



THE CP TIMES

Creating Possibilities Nepal

January 2020, issue 1

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- Stories about underprivileged girls
- Future events
- CP Data



Mrs. Krishna Lata Chaudhary from Chautari mothers group talking on reducing child marriage.

<https://www.creatingpnepal.com/>



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From front left- Misha from grade 6, Babita from grade 7 and Nisha from grade 5 at their classroom.

About us

Creating Possibilities Nepal (CP Nepal) was founded in December 2006 by a group of professionals with a common vision of helping underprivileged children. It is a non-political, non-religious, non-profit social organization.

Creating Possibilities Nepal strives to be a catalyst for positive change, support, empowerment, and progress. With a goal in mind, CPN has conducted various different programs, training sessions, donations and has been trying to create a happy environment for a lot of people. With its main focus being women and children, Creating Possibilities Nepal is striving to improve the quality of living every day.



BUILDING BLOCKS

Building classrooms and toilets



Creating possibilities Nepal recently built 4 classrooms and toilets for Shree Ghyanodaya Secondary School, Rapti Municipality, Dang.

Ghyanodaya school had a hard time with classrooms and toilets. They didn't have enough rooms to operate different interactive activities and run regular classes. Now, they can operate the computer lab/classrooms, can do inter house competitions, have a good office space and more. These room are spacious and have adequate lighting. All rooms are equipped with a fan and a proper ventilation.

New Toilet:

Ghyanodaya School had a lack of toilets in its premises causing many problems for the children. These new toilets are a small step towards solving their problems. At once 10 students can use the toilet and so do not have to wait for several minutes to just get a toilet break. This a modern toilet with adequate water supply, a space to wash hands and is equipped with dustbins for proper disposal of menstrual pads. This project has been aimed towards better sanitation and a cleaner environment.

BUILDING TOILETS

Creating possibilities Nepal has recently constructed 4 toilets for 4 families in Ghadawa Rural Municipality of Dang with the financial help of **Developing World Connections**.

Although the 'open defecation free zone' initiative, people do not have enough money to build toilets and therefore haven't been able to follow the governments initiative. "To support the governments 'open defecation free zone', we decided to contribute toilets this year" says Mr. Dinesh Raj Sapkota.

One of the family members, Mrs. Sima Chaudhary expressed the difficulties they had before these toilets were built and now that these problems no longer occur, she voiced her happiness. A 10th grader, Ms. Ayuba Chaudhary stated how uncomfortable, shy and unsafe she felt before. She says she feels a lot safer now that the toilet is built.

DWC had also collaborated with us and Ghadawa Rural Municipality to build a home for Nauni Chaudhary and Bujhiramn Chaudhary and have managed to donate something significant every year.



TEACHING THE USES OF A MENSTRUAL CUP

CPN staffs are giving orientation class on usage of the cups in different mothers group, schools, health posts as well as in different communities. This counselling has increased the demands of Saalt cup rapidly.

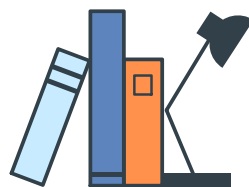
Up to now, eighteen hundred women/girls have received education about the Saalt cup. Among them, 90 of them received the cup free of cost and 299 bought the cup. Therefore, 389 women have taken the cups.

Positive effects of Saalt cup

- The users of Saalt cups now openly talk about their reproductive health problems and about their periods.
- Saalt Cup users are very happy because it has saved their money that used to be spent on sanitary napkins.
- It's easy to use and clean.
- It saves the environment.



SCHOLARSHIP DISTRIBUTION



Stationary items and warm clothes (Jackets) were distributed to our students on November 2019. These items were provided according to the kids needs. Most of the students belong to low-economic backgrounds and cannot afford warm clothes. The staff also taught them how to maintain and maximize the use of the items provided. Students shared their happiness about the products they received.



MEETING STUDENTS

Student meeting was done on November 27th, 2019. 206 students from L.K.G to +2 and from the age group of 7 to 22 were present. An interaction meeting was conducted in which Deepa Chaudhary, Shyam Chaudhary and Rina Chaudhary (student co-ordinators) took and gave some suggestion to the students. Importance of education, attendance and result were the main topics discussed.



EDUCATING GIRLS; EDUCATING THE COMMUNITY...



