

JANUARY TO JUNE 2024

beauty from ashes

STOPPING HUMAN TRAFFICKING IN NEPAL



**Captivating
International**
One Act. Endless Impact.



in this edition

03 *Impact Numbers*

04 *Message from the Founders*

06 *Interception and Rescue*

10 *Hamro Abhiyan Anti-Trafficking Awareness Program*

14 *Justice and Legal Aid*

16 *My Business, My Freedom*

19 *Safe Haven for Women*

22 *Captivating Village Program*

25 *Captivating Nepal*

IMPACT NUMBERS

10,706 women were taken aside and interviewed by trained staff about their travel plans due to signs of suspicious behavior

2,724 girls and women were intercepted showing too many warning signs they might be at risk of trafficking. All girls were stopped from migrating, and their families were contacted to ensure safe escort back home.

54 girls and women were interviewed by the police because hard evidence was found enough to start efforts to convict the traffickers.

interception & rescue

27 schools and 1 armed police force station hosted our education and awareness program

2,389 students participated

66 members of the army and police participated

awareness programs

2 traffickers were arrested

3 court cases were filed

461 women received legal assistance

103 reported cases of sexual or physical abuse

justice & legal aid

635 women currently have loans in the My Business My Freedom Microfinance Program

1,003 women have been impacted by MBMF since it started in 2017

40 women received their very first microloan these past six months

83 women's groups are located throughout Nepal comprising of 10 to 25 members each

microfinance

28 new women / girls were supported at the Safe Haven

16 women participated in tailoring skills training

43 women received emergency short-term accommodation and support at transit homes

31 women received counselling

26 women received medical check-up

safe haven for women

889 girls helped since the start of the program

21 village programs currently being implemented

Captivating Nepal organized health camps targeting women's reproductive and child health across two remote locations at the foothills of the Himalayas, reaching 547 individuals

21 women gained skills in areas like entrepreneurship, empowerment, and poultry farming through our training programs

Students from our 10 supported schools in Gaurishankar Rural Municipality received learning materials, stationery, and uniforms. Additionally, Captivating Nepal has established a reward program for students with excellent attendance and outstanding performance in extracurricular activities.

village program



IN PHOTOS:

(left) Julie with Captivating Village Program staff and Bhumika, a CVP beneficiary

(above) Andrew with the men who brought a remote village in Nepal to our attention. Thanks to these young men, a new school will be constructed in their village over these next six months

message from the founders

To our amazing supporters of Captivating's work in Nepal,



At the end of another six months of hard work in each of our project countries, it's always so motivating being able to take a few moments to read and review the impact that was made possible. This is what this update is all about, and we hope you enjoy reading through some of the key things our hardworking team and grassroots partners have been able to achieve this January - June 2024 period.

As we always say, our first thanks go to you, our supporters, for getting behind our work financially. We work in an extremely competitive charity space, and your decision to support Captivating with your hard earned funds is both humbling and extremely appreciated.

Our work in Nepal has had another busy but, overall, progressive six months. Highlight for Julie and I was spending most of April in Nepal visiting some of our project partners and several project locations. It certainly reminds us how challenging the daily struggle is on the ground for so many families. We have huge admiration for our grassroots partners able to start new programs in increasingly remote and impoverished villages, and our huge thanks to the tireless efforts of 3 Angels Nepal, Aasaman Nepal, and Captivating Nepal. The needs of the girls and women they are able to impact are quite startling and you will read about a few of these stories in the pages of this report. When the impact numbers go into the thousands, even we find it quite important to reflect on that for a moment - to remember how motivating it feels to help one desperate girl that is standing right in front of us, but to then remember that story of help has been replicated 1,000 times. It certainly motivates us to push as hard as we can to support these programs.

We also want to acknowledge the partnership we all have with the Global Development Group who work with us to help our programs reach international development standards and benchmarks.

Of course, as we reflect on another solid six months of impact, we enjoy it for a moment, but then quickly recognize there is still much to do. Our 2024 theme, **“Standing with You”** keeps ringing in our ears and makes us remember the importance of our work to a girl or impoverished mom who, right now, is struggling to progress. We are constantly reminded that our work is not just about financial support helping these girls or women progress and learn new skills, but it’s also about the emotional support and encouraging words constantly being given by our amazing staff and program partners. This is the glue helping to hold everything together. This is only possible because ALL of us care enough to join hands together and make amazing things happen. As we say to each of these girls, **“We are standing with you,”** we also say a big thank you to everyone reading this update for **“standing with us”** as we aim to do more in 2024.



