

# 2018

ANNUAL REPORT





## Dear Friends and Supporters,

**Huddled around an open fire on a cold Himalayan night in October 2013**, the school director, Mr. Prakash Karki, and I discussed a vision that he had for his school and the community: how to foster needed vocations in the mountain villages by introducing metalworking, carpentry, and dairy farming as part of the school's curriculum. We strategized how to encourage the school children to read for pleasure. We talked about reintroducing small-scale tea production onto the land that used to be known for its tea in the early 20th century. We also discussed providing nutritious meals for the boarding as well as the day students.

I wanted to immediately institute a plan, however, Prakash, pragmatic and wise to rural ways, reminded me of the many hurdles that we needed to surmount such as eliminating the problem of teacher retention and improving the core curriculum. Until we tackled these issues, we could only dream of training students in vocations relevant to the region and introducing school-wide reading programs. We were forced to backburner addressing adequate nutrition among children and nursing mothers.

**Fast-forward 5 years**, the Himalaya Inter College (K-12) now receives state awards for academic performance, a reputation that attracts and retains qualified teachers. The school has purchased land adjacent to the campus. The students now have a playground and the school has sufficient additional land to grow a community garden.

In parallel, Himalayan Naari, an HEF sponsored project, is a group of local women who run a Fair Trade Certified wool products business, bringing them closer to financial independence. The Naari women have evolved into a close-knit community committed to the region. And since their children go to HIC, they invest time and energy in realizing the school's vision.

We worked closely with Prakash to bring to life the vision we discussed in 2013. As of 2018, the school has adopted a reading curriculum with the help of HEF. The experimental school dairy started by Himalayan Education Foundation (HEF) has grown exponentially and is now providing milk and milk products for all the boarding students. The Himalayan Naari women assist in the school dairy and have spent many months clearing and preparing an acre of land for mixed farming. The school kitchen has made changes to provide healthier meals for the kids.

Sitting halfway around the world, it is easy to get impatient, wanting to bring about immediate change. Our Indian partners teach us not only patience but also how to work in a way that optimally benefits those that we are trying to help. Working together allows HEF to be a flexible, effective, and hands-on organization that remains committed to building stronger communities through education in the Himalayan villages.

**Our Indian partners and we are deeply grateful for your continued support. We couldn't achieve all we have without your generosity.**

**Thank you!** Jayant

### Board of Directors

Jay Hardikar, *founder*  
Monica Lehner, *board chair*  
Kathleen Bollerud  
Betsy Diprima  
Jeff Williams  
Vikram Chhachhi  
Anish Mangal

Cover photo by Diba Siddiqi

# Himalayan Inter College in Chakouri

**2018**  
YEAR IN REVIEW



## Scholarship Program

**Our scholarship program at the Himalayan Inter College continues to expand, reaching more children in the mountain community of Chaukori and beyond.**

We are particularly excited by the success of our program for girls, as the education of girls not only positively impacts the resources of their immediate family but changes the economy and social structure of an entire village.

**At the Himalayan Inter College (HIC) in Chaukori, India, we provide:**

- 148 scholarships annually; 98 of them are for girls and 50 are for boys.
- That's 20 more scholarships than the previous year and all of the new scholarships have been awarded to girls.
- 66% of our scholarships support girls.
- The boys who receive scholarships are from families facing hardships. Some of the boys are from single parent families or their fathers and mothers are struggling with financial and/or medical issues.

## Graduates Pursue Higher Education

Prakash reports that the entire graduating class this past spring, including all of the female graduates, are pursuing higher education. Those young women in college are pursuing everything from Science and Engineering to Nursing and Biotechnology!

## Donor Impact

**We have one hundred individual and organizational sponsors donating each year to our scholarship program.**

- As a result of the scholarship program, the number of girls at the school has increased from 38 girls in 2009 to 320 girls in 2019.
- Total enrollment is 997 students – nursery school through 12th grade.
- When we began this work, there was no local high school for girls. With HEF support, Himalayan Inter College has increased enrollment for both girls and boys.
- Currently there are 88 girls in grades 9 – 12.
- HIC is nearing completion of a whole new building for the high school students. The building includes science classrooms/labs.



*As a result of the scholarship program, the number of girls at the school has increased from 38 girls in 2009 to 320 girls in 2019.*





PROFILE OF AN HIC GRADUATE



### Life after HIC

**Suraj Haraiya** and two college friends at a lake in Nainital where they are just finishing up their degrees in Science.

Suraj Haraiya graduated from HIC in 2016 and has been studying geography and geology at the college in Nainital. He has taught himself to play the guitar. He loves rock and roll and is considering attending a summer program at Boston's Berkeley School of Music.