"My name is Bhumika Chaudhary and I live in Gadhawa Rural Municipality- 7, Chandanpur. I have a family of five. My father Mr. Haribir Chaudhary is a woodworker and earns Rs. 800 (\$7) a day that is spent on household items. My mother is a housewife but works as a laborer in her free time. Earlier, my mother always focused on household chores and didn't really care about my studies. However, with the counselling provided to all the parents around the village, my mother has changed her attitude towards schooling. Now, my mother wants me to concentrate on my studies and do well. The counselling and funding provided has improved my life drastically. I am very happy about how my family has understood the importance of education. Thank you to **Reach out 2 program** and Creating possibilities Nepal, I am so grateful for you."

Miss. Urmila Yadav has an older brother who is 19 years old and who extremely envies his sisters; Urmila's education. He doesn't want her to go to school but rather wants her to be at home doing house chores. She is abused and threatened by him. He doesn't even listen to his parents; he believes that girls are not supposed to be educated. Due to the abuse, she was absent primarily in this educational year. After counselling, she has come back but was stopped again. As a result, she didn't attend classes for a month. She can do better in her studies if she gets a chance to expand her knowledge. We and the **Reach Out 2** program have constantly been providing financial support to Urmila and the team hopes to see her do well soon.

Breaking Barriers;

Chasing Dreams

The story of Urmila Chaudhary

Urmila is a 21-year-old who has recently completed her 12th grade. She passed her primary and secondary exams from a government school. Urmila's life has been a difficult ride. Her family was tied to bonded slavery (Kamrali) for years. Her family has no land for cultivation and therefore no money to send her to school regularly. They lived in a small mud house that didn't even have enough light, let alone other necessary items. Her illiterate family had a hard time fulfilling their kid's needs.

"My family had no money to send me to school for studies. We had a very difficult life but because of CP our life has improved. I am so grateful to have been supported. I will make everyone proud someday."- Urmila

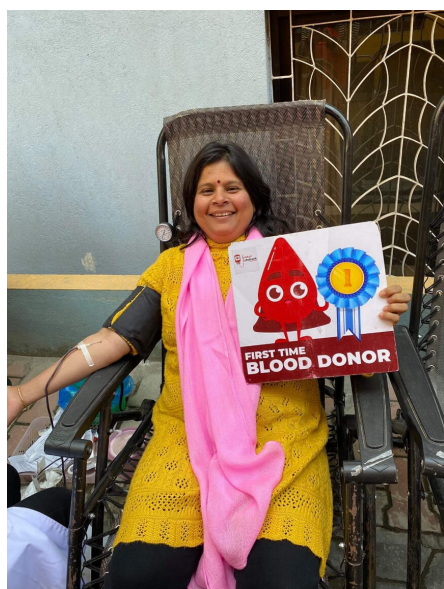
The support provided by **Her International**, Canada and Creating Possibilities, Nepal has helped Urmila to study better. We have been helping Urmila and her elder sister for 10 years now by providing financial aid to support Urmila's education. After successfully passing all her exams, she has been doing well.

Her family has also been able to get rid of enslavement and have started doing some labor work. Now, her mother also rears goats and buffaloes and has also joined a mothers group. With the money they earn, the family has been able to educate Urmila's younger brother.

Her family is doing a lot better than before.



PICTURES FROM THE RECENT BLOOD DONATION PROGRAM



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Saraswati
Tamang
taking an
interview
for AP
news.

As some students were donating blood, others were simultaneously doing other activities. Saraswati Tamang; a journalism student is currently working with the AP news team and was taking an interview about 'Healing' at the location.

On the other hand, Kamala Nepali was performing healing; a technique that allows you to take away all the negative energy from the body, allows to take control over yourself and provides relief to the body.

Kamala
healing
Laxmi



HOUSEWIVES ROLLING THE BALL



Creating possibilities Nepal and **Stichting Maha Mata, Netherlands** organized this special football game on the occasion of Maghi.

Rukumaya Chaudhary is a housewife who recently turned 49. She has children that are already married. One fine morning, she was seen wearing a football jersey inside the premises of Janata Medium School, Dang. Just like her, 104 more women were seen wearing yellow and white jerseys at the same playground. The women from the mothers group (established and run by CP Nepal) happily participated in this football competition. All I engage is in house errands, this time around I wanted to do something new and that is why this competition excited me' said Rukumaya. Gyanmati Chaudhary, a resident of Ghadawa Rural Municipality, Madhavpur; Ward no. 3 shared the same experience. Although Gyanmati too is already in her mid-40s, she showed true sportsmanship when she played on the field. Gyanmati happily expressed, 'I have never worn anything like a jersey in my entire life. Wearing a t-shirt and a half pant is new to me, so is the game but I am very determined to win.' She did not think that should would play a game that would so optimistically change her life, she said.

