

आमा  
**Ama Foundation**  
Home & Education for Underprivileged Children  
Annual Report 2016





**First day of school, 2016**

The Ama Foundation is a grassroots US-based organization dedicated to providing the most underprivileged children of Nepal with a loving home, education and the opportunity 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



Namaste –

2016, my first year as Board Chair of Ama Foundation, was a rollercoaster of emotion for everyone at both Ama Ghar and Ama Foundation.

At the top of the roller coaster, six children passed their SLC, many older children made giant steps toward their dreams of a better future through internships, new jobs and hard-earned college degrees and certifications.

At the very bottom of that slide was the loss of our beautiful Anjana and the injury to five of our other children in the collapse of a hill and subsequent landslide that slammed into their classroom at Pashpanjuli School. As you know, the five children who were in ICU have survived and are in fact thriving. We are currently in mourning for Anjana and will be until July, 2017 on the anniversary of her death.

We look forward to the future and to a continued upswing. We have 23 young children under 12 living in our Ama Ghar home, along with 23 brothers and sisters between 12-20. Our challenge, which we could not confront without your help, is how to give them the best possible nutrition, medical care, education and family love so that they can move forward into a positive adulthood.

This challenge requires funding. Every year tuition costs increase, and we have taken in more children, due to the earthquake, than we had planned over the past couple of years. We thank you for standing with us through the hard times, And we look forward to sharing with you the result of your generosity – a new group of educated and inspired citizens of the world.

Sincerely,



Suyesh Karki, Ama Foundation Board Chairman



Suyesh (left) at Ama Foundation's 2016 Board Meeting with former Board Chairs Rob Sanders (center) and Paramesh Adhikari (right).

Ama Ghar struggled into 2016 while experiencing an on-going blockade on the border between Nepal and India.

We had hoped that the new year would offer us an opportunity to regain our equilibrium and recover from the earthquake and the attendant difficulties of 2015 – which was not to be. The lack of fuel caused by the blockade caused us to cook all of our food outside on wood fires, which was cold and difficult work for our staff during the winter, but they managed to smile through it all.

However, school schedules were not interrupted, the blockade finally ended, and daily living got back to normal at Ama Ghar by Spring. Everyone was engaged in their regular rounds of play, study, exams, vacation, new schools, music classes, dance classes and gymnastics classes; even our 15 new arrivals settled in and were doing very well in their new environment.

Then in July, our sweet Anjana died in a school accident and five more of our children were injured and in ICU. Once again, far too soon, we at Ama Ghar had to gather our strength and propel ourselves into responsive action. My heart swells with pride to see how this family comes together and stays together in any and all adversity. This pride and love is powerful and held us together through days of anxiety, worry and unimaginable grief.

One of the greatest joys of 2016 was seeing all of our grown children doing well in their lives and coming home often to hug every one of the 63 children we have in our charge.

Now, in 2017, we are on the mend and busy with the activities of the children's regular schedules. The little ones keep us entertained and laughing, which is our best medicine, and we have turned our positive efforts and thoughts to the daily responsibility of caring for our large group of growing children.

As always, you – our extended family - were with Ama Ghar every step of the way, in words and deeds and caring. I want to send heart-felt thanks from all of the staff, the children and myself for your support. Every day we at Ama Ghar appreciate the gift that has been given to us: the opportunity to raise lovely children in Nepal.

With gratitude,



Bonnie Ellison,  
Country Director, Ama Foundation







### **Anjana**

Although Anjana was only with us for a brief time, she made an indelible impression on all of her Ama Ghar brothers and sisters, aunts and uncles, teachers and even visitors – all of whom remember her fondly as a sweet, smiling girl who was full of love. Although she is no longer with us, she will always be in our hearts.



## Education and Children's Advancement – as of 12/31/2016

Since we took in triple the number of children that we anticipated in 2015, we only gained one new member of our family this year – nine year old Pooja, who came in November and was enrolled at Pushpanjali after the holidays.