Andrew and Julie Colquhoun
FOUNDERS | CAPTIVATING



The Captivating International team with Captivating Nepal during the April 2024 project visit

interception & rescue

STOPPING GIRLS BEFORE THEY ARE TRAFFICKED AND LOST FOREVER



Human traffickers are skilled enough to detect desperation and vulnerability among Nepali girls. In just a matter of minutes, a girl can be helplessly sent to an unfamiliar place and be exploited forever.

With the help of our partners, we have stationed six monitoring station teams that work closely with local authorities. Our staff are trained to spot the warning signs that a girl may be trafficked. We do this by:

- stopping those who show red flags;
- interviewing with the right questions and picking up on the tiniest details that mess with the coherence of their answers;
- investigating cases of those who seem to be at risk; and
- engaging the police as a next step, including a safe return to their home.

Most women we find at the monitoring stations need to be made aware of what lies ahead. They are typically lured by social media friends, fellow villagers, or the worst—their own families. This is why we do our best to be on the lookout for the red flags. Interception is the last line of defense for a Nepali girl before she disappears forever.

OUR INTERCEPTION & RESCUE, EDUCATION & AWARENESS, AND LEGAL SUPPORT PROGRAMS HAVE BEEN UNDERWRITTEN BY OUR AMAZING KEY DONORS:

Jamoca Foundation



Kenneth Whalen
FAMILY FOUNDATION



DAVID & LIZ T.

PENMAN & JOHNSON FAMILIES

BOB & KELLY S.

EDWARD & SUE W.

BOB & EV M.

JOSHUA K.

LET'S DO THIS
FROM CACHE VALLEY



LIVINGSTON CHURCH
& ATONE VG TEAM

impact

JANUARY TO JUNE 2024

Captivating fully funds the anti-human trafficking work of 3 Angels Nepal. In total, this includes six monitoring stations/help desk operations in areas considered as trafficking hot spots.

- **10,706 women were taken aside and interviewed** by trained staff about their travel plans.
- **2,724 girls and women were intercepted.** Monitoring station staff stopped these girls from progressing across the border due to staff having too many concerns about the risk factors surrounding the girl's desire to migrate. Staff were concerned that they were in the process of being trafficked.
- **54 girls and women were referred to the police** because substantial, hard evidence could be provided to confirm the involvement of a trafficker.

Each intercepted girl was informed of what was likely happening, counseled as necessary, and either returned home or picked up by their family. Some were referred to safe houses as they couldn't return home due to safety concerns.

All names in the stories that follow have been changed for privacy and protection.



Sarah from 3 Angels Nepal and Julie walking to our women's shelter

basanti becomes a cash cow

We met Basanti (16) during our routine monitoring and research program in Kathmandu. Even at such a young age, she shouldered the obligation to work and help her family. Because of her sister and brother-in-law, Basanti found a job at a local guest house where she would stay and earn NPR 5,000 (USD 37) monthly.

Basanti seemed to be on her way to financial independence, but it was quite the opposite. She was treated like a slave by her employers and her own sibling. Even with all her hardwork, she still did not earn her own money because she needed to give her earnings to her sister and her husband. Basanti would endure sexual harassment from guests and despite asking for help from her employer, her abuser did not take accountability because her manager sided with the guests as per usual. Clearly, her safety did not matter at all to these people, so she just tolerated the constant harassment from guests.

She could no longer take it anymore, so she escaped the guest house and lived in an area ridden with informal settlers. This is when we met her. ***Desperation is the lifeblood of human traffickers, and Basanti is at risk.*** We counseled her about human trafficking and made extra effort to prioritize her safety by keeping her under our watch. We are currently figuring out ways to help her more so she doesn't find herself in that dire situation again.





sunita from dalit community opens up

In our previous reports, we mentioned that the Dalit community is one of the more impoverished communities in Nepal. While doing our routine community monitoring visits, we met Sunita (17), a Dalit local currently residing in Pepsi-Cola Kathmandu. She formerly lived in Sundhuli District but needed to escape something for her safety, and you are about to know what it was.

When we met her, she exhibited signs of emotional distress and difficulty speaking. She is clearly traumatized by something. Through supportive counseling, we helped her open up until she was comfortable enough to share her story. Sunita comes from a family of eight, which she loves dearly despite its problems. Her father was an alcoholic, and her mother had frequent pregnancies. To support them, she worked at a low-paying hotel job in Kathmandu and regularly sent a huge portion of her salary to her home. However, her father spent the money she sent recklessly instead of using it to better their household situation. She thought that if she earned more money, then maybe, their problems at home would go away, and her father would at least get a portion of her salary to good use.

