

Ekerö i april 2012

Nyhetsbrev nr 2, 2012

Hej, Tashi Delek och Namaste

Årsmötet 2012

Detta år hade vi vårt årsmöte den 18 mars på Ekebyhovs Slott. Vi hade ingen speciell information eftersom vi den 11 februari hade möjlighet att berätta om vår resa till Humla i somras och informera om KMCH.

Val av funktionärer

Årsmötet valde Hans Alm till ordförande. Övriga ledamöter i styrelsen är Eddy Sandberg, Richard Sjöberg, Caroline Prising och Italo Pilotti.

Paul Mikaelsson och Lars Urell valdes till revisorer och Stefan Remius till revisorssuppleant.

Ulla Brauner och Maria Lindberg valdes till valberedning.



Information från Humla

I januari fick vi information om att Naki, som bor och hjälper oss på barnhemmet, och som 2011 var lärare på barnens skola inte längre kunde avlönas av myndigheterna. Vi beslöt att försöka gå in och betala hennes lön så hon kan vara kvar som lärare på skolan. Det ökar våra rörliga kostnader men vi gör ett försök att klara detta. Naki har varit med oss så länge och är en viktig förebild för barnen. Nu avlönar vi två lärare i skolan. *(Bild. Naki och Dolma i traditionella dräkter.)*

I början av maj åker Chembal till Humla för några månader och arbetar vidare med våra projekt där. I slutet av maj är det en stor buddhistisk festival på klostret med bl.a. deltagande av en hög lama från Sikkim. Antalet besökande beräknas till 4000-5000 personer.

Tack vare en stor donation har vi nu även medel att starta bygget av vårt nya barnhem. Det känns mycket glädjande.

Chembal skickade nyligen en **Progress Report för 2011** för KMCH i Nepal. Jag kommer i detta och nästa nyhetsbrev att utnyttja delar av denna rapport. Jag har förkortat och ändrat lite men i huvudsak är det Chembals ord. En del av informationen har förekommit i tidigare nyhetsbrev. I detta nyhetsbrev är det främst barnhemmet och skolan som berörs. Jag har inte gjort någon översättning utan det är Chembals engelska som gäller.

Background of Humla

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

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



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

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

The programs and services offered are:

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

KMCH Permanent children home

The children who get accepted into our permanent home are preferably quite young when they arrive here. Those children who live in our permanent home we provide nutritious food, shelter, educational material, extra tuition in hostel morning and evening, health care etc. during their school period. Winter they have winter vacation because of heavy snow and cold weather in Humla. All of them get a good formal education in a recognized governmental school. We are sending one teacher to make better quality of government school in Yalwang. (In 2012 we pay the salary for two teachers). We are helping very needy children to make their future bright and children who are so far from the opportunities of education. *(Photo: Children doing homework in the children home.)*



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

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

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

All our children are attending Shree Mahaboudha Child Friendship Secondary School in the village Yalwang. It is a 30 minutes' walk from KMCH children home in Yangar. The children use this route every day, morning and evening.

In the annual examination among the 175 children in the school the school topper was a boy from KMCH hostel. Most of the children from KMCH are doing well in school not only in the ordinary subjects, they are good in sports and other activities as speech, question and answer, sanitation, discipline and in the “little doctor program” organized by another NGO called Nepal Trust.

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

(Photo: Children in traditional costumes from Nepal.)



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

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

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

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

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

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

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

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

KMCH Daily routine in Hostel

5 am Wake up from bed.
5 am – 5:30 Cleaning tooth and face.
5: 30 – 6 am Morning Prayer.
6 am - 6:30 Breakfast Morning tea and Tsampa.
6:30 – 8 am Extra class by Chhukel and Naki.
8 am – 8:30 Room cleaning and environment cleaning.
8: 30 – 9 am. Break play and rest.
9 am - 9:30 am Lunch time.

9:30 am. Children start to go school.
4:30 pm Children get home from school.
4:30 pm – 5:45 pm having tea & Tsampa or snack and rest and play time
5: 45 pm – 7 pm Homework and extra tuition by Chhukel and Naki.
7 pm – 7:30 Rest and playing.
7:30 to 7: 50 Evening prayer.
8 pm Dinner and then go to bed.

Daily School time table

10 am line up and national anthem
10:10 – 10:45 First period subject
10:45 – 11:30 Second period subject
11:30 – 12: 15 Third period subject
12:15 – 1 pm Fourth period Subject
1 pm to 2 pm break and Tiffin time
2 pm to 2:45 Fifth period Subject
2:45 – 3:30 pm Sixth period subject
3:30 – 4pm Seven period subject
4 O'clock free from school.

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



KMCH Daily food routine

1. Morning breakfast: Butter tea & Tsampa
2. Lunch: Rice, Dal and vegetable (when there is available meat we provide meat) and some time we serve Yak curd.
3. Tiffin to school: Rice, Dal , Vegetable
4. Snack after back from School: Sweet tea and sometime Yak butter tea with Tsampa
5. Dinner: Momos, Tukpa, T- Momos and Rice,
6. In autumn we provide apple for children after lunch and dinner.
7. Children can have other fruit when there is available fruit in jungle they can collect themselves.

CONCLUSION

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

(Så långt Chembals Progress Report för 2011. Fortsättning följer i nästa nyhetsbrev.)

Med hälsningar från styrelsen i KMCH Support Group

genom

Hans Alm



KMCH-barn i traditionella dräkter från Humla.

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