



2022

ANNUAL REPORT

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*Message from the
CCF Board Chair*

Dear Friends of CCF,

In 2022, we rejoiced the fact that we could come together again, to hug, to laugh, and to share conversation in person. We celebrated the metamorphosis of our oldest project, the Baseri Clinic, and the successful culmination of one of our biggest endeavors to date: the Girl's Education Endowment. We commemorated new relationships that emerged out of the pandemic with leaders like Nilam Poudel, Ching Lhomi from the Lhomi Community and the women from Drokpo Nepal!

In this year's Annual Report, you will read about what you have helped make possible. My hope is that you too will take a moment to rejoice and celebrate with us.

It was 15 years ago that CCF founders & our Nepali partners had a dream to build a health care clinic in Baseri, a remote village in Nepal - a place where no clinic existed and primary health care was badly needed. That clinic opened its doors in 2010 and was rebuilt after the 2015 earthquake. Since the clinic's inception, it has been vital to the health care of the Baseri area and funded largely by CCF. Now, in 2022, we started the transition to have the government and community take over the clinic's operations completely. This will allow the clinic to expand and remain long after CCF is gone. The Baseri community understands how valuable this clinic is and they know they want it to be there to serve them for generations.

It was 11 years ago that CCF founders & our Nepali partners had a dream to provide an endowment for a popular and successful educational stipend program that allowed marginalized girls to stay in school. By 2021 CCF had raised enough money for the leaders at ACP to feel secure in the future of the program. Now, in 2022 and onward, The interest alone from the endowment will ensure the stipends are paid.

CCF will now just raise small yearly grants to help expand the program to allow for more years of schooling in the future. This program is stable now and will ensure that many girls and children who otherwise would have gone without education will now have one.

Relational work means investing in each other, not providing charity. The beauty of the Baseri Clinic and the Girls Education Endowment is that neither would have been possible without CCF, yet both have grown to the extent where our support is no longer needed. It means we are making true, lasting change – not just treading water. I am so proud of what we have accomplished.

We are thrilled that these programs are transitioning out of CCF's direct sphere and into being completely Nepali run. These transitions reflect CCF's core belief **that supporting collaborative efforts that invest in and empower local communities, increase the ability of women and girls to thrive as key participants in their society, allow local and trusted leaders to take charge of the programs' futures are the most sustainable activities and the ones that in 20 years will be shown to have had the greatest impact.** It has always been one of our goals to facilitate programs that will thrive far into the future without CCF and with trusted Nepali leadership and skills. We invite you to continue on this amazing journey with us as we continue to identify and partner with local leaders who will transform, educate, and empower their own communities. We're excited to let go of the reins of some and with your help, take on the challenges of those to come.

Namaste,

Denise Attwood
CCF Board Chair

CCF's MISSION –

Through Nepali-North American partnership, CCF invests in the power of women and girls to be key participants in their society.



WHAT CCF DOES AND HOW

In order to clearly articulate the values, beliefs, and motivating principles that guide CCF's work in Nepal & for the sake of accountability to both our donors and partners on the ground in Nepal, CCF's Board or Directors uses the following guidelines "What CCF Does and How" to serve as a crucial supplement to our mission statement.

CCF believes that when women and girls thrive, the world is better off. We support women and girls in Nepal becoming key participants in healthy societies by:

- **Partnering** with trusted Nepalis to identify the most pressing issues in their community and generating collaborative ways of addressing them.
- **Distributing funds** to accomplish these objectives through proposals that adhere to CCF's guiding values and the criteria created to reflect them.
- **Linking communities** and individuals across North America with the rich life of Nepal through fundraising and education.

What CCF does...

- Makes small and targeted grants
- Focuses primarily on women/girls
- Is locally led and cooperative
- Is relationship-based
- Holds a long-term perspective

CCF's motivating principles...

- A healthy society is one in which girls and women thrive.
- Working in ongoing relationships under Nepali leadership stimulates mutual respect, ownership, learning, trust, and long-term commitment to further benefit.
- Taking a long-term perspective creates lasting effect and enduring competence.



CCF PROPOSAL CRITERIA

When a proposal is brought before the CCF Board of Directors, the following criteria are used to determine whether or not it should be funded. These criteria were developed in 2019 as a part of our “What CCF Does and How” initiative in order to help ensure the work we do aligns with our values and furthers our vision.