Due to her desperation, a 32-year-old man named Dilli took advantage of her by promising her a better-paying nanny job in Kathmandu. Sunita agreed in a heartbeat as she would take any opportunity that could make her earn more.

It was true that Sunita was there to perform childcare duties. However, it was her employers that were the problem. She worked for a couple with a child, and whenever the wife was absent, the husband would relentlessly molest her. Fearful of losing her income and threatening her family's well-being, she tolerated the abuse in silence. One day, when she was supposed to fetch water, she managed to escape and went to Kathmandu, where we found her.

Our team immediately acted by giving her a safe place to stay for a while as we made arrangements to return home. Sunita's quest for the betterment of her family's financial status is unwavering, but depleted people cannot pour from an empty cup. For now, she must prioritize her wellness as we find ways to help her further and prevent this from happening again in the future. Right now, Sunita doesn't need to worry about what she ran away from, because she is now safe under our care.

hamro abhiyan

ANTI-TRAFFICKING AWARENESS PROGRAM

Most trafficked girls are unaware of human trafficking until it happens to them. To spread awareness, we conduct our award-winning Hamro Abhiyan Anti-Human Trafficking Awareness Program across schools, community groups, and army/police forces. We tackle our topics with the delivery of thoughtfully designed content that is meant to impact and be retained in every participant's mind.

The main areas of focus are as follows:



impact JANUARY TO JUNE 2024

- **28 schools and 1 armed police force station** hosted the program
- **2,389 students** participated
- **66 members of the army and police** participated

bhairahawa

Hearing genuine feedback from the schools and communities where we organize Hamro Abhyan warms our hearts in great pleasure and we hope that these little testimonies will delight you, too.

The principal of the Jamiya Kamrun Niswa College in Bhairahawa mentioned that until now, no organization wanted to initiate a program for their students. **He was emotional when he mentioned that these children are at higher risk because the school is located in a border area and a remote region—a favorite hotspot for traffickers.** He thanked our team and organization for initiating Hamro Abhyan and said he would happily receive us again during our future visits.

One of the students expressed her gratitude, saying that she previously did not even know the concept of human trafficking. Now that she is aware of this criminal activity and that girls like her are at risk, the knowledge she learned at our program has helped safeguard her in the future. Now, she feels confident that she can easily prevent any kind of trafficking issues.



HAMRO ABHIYAN in photos





Here are some of our Hamro Abhiyan coordinators, always passionate to raise awareness on human trafficking



justice & legal aid

We don't just conduct awareness efforts and intercept girls. We also help those who have been victimized, trafficked, and abused access legal advice and justice. Our work is closely connected to the local authorities and court systems, and many women come to our help desks to report maltreatment they have experienced, whether from their traffickers, family members, or fellow villagers.

The mission is to amplify the voices of those who are silenced, and help empower them by advocating for justice through knowledge.

impact JANUARY TO JUNE 2024

- **2 traffickers were arrested.** Our partner's teams assisted in these arrests and helped track down the perpetrator.
- **3 court cases were filed.**
- **103 cases reported** involving sexual or physical abuse.
- **461 women received legal assistance.** This service provides help and advice for those who are abused or victimized. Women were informed of their rights and how to pursue legal matters. Some cases were referred to local lawyers for follow-up; others were referred to the legal team at our partner's head office.

spotted with fake documents

We met Surya (32) at the Kathmandu airport when she was supposed to go to Kuwait. We're lucky to have found her because her travel is doomed from the start and we learned that she is vulnerable to human trafficking. She is a married woman separated from her husband due to an employment scam in Kuwait. He was promised a job as a painter but was forced to work in a poultry farm with inhumane working conditions and delayed or sometimes unpaid wages.

Surya felt helpless about her husband's situation and was desperate to find a way to be reunited with him. One day, an unknown man reached out to her and offered her a job opportunity in Kuwait with minimal migration fees if she followed the following instructions - that Surya must fabricate documents, sell her belongings, and dress up in pants and revealing clothes instead of her traditional attire. She was also told to lie at the airport by saying she would visit her relatives in India—a said stopover before arriving in Kuwait.

Thankfully, Surya was stopped at the airport due to missing documents. We advised her to pursue legal action and rely on her family for additional support while we help her handle the legal proceedings. The man is currently uncontactable but pops up now and then to threaten her with violence. Luckily, Surya is no longer alone in her battle and is unfazed by these threats. She expressed relief and trust in the organization's assistance, yet the desire to see her husband again remains.



MICROFINANCE PROGRAM FOR WOMEN

my business, my freedom

A woman's chances of human trafficking are increased when she is destitute. One of our programs aims to help Nepali women address their extreme poverty by helping them build and manage their own businesses.

