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Ama Foundation
Home & Education for Underprivileged Children

Annual Report 2014





The whole family celebrates the success of our older children in passing their SLC exam to enter higher education

The Ama Foundation is a grassroots US-based non-profit organization dedicated to providing the most underprivileged children of Nepal with a loving home, education and opportunities to live healthy and secure lives within their community. The Ama Foundation is a California 501(c)(3) non profit corporation, Federal Tax ID #36-4478880.

Dear Friends,

It has been a long, tough road since Shrawan brought our first children to Ama Ghar 14 years ago, but we can proudly hold our heads high with a lot of success stories. Those stories can now be found on our alumni page at: <http://www.ama-foundation.org/our-family/ama-ghar-alumni/>.

As you will see, our mission has been exemplified by these budding doctors, architects, dental assistants, public health administrators, IT professionals, computer programmers and hospitality managers, who are ready to make Nepal and the world a better place.

The sad reality is there are still countless homeless, disadvantaged and abused children in unsanctioned homes throughout Nepal. According to UNICEF, the Nepal Demographics and Health Survey and the U.S. Department of Labor:

- 41% of Nepal's population is under 16 years of age
- Over 50% of children do not have enough to eat on a daily basis
- Approximately 30% of children of age 5-14 years work as child laborers
- Approximately 18% of children at risk are the victims of trafficking and child sex abuse
- Thousands of girls are still being sold off as child domestic servants or kamlaris, despite the fact that the government outlawed the practice in 2013

We understand that we can't help every child in Nepal, but we do accept the opportunity and challenge to provide more of these children with much needed care, support and love.

We could not have made it through one year, let alone 14, without the support of kind, compassionate and caring people who believe that all human beings deserve a good life. It's the help of generous people like you who will help us achieve our goals for the next 14 years and beyond.



Rob Sanders, Ama Foundation Board Chairman



Rob enjoying an outing with a group of Ama Ghar alumni in Pokhara in late 2014

Namaste,

In 2014, our transition went into full swing. We rented an apartment for six, which serves as our Youth Transitional Apartment where new alumni can experience a one year adjustment period. After a year they will be required to arrange and manage their own living accommodations. This year we have revisited all our decisions and policies in order to help our young adults go out into the world with confidence and success.

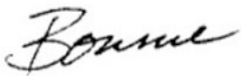
Some are living out of Ama Ghar and three are in schools outside of the Valley. At the end of 2014, we have 40 in residence at Ama Ghar and 15 out for education, jobs and training with financial support.

Our young adults leaving was a change for us all but it was balanced with the earlier arrival of five new and very spirited young ones. Our first set of twins, girls, Ganga and Jamuna, age 6, plus three very active boys - Sabine, age 9, Ajaya, age 8 and Amish, age 5. We are currently reviewing the arrival of more new ones.

During our year of change we realized we need to expand the organization so have actively been interviewing for a Nepali Manager and a new house mother to give more time and attention to the younger ones especially. We have seen the results of Early Childhood Development and how it affects their future success in school and training.

The Class 4 – 12 group are staying focused on their studies, being with friends, sports, music and dancing. We maintain our regular activities of dance and music lessons, joining football clubs, our social work with the orthopedic hospital, going to the Zoo, art exhibits and any event that Kathmandu Valley offers. The Ama Ghar Briquet Factory provided enough fuel for record output from our homemade oven: 180 cookies, 150 cupcakes and brownies for Christmas.

We have enjoyed our new visitors this year and have had many repeat visitors, Board Members and our Ama Ghar Suisse friends from Geneva. The most important result of 2014 was the continued financial and moral support of our very generous donors, visitors and volunteer Board members.



Bonnie Ellison,
Country Director, Ama Foundation



Bonnie celebrating Tihar with the children and guests.

Education and Childrens' Advancement

During 2014 we took in several new young children, who are a joyous addition to our family: first came our 6 year old twin girls, Ganga and Jamuna, then Amish, a 4-1/2 year old boy, Ajaya, a 9 year old boy and finally Sabin, age 9, who came to us from the summer flood disaster.

Sharmila and Sandesh both passed their SLC exam, so Sharmila has moved on to Class 11 and Sandesh has started a three year Architecture course. Sushan and Samjana will take the SLC in 2015, so they are on special study classes and extra hours. Mangel was not able to continue in school, so we will place him in some kind of skill training.

Higher Education

Many of our older children are now studying at university or taking specialized skill training, as follows:

Pabita - Bachelor's in Development Studies

Srijana - Bachelor's in Fashion Design

Pratima - Bachelor's in Social Work.

Manisha – Bachelor's in Hospitality and Hotel Management (doing an internship in Kuala Lumpur, Malaysia)

Sajan Sakya – Bachelor's in I.T. Management

Sajan Nepali – Software training

Akshaya – Animation training

Ashok – Bachelor's in I.T. Management

Subash – Architecture degree

Kalpana Pun – Health Assistant Certificate

Krishna – Dental Assistant training

Pabitra Pun – Pharmacist certificate

Laxmi – Bachelor's degree in Public Health

Biratjan – Electrical Engineering Certificate

Photos: Top – Tan Bahadur with new little ones

Below – Manisha doing her internship in Malaysia



Departures and Transition

When the children have completed their education, they spend a year in a transition apartment together in Kathmandu, where they receive a small stipend in addition to what they earn from their work, which enables them to transition smoothly into the working world. After that year is completed, they sign departure papers and are officially out of the Ama Ghar program.