Five children passed their SLC exam and received a School Leaving Certificate, meaning that they are qualified to move on to higher education. Those five – Akriti, Sangita, Jenuka, Po-Po (Prerana) and Rupa, have moved on to Grade 11, the equivalent of junior year in high school.

Samjana and Sushan are in Grade 12 at Campion Academy  
Pushpa, Parsis and Jael are all in Grade 10 at Pushpanjali  
Pawan, Prakash, Aruneema and Laxmi are all in Grade 9 at Pushpanjali  
Santosh is in Grade 7 at St. Xaviers  
Samjana (younger) is in Grade 7 at Pushpanjali

Anabella is taking training as a trekking guide at Three Sisters Trekking in Pokhara. Three Sisters specializes in trekking tours for women.

All the younger children are in the elementary grades at Pushpanjali School.

### Higher Education

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

Manju is enrolled in a Bachelor's program in management at Apex University  
Meena is in a nursing program at Nightingale Nursing  
Sandesh is at CTEVT studying architecture  
Krishna is at Kantipur Dental College, Pokhara  
Pratima is working toward a Bachelor's in Social Work at K&K International College  
Pabita is working on a Bachelor's in Development at National College  
Srijana is studying for a Bachelor's in Fashion Design at IEC College of Art & Fashion  
Laxmi is getting a Bachelor's in Public Health at Pokhara University  
Ashok is working on a Bachelor's in IT at NCIT  
Sajan S. is getting a Bachelor's in IT Management at Nobel College  
Manisha is finishing her Bachelor's in Hotel Management at Silver Mountain  
Kalpana P. is finishing her Certificate as a Health Assistant at Stupa College  
Pabitra is finishing her Pharmacy Certificate at Shradha College  
Sabita is working on her Bachelor's in Culinary Arts at Silver Mountain

Top Photo: Celebration for the five girls who passed their SLC.

Bottom Photo: Sabita shows off her Culinary Certificate, part of her Bachelor's degree in Culinary Arts.



## Alumni Employment

Menuka received her Teaching Certificate and is now teaching third grade at Pushpanjali School

Subash is using his Architecture training to help teach earthquake-proof architecture in remote areas of Nepal

Rama is working at a restaurant in Kathmandu

(For updates on all Ama Ghar alumni, visit our website

Alumni page at <http://ama-foundation.org/our-family/ama-ghar-alumni/>)

### Transition and Out of Residence as of 12/31/2016

Ashok, Sajjan S., Kalpana P., Manisha sharing a youth apartment while completing Bachelor's degrees

Pabitra P. moved to Pokhara for internship and employment

Pratima, Pabita, (completing degrees) Subash, Ganga (working) sharing a youth apartment

Sabita, Menuka sharing an apartment

Rama, seeking employment

### Transition *Final year of support*

Sajjan N. living with relatives, seeking employment

Mangal living at his job

Menuka living in rented room while teaching at Pushpanjali School

Biratjjan Living with relatives in Kathmandu, seeking employment

### Health Care and Counseling

The five children injured in the accident required special care, which included follow-ups with a plastic surgeon and a neurologist; reconstructive dentistry; counseling and massage therapy.

Several of the children have learning disabilities and a form of PTSD so they attend regular counseling sessions.

All children receive regular medical, vision and dental care, including immunizations for all and gynecologist appointments for the older girls. Alysha came to us with a punctured eardrum, which we had repaired and she is doing very well. Special programs included fluoride treatments for all and a sex education class for older children.

Top Photo: Menuka at her graduation ceremony

Bottom Photo: Our dentist, Dr. Sneeda, showing Bina and Ajaya their reconstructed teeth after surgery.