The ability to financially provide for oneself is truly an empowering act, hence the name of this project: **My Business, My Freedom**. Here's how we help our beneficiaries establish her own business to ensure her continued freedom:

Training. She undergoes basic entrepreneurship training to learn how to build her business and receives advice on how to make her venture successful.

Mentorship. She will receive a more personal approach to money management, savings, budgeting, and other entrepreneurial skills.

Community. Connecting her with other women in similar circumstances can help build a supportive community where they can share their challenges and successes for years to come.

Lending. She can take out microloans to help her get started. Once she repays this, she will be eligible to take out more loans to scale up her business.

Support and Guidance. It doesn't stop with loans and training. Our loan officers and her community will look out for her and watch her grow into an independent and empowered female entrepreneur.



impact

JANUARY TO JUNE 2024

- **635 women currently have loans** in the MBMF Microfinance Program.
- **1,003 women have been impacted** by MBMF since it started in 2017.
- **40 women received their very first microloan** through this program from January to June 2024. They completed their training and are ready for the next step with support from the MBMF team.
- **83 women's groups are located throughout Nepal.** There are around 10 to 25 women in each group. They meet monthly and are accountable to each other to keep on top of their loan repayments. They encourage and support each other through tough times and celebrate with each other during happy times, like when a baby is born or when loans are repaid.

MADE POSSIBLE THANKS TO OUR KEY DONORS



ADD-CARE OP SHOP -
GOLD COAST



indra's goat farm as a safety net

Indra Batha (33,) resides in Kohalpur, Nepal. She lives with her four children, and her husband is a farmer. In Nepal, manual labor like farm work is severely undervalued, making it difficult for families like them to survive on this income alone. Indra wanted to help her husband but didn't know how until she heard about MBMF. She immediately joined the Suratchhit Women's Group and learned about the program.

Indra is not new to raising livestock. So like her husband, she independently ventured into agriculture by starting a goat breeding business. She loaned NPR 30,000 (USD 223) which helped her buy four goats. In ten months, she generated income from selling the kids which paid this loan in full.

Now confident with her successful initial sale, Indra applied for a second loan amounting to NPR 50,000 (USD 372.) This money allowed her to invest in cages and grass plants for feed. Her herd has now grown to eight goats. In 2023, her business generated a remarkable income of NPR 50,000. Right now, she is consistent in repaying her loans, which shows impressive financial responsibility.

With your help, Indra was able to add a layer of safety to her household finances through her goat breeding business. She expresses her heartfelt gratitude to everyone who made this change possible in her life.





unstoppable fish business growth

Sometimes, people have the will to do something remarkable in their lives but are faced with the sad reality that some opportunities cost more than what they could afford. That is the case for Nirmala Gharti, a 31-year-old lady from Banke District. Her income as a vegetable farm laborer was far from enough in sustaining her family. She knew a business would help ease their financial burdens but their family had no savings as a starting capital.

A women's group named Shanti Jiwan was formed in her nearest MBMF branch. She learned that joining this group would offer loan services, business startup aids, and all the needed information for starting her venture. Nirmala joined in a heartbeat and it was one of the most remarkable decisions she made in her life so far.

With an initial loan of NPR 30,000 (USD 224,) five hundred baby fish were put in her pond. Some died but the majority of them survived. Six months later, the rest of the fish grew and she sold them for an impressive profit. At first, she only sold her fish around their neighborhood, but as news about her fish farming spread, she was able to connect with seafood suppliers and created a steady relationship with them. She repaid her loans and even saved NPR 10,000 (USD 75) more!

Nirmala now confidently took a second loan of NPR 60,000 (USD 447) to start another pond. Now with two fish ponds, she delegates two different purposes to these. The first pond is for raising baby fish while the second is for more mature ones. This way, she always has fish to sell no matter what time of the year. She repaid the loan with NPR 13,000 in savings, proving that this fish pond business is just getting better and the progress is not stopping anytime soon.

Her third loan of NPR 70,000 (USD 522) was spent on a third pond to grow another species. This will help her extend her market wider to make more profit.

After a year and a half of continuous dedication and hard work, Nirmala's financial situation continues to improve as she wakes up every day doing something that brings her joy. Soon she will be able to leave the MBMF loans program able to sustainably maintain her new business.

safe haven for women

For girls who went through major trauma, domestic abuse, human trafficking, and other forms of violence—a safe haven is just what they need to heal. Women’s Safe Haven (WSH) provides a safe space for women and girls, and it might look different depending on their needs.

WSH provides some key support to women and girls through:

COUNSELING. We have competently-trained and compassionate counselors to help her process what she went through and help her realize that what happened to her was not her fault. Our counselors also provide practical strategies to regain her confidence and zest for life.