CCF Proposal Evaluation Criteria

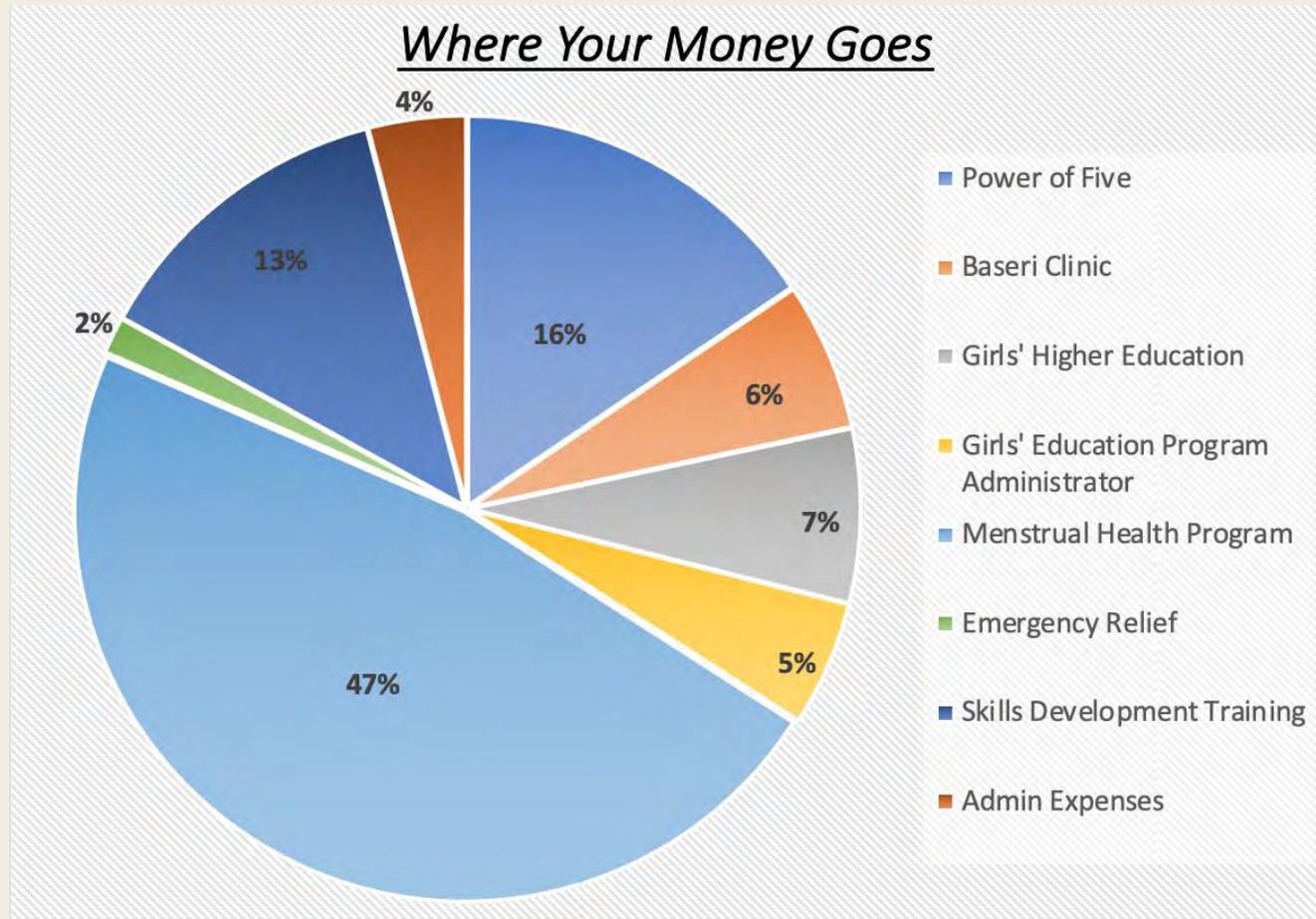
- 1) Does it increase the ability of women and girls to thrive as key participants in a healthy society?
- 2) Is it Nepali-led by a person/group we trust?
- 3) Is it a collaborative effort between CCF and the community being served? What is each of our contributions?
- 4) Does it invest in and empower the local community?
- 5) In 20 years, will this have proven to be a good idea?

Bonus Criteria

- 1) Does it create interconnections (both within Nepal and between North Americans and Nepalis) and lay the foundation for more opportunities down the line?
- 2) Is it adaptive and emergent (both before, during, and after)? Is it listening for and responsive to what is truly needed?
- 3) Does it reflect a commitment to the communities where we work, enhancing their potential?