Suraj describes his experience at HIC as setting him up for success. He highly valued the mountain setting that nurtured his love of the natural world. He says, "For me HIC means love and caring for others."

# HIC Students Begin a Reading Life

*"I would like to develop reading habits in our students," principal Devbala Bisht requested.*

Betsy Diprima, retired teacher and HEF trustee, brings her lifetime of expertise in teaching to HIC.



Many students graduate from HIC never having read a novel. Mrs. Bisht and Ms. Diprima initiated conversations about how to introduce reading into the daily lives of students, as well as introducing reading for pleasure to the teachers.

## Book Clubs

The best way to develop reading habits is getting books into the hands of students and providing the opportunity for students to share the love of a good story. Students were eager to participate in a reading club.

## Classroom Libraries

Friends of HEF generously donated funds for classroom libraries in preschool through grade 6. Young students need books at their fingertips to become readers. In the early years, access to books within the classroom not only enhances reading skills but also encourages students to develop a lifelong habit of reading for pleasure.

## Silent Sustained Reading (SSR)

The teachers were excited to introduce daily silent reading time, with books chosen by the students. They read along with the students, modeling good reading behavior. The upperclass students go to the library or bring a book or newspaper from home to read, so they can also participate in SSR.

The whole school schedule now includes a 15-minute SSR time each morning before classes, start from 8 to 8:15.

## The School Library

Today, the school librarian is very busy with students coming to borrow books, morning, noon, and after school. Students from all grade levels are hungry for more books and are asking for specific titles and subjects not found in the library.



**Congratulations, HIC**  
for encouraging students to develop reading habits.  
*Books are the windows of the world!*

# 2018 YEAR IN REVIEW

## Our Students Express Gratitude

"Without the help of the scholarship program I could not come to HIC. I am getting a great education and it means everything for my future and for my family."

*Renuka Vishwakarma, grade 11*

"I am getting a great education at HIC thanks to my scholarship and I hope to go to college and become a doctor. I am learning good values and good habits at HIC."

*Himanshu Nikhurpa, grade 5*

"My father is a retired army officer and his health is not good. Thanks to my scholarship I am able to attend HIC."

*Rupa Koranga, grade 11*

"My parents aren't capable of affording my school fees. By granting me this scholarship you have eased the financial burden I had and now I am able to concentrate on my studies."

*Versha Rawat, grade 11*

**The data clearly demonstrates the resounding success that has been made possible by the vision and hard work of Prakash Karki, Devbala Bisht, and the rest of the staff and teachers of HIC. They created an environment to encourage higher learning and all students have worked so hard to pursue their dreams!**





# Himalayan Naari



We have strengthened Himalayan Naari’s business through networking, growth in our woolen textile operations, and advancement into additional markets.

**Fair Trade** Naari was verified as a Fair Trade organization and was accepted into the Artisan’s Alliance, an initiative of the Aspen Global Innovators Group working to unlock economic value in the global artisan sector. The artisan works are being shown in crafts fairs held by Cultural Survival and Amurtel.

**World-Class Designs** The artisans are strengthening their knitting skills by adding products designed by internationally known professionals like the knit designer Norah Gaughan. Jes Anthonis’ child bonnets continue to sell on the on-line store, Orchard and Cove.



**Maati** Maati, the women’s weaving collective, is developing a cruelty-free angora yarn line with Harrisville Designs.

**Our Leaders** The strong leadership teams in Chakouri and at Maati in Munsiyari, led by Mamta Takuli in Chakouri and Basanti Rawat and Bina Nitwal in Munsiyari, doubled the sales of knit and woven products last year, for the third year in a row.



Photo by Diba Siddiqi





# Nutrition Initiative

In 2018, HEF studied the nutrition among the students of the Himalayan Inter College and among the women of Himalayan Naari in Chaukori. A preliminary analysis showed that a significant percentage of students at HIC have suboptimal BMI and a low hemoglobin count, and a significant number of pregnant women are malnourished.

Maternal and childhood malnutrition impacts not just health but also school performance and lifetime income and has a detrimental lasting intergenerational impact.

## Naari Nutrition

A “Health Camp” was held to determine the nutritional and health status of Naari members. These assessments provided the foundation of a nutrition project. Naari is providing food supplementation to pregnant and nursing women, as well as women who are malnourished. Kusum Joshi has been hired as the health and nutrition team leader. We strive to make Himalayan Naari a sustainable organization that takes a holistic approach to the health and well-being of our members.