SAFETY. Safety is not just ensured security, it is also a feeling. The girl must not only be safe, but she must also feel safe.

REST AND RECOVERY. The quality of the environment is of paramount importance for those who heal. WSH provides comfortable accommodation for girls for increased recuperation.

SKILLS BUILDING. We value growth and sustainability. The haven is not only a place where they rest, but it is also a place where she can learn valuable skills to provide for herself financially. This way, she won’t need to resort to unsafe and dangerous means of income.

Our haven is just a place that could help a girl get back on her feet, and our main mission is to help her cultivate a safe space within herself by the time she leaves.

impact JANUARY TO JUNE 2024

- **28 new women** joined the program following rescue/intervention. They received much-needed counselling, medical checkups, and a safe place to stay. Skills-based training was provided to develop their confidence and ability to provide for themselves, not rely on others, and fall for the lies and false promises of traffickers.
- **16 women participated** in tailoring skills training
- **43 women received emergency short-term accommodation and support** at WSH-operated transit homes
- **31 received counselling**
- **26 received medical checkup**

WE ARE GRATEFUL FOR THE SUPPORT OF OUR KEY DONORS WHO MADE THIS POSSIBLE



SUE AND EDWARD W.





Sewing skills training at the Women's Safe Haven



Content Warning // abuse, adultery

a dalit woman's quest for dignity

The caste system is still a prevalent part of Nepali culture despite the government's efforts to eradicate it. From time to time, we mention the plights of the Dalit community—one of the poorest communities in Nepal's oppressive caste system. Karishma (19) is the eldest child of a family who belongs to this community. Her parents are working a daily minimum wage, and her father has a serious alcohol dependence that keeps their family poorer.

When she was just 16, she married to “cut costs” in their family. Her age gap with her husband was huge, and you know how situations like this usually pan out. The man was physically and sexually abusive towards her, and would regularly commit adultery that puts Karishma's health at risk.

Karishma was trapped in her marriage and could not go home because she knew that her parents couldn't support her either. Instead, she just endured these abuses and infidelity until her husband left to work abroad. His departure brought Karishma temporary relief, but upon his return back home, the abuses resumed. Karishma dreamed of leaving her husband's home and pursuing foreign employment. However, the migration costs and horror stories of exploitation discouraged her and made her feel hopeless. Karishma is the type of person who is exceptionally attractive to human traffickers. They could easily sense her desperation, and can make migration appear “affordable” to lure her.

When she learned about about our partner, 3 Angels Nepal, she felt a glimmer of hope. They took her in and provided her a safe rehabilitation space to heal from all the trauma she endured. We see her eagerness to be self-reliant so we also let her undergo a skill-based training for sewing. Confidence comes with competence, so we hope to see Karishma shine and thrive as she heals and regains her zest in life under Women's Safe Haven.

After all the counseling and training, she reunited with her family and we are rooting for her employment soon to help her family's financial situation.

kabita's complex medical concern

Kabita (17) hails from Kanchanpur and is a part of a family of six. She is one of the younger siblings and is still left at home with her parents whose main source of income is through agriculture and Adhiya—a system where her parents work on landlord's farm lands and they get a part of the yield. Despite this honorable source of family income, it is still insufficient to support their household expenses.

She was able to complete her education until 10th grade and may seem like an average Nepali girl. However, Kabita had unusual fainting episodes since she was twelve, and no one in her family knows why. It bothered her family but they could not afford to consult with a medical professional so they resorted to traditional healers in the village. While consulting with shamans is a respected solution, there are still things that could be left unseen by the healer. Kabita did not get better, and in fact, the faintings reoccurred more regularly. Despite these concerning incidents, her family continued to neglect her because they thought they already did what needed to be done.

Our team in Kanchanpur met her and initiated a counseling process for Kabita where we learned that her fainting episodes were psychosomatic. Kabita opened up to our team and we learned that she had suffered from sexual abuse from a relative when she was twelve years old—the year when her faintings began. This relative threatened her not to share the incident with her parents, and Kabita kept quiet and kept it all in while isolating herself and suffering from the trauma she had gone through alone. We arranged for her to stay in the Women's Safe Haven where she received psychosocial support to regain her mental and emotional stability again. While she is there, we are also helping her maximize her future employment opportunities by enrolling her in a computer literacy training program.



Computer literacy training for women

No girl must suffer alone as Kabita did, and with our efforts, we hope that she can heal from her five-year trauma and live her life normally once more.

