2002	2008
Number of staff	14	32
Scholarship students	32	252
SH students	43	46
Fee-paying and freeship students	235	215
Total Students	310	513
Classes run	Nursery- Class-5	Nursery to class 10



Shangri-La Scholarship Programme



"Learning is what most adults will do for a living in the 21st century."

— Perelman

Shangri-La Scholarship Programme: introduction and activities

The purpose of the programme is to give quality formal education up to SLC level and vocational training to the weaker section children of the communities of the VDC: Chapagaon, Lele, Tikabhairab, Thecho, Badikhel and Jharuwarasi.

The objectives:

- Provide quality education up to secondary level to the orphans, semi-orphans, underprivileged, and disable children and to the children from dalits and ethnic families, leprosy families and lowest income families.
- Work towards fulfilling basic needs in order to support the students to attend school and to lower drop-out rates.
- Provide an opportunity of common and equal status to socially different background children for creating a harmonious Society.
- Provide vocational training to make them self-sustained with easy access to job or for self-entrepreneurship.
- Allow participation of scholarship parents and guardians in Shangri-La projects for mutual exchange of cooperation, resource and skill aiming at common benefits and their empowerment to give positive impact to scholarship children families at community level.

Activities under SSP

1. Enrolment of scholarship children in SIS every year
2. Formal free education up to secondary level
3. Other pedagogic supports according to the equity policy:
 - Stationery supply
 - Uniform supply
 - Nutrition support
 - Medical support
 - Extra tuition class
4. Parental counseling
5. Vocational training in carpentry or pottery in classes
- 6, 7 and 8 and agriculture or Home Science training in 8 and 9.

Status of children from 2002 to 2008

Year	2002	2003	2004	2005	2006	2007	2008
Number of children	32	43	100	164	205	224	252



Support period

Usually, a student admitted in Nursery spends 13 years (3 years in kindergarten and 10 years in school) in SIS under this SSP.

Target area

The catchment area of Shangri-La International School (The area from where the children can attend school either by school bus or on foot) is the target area of SSP. This includes the following VDCs of Lalitpur: i. Chapagaon, ii. Badikhel, iii. Thecho, iv. Jharuwarasi, v. Tikabhairab and vi. Lele.

SSP Target Area of Lalitpur



Criteria for the selection of Scholarship children

1. All the candidates should come from very poor family. The questionnaires in the application form are helpful to decide poverty background. The indicators for the poverty mainly considered are: i. The sources of income of the family ii. Land iii. Type of the house iv. The employment of the family members v. Annual income of the family Together with the number 1 criterion The priority is given to i. Full orphan ii. Half Orphan iii. Socially Orphan iv. Leprosy family child v. Dalit vi. Ethnic minority



Shangri-La Vocational Training Centre



"Vocational education programs have made a real difference in the lives of countless young people nationwide; they build self-confidence and leadership skills by allowing students to utilize their unique gifts and talents."

Conrad Burns

SVTC: introduction and activities

Shangri-La Vocational Training Centre was established in 2003. It is another project run in supplementary to Shangri-La International School to give them vocational practical skills and opportunity to transfer theory into practice within interrelation framework of the curriculum of the school. Thus, theories they have to learn in subjects like Science, Maths and Environment Studies are pragmatically practiced in vocational modules like Carpentry, Pottery, Home Economics and Agriculture.

The objectives:

1. Provide supplementary skill-oriented programs inside SIS curriculum in the subject: pottery, carpentry, home economics, agriculture.
2. Avail all the students at the end of secondary education with skill test certificate for vocational jobs which will be recognized by CTEVT, the government institution of Nepal.
3. Interrelate the practical and pragmatic courses of vocational subjects and other academic subjects and enable the students to transfer theory into practice.
4. Merge cognitive, affective and psychomotor dimensions of learning through vocational modules.

Some experiences from the SVTC students in Shangri-La International School

My experience in Agriculture



I am Kundan Acharya from Class 9. I have been involved in agriculture since class 8. My experience in the agriculture class has been truly wonderful. I had no knowledge about agriculture before joining the agriculture class but now I feel I have got various knowledge related to agriculture up to the present day.

Personally what I have learnt in the agricultural class has been implemented in my own life. I have recently made my own kitchen garden and have planted various crops according to the season. The crops grown in my kitchen garden is enough for my small family and the money to buy the daily vegetables is being saved. I have used the organic manure made in my own house rather than using the chemicals from the market. This has increased the production and the potential of the field has also been increased. Because of the use of vegetables produced in my own home, my family members are freed from the complexities that arises by the use of vegetables bought from the market. My neighbors and parents have praised my work a lot.

Carpentry training in my eyes



I am Sumitra Neupane, grade 8. I am in carpentry class in SVTC. This class starts from grade six onwards. In the course of carpentry I have learned to make various things like T joint, L joint, small open rack, tea table, photo frame etc. This carpentry class is very precious for me because I have full confidence that I can do something in my future by utilizing my knowledge which I have gained from the carpentry class.