2022 STATEMENT OF ACTIVITY



In 2022, CCF granted **\$38,617** to its partners in Nepal. The grants were distributed as follows:

- **\$6,000** – Power of 5 Child Education Stipends
- **\$2,373** – Deurali Community Service Center (aka Baseri Clinic) for salaries and building maintenance
- **\$2,500** – Girls' Higher Education: Joy Attwood & Individual Scholarships
- **\$2,000** – Girls' Education Program Administrator
- **\$18,320** – Menstrual Education Programs
- **\$581** – Emergency Relief
- **\$5,000** – Skills Development Training with LGBTQ+ Community Leaders
- **\$1,557** – Administrative Expenses

In 2022, CCF spent **96 cents of every dollar** donated directly on programs in Nepal. Only 4 cents/\$ went to administrative expenses.

Conscious Connections Foundation

2022 PROGRAMS

EDUCATION

- Power of 5 Child Education Fund
- Girls' Higher Education
- Girls' Education Program Administrator

SKILLS TRAINING

- Entrepreneurship development and skills acquisition

HEALTHCARE

- Baseri Clinic
- Menstrual Health Programs
 - Job Creation
 - Resource Distribution
 - Menstrual Education
 - Training Manual

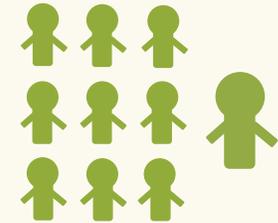
Conscious Connections Foundation 2022 EDUCATION PROGRAMS

121 CHILDREN
ABLE TO
ATTEND SCHOOL
This year!



*Raised for CCF's Education
Programs*

31 GIRLS
ABLE TO ATTEND
HIGHER
EDUCATION
SINCE 2015



1,223
YEARS OF SCHOOLING
PROVIDED
SINCE THE INCEPTION
OF THESE PROGRAMS

EDUCATION

WHY KEEPING GIRLS IN SCHOOL IS IMPORTANT

When a Nepali girl isn't in school she is 3X more likely to be married before the age of 18, have children at an early age, and continue the traditional cycle of exclusion and poverty. Girls, families, and society suffers.

Research also shows that *two of the top ten most effective responses to climate change are investments in girls' education and voluntary family planning*. Combined, they reduce carbon emissions more than any other solution identified. See www.drawdown.org

CCF partners with Nepali organizations that help struggling families keep their girl children in school without any cost to the family. Every eligible family receives \$10/month as an educational stipend and in return they provide monthly evidence of the girl's attendance and progress in school. The program's focus is on girls but boys in need are not excluded.



“Girls education is one of the most powerful investments we can make for our collective future. The ripple effect of positive change that occurs when a girl gets an education is amazing. It strengthens economies, reduces inequality and creates more opportunities for everyone to succeed.” – UNESCO.

EDUCATION

THE POWER OF 5

The Power of 5 Education Fund provides low-income children access to education through a monthly stipend program. CCF partners directly with the Association of Craft Producers (ACP) to keep 120+ children (with an emphasis on girls) in school and to create a sustainable endowment for the future of the program.

In 2022, CCF raised \$10,785 for ACP's education programs. Interest earned from the endowment funded the stipends needed to keep 120 children in school. \$6,000 raised allowed for the expansion of one more year of schooling for the 120 children in the program. The balance of the funds went to the 3 Joy Attwood college scholarships and CCF's portion of the program administrators salary.

Since Power of 5 began in 2012, over **1,223 years of schooling** have been provided in K-10 education for an average of 110 children educated per year.

When this program was created, CCF and ACP wanted to ensure the program was financially stable for years to come. This required ACP and CCF to plan and raise funds for an endowment. In 2021 CCF fully funded the endowment and the interest from that fund covers the stipends for the 120 students for 6 years of schooling. Now each year it is our goal to raise extra money for further expansion of the program to eventually cover 10 years of schooling.



EDUCATION THE JOY ATTWOOD SCHOLARSHIP

In 2014, CCF created a Girls' College Scholarship. This competitive scholarship, administered by the Association for Craft Producers, gives three Nepali girls (with the need, ability, and desire) a way to continue their education into the 11th and 12th class. This program was fully funded in 2022 in spite of the COVID-19 pandemic.



Pramila Dahal – Age 18

18 years old Pramila is pursuing Civil Engineering at a nearby government owned Gyanodaya Secondary School.

“My mother is the role model of my life. She is very hard working and always inspires me. She does 9 to 5 job, comes back home, cooks food for us, and looks after all the household chores. Despite of her busy schedule, she allocates time for all the family. She always motivates me to never give up despite hard times. With my mother’s guidance and motivation I believe I can work better and balance my professional and personal life. Moreover with a professional degree that I aspire to get, I wish to make my mother proud and show her that when a mother believes in her child, she can do anything!”

