



An all-volunteer, non-profit, charitable, U.S. 501.c-3 foundation.  
*...rescuing the forgotten children of Nepal...*

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## ANXIETY, FRUSTRATION AND HOPE... COPING WITH COVID-19 IN NEPAL

We are happy to share good news with you that all children under our care are safe from COVID-19. We are assured that sufficient PPEs are available for them. If anyone were to become infected, Virtues' Children Nepal stands ready to provide emergency assistance. It gives us hope that the children in Paropakar boys' orphanage and MNCO orphanage will be spared from COVID virus since they are located on the small-town outskirts of Kathmandu with wide open space around them. Unfortunately, the children at Paropakar girls' orphanage, Bal Sarathi and ERC, which are located in the middle of the city, will require better supervision. With unwavering support from Virtues' Children Nepal, made possible by your generous donations, and the loving care of our team in Nepal, they feel safe and protected. One factor that we cannot control is the school and college exam schedules, which have been delayed indefinitely, setting back several of our children's plans to apply to college this year.

Young people in Nepal are facing many of the same frustrations over COVID-19 that those everywhere are. Our girls and boys at Paropakar Orphanage are missing their friends and in-classroom studies and are saddened by the illness and economic struggles of their country-folk. They are using their new-found free time to cook, play volleyball and watch movies. The college students in our scholarship program have been frustrated the most. We have been assuring them that life will return to normal and they will be back on track to pursue their dreams. The Bal Sarathi children, on the other hand, are happy to eat their nutritious meals on the roof top of the school, as seen in the picture below. Bal Sarathi has been able to feed the children and provide basic learning sessions without interruption during the pandemic - kudos to the team at Bal Sarathi!



*Paropakar girls preparing "momos" [Nepali potstickers]*

Numbers are as hard to verify in Nepal as elsewhere, but a government count indicates a total caseload of approaching 200,000 and a death rate of 0.57%, relatively low compared to that of other countries in the region. The Kathmandu Valley has emerged as a major hotspot since August-September and accounts for one-third of all COVID-19 deaths and over 61% of active cases nationwide. (Nepali Times). The government's strict lockdown was aimed at controlling its spread but dealt a devastating blow to the country's fragile economy and led to severe food shortages and widespread hunger. Mom-and-pop businesses, farmers, transporters and anyone involved in tourism faced a near total loss of income. There are no government bailouts in Nepal. Non-profits and small tailor shops stepped up to supply personal protective equipment (PPEs), and protesters took to the streets over the inadequacy of treatment capacities and government mismanagement of the pandemic.



*Bal-Sarathi children enjoying a meal on the roof-top during the time of COVID-19*

## PROGRAM UPDATES

It's been two years since our beloved father to many children in Nepal, the late Allan Aistrope, [VCN founder], passed away. We at VCN continue to carry on his lifelong dedication to the least fortunate and most vulnerable children of Nepal. We will continue to strive toward improving the lives of Nepali children through the numerous programs we monitor and nurture toward self-reliance. VCN wants every child to have the right to survival, stability and education, as well as a happy, healthy and safe childhood. We ask for your continued support of VCN. All tax-deductible donations will be managed and distributed virtually 100 percent to our beneficiaries in Nepal.

### PAROPAKAR GIRLS' ORPHANAGE

The girls at Paropakar Girls' Orphanage are turning into smart young ladies. Sara and Sarala are happy in their nursing universities. This year, Mamata, Anusha and Jenny were preparing to join medical school and Bindu was applying to university focusing on hotel management. Then, their plans were shattered by COVID-19. We would like to share, in their own