My Pottery training experience

My name is Prakriti Bista and I am involved in Pottery since grade 6 with great enthusiasm. Generally, the students from 6 onwards get the opportunity to be involved in their interested training like pottery or carpentry. SVTC has provided a better platform to shape the vision of my life. It helps each students to be self-dependent in his/ her future life. It does not only help to get practical education inside the room but also helps to make us capable and market oriented. For this, SVTC takes us to visit different places to broaden our knowledge. It has provided us better opportunity to utilize our leisure time and also provided quality vocational education.



Home science in Shangri-La as I experienced

I am Sanjeeta Neupane, reading in class 9. Home Science is the training of stitching clothes, learning to cook and learning other arts like knitting. On the very first day of learning we were



given an introduction of materials used while stitching a cloth such as machine, its parts and ways to use it, measuring instruments etc. we were taught to take measurement, make drafts, cut cloth according to the measurement and finally to stitch in a correct way. We have two teachers who are co-operative an helpful to us. They make our learning easy and interesting. We started our learning, stitching from a small baby feeder. We have completed 21 day course and now we are able to stitch different items like apron, baby frock, bhoto, peli coat etc. we have even made notes for future reference. My experience is very delightful in the training.

Shangri-La Community Based Integrated Development Programme



"The poor themselves can create a poverty-free world.. all we have to do is to free them from the chains that we have put around them."

Muhammad Yunus

SCBIDP: introduction and activities

SCBIDP was established in west Nepal Jumla in Karnali zone in 2006 January after the feasibility study of Shangri-La Nepal and GDAA in 2005.

The objectives:

- To give Karnali Technical School (KTS) students practical application possibilities of their abilities and talents in the fields of agriculture, health and engineering in the rural communities.
- Establish local level connection with the population for the lasting development of the communities
- Support Nepal's periodic five year plan for poverty reduction in the Karnali zone by awareness-raising measures and capacity building for disadvantaged sub-populations.
- Provide supports to the local population by means of participation of local human resources with knowledge and skill transfer in the sector of agriculture, health and engineering to enhance their self-confidence in recognizing own strengths and resources.
- Develop a model village in the long run that exemplifies for other villages in Karnali region.

The projects under SCBIDP are

1. Karnali Technical School Outreach Programme (KTS ORP)
2. Shangri-La Sustainable Development Programme (SSDP)
3. Annual Health Camp

The Coverage of SCBIDP

The coverage of SCBIDP is whole Karnali Zone of Nepal. Presently, In Karnali SCBIDP is working in two districts Jumla and Mugu. In Jumla district, the target communities are: Patmara and Luma. In Mugu district, the target communities are: Jhyari, Loharbada, Mandu and Talituma.

KTS Outreach program

SOH started KTS Outreach program (ORP) with technical and financial support from Govinda Development Aid Association (GDAA) from 2006. The implementing organization is Karnali Technical School (KTS), Jumla. The KTS ORP is a five year programme starting from March 2006 that ends in February 2011. There are two different beneficiaries for this program. The first and primary group are the 128 trainees of KTS every year continuing their skill and knowledge acquisition in health, engineering and agriculture and are from the Karnali vicinities. The second group is community people from the target Karnali communities who are deprived of development opportunities due to difficult and complex circumstances.

According to the ORP KTS and SOH, they selected Patmara, Rini, Tirkhu and Luma communities of Jumla for the ORP in 2006. 28 students from each trade of Construction, Agriculture, CMA and ANM in equal distribution stayed for a month in all these four communities transferring their skills, knowledge and at the same time learning from the community people, too. The community people benefited in health treatment, agriculture, construction and health sanitation. In 2007 next 128 students went to the communities. In 2008 next 128 students went to the four communities of Mugu.

Shangri-La Sustainable Development Programme (SSDP)

SSDP is a five year community project of Shangri-La Orphanage Home (SOH) Nepal and Govinda Development Aid Association (GDAA) in Jumla west Nepal. SSDP has been started since January 2007. SSDP is focused in two communities of Jumla: Patmara and Luma.

Mainly SSDP targets in empowerment and capacity building of the people through cooperative organizations. SSDP works in the field of microfinance for economic prosperity, agriculture for food sufficiency, health and education for overall development of the people.

People's participation, local values and norms, social inclusion, democratic decisions, human rights and equality, gender responsiveness, child rights, transparency and sustainability are the guiding values for SSDP.

SSDP programme Approach

SSDP works through group concepts. The people form the groups on their own in facilitation of Shangri-La. They receive awareness trainings, saving trainings, credit trainings, and cooperative trainings. One Cooperative organization is formed in each community from the groups.