CAPTIVATING village program

Poverty will be a recurring theme for the uneducated. Unfortunately, education is still a privilege in Nepal despite the presence of public schools. Many girls cannot attend school because they cannot afford school materials or do not have food to eat in school. Some of them would rather stay at home and help their parents work or take care of their younger siblings.

On top of these hindrances, there is a ceaseless cultural notion that women are less deserving of proper education. This mindset only hurts girls more, making them more vulnerable to human trafficking, child marriage, and other forms of abuse.

The Captivating Village Program (CVP) helps address this issue by working with schools and the local government to help girls stay in school, both immediately and ongoing. Here's how we do it:

1. We offer scholarships to out-of-school girls and guide them until they get fully equipped back to school. Our program coordinators aim to find those girls most desperate and give them ALL a chance to get back to school.
2. The girls will receive training on life skills, personal safety, their rights, personal hygiene, and increased confidence.
3. A staff member will be assigned in every village to look after the girls' enrollment, human trafficking risks, and potential child marriage issues.
4. Parents and local officials will be encouraged to attend awareness sessions about the importance of their daughters, laws regarding child marriage, and how to address their poverty.
5. If necessary, local school improvements will be made to enhance the quality of educational resources and facilities.
6. In some cases, some select women/girls will join our My Business, My Freedom Program to help provide them with sustainable financial resources for their families.
7. Planning sessions will be held with local village and school officials to secure education for all ongoing.

We do not just send girls back to school. The CVP also empowers families to exercise their chances of escaping extreme poverty through education, sustainable solutions, and various levels of support.



THE CAPTIVATING VILLAGE PROJECT SO FAR

Village	Total Girls Helped	Funded by	Matched by
CVP 01	51	Greg & Sue H.	Lightstream Foundation
CVP 02	59	Andrew & Tania T.	Jamoca Foundation
CVP 03	41	Brad G.	Lightstream Foundation
CVP 04	58	Julie E. & Karyn N.	Whalen Family Foundation
CVP 05	65	Julie E.	Whalen Family Foundation
CVP 06	59	The Surabaya Supporters	Whalen Family Foundation
CVP 07	61	Leigh & Donna M.	Whalen Family Foundation
CVP 08	59	Kingscliff SDA Church	Whalen Family Foundation
CVP 09	26	Jan, Mark & Vicki, Jacob & Wendy	Midnight Charity Run
CVP 10	25	Lindsay T.	Midnight Charity Run
CVP 11	21	Belton, Hamish, and Claudia; ST5K 2023 Let's Do This from Cache Valley	Midnight Charity Run
CVP 12	24	David & Darralyn C., Felix & Tenelle S., Ray K.	Midnight Charity Run
CVP 13	27	Nic V., Lorinda F., Wendy & David V., Brad & Roslyn M.	Jamoca Foundation
CVP 14	25	Justin G.	Whalen Family Foundation
CVP 15	21	The French Beauty Academy	Whalen Family Foundation
CVP 16	75	Nic V.	Jamoca Foundation
CVP 17	55	Paul & Sonya and Friends	Jamoca Foundation
CVP 18	41	Paul & Sonya and Friends	Lightstream Foundation
CVP 19	13	QSI Haiphong ST5K 2023	Jamoca Foundation
CVP 20	41	Kingscliff SDA Church	Lightstream Foundation
CVP 21	42	Julie E.	Jamoca Foundation
Total Girls Helped since 2022		889	

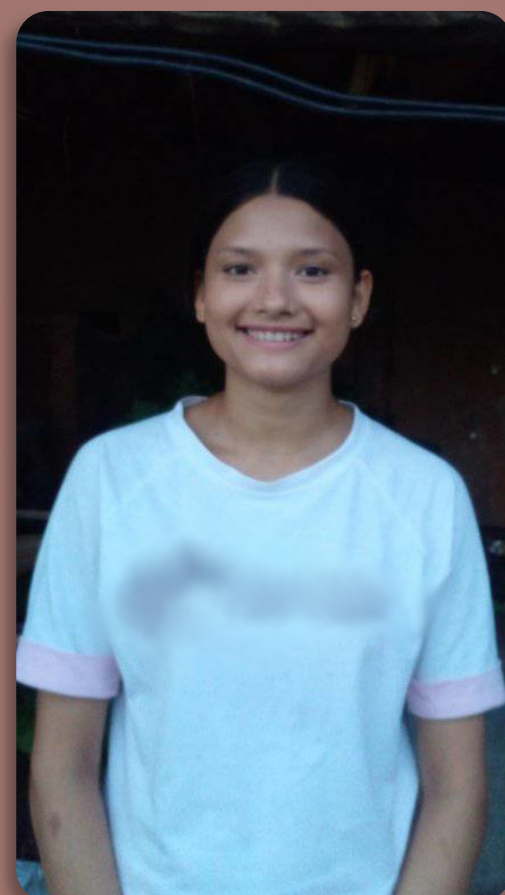
NOTE: Since the start of the program, 17 girls have successfully finished Grade 12, while 64 girls have unfortunately dropped out due to personal reasons.

out of child marriage and back to school

Ritika grew up in a family whose main source of income is farming. However, due to their family size of six, their parents' income alone was not enough to sustain her and her siblings' studies. One of Nepali families' solutions to poverty is through marrying off their daughters. So when Ritika just turned 15, she became a child bride.