## Activities and Outings

The Ama Ghar children continued to be extremely active, with a great variety of interests, including:

Gymnastics classes at Circus Kathmandu  
Guitar lessons  
Dance lessons  
Gardening  
Football  
Tae Kwan Do  
Table Tennis Tournament  
Badminton  
Volleyball

They also enjoyed outings to:

Two Day Teamwork Camp  
Opera in Patan Durbar Square  
Jazzmandu  
Kathmandu Zoo  
Nama Buddha  
Chandragiri Cable Car  
Sports Day – Pushpanjali School  
Science Fair – St. Xavier School

In addition, Manju brought home a new puppy named ZuZu who has become an important new member of our family... and we had a visit from a Sustainability Study Abroad group from Arizona State University, who appreciated the green aspects of our house and the socially responsible activities of our older girls.

Top Photo: Sangeeta gains some new physical skills at Teambuilding Camp.  
Bottom Photo: Our kids really bonded with the students from Arizona State.





## Notes from the Ama Ghar Guest Book

"If I had decided to cut my time short, I would not have been blessed to have connected and shared the moments I did with the adorable, engaging and absolutely wonderful kids of Ama Ghar.

As Bonnie said to me during that last late night conversation, the guests of Ama Ghar tend to gain more from the experience than the kids. I cannot make any value judgment in this regard, but I know that the experience at Ama Ghar was one of incredible growth, self-realization and connection that will stay with me for the rest of my life."

-- Matthew, USA

"After spending just a few hours at Ama Ghar we could see and feel that they are doing something special for these children. We fell in love with Ama Ghar, wanted to visit the children every day, and the 'house mothers' took care of us too.

It was great being part of the Ama Ghar family for a few days, which made it hard to leave again."

--Ike and Anjani, The Netherlands

"It was a great pleasure to visit Ama Ghar. We appreciate your contribution towards a good future of children of Nepal. This foundation may be an inspiration to Nepali communities and we appreciate its effort in making a better environment.

As per its name *Ama Ghar (Motherly Home)* we feel that it provides a homey environment as well as motherly love, support, care to children. As we are architect students, we also found the design of the building creative with traditional aesthetic based on the Nepalese society. The space is so good that it can heal the mental illness of children."

--Gillima and Manju, Nepal



## Holidays at Ama Ghar

At Ama Ghar, we enjoy celebrating holidays from many different religions... and we have a holiday during every season of the year! Spring brings Holi, the Hindu Festival of Colors as well as Buddha's birthday... summer brings Teej, the women's festival... in autumn we celebrate Dashain and Tihar, the New Year, with special Newari rituals... and year-end brings Christmas to light up the children's faces.

We did not celebrate holidays after July 2016 to honor our one full year of mourning, but our Ama Foundation Board Member Yasmijn Adhikari and her son Devin (pictured in photo below) came to visit in December and worked with the children on a special holiday lighting project.





## **2016 Staff and Boards of Directors**

### **Ama Foundation Board of Directors**

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

### **Ama Foundation Staff**

Barbara Moffat, Volunteer Administrative Assistant  
Cathy Clifton, Communications Director

### **Ama Ghar Board of Directors**

Mrs. Vijaya KC, President  
Shekhar Silwal, Treasurer  
Pradip KC, Secretary  
Jogendra KC  
Kanchhakagi Basnet  
Laxman Prashad Shrestha  
Lalita Thapa  
Dr. Neelam Adhikari  
Rabindra Shrestha  
Ashok Rai 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  
Bindhu Ghising, House Mother  
Anita Pandey, House Mother  
Pratima Lama, House Mother  
Anita Khadka, House Mother  
Radhika Silwal, Laundry Woman  
Pashupati, Gardener

## Contact Information

### In Nepal

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

**Mail:** GPO Box 8975 EPC 2089, Kathmandu, Nepal

**Office Phone:** 977-1-517-4096

**Skype:** bonnieellison

**Email:** [bonniefromamaghar@gmail.com](mailto:bonniefromamaghar@gmail.com)

Bonnie Ellison, Country Director  
Bhesh Nepali, Office Administrator

### In the US

**Mail:** Ama Foundation, PO Box 7075  
Berkeley, CA 94704

**Office Phone:** 520-255-3556

**Skype:** AmaFoundation

**Email:** [info@ama-foundation.org](mailto:info@ama-foundation.org)

Cathy Clifton, Communications Director  
[www.ama-foundation.org](http://www.ama-foundation.org)

Facebook: Ama Ghar

Twitter: @AmaGharNepal

Photo at right: New clothes for Dashain!