Some activities of SSDP

- Baseline survey of Luma and Patmara
- Selection of social mobilizers
- A Training of Trainers (TOT) to SSDP staff
- Legal awareness training
- Meetings to provide information on groups formation
- Awareness training to Social Mobilizers (SMs)
- Awareness Training to the Groups
- 22 saving groups are formed and total 486 (male 214 and female 272) members are involved in 22 saving groups in two communities.
- An Interaction centre in Luma has been established.
- More than NRS 300000.00 saving amount is collected from 22 saving groups in the 2 communities of Patamara and Luma.
- Personal, family and community health literacy has been provided to 894 people (male 447, female 447) and dalits 199(male 87, female 112) were involved in the Health literacy programmes in Patamara and Luma.
- 2 girls are studying ANM in KTS from Patamara and Luma community who will start to serve in the community from 2009 onwards.
- One agriculture research has been completed in Jumla and Mugu district.
- 10 day long health camp (dental camp in Urthu and gyno camp in Jumla hospital) was conducted. In dental camp 1258 and gyno camp 736 community people benefited from the health camp.
- Formation of 2 Cooperative management committees- In Luma there is a committee with 15 (8 female and 7 are male) members in Patamara the committee is with 17 (9 female and 8 are male).



Health Camp experience in west Nepal

GDA and SA initiated Health Camp programme in Jumla district of Karnali Zone Nepal since 2007. Although Karnali is the largest zone with five districts due to its remoteness it severely lacks health facilities. For a whole district, there is one small hospital where doctors and health workers are virtually absent around half of the year! Due to very low literacy and awareness people are often sick. The widespread problems are anything but dental and gynecological problems were identified as precise health issues, for they could be solved through annually planned periodic health camps.

In 2007 we collected experience with one month long Dental Camp in Jumla. This experience led us to plan and implement two camps- Dental Camp in Urthu Village and Gynecological Camp in Jumla hospital. Of 10 days each (November 10th - 19th 2008).

The services provided in the gyne camp were prolapse treatment (ring), infection treatment, general gyne problem examination and treatment, Awareness and prevention programme counselling.

The involved dental health providers were- 3 persons from German/Swiss team – Mathias, Loredana and Henning and 5 persons from Nepali team – Dr Manash, Dr Shyam, Prakash, Jagdish and Den. In Gyne camp German/Swiss camp team included - 4 members - Dr Alexandra, Judith, Dr Sandra and Vreni. Nepali team included 2 persons- Dr Asha and Mrs Purna.

Although our target in the camps were 500 people in each from the communities of Jumla district, the patients visited from far and wide. As a result, in Dental Camp in total 1184 community people benefited/ received health treatments. In the Gyne camp in total 736 community people benefited. Our record shows that many people visited even from next neighbouring districts of Karnali-Kalikot Mugu and Dolpa. All these neighbouring districts are in walking distance of more than 48 hours and only way to reach to the Health camp was- walk on foot in narrow steep foot trails, but they did it!

Now I have my new life

I am a woman from Dolpa district and my name is Parbati Rokkya-21 years. People who came to my village Jujukot in Dolpa told me that a gyne camp is being run in Jumla hospital. This news gave me hope to live a healthy life! Because I was suffering from uterus prolapse since I gave birth to my first child who is only four months old. It was never easy for me to walk as I was always bleeding but I risked the difficulty to be cured from the curse I was undergoing! And it took me full four days- more than 60 hours- to arrive in this Gyne-Health Camp.

On the fourth day night of my walking I reached Jumla bazaar. I was all tired and hungry. My sister-in-law was with me as a friend and there was a 4 month old child in my lap. She managed the night stay near the hospital. The early next morning, I hurried to the hospital with great optimism. There were already

number of women holding registration card distributed for the treatment. When I enquired there, people told me if I had not a registered card in advance the treatment was not possible. Still, not giving up my hope, I wanted to reach to the health camp managing person to let them know my sorrow all the way from Dolpa. A kind person advised me to meet a person in white cap. It was my as a last resort! I saw the "man in the cap" was busy managing the queue of sick women. Spontaneously my eyes became full of tear before him. But he encouraged me to speak out patiently and I told my story that I came from Dolpa! Immediately he provided me a registration card and I was placed in queue.

There was very good systematized queue system. After an interval we in a group of 20 to 30 people entered in a room where we were given some awareness orientation about reproductive health. I learned so many important things that I was never told before about preserving my reproductive health! It was about hygiene, birth giving, family planning, nutrition, postnatal and prenatal care of women and menstruation hygiene, as well. After completion of awareness class, I entered to the next room where a next person took my health history and entered to the treatment room, where there were two female doctors one "foreign white" doctor and another Nepali doctor. The two doctors asked me about my health problem, which was uterus prolapse. Again, they jointly discussed and checked my body and find out my problem. The doctors placed a ring my uterus and they also provided me medicine for one month, which I did not have to pay at all. I was once again oriented about the ring that was placed in my body and how to take care of it and also to make follow up visit in future. As soon as my treatment completed I thanked the doctors and came out of the building. I saw the same "man in white cap". I asked his name and about the Health Camp. He said his name was Jay and the Camp was run by German project and Nepali Shangri-La Project. I thanked him once more, and again, tears rolled down my eyes. This time the tears were not of pain but because of my boundless happiness. Now I have my new life. I saw the sky was brighter than before in the east (towards Dolpa). I marched towards my village, much comfortably than yesterday.

(Based on conversation of Mrs Chandra Budha and Jay Shrestha (SCBIDP, Jumla staff) with Parbati Rokkya, 21 years old, Jukot VDC wards no-7, Dolpa district)





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