Meet our 2022 scholarship recipients!



Sadikchhya Maharjan – Age 17

Sadikchhya is currently studying Computer Science from Samriddhi School. Her dream is to become an IT professional, establish a company and create job opportunities in the market.

“My role model is former Miss Nepal Shrinkhala Khatiwada, who has inspired me by her works. Her aim to contribute back to the country with the knowledge and experience that she gains from her education at Harvard University is very commendable. Though our field of career is not similar but we both have the passion to give back to the society.”



Krisha Maharjan – Age 17

Krisha is 17 years old and studying pharmacy in Manmohan Memorial Institute of health science. She always dreamed to be a pharmacist.

Krisha says Korean actor Kim Jiisoo is her role model. “Although she belonged to a poor family, continued support and guidance from her guardians helped her to achieve her dreams. Her dedication, hard work and sincerity towards her acting is loved by all and Kim has become one of the most popular actors in the industry.

It is similar with my parents as they have not only given me virtue, norms, values and good manners but have worked day and night to fulfill all the necessities for me and my younger sister. Though we live in a patriarchal society, our parents have never treated us less than a son in the family. Despite of financial hardship, we are provided with good education and lifestyle. So I aspire to be a better daughter to them.”

EDUCATION

CCF COLLABORATION WITH OTHER NGOS IN NEPAL



To create a greater cumulative impact in girl's education & women's empowerment, CCF collaborates with like-minded Nepali NGOs that provide young women with the skills, education, support, and opportunities to become changemakers. Women LEAD is one such partner. Their 12 month leadership course provides young women with a safe space to learn and connects them with a growing community of other young women who share their vision. They work with high school girls in Kathmandu ages 16 to 18 years old, focusing on intensive leadership training, skills-building opportunities, mentoring, a peer-support network, and university preparation.

The girls chosen for Women LEAD come from diverse backgrounds but share a passion for creating change in Nepal. Many of the participants had never written a resume or spoken up in public before attending a Women LEAD program. In 2020, the Joy Attwood Scholarship started requiring all applicants to apply to the LEAD program and in 2021 Riza Prajapati, became the first Joy Attwood scholar to be accepted. Denise was able to interview Riza in early 2023 and this is what she said: "This program totally changed me over one year. I was really introverted before, I am now much more outspoken and it has built up my confidence. It was an amazing journey, I made a lot of friends and now I have been a mentor as well to others in Women LEAD.



Riza Prajapati,
after her Women
Lead experience

EDUCATION

POWER OF 5 & JOY ATTWOOD SCHOLARSHIP IMPACT

Aishworiya Lama has been an enthusiastic recipient of the Power of 5 Education Fund stipend since soon after its inception in 2012. She was also a merit and need based winner of the Joy Attwood College Scholarship in 2021.



In early 2023, CCF was able to interview Aishworiya who is now a 3rd year studying physiology on her way to becoming a nurse. Her dream she said is “to serve people in the rural areas. My village is in Sindupalchowk and is very rural and not developed. I would love to serve the people there as a successful nurse and help them achieve a healthy life.”

“Education is the most powerful weapon which you can use to change the world.”

– Nelson Mandela



GIRLS' EDUCATION PROGRAM ADMINISTRATOR – Pawan Dhakal



As CCF's Power of 5 and Joy Attwood higher education scholarship funds have grown at the Association for Craft Producers (ACP), administrative and reporting requirements have grown along with them.

In 2022, Pawan Dhakal was hired to replace Prashtuti Dhakal as the Girls' Education Program Administrator. Prastuti left to pursue her Masters in Social Justice. Pawan's salary is split between CCF and our program partner, ACP. His job is to help CCF and ACP oversee and administer the education programs and report to CCF and ACP on their progress and any difficulties they might encounter. He is also responsible for mentoring and counseling the girls and their parents as they move through the educational system and through puberty.

Pawan is 31 years old and received his Master's degree at Tribuvan University in Conflict, Peace and Development Studies. After obtaining his

masters he worked for 7 years with the Himalayan Innovative Society (HIS) to reintegrate children who were rescued from abusive orphanages and institutions back with their families.

His work at HIS focused on enhancing the economic conditions and living standards of the families and helping them deal with local government bodies. In 2022 his job with HIS was complete and he was accepted as a program administrator at ACP. Recently, when I asked Pawan about what excited him about his new position he said "girl child education not only helps to encourage the education of female children by providing a monthly allowance but it also helps the family understand the importance of education and encourages the continued study of all of their children." He hopes to use his past experience to great effect with ACP as he also hopes to provide opportunity to his own 4-month old baby girl Sriyana.