## Chaukori Foods

### Fruits

*All year:* Apples, bananas, dried fruits, oranges

*Seasonal:* Guava, mangos, melons

### Vegetables

*All year:* Onions, potatoes, cauliflower, tomatoes, green beans, loki, green capsicums, cabbages, muuli

*Seasonal:* Pumpkins, carrots, karkadi (cucumber), eggplants, mustard greens, wild sweet potatoes, lady fingers, muuli leaves

**Grains** Rajgira, bajra, jau, ragi, jowar, atta

**Pulses** Masoor dal, green gram, yellow peas, channa gram, dew gram, chole, black gram  
\*Soya chunks also available

**Dairy** Eggs, dahi, milk, paneer

**Spices** Almost every type possible!



The bread is called **paratha**.

The potato vegetables on the left are called **aloo sabzi**.

The dish on the right is eggs called **anda bhurji**.

The mug contains **chai**.





## Community Gardens

In 2018, the women of Chaukori have reclaimed land to be used for mixed farming. The women have planted several acres of community gardens to increase local vegetable production.

This land will supplement food for the students of HIC and for the women of Himalayan Naari. More importantly, it will help create a repeatable model for optimal local farming practices that support healthy nutrition. The school has also made some fundamental changes to the food that is served to the children in the hostel, including daily provisions of milk and eggs.



## Chakouri Heritage Tea Nursery

The purchase of land adjacent to the Himalayan Naari Women's Center in Chakouri provides the opportunity for several livelihood initiatives for the artisans. By salvaging and nurturing 200 tea plants, the women started the Chakouri Heritage Tea Nursery.





# The Mountain Schools Initiative

We continue to collaborate with our local partners in Munsiri, Malika Viridi, the Maati Women's Collective, and the wider community through Himalayan Ark, to bring students from rural mountain schools out of the classroom and into the landscape to learn firsthand about the flora and fauna and geology of their Himalayan home. Our support enables local school children as well as students from neighboring mountain valleys to participate in the spring festival, Himal Kalasutra.



## Objectives:

- Stem alienation of local youth from the rural mountain landscape and lifestyle
- Deepen a sense of place, ownership, and pride
- Educate in the outdoors through learning by doing and interactions with visiting subject specialists
- Build youth initiative and community
- Develop long-term prospects of alternative livelihood options







“ The local schools look forward to the workshops, and those coming from afar want to stay overnight.” –Malika Viridi



## The Spring Festival Himal Kalasutra 2019

### Activities:

- Butterflies and Moths workshop with Titli Trust, Dehradun
- Birding workshop with Kalpavriksh, Pune
- Story-sharing workshops
- Ultimate Frisbee with the Flying Disc School, Bangalore
- Mesar Forest Festival





# HEF GOALS 2020

## Himalayan Inter College Goals

### Scholarships

- Continuing focus on scholarships for girls
- Explore new sources of scholarship sponsorships

### Continue to strengthen the academic programs through

- Developing classroom libraries in grades Nursery – 8
- Promoting SSR, the sustained silent reading program, in grades Nursery –12
- Develop some book clubs that will meet on a regular basis
- Begin working with teachers to address the differing needs of students – both advanced and those who fall behind



## Mountain Schools Collaborative Goals

- HEF continues to provide support to our local partner in Mungsiari, Malika Viridi, the Maati Women's Collective and the wider community through Himalayan Ark, to bring youth together from rural schools to participate in the multiday spring festival, Himal Kalasutra.
- We continue to support their goal to deepen a sense of place, ownership, and pride in the mountain landscape among rural youth. We support their objective to develop long-term prospects of alternative livelihood options by educating in the outdoors through interactive learning.



## Himalayan Naari Goals

- Develop the artisans' skill in knitting and weaving by introducing world-class designers and trainers.
- Strengthen product development combining traditional techniques, exceptional materials, and excellent designs.
- Foster relationships between our artisans and our customers.
- Build partnerships with retailers to create exclusive customer products – strengthening Naari's base and building our partners' success.
- Promote the health and nutrition of Naari members – provide supplemental food for pregnant and nursing mothers.
- Develop the community garden as a food resource for Naari members and their families.



## Nutrition Initiative Goals



- Our goal is to reduce malnutrition among children and pregnant women, improve food diversity, and influence local farming and dietary practices at HIC and in the village of Chakouri.
- 'With the assistance of experts in the field of nutrition, HEF is leveraging the community of women who belong to Himalayan Naari. The women are excited about expanding their local knowledge of producing food from the land and using their standing in Chakouri to influence the broader population.
- HEF plans to do more detailed health and wellness measurements of students and nursing mothers in the community and research the nutritional value of the typical local diet to determine gaps in nutrition, which will help identify next steps.