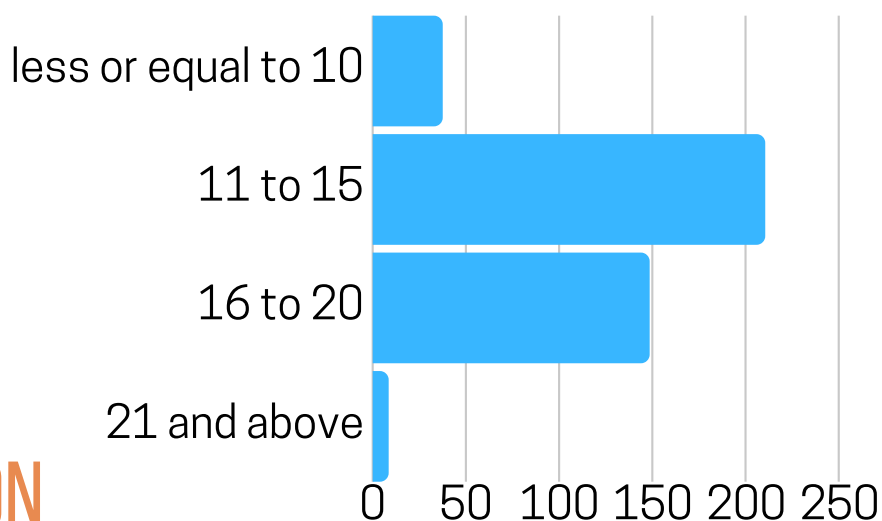
Anju Chaudhary, a member of the Mothers group, also came to the field to play soccer. She said that having never played any sport and now playing football has been a great pleasure and this experience has helped her confidence tremendously increase. She also mentions how not a single woman had played such a game in her village and how fortunate she was to be a part of it. With the leading slogan, 'How many years will you do house chores? Come out and play more' being repeatedly sung, these women enjoyed, played and competed with each other. They showed true spirit; played like it was something they had been waiting for. And when women who had always been taken in managing their homes and kids showed up in jerseys to play, the audience too supported and encouraged them immensely.