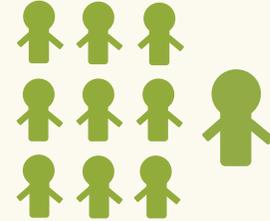
Conscious Connections Foundation

2022 HEALTHCARE PROGRAMS: THE BASERI CLINIC

2,604 PATIENTS
SERVED
THIS YEAR

21 women given
maternity care

10 BABIES
DELIVERED



MOST COMMON TREATMENTS:

- IV Rehydration
- Fevers
- Burns
- Maternal Care
- Gastric Issues

HEALTHCARE

THE DEURALI COMMUNITY SERVICE CENTER'S BASERI CLINIC



The Baseri Clinic opened its doors in February 2010, serving thousands of people in nearby villages and even more remote areas. Patients are seen at the clinic for everything from maternal healthcare issues to burns, breaks, and intestinal disorders.

Tragically, on April 25, 2015, the first Baseri Clinic was reduced to rubble in the massive magnitude 7.8 earthquake that struck Nepal. With help from volunteers in the US and Nepal, CCF constructed a beautiful, five-room, insulated, and quiet earthquake resilient building. This new clinic is easily accessible to all of the surrounding communities and was fully built and functioning within 14 months of the earthquake.

As of December 2022, no COVID-19 cases have been documented in Baseri, but the clinic staff is taking precautions. CCF provided the staff with medicine to provide for free to all those who presented with symptoms of the virus.

THE BASERI CLINIC TRANSITION

Since it first opened its doors in 2010, the Baseri Clinic has served approximately 32,000 patients. The staff have helped safely deliver over a hundred newborns and saved dozens of lives. Even though it was destroyed in the 2015 earthquake, the community made a temporary shelter and the clinic served as a focal point for care during that difficult time.. Best of all, however, the Clinic has become a beacon of pride for the Baseri Community and they want it to remain there forever.

In 2017, the Nepali government approached CCF and the community to learn more about how they could partner with the Clinic. They were so impressed with what had been established that they proposed a partnership to build on the foundation we had established.

They proposed the government pay 9 months of the salary for two of the positions, with CCF covering the rest. For the last five years, this partnership blossomed with the clinics capacity growing and the government also using the clinic to train new medical staff in remote primary care.

In the last year, CCF Chair Denise Attwood and the Baseri Clinic Council met with Ward Chair Ramesh

Dakal to discuss transiting day to day operation of the clinic entirely to government. At a meeting of over 40 community members, CCF representatives, and government officials, a deal was negotiated:

Starting in 2023, all salaries, all medicine, and all future expansion of the clinic will be provided by the Nepali government. This transition will open access to new resources including improvements for the birthing center, lab equipment for doing blood work, as well as a refrigerator and other medical equipment. It will also ensure that the clinic becomes and remains a permanent part of the country's healthcare system far into the future.

CCF will always remain engaged and supportive of the Baseri Community. We will no longer be responsible for regular operations, but can now expand to assist with larger emergencies, special needs or community requests that the government is unable to cover.

It has been remarkable to facilitate this transition. The Clinic began as a dream of CCF Board Member Sita Gurung who saw both her brother & her sister die from lack of medical care in Baseri. This dream survived the devastation and rebirth during the 2015 earthquakes. This next stage will take the vision even further.





HEALTHCARE

Meet the New Baseri Clinic Staff

Kamalkanta Magar

Kamalkanta is the new Certified Medical Assistant (CMA) for the Baseri Clinic as of January 2023. As the government rotates staff through rural clinics our past staff have transitioned out. Kamalkanta has all of the higher standards of health education required by the government and is very excited to be in Baseri. In his short tenure he has already created great relationships with the community.

Kamalkanta says he averages about 10 patients a day treating everything from dehydration to infections. He also diagnoses more severe illnesses and refers them on to a hospital in the region. He is eagerly awaiting the appointment of an NMA (Nurse midwife) who will focus on maternal health and childbirth. It is hoped that appointment will happen soon but in the meantime he is monitoring women's pregnancies and doing deliveries.



Conscious Connections Foundation

2022 MENSTRUAL HEALTH PROGRAM IMPACT

1,000

Reusable menstrual hygiene kits distributed



150 comprehensive menstrual hygiene manuals distributed

What's in a CCF Reusable Menstrual Pad Kit?