*Girls at Paropakar Girls' Orphanage*

words, how our girls are coping with COVID and are rethinking their career paths to ones in which they could better serve Nepali people. **Mamata Thapa Nepal:** "... The world in which we live has changed. The corona virus has forced us to realize that many of our customary ways of life are not guaranteed... I realize that the virus doesn't care if we are black, white, young, old, educated, illiterate.... homeless or a celebrity living in a mansion. My beliefs are also changing and the fight against COVID-19 will ultimately transform me for the better... the pandemic has forced me to think about (how to justify my career) both socially and professionally." **Sarala Karki Nepal:** "...Initially Nepal didn't have many infected [people] and death cases from COVID-19... because the government had announced a lockdown...The lockdown was creating problems of starvation and poverty, however. Still, people were helping each other with food.... When the world was suffering from COVID-19, it was not killing millions of people, but it was killing millions of their unfulfilled dreams...." **Anusha Singh Nepal:** "...Although Nepal has been spared the worst health effects of the pandemic so far, the public is frustrated with the government. The COVID-19 crisis has brought to the forefront and exacerbated a number of Nepal's long-standing weaknesses like corruption, poor service delivery and a failure to provide opportunities for millions of citizens... Government needs to come up with a good economic and financial plan to deal with crises..."

### PAROPAKAR BOYS' ORPHANAGE

It has been heart breaking for parents around the world to keep a child in social isolation, away from friends, and challenging to create some normalcy at home. However, the life at Paropakar orphanage is very different when you are living with 17 brothers. The boys at the orphanage are enjoying their free time, without worries about the homework and heavy studying. VCN bought new sports equipment and games to keep them busy and entertained. Since the boys' orphanage is located in a small town and is surrounded by wide open space, it gives us comfort knowing the boys will be safe and protected from COVID virus.

The Paropakar Boys' Orphanage has 17 boys. The time has come for five boys [Manoj, Binod, Rajiv, Max, Om] to leave the orphanage and venture out into the world outside. VCN, with generous support from our donors, has been able to add these boys to our scholarship program. Manoj, Binod, and Rajiv did very well at their studies with each receiving A+ grades. Max also did well with A- grade. The rest of boys who are departing from the orphanage did not



*Boys at Paropakar Boys' Orphanage*

fall far behind their brothers and secured B+ grades. We wish them all a safe and painless transition from life in the orphanage to independence. VCN is with them along the way to guide them through the transition process.

## SCHOLARSHIPS

Sarita, Nirmala and Maya are motivated and ambitious girls. These blind girls received their Bachelor's degree with the help of VCN scholarships. We continue to sponsor these girls in pursuing Master's degrees in Education and fulfilling their dreams of becoming highly qualified teachers. We have 45 students in our scholarships program, of which 20 are in universities and 25 are attending primary to high schools. This year, we moved 8 children from the Bal Sarathi school to our scholarship program. We also added 5 boys from Paropakar Boys' Orphanage who have come of age to leave the orphanage and live on their own.

We congratulate four students in our scholarship program who graduated with Bachelor's degree in the class of 2020.

**Anil Nepali:** Bachelor's degree in Management. He wants to continue on to Master's degree. He is from Paropakar orphanage.



**Raju Nepali:** Bachelor's degree in Science. He wants to continue on to Master's degree. He is from Paropakar orphanage.



**Sanjaya Nepali:** Bachelor's degree in Management. Sanjaya and Raju are sibling. Both brothers are from Paropakar orphanage.



**Pasang Ghising:** Bachelor's degree in Management. He wants to go abroad to work. He is currently living with his brother who was from Paropakar orphanage.



## ...SCHOLARSHIPS

Scholarships for blind, physically impaired and orphaned children continue to be a top VCN challenge in our efforts to secure decent life opportunities for outstanding students. Our students immediately recognize the rare lifeline they are given and struggle to achieve the highest honors in their schools. To make our support possible, we continue to seek sponsors for all the children we support. Scholarship costs vary according to the situations, but, on average, they are about \$300 - \$1000 per year. Scholarships cover all living and school expenses.

### VALUE IN VOLUNTEERING

We are encouraging our college students in the scholarship program to volunteer. We will ask them to start volunteering within our programs, such as: teaching at Bal Sarathi school, or tutoring girls and boys at Paropakar orphanage.