Since Ritika was just a child at that time, she acted like one and her husband was not pleased by this. She was sent back home and although going back to school was an option, Ritika felt embarrassed about her marriage status. She was out of school for a year more after that, but was eventually encouraged to go back. She completed grades 9 and 10, but needed further help in continuing grades 11 and 12.

We supported her by counseling her about child marriage and human trafficking. After that, we provided her with the needed financial and material help to make her further schooling possible. Ritika is immensely grateful as she expressed her profound appreciation for those who have helped her. She credits Captivating International and its partners for enabling her to complete grades 11 and 12. Currently, she is studying Japanese to help maximize her skill set for maximized employment opportunities in the future.



dancing to the beat of her drum



Beauty parlor training for women



Bimala hails from Manhari Rural municipality and was a child bride at 15. At that age, she should be attending school, but instead, she experienced domestic violence and abuse from her older husband and his family. Thankfully, Bimala advocated for herself and did not want to endure the violence so she fled and returned to her parent's home just a year and a half after her marriage.

It is in her family's home where we met her and heard about her story. Bimala is a girl who just wants to go to school, so we provided her with school supplies and assisted her with other fees so she could enroll in the upcoming semester. We also counseled her about the importance of education and as usual, how to prevent herself from getting trafficked.

Bimala did not disappoint because she passed 7th grade with flying colors. She goes out of her way to participate not only in academics but also in extracurricular activities. She joined quiz competitions where she also received awards!

However, 8th grade was not the same for her. She failed her final exams and was so disheartened that she discontinued her academics despite our and her family's persuasion. Only Bimala knows the right path for her and we wish to support her in whichever endeavor she pursues.

We learned that she would rather help her family by working abroad so we helped her by learning new skills. Currently, she is taking beauty parlor training which lasts six months.

Bimala's story is one of the realities for some of our beneficiaries. Some girls would like to take the linear route of school-college-work, while there are others like Bimala who like to dance to the beat of her drum. Some of them would thrive more in skills training and moving up in their workplace and we cannot force her to pursue academics if this is not the path she wishes to pursue. The best we can do is support them in whichever way we can to help them reach their full potential.

Bimala is a smart girl. We've seen her succeed in 7th grade, and we are positive that she is going to impress us out there in the real world too!

CAPTIVATING nepa

Focused on the hard-to-reach hills districts around the base of the Himalayas, our primary goals include creating livelihood opportunities for marginalized families, implementing health initiatives, and improving the stability and quality of education for girls. Our aim is to address significant barriers hindering the progress of these communities.

Through our holistic approach encompassing education, health, and livelihood initiatives, we strive to foster positive change and empower marginalized families for a brighter future.

CAPTIVATING NEPAL (HIMALAYAS PROJECT) IS MADE POSSIBLE THANKS TO OUR KEY DONORS:

DEAN & CHRIS B.

Jamoca Foundation

Kenneth Whalen
FAMILY FOUNDATION

LEIGH & DONNA M.

JUSTIN G.

ST5K 2023 TEAM
HEAR BY CHOICE

JOHN & ANN B.



livelihood

Twenty-one women gained skills in areas like entrepreneurship, empowerment, and poultry farming through our training programs.





health

Captivating Nepal organized health camps targeting women's reproductive and child health across two remote locations at the foothills of the Himalayas, reaching 547 individuals.

Over two days, 31 students with identified refractive errors were given free eyeglasses. We also diagnosed 18 cases of Pelvic Organ Prolapse (POP), performed six ring pessary insertions, conducted 260 VIA inspections identifying 18 positive cases, and diagnosed 264 cases of Pelvic Inflammatory Disease (PID). Additionally, we identified five patients with uterine prolapse and one child with a heart condition. After the camp, the communication officer coordinated surgeries and managed hospital admissions. Four of the five prolapse patients underwent surgery, while one was ineligible due to age and other health issues. The child received a free ECG and was scheduled for a follow-up in three months. The officer also visited the hospital to monitor patients' post-surgery conditions and stayed in touch with discharged patients by phone to track their recovery.