3 Shields (2 day, 1 night)

5 Napkins

1 Soap

2 Underwear

1 Carry bag

1 Use and care instructions manual

495 Women

trained in reproductive health and menstrual hygiene



Total cost to produce 1,000 kits

GIRLS' & WOMEN'S MENSTRUAL HEALTH PROGRAM

The response to CCF's menstrual hygiene programs has been tremendous! Women & girls who have received trainings have been active on social media talking about what they have learned which has resulted in more requests for trainings for other groups. Thus CCF's major program funding in 2022 was around menstrual hygiene education.

CCF's Menstrual Pad Project (MPP) weaves together three goals:

1. **JOB CREATION**-CCF trains and pays a fair wage to low-income women to sew reusable menstrual pad kits for CCF distribution.
2. **DISTRIBUTION**-CCF funds and facilitates the distribution of reusable kits along with our menstrual hygiene manual to women in need.
3. **EDUCATION**-CCF funds informational menstrual education programs led by trained Nepali women to discuss menstruation, sanitation, environmental issues, and breaking cultural taboos. Participants in these programs each receive a reusable menstrual pad kit provided by CCF along with training in how to make their own reusable pads.

CCF menstrual pad kits contain:

- 3 shields (2 day, 1 night)
- 5 napkins
- 1 soap
- 2 underwear
- Carrying bag
- Use and care instructions



HEALTHCARE: MENSTRUAL HEALTH PROGRAM

CCF MENSTRUAL HEALTH PROGRAM

MANAGER: *Kesang Yudron*

In 2017, Kesang started volunteering with CCF's work in Menstrual Hygiene Education and in 2019 became CCF's Volunteer Menstrual Hygiene Program Manager in Nepal. In late 2021 she joined the CCF's board of directors.

In 2022 Kesang continued to identify and collaborate with women who wanted menstrual hygiene training and as a result of her incredible relationship building she facilitated the distribution of over 1000 CCF reusable menstrual kits to women in need, and comprehensive menstrual hygiene training to over 495 women and girls.

As Program Manager, Kesang oversees the menstrual pad workshop, facilitates trainings, and evaluates applicants who want Menstrual Hygiene training. In 2019 & 2020 she led a team to develop CCF's comprehensive MHM training manual for rural, non-literate girls and women. This 29 page manual is illustrated with Nepali centric pictures and written in simple Nepali and has been an integral resource in CCF funded trainings. In 2022 we distributed over 150 manuals to teachers, health clinics and women trainees.



HEALTHCARE: Menstrual Education

JOBS: MENTRUAL KIT CREATION & WOMEN'S ECONOMIC EMPOWERMENT

In 2022, CCF granted \$8500 to pay for the sewing and construction of 1000 reusable menstrual hygiene kits. Sewing these pads provides vital work for several woman. CCF choses to make the kits in Nepal in order to provide this employment.

Each kit includes: 3 shields (2 day, 1 night), 5 napkins, 2 pairs of underwear, 1 soap, a carrying bag, and use and care instructions. CCF funded the menstrual kit workshop and training in 2018.

Since March of 2018 when our Menstrual Kit Creation project started, through the end of 2022 CCF has funded the making and distribution of over **5,700 reusable menstrual kits!** This has provided training and sustained work for several young Nepali women such as Nilam pictured at right.



HEALTHCARE: Menstrual Education

Distribution, Education, Healthcare: 12 day Menstrual Hygiene Training & Gynecological Screening for 4 Tibetan Refugee Settlements

This 12 day Menstrual Hygiene program was organized by CCF's program manager Kesang Yudron in collaboration with Drokpo Nepal, a Nepali NGO working to uplift Tibetan and Himalayan people, especially women. The program impacted 370 girls and women (age 8-86) in 4 Tibetan refugee settlements near Pokhara, Nepal. Three hundred and fifty reusable menstrual hygiene kits were distributed and all of the attendees were given supplies and trained in how to sew their own pads as well. Community health workers from each settlement also took the training.

In addition, 289 young girls and women were screened for gynecological and menstrual health issues, many for the first time in their lives. A female Tibetan doctor administered and evaluated 289 pap smears of which 205 were found to have some form of reproductive health issue. Each patient received follow ups and referrals.

The program was a huge success and the communities shared their hopes of continuing to receive similar support in the future. The cost came out to less than \$24 per woman.