INFOGRAPHICS

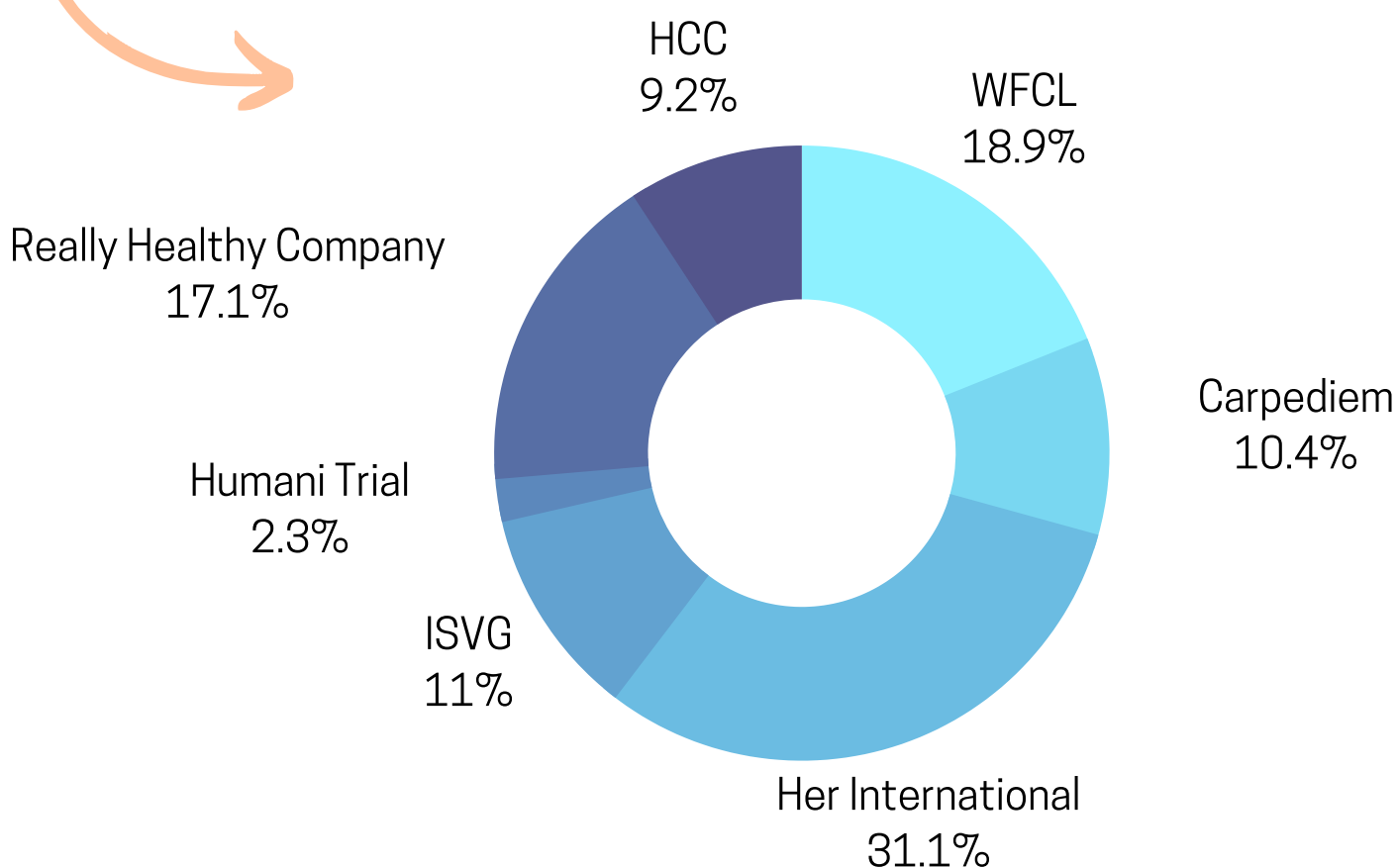
Student details from Dang

Currently, we are supporting a total of 452 children. Some are supported for education while some are provided help through training sessions. Some also have taken up loans to start/run their own business.

AGE DISTRIBUTION



STUDENT DISTRIBUTION



ADOLESCENT GIRLS LEADERSHIP TRAINING



Training sessions with participants

With a total of 105 participants, the training started in December 2018 and ended in November 2019. The training mainly focused on entrepreneurship, mindfulness, goal setting, time management, how to be a change maker and how to consciously listen to what's being taught. It also highlighted the importance of independency but also equally emphasized on how to give back to the community.

Most children in the village followed a typical routine of going to school, helping their parents with household chores and doing homework. The project aimed on providing more than their normal routines.

UPCOMING EVENTS

1.Last week of march: HCC Graduate Students' Graduation.

2.March and April: HCC founders; Bruce & Susan visiting to meet the students at Kathmandu and Dhading.

3. Last week of April- first week of May: Her International, Canada Build Volunteer team visiting Nepal to build a toilet in Janta School, Gadhawa, Dang.

4.Second week of May:

*British Columbia for sickle cell awareness and screening support on the 2nd week of May.

This training provided exposure and confidence to the ladies. At the beginning of the program, most girls were shy and didn't want to interconnect with others but as the program proceeded the girls started to communicate better.

A part of the training, everyone had to make something and sell it to understand the hard work they had to put in to retail their product. This way they understood more about the costs, the market and the revenue. By the end, many girls had become more confident in speaking and had the ability to voice their ideas.

CP GLIMPSES



Ladies ready for their first football match



CP Nepals President, the famous veteran artist, Kiran Manandhar.



Understanding a menstrual cup



volunteer work

Blood Donation Program on 'Healing day'



Tripti volunteering at Orchid Garden



Distribution of stationary and books for literacy program

OUR DONORS

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These are the donors that have been helping Creating possibilities.



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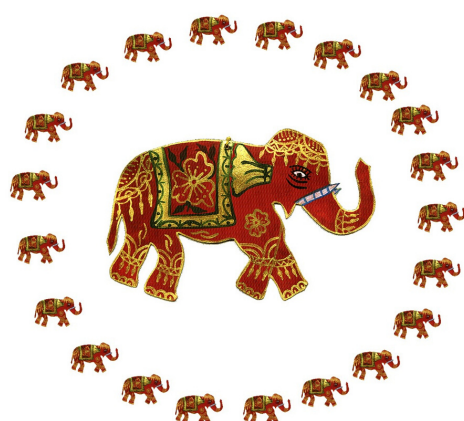
It is a registered social organization which has been working for the betterment of children, youth and women since 2006. This is a Nepali NGO does variou...

CP Nepal

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Reach Out



UBC SICKLE CELL



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