## EARLY REHABILITATION CENTER (ERC)

The seven blind children at ERC have been doing well. Sangsar received an overall grade of A+, Shailes and Ajaya secured B+, Nihit, and Mohit got B. Projwol and Suraj are a bit more behind their brothers, but they are making progress. We are proud of all of them. Due to COVID, these children have been sent home to stay with their parents. The team at ERC is in contact with the students on regular basis to check on their health and to follow up on their learning materials. Shailes, Ajaya are taking online classes, while the other children are playing with slate and stylus. The children are not able to use braille at home at this time.

## BAL SARATHI SCHOOL

It was never easy, even before the pandemic, for children at Bal Sarathi to attend school. The COVID-19 crisis has brought many challenges to providing even the basic services for improving the lives of our poorest and the most neglected children in Nepal. The dedicated team at Bal Sarathi has never stopped providing free nutritious meals to their over 120 children from communities around the Pashupatinath temple complex during this pandemic. The roof top



of the school building has become the new dining area and learning hall. Unfortunately, due to poor infrastructure at Bal Sarathi, remote/distance learning is out of reach for these children.

## MNCO ORPHANAGE

VCN has been exploring with the director of MNCO the viability of re-uniting the children with their parents and siblings. Most of the children are in contact with their parent on a regular basis, and parents come visit the children during festivals. Our goal in this exploration is to make it possible for children to grow up in a family with their parents and siblings. VCN and MNCO will ensure that each child has a safe and loving environment at home and that they can continue their education from home.

## HONORING VCN FOUNDER THE LATE ALLAN AISTROPE

We would like to honor our VCN founder, the late Allan Aistrope, by creating something permanent in his name in Nepal. We would love to hear from you, friends who knew him the best, about any suggestions [big or small].

## WE WORK AS VOLUNTEERS TO DIRECTLY RESCUE AND SUPPORT THE MOST DESTITUTE AND NEGLECTED CHILDREN OF NEPAL

- ❖ We help provide shelter, food, clothing, school supplies, tutoring and scholarships for 25 girls and 17 boys at Paropakar Girls' and Boys' Orphanages in Kathmandu.
- ❖ We support the Manang Children's Orphanage, where six girls live in a group home on the outskirts of Kathmandu.
- ❖ We support the Bal Sarathi school, which provides free education and daily meals to the children of beggars and untouchable castes around the Pashupatinath temple complex.
- ❖ We provide scholarships to 20 Nepalese children to attend university and to 25 young children attending primary and secondary school.

## CHANGE IN BOARD OF DIRECTORS

We thank Board member **Rajesh Shrestha** for his service to VCN. Joining Virtue's Children Nepal as a Board member was not only a commitment that Rajesh enthusiastically embraced, but he was also instrumental in founding Virtue's Children Nepal and encouraging the foundation to fulfill its ambitions to help Nepali children. Rajesh has been with VCN since the inception of the organization in 2003. Rajesh served as VCN Treasurer during his tenure on the Board. Rajesh remains a close friend of VCN. We miss him.

## A NON-PROFIT, ALL-VOLUNTEER, CHARITABLE FOUNDATION

Virtue's Children Nepal is a U.S. 501 (c)(3), charitable foundation. Donations to our organization are tax-deductible and acknowledgement letters are provided for donations received. We operate without U.S. salaries, office rent or benefits, but always with special affection and parental concerns for the children in our care. We directly manage all expenses and payments in Nepal from our U.S. office, assuring our supporters of responsible management and that we are making every effort to reach and serve the most children possible.

## BOARD OF DIRECTORS

RUBIN NEPALI  
Director  
Engineer

WENDY BREWER LAMA  
Secretary  
Ecotourism Business Owner

KATHLEEN HASSEN  
Girls' College Fund Director  
Retired

In memoriam  
ALLAN AISTROPE  
Founder (1937-2018)

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