Menstrual kit distribution in the four Tibetan refugee settlements near Pokhara

- 370 girls & women benefitted
- 350 kits distributed
- 289 gynecological check-ups performed



HEALTHCARE: MENSTRUAL HEALTH PROGRAM

EDUCATION: MENSTRUAL HYGIENE MANUAL

CCF's early menstrual hygiene training workshops led us to understand that a resource guide on menstruation that women could keep, reference, and share with others was badly needed. After looking for a resource appropriate for all ages, CCF realized that any available materials were far too academic, boring, and not appropriate for the rural, smart—but mostly illiterate—women being taught.

In the spring of 2019, Kesang, CCF's Menstrual Hygiene Program Manager in Nepal, proposed that CCF fund the creation of a mini manual with engaging materials and lots of good, Nepal-centric pictures. A manual written in simple village Nepali that provided accurate information that would compliment our MH trainings. Since this type of material didn't seem to exist, or at least wasn't available to us, we decided to create it and make it available to anyone who wanted to use it under a creative commons license. As MH Program Manager Kesang Yudron put it:

“The manual is a labor of love for all Nepali women who want to talk and learn more about their periods.”

Kesang gathered a Nepali team, including writers, a graphic designer, illustrator, menstrual hygiene expert, and translator and by December of 2020 it was reviewed by rural women and CCF's Menstrual Hygiene Committee members. This wonderful resource was finished and put to use in January of 2021!



What's in the mini-manual:

- Basic biology & anatomy
- What is menstruation (illustrated)
- Health and hygiene during menstruation
- What problems can occur and when to go to a doctor
- Nepali cultural menstrual restrictions and taboos
- Menstrual products available to make or in the market
- Lots of illustrations



THE STORY OF SUMI BHOTIA

Taking the CCF training on Menstrual Hygiene a step further, Sumi Bhotia has started her own business to create Menstrual Pad Kits for her community in the remote regions of Eastern Nepal.

Read the full story online: [The Story of Sumi Bhotia](#)

Conscious Connections Foundation
2022 SKILLS DEVELOPMENT PROGRAMS

63

Participants
TRAINED
This year!

\$84 USD

*The amount of money trainees
were making in A MONTH prior to
the training which they can now
make in one day*

3

NEW BUSINESS
OPENED
BY TRAINING
PARTICIPANTS

SKILLS DEVELOPMENT PROGRAM:

PARTNERSHIP WITH LGBTQ+ & TRANS COMMUNITIES



As in the United States, trans communities in Nepal are some of the most discriminated and marginalized groups. As a result, many transgender individuals in Nepal continue to be excluded and rejected by their families, leaving them with few options to support themselves financially. Though sex work is illegal across Nepal, many trans women are forced to engage in it as the only means to provide for themselves.

In 2021 CCF funded the work of Nilam Poudal - a social worker with LGBTQI community in Nepal - to provide relief to the extremely marginalized LGBTQi community during the Covid-19 pandemic in Nepal. Her group distributed food, cooking gas and masks which provided great benefit to many who otherwise had no way to care for themselves. Her goal was to provide members in this community with training in a skill that the Nepali society would find acceptable so that they could provide for themselves without having to engage in the sex trade.

One area of work that the wider Nepali culture finds acceptable for the LGBTQ+ community is in makeup applications for weddings and other special events. In 2022, CCF partnered with Nilam to develop a Skills Development Program aimed at teaching these skills.

SKILLS DEVELOPMENT PROGRAM:

PARTNERSHIP WITH LGBTQ+ & TRANS COMMUNITIES (cont.)

With funding by CCF and on the ground support through Kesang, Nilam worked to organize two, 11-day certification courses for participants to learn about makeup and beautician practice. The first trainings of their kind in Nepal, they brought together 62 LGBTQ+ participants from Itahari, Dharan, Biratnagar, Rajbiraj and Damak. Many of transgender participants were HIV positive and came from a background of sex work while others, like Nilam, were long-time activists and organizers for Trans rights in Nepal.

Not only did these trainings provide an opportunity to learn a new skill, but they allowed participants to build confidence and build new relationships within their LGBTQIA community.

Included in these trainings was a day-long portion on how participants could start their own business and also a final certification of completion that could be used to show salons and potential clients.

“The first trainings of their kind...”



SKILLS DEVELOPMENT PROGRAM:

HARD WORK PAYING OFF



Because of these trainings, three women are now in the process of opening their own beauty parlors in Southern Nepal. Nilam has been working with them to provide additional support on how to open a beauty business. In a first for CCF, we have received several TikTok and Instagram photos with them showing their work in social media.

Others have found jobs in local salons or are doing freelance bridal makeup work. They are now making Rs. 10,000-12,000 per day—an amount equivalent to what it would take them ***a full month*** to make before.