Post-surgery visit and follow up





Distribution of scholarships



education

Students from our 10 supported schools in Gaurishankar Rural Municipality received learning materials, stationery, and uniforms. Additionally, Captivating Nepal has established a reward program for students with excellent attendance and outstanding performance in extracurricular activities.

Nepal's education system has declared free and compulsory education for children aged 5 to 16. However, despite this policy, students from underprivileged backgrounds and low-income families are often forced to drop out due to a lack of essential educational materials like notebooks, pencils, and other supplies. To address this, Captivating Nepal has provided scholarship support worth NPR 8,000 (USD 59) each to 24 students from four different schools.

Children's Clubs in schools foster unity, develop leadership and communication skills, and encourage active learning. Recognizing these benefits, Captivating Nepal established these clubs in seven partner schools, except for three with too few students. Teachers guided the clubs by clarifying roles and emphasizing their importance. Following the formation of the clubs, students were highly motivated and excited to organize activities independently. Within a week, three clubs had already conducted cleanliness and plantation programs around their school premises. The remaining clubs plan to conduct activities after their summer vacations.

krishna's pain to go away for good

Living in a place with limited facilities and services is challenging enough. Adding health issues to the mix makes experiences much more complicated, like tasks that are deemed “simple” by the able-bodied like performing simple household chores. We met many women struggling with health issues, who are still eager to better their lives. Among those women is Krishna Kumari, a 63-year-old woman living in Khare with her family members composed of her husband, two sons, and daughters-in-law.

Captivating Nepal conducted a health camp in Khare, which aimed to provide reproductive health screenings for women and offer free health checkups to hundreds of people. During one of the screenings, we met Krishna Kumari who was frustrated yet eager to find relief from her ongoing issues and pain. She shared her struggles, including the pain that persisted even after she had undergone surgery a few years prior to her uterine prolapse. Although the surgery initially provided relief, the same issues and pain returned after a few months. She was due for another surgery but Krishna was hesitant. She was torn between her desire to alleviate her suffering and her fear of experiencing the same issues and pain again. The health professionals on our team counseled her and reassured her about the success of the surgery. Eventually, she agreed to the procedure and traveled to Kathmandu for the treatment.

Captivating Nepal remained in regular contact with her throughout the process. During a hospital visit to check on her health, Krishna appeared happy and satisfied with the care and services she received. Her gratitude towards the team was evident in her expression. In our conversation, she shared, “Hopefully, I have gotten rid of my suffering and pain.” She added, ***“This time, I did not experience as much difficulty even after the surgery. I am so grateful to the Captivating Nepal team for all the support and the camp.”***



newfound confidence through economic mobility

Neeta, a 50-year-old mother of four, is another example that showed that dedication and encouragement can lead to success, given the right resources and support.

When we met her just a few months ago, she had low self-esteem yet desperately wanted to help her husband by contributing financially. This way, the two income earners could ease the household situation. The only thing that stopped her lack of confidence was her fear of failure, especially with no disposable income to start a business.

We learned that confidence stems from the opportunities presented to an individual too.

It's truly daunting to start something especially when a person doesn't have the proper resources or the skills to begin. That was the case for Neeta. When she learned about poultry farming training through Captivating Nepal, she was thrilled and excited about the prospect of doing something on her own. Although chicken farming was not a new topic for her, the three-day training helped her see it from an entrepreneur's perspective. Her training coupled with an additional two days of training on women empowerment and entrepreneurship—and she was ready to be the financially capable woman she longed to be!

The training pushed her out of her comfort zone and boosted her confidence. The comprehensive training helped Neeta understand marketing procedures and taught her basic financing. With the financial support provided by Captivating Nepal, Neeta started her chicken farming business with 20 Giriraj chickens and applied everything she had learned during the training. Out of the 20 chickens, only one died, and the rest were sold in the market with just her first attempt. This success further encouraged her and boosted her confidence even more!

Now, she has doubled her number of chickens and keeps herself busy with poultry farming daily. Her dedication and enthusiasm have not only helped her self-esteem, but it also trickled down to her family members.

Her husband shares, ***"We are so proud of her and her dedication in every step. The transformation within herself and her confidence makes us very proud of her. We are so grateful to Captivating Nepal for the support and giving this opportunity."***



YOU CAN BE INVOLVED today



Captivating
International

Contact andrewc@captivating.org

Donate to this project through our website www.captivating.org and receive tax deductible receipts for Australia, US, NZ, or Hong Kong donations.

Speak up and spread the word about these projects to your family, friends, and business networks.

If you have any query regarding this report, please contact kayla@captivating.org