Those who transitioned or departed in 2014 are: Kalpana Thapa, a Buddha Air employee; Anish Lama, trekking guide; and Solo Maya, health care assistant.

Activities

The children have a dance/music class on Saturday morning, plus they are constantly visiting friends and doing various school events. Highlights were the World Cup party, the Jazzmandu Concert for Students, a visit to the Fun Park with Sarah and Alain from Ama Ghar Suisse, and we took our annual trips to the Handicapped Children's Hospital. Most exciting of all was that we had a music video filmed at Ama Ghar, so the children got to see the process of filming and meet the star of the video!

Health Care and Counseling

We have signed an agreement with Nepal Youth Foundation and Ankur Counseling for regular career counseling, including personality and capabilities assessment. At the age of 12, we prepare a specific Care Plan for each child, which is reviewed and revised as they establish their goals and matriculate in school.

We continued regular checkups: medical, eye and dental. Overall, a good year without any major problems. Mumps and tonsillitis kept us busy for a while, and there were a few temporary soccer injuries.

Photos: Top – Anish Lama in his new job as a trekking guide

Bottom – Children line up for brushing lessons at our dental clinic



We sponsored a dental exam day at Ama Ghar in August and included children from the surrounding villages. Samjana had dental surgery and Maya Samjana got a front tooth brace to help her new teeth to stay in the correct position.

Visitors (partial listing)

Heather Oliver, former Board Member Liddy Clark's niece, and her two children visited and brought a suitcase of donated Crocs, as did Mary Averill, who came for her third visit. Niley Shrestha and his family came for their son Sammy's birthday party; Sandeep Giri brought his son, Ashwin, to celebrate his birthday as well. France and Antou Jouhourian came from Paris, and France, who is a therapist, did a lot of counseling work with the children. Sarah and Alain from Ama Ghar Suisse visited several times and brought friends; Board Chair Rob Sanders visited and took many of the Ama Ghar Alumni on an outing to Pokhara.

Financial

The overall spending of the Ama Ghar program in Nepal in 2014 was 13,121,280 rupees (approximately \$145,792). As the older ones continue their education and more enter their transition year, our budgets will continue to increase. We have been aided this year by the favorable exchange rate of the dollar and the euro vs. the Nepali rupee, as most of our donations come from the U.S. and Europe.

Photo: Sabin getting out of line to pose for the photographer!



Notes from the Ama Ghar Guest Book

"We have enjoyed a wonderful stay here with all of you. Each of you has treated us with respect and kindness. Each of you has taught us about the beautiful, resourceful, intelligent and graceful people of Nepal. We will take the many lessons and memories of our experiences with us and remember you always".

Heather, Juliet and David Oliver - USA

"So comforting to see how wise management and great love can make a difference."

Rachel Makleff - USA

"A very meaningful visit and I am so touched. Each one of the grown up girls have a vision in life and when they said their dream, their vision, I could see the sparkle in their eyes. They love each other, they are gentle and full of life."

Chaudriker Vempati – Malaysia

"Ama Ghar - thank you for opening your home to my family. What you are doing is extremely inspirational. I hope to come back and visit again in the near future."

Caitlin Beaudin – Canada

"This place has wonderful energy and I thoroughly enjoyed my stay. Hopefully next time I will bring my son . "

Kerry Lou Caudwell - UK

"This is the most beautiful, well equipped, gorgeous children's home I have ever visited. I have a friend who makes a contribution to Ama Ghar and I know she will be just thrilled to be supporting such a perfect place for children to grow up in and be nourished by staff and role-model older children alike! Til next time."

Nick Orr – New Zealand

Photo: Ama Ghar Suisse Founder Sarah Nikles enjoying some play time with the twins.



Fundraising Events

Fundraising events are an important part of our donor planning. They not only help us to raise funds, but they also help to raise awareness and familiarity with our cause in general, and of our children and staff in particular. We thank the many generous volunteers who donated their time to make all of our events special in 2014, from the Himalayan Fair in California to the Ama Ghar Suisse Brunch in Geneva.

Photos:

Top: Board Members Sara Pinkin and Mary Piasta Valuzzo co-chaired the highly successful Diwali Dance Party fundraiser in Sonoma in November.

Bottom: Thanks to Sandeep and Sunita Giri for their Napa Marathon Crowdrise Campaign, part of our Global Giving Matching Day in October.