For Gita Katiwall (left), a 26 years old queer woman from the Terai, the makeup training meant giving her a confidence to walk outside with makeup which she had never done before. She is also currently applying for jobs at makeup studios.

Read more about Nilam and her work on the CCF website: [CCF Partners with Nilam Poudel to Create A Path Forward for Nepal's LGBTQIA Community.](#)

DISASTER RELIEF:

KATTIKE LANDSLIDE ANALYSIS

In June of 2022, the village of Kattike in western Nepal was the victim of a series of landslides that damaged approximately 12 of the 57 houses there. CCF was asked to assess the damage and see if there would be any help needed beyond what the Nepali government would provide. CCF hired our long time volunteer Pradeep Karki to be our disaster liaison and conduct two assessments of Kattike. One to assess the damage and the second to determine what needed to be done after the monsoon subsided and the government had provided relief.

After being in regular contact with the villagers and conducting his two reports. Pradeep's analysis was that the village was essentially doing OK and that there were no need to intervene beyond what the government had provided. People were moving back into their homes, clearing the mud and doing basic repairs. They were helping each other and looking forward to the harvest in November. The village committee had been talking to the local government to ensure that in the long term the houses that were weakened would not be damaged even more in the next monsoon. Unless a specific gap arises, CCF will wait to see if there is anyone who has not yet fully recovered by the beginning of the next monsoon season.



2023 GOALS – THE YEAR AHEAD

GOAL	ACTIVITIES
<p>Monitor and provide assistance for emergencies that arise</p>	<p>CCF will support its partners as our Nepali contacts advise and in accordance with our mission:</p> <ul style="list-style-type: none"> ● should any unexpected emergencies develop. ● if COVID-19 spreads and mutates. ● when floods, landslides and earthquakes occur.
<p>Sustainably cultivate and grow the menstrual pad project</p>	<p>CCF will:</p> <ul style="list-style-type: none"> ● Continue to fully employ at least one female tailor to create menstrual pad kits. ● Fund new menstrual hygiene trainings in both urban and rural Nepal. ● Distribute the newly completed menstrual hygiene manual to workshop participants & others. ● Distribute additional kits as needed along with MHM training.
<p>Support girls’ education in urban and rural Nepal</p>	<p>CCF will fund:</p> <ul style="list-style-type: none"> ● \$6,000 for stipends for 120+ students in the Power of 5 Child Education Program at ACP. ● \$2,000 for the three merit and need based girl college scholarships at ACP. ● \$2,000 for half of the salary of the Administrative Assistant for the educational programs at ACP. ● Seek to support like-minded women’s leadership programs offering complementary work.
<p>Support the Baseri Clinic</p>	<p>CCF will hand over the clinics day to day operations to the Nepali government</p> <ul style="list-style-type: none"> ● Continue to work with the community of Baseri should exceptional circumstances arise.



“CCF lives in the world of possibilities and our lasting impact happens \$10 at a time. We believe if each of us gives a little it’s no longer pocket change but global change. Join us. We are nimble and effective. From start to finish our projects are Nepali-led and inspired and we get things done!”

— CCF Board

*This is an incredible journey and we need your help.
Whether your contribution is large or small, it all makes a difference.*

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DONATE BY MAIL:

Check payable to Conscious Connections Foundation (CCF)

PO Box 342, Spokane, WA 99210

CCF is a 501(c)3 and your donation is tax deductible.

EIN # 47-1602190

WANT TO VOLUNTEER?

Not everyone can make a financial contribution and we appreciate any help you can offer. If you would like to be involved with CCF and any of our programs, please contact CCF Vice President Cameron Conner at cameron@consciousconnectionsfoundation.org.

FOLLOW OUR BLOG AT:

consciousconnectionsfoundation.org/ccf-blog

LEARN MORE: www.consciousconnectionsfoundation.org

A HISTORY OF CCF IN THE NEWS:

www.thefigtree.org/oct21/100121ganeshccf.html

www.thefigtree.org/nov20/110120fairtradecovid.html

www.thefigtree.org/nov18/110118consciousconnection.html

www.spokesman.com/stories/2016/aug/14/spokane-nonprofit-ganesh-himal-trading-nepal/

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Join Us!

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consciousconnectionsfoundation.org

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Thank You!

On behalf of all of us at CCF, we would like to thank each of you for the incredible support you have shown us and our friends in Nepal over the years.

The road has been shaky and uncertain, yet you have endured the ride alongside us with unbelievable generosity and compassion. It is due to this strength of community and remarkable network of conscious connections that we see with great excitement what the future holds.

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