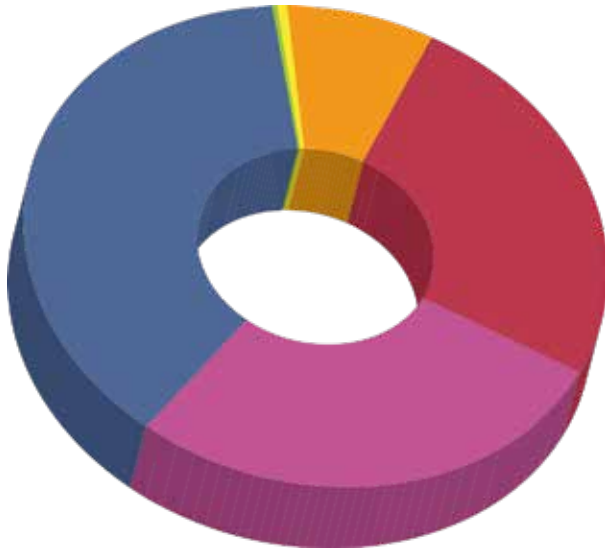
# 2018 Faces of HEF



Photo by Diba Siddiqi



### Income



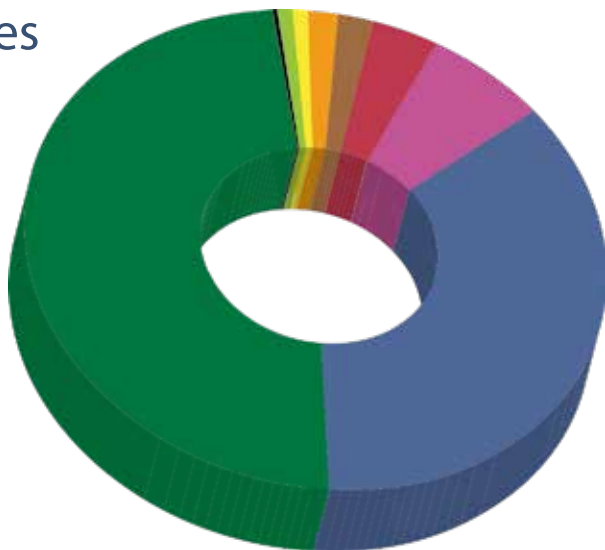
**Total income: \$83,661**

- Specific Projects Fund..... \$31,391
- Naari/Maati Sales..... \$23,424
- Scholarship Fund..... \$21,242
- General Fund ..... \$6,816
- Medical Emergency Fund..... \$432
- Interest Earned..... \$355

**Notes:**

- Includes HEF (US) and HEF (India)
- 100% of sales from Naari from Himalayan Naari / Mati sales go directly to the artisans.

### Expenses



**Total expenses: \$56,224**

- Naari/Maati Cost of Goods\* ....\$27,110
- Scholarships and Supplies .....\$20,174
- Administration .....\$3,712
- Travel.....\$1,990
- Infrastructure .....\$1,065
- Technology .....\$1,000
- R&D.....\$474
- Health & Nutrition.....\$447
- Medical.....\$252

**Notes:**

- Includes HEF (US) and HEF (India)
- Labor in COGS benefits only the artisans directly

\* Himalayan Naari partially supports itself. Generous friends of HEF have expanded our ability to improve the design, become fair-trade certified (which significantly expands our reach), market the products, travel, and sell at a variety of festivals, stores, and trade shows.

While long-term we aim to make Himalayan Naari sustainable, we recognize that in order to provide a fair wage to our artisans and to invest up front to expand our sales, we currently embrace Himalayan Naari's profile as part business/part nonprofit.



## Our Core Belief

is that people prosper and flourish in strong, sustainable communities.

## Our Mission

is to strengthen communities through education.

## Our Model

- We empower women and girls as the foundation of strong communities.
- We provide for learning in academics, technology, vocational training, and life skills.
- We promote healthy nutrition in our communities.
- We invest in the economic independence of local communities.
- We develop long-term relationships with local leaders, learning from and partnering with them.



### Education

Himalayan Inter College (HIC)  
nursery through grade 12  
Chaukori

Mountain School  
Collaborative  
Munsiari

### Economic Independence in Village Communities

Himalayan Naari: Women's  
Artisan Collectives

Naari - Chaukori  
Maati - Munsiari

### Nutrition

The Nutrition Initiative  
Himalayan Inter College  
Himalayan Naari



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