2014 Staff and Boards of Directors

Ama Foundation Board of Directors

Shrawan Nepali, Founder
Rob Sanders, Board Chair
Jui Shrestha, Secretary
Suyesh Karki, Treasurer
Bonnie Ellison, Country Director
Poonam Mudvari
Fred Doar
Yasmijn Adhikari
Sarah Pinkin
Mary Piasta Valluzo
Sarah Nikles
Jane Ellison

Ama Foundation Staff

Barbara Moffatt, Volunteer Administrative Assistant
Cathy Clifton, Communications Director

Photo Credits:

Ama Ghar Suisse
The Ama Ghar Children

Ama Ghar Board of Directors

Mrs. Vijaya K.C., President
Shailendra Kumar Shrestha, Vice President
Shekhar Silwal, Treasurer
Pradip K.C., Secretary
Jogendra K.C.
KanchhaKagi Basnet
Laxman Prashad Shrestha
Lalita Thapa
Dr. Neelam Adhikari
Rabindra Shrestha
Ashok Raj Pandey
K.B. Shrestha
Saradha Adhikari

Ama Ghar Staff

Bhesh Nepali, Administrator
Uma Singh, House Supervisor
Dhana Adhikari, House Mother
Tan Bahadur Pun, House Father
Bindu Ghising, House Mother
Anita Pandey, House Mother
Radhika Silwal, Laundry Woman
Pushupati, Gardener

Contact Information

In Nepal

The Ama Ghar offices are located in the Ama Ghar Home at Bishankhu Narayan - 9, Godavari, Lalitpur

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Bonnie Ellison, Country Director

Bhesh Nepali, Office Administrator

In the U.S.

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Berkeley, CA 94704

Office Phone: 510-982-6597

Skype: AmaFoundation

Email: info@ama-foundation.org

Cathy Clifton, Communications Director

www.ama-foundation.org

Facebook: Ama Ghar

Twitter: @AmaGharNepal

Photo: Ama Ghar alumni enjoying a bike ride in Pokhara

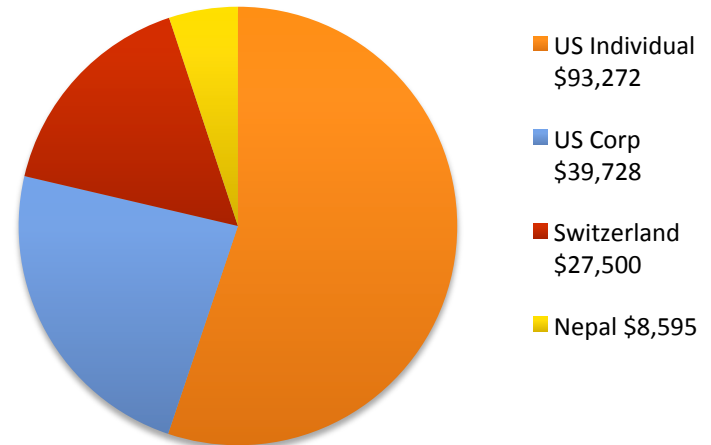


Ama Foundation 2014 Contributions

Revenue Sources

In the U.S. in 2014, individuals, corporations/ foundations and corporate matching programs made up AF's donor base. In total, they made 462 donations to the AF operating fund. Individuals made 89% (\$93,272) of AF's total contributions. Corporations and their employer matching programs made 11% (47) of the donations, making up 42% (\$39,728) of total contributions. 189 (40%) of the U.S. donations came through online sources. International donations received in Nepal, accounted for separately, were \$36,095. \$27,500 of this came from Ama Ghar Suisse, our Swiss Foundation.

Operating Donations	Average	Maximum
Individual	\$225	\$5,000
Organization	\$845	\$10,000



Donation Size

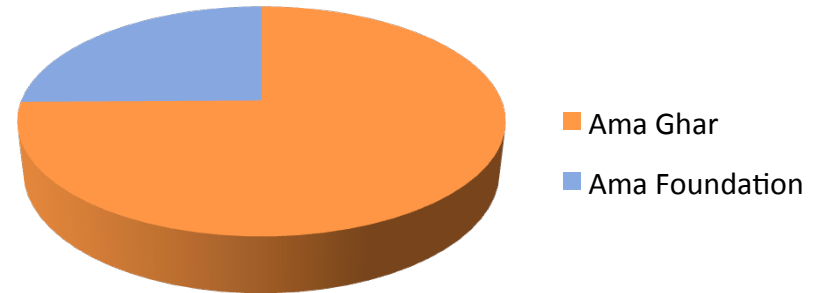
The majority of donations came as single donations from individuals who gave between \$10 and \$5,000 to the operating fund. The average individual donation to the operating fund was \$225 and maximum was \$5,000. The majority of AF's operating revenue comes from donations in the \$50 to \$300 range.

Ama Foundation Statement of Activities

for year ended December 31, 2014

Ama Foundation Revenue and Expenses	
Ama Foundation U.S. Operating Revenue	133,000
Interest	10,000
Total Revenue	143,000
Ama Foundation U.S. Operating Expenses	
Professional Fees	30,828
Office Expenses/Postage/Fees	2,702
Insurance	900
Fundraising	5,343
Funds sent to Ama Ghar	85,000
Total Ama Foundation U.S. Expenses	124,773

2014 Combined Expenses



2014 Ama Ghar Expenses - \$145,792