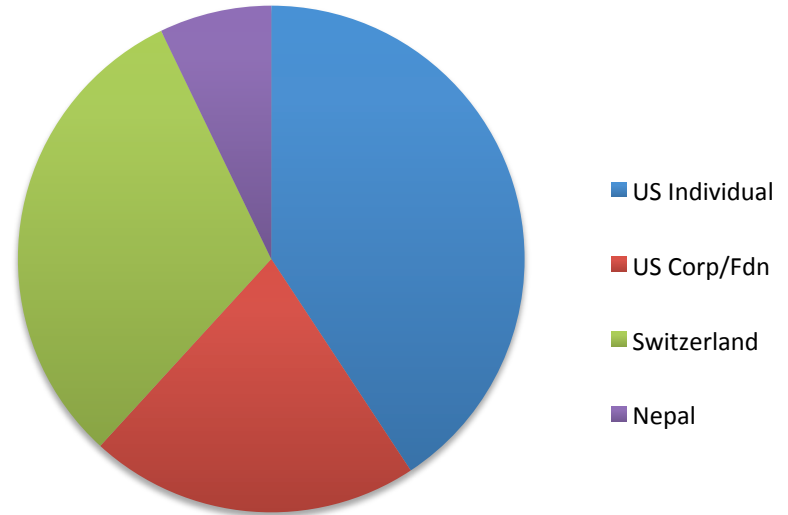


## Ama Foundation 2016 Contributions

### Revenue Sources

In the U.S. in 2016, individuals, corporations, foundations and corporate matching programs made up AF's donor base. In total, they made 258 donations to the AF operating fund. Individuals made 66% (\$80,760) of AF's total contributions. Foundations, corporations and their employer matching programs made up 34 % (\$41,802) of total contributions. 157 (61%) of the U.S. donations came through online sources. International donations received in Nepal, accounted for separately, were \$75,778. \$61,584 of this came from Ama Ghar Suisse, our Swiss Foundation.

Operatng Donations	Average	Maximum
Individual	\$351	\$5,500
Organization	\$1,500	\$21,000



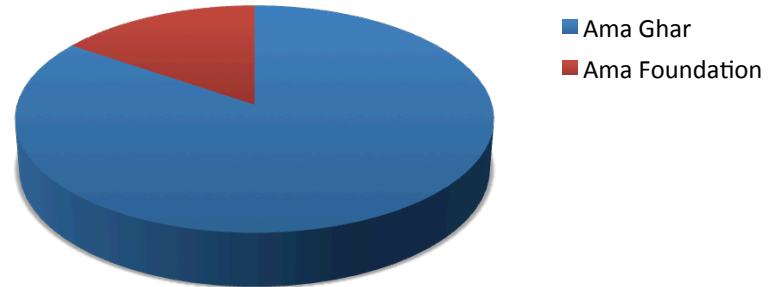
### Donation Size

The majority of donations came as single donations from individuals who gave between \$10 and \$5,500 to the operating fund. The average individual donation to the operating fund was \$351 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, 2016

Ama Foundation U.S. Revenue and Expenses	
Ama Foundation U.S. Operating Revenue	122,365
Interest	26,000
<b>Total U.S. Revenue</b>	<b>148,365</b>
Ama Foundation U.S. Operating Expenses	
Professional Fees	31,839
Office Expenses/Postage/Fees	2,384
Fundraising	2,733
Funds sent to Ama Ghar (not included in pie chart)	152,953
<b>Total U.S. Expenses</b>	<b>189,909</b>

## 2016 Combined Expenses



Ama Ghar Expenses \$202,791

