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Ama Foundation
Home & Education for Underprivileged Children
Annual Report 2019





An unexpected storm in 2019 brought a fun snow day!

The Ama Foundation funds Ama Ghar, a permanent care home in Nepal for at-risk homeless children who have been abandoned, trafficked or have lost their home and family to poverty, drug/alcohol abuse or illness. We are dedicated to providing these children with a loving home, an excellent education, health care and the confidence to become productive, self-supporting adults.

The Ama Foundation is a California 501(c)(3) non profit corporation,
Federal Tax ID #36-4478880

Namaste, Friend –

I'm always happy to check in with our Ama Ghar family during annual report season, but today I'm especially proud to report that 2019 was a banner year for Ama Ghar and Ama Foundation. Our Ama Ghar home received our final evaluation from the Nepal government at the end of our prior five year contract – and we were recognized as one of the top children's homes in Nepal.

The reasons that we received this honor, and the reasons that the government approved our next five year plan, are clear. Our mission of providing the best possible psychological and physical care, our emphasis on education, our loving family and staff and our insistence on transparency are exemplars for other homes in Nepal and beyond.

In terms of metrics, our success rate is exceptional. A quick glance at the Alumni section of the website shows young people who are accomplished trekking guides, businesspeople, health care workers, entrepreneurs, development and child care workers, culinary, hospitality and travel experts – and even an actor! Others are taking advanced degrees in countries from Australia to Italy.

This would not be possible without the dedication of Bonnie and our amazing staff, our partners on the Ama Ghar board, Ama Ghar Suisse and friends like you. Thank you for your support in 2019 and we look forward to 2020 as our best year yet.

Sincerely,



Suyesh Karki
Chairman, Ama Foundation Board



Suyesh Karki
Chairman, Ama Foundation Board

Perhaps the best way to measure a year is not only by our successes, but by challenges met and overcome, and 2019 was year marked by both. Each year, as we take in more children, we face new obstacles. All of our children experience some form of PTSD, and a number of them are severely traumatized. Learning to help them manage their struggles with love, patience and compassion, without disrupting the other children, requires professional training and a great deal of energy.

Our staff cannot be praised enough for the way they handle these difficult situations. In 2019, we reached out to professionals to provide training for staff in dealing with trauma, and they have risen to the occasion in remarkable ways. Our entire staff received well-deserved raises this year; in addition, Bhesh Nepali has been promoted to House Manager and we have hired a bright new Office Assistant, Kymuna Khadka.

Another special 2019 project, undertaken by the children themselves, was our Plastic Bottle Collection Program. If you have visited Ama Ghar, you may have noticed that the lovely little river outside our gate is often blemished by plastic waste, bottles in particular. The children started a collection program – for which Bonnie Auntie pays them 1 rupee per bottle – and they have collected 5,000 bottles to date – all of which have been sent for recycling.

Our real highlight of 2019 was our group trip to Chitwan in January, which was important for several reasons – the children learned about the geography and ecology of parts of their beautiful country that they’ve never seen; they got lots of exercise and fresh air; and they strengthened bonds as they helped each other to keep up and take in new experiences.

Thank you for the support that makes all of this possible.



Bonnie Ellison
Country Director, Nepal



Bonnie at the 2019 Ama Foundation Fundraiser in Northern California.

Education and Children's Advancement – as of 12/31/2019

2019 Program Completion

Pabita – looking for a job in Development
Sajan N. – married, IT training complete
Sabita – working at Shangrila Hotel, Oman
Srijana – teaching fashion illustration
Uppal – working as Licensed Trekking Guide
Mangel – working at Doubletree Hilton, Dubai
Pratima – married, taking Masters in Australia
Choppsang – working in restaurant
Telau – working at hotel
Manisha – married, taking Masters in Australia
Pabitra - working as Pharmacist in Pokhara
Kalpana- working as Health Assistant in Pokhara
Menuka – married, teaching in Pokhara
Subash – working at Earthbag Builders
Rama – working at Credit Union
Parbati – working in coffee shop
Sushan - video editing course, acting in TV show
Laxmi – taking masters in Sydney
Krishna – working as dental assistant, Pokhara
Sandesh – working in restaurant, Godavari
Ashok – starting IT business, Kathmandu
Sajan S. – working for NGO in Lamjung
Sandeep – culinary worker in Bahrain

Photo at right: Ashok is starting an IT business in Kathmandu



Education and Children's Advancement, cont.

2019 Transition

Pushpa – finished Social Mobilizer training, working at coffee shop

2019 Higher Education

Sharmila - 3rd year Bachelors – Business/Banking

Samjana - 3rd year in Travel and Tourism Bachelors

Jenuka – 2nd year of Journalism Bachelors

Rupa – 2nd year of Lab Technician Bachelors

Manju – completed veterinary training – in licensing process

Meena - completed nurses training – in licensing process

Ashim – completed counseling training

Prakash – taking cooking training

Prerana – finished Aviation Ground Handling course

Sangita – 1st year Bachelors in Sociology – working in salon

Laxmi S. – will finish Class 12 Spring 2020

Pawan – will finish Class 12 Spring 2020

Aruneema – will finish Class 12 Spring 2020

Santosh – studying for Class 10 exam

Samjhana S. – studying for Class 10 exam

Photo at right: Samjana is starting a travel business, called TravelFeet Nepal, while finishing her Bachelors degree.



We are a Family!

And just like other families, we all have to share in doing the chores, we have medical appointments, we go off to school and scouts together. Unlike some other group homes, Ama Ghar staff members really do treat these children as their own - they eat nutritious meals, get plenty of exercise, are sent to highly rated English speaking schools, work with tutors if necessary and receive counseling when needed. Several of the children have learning disabilities and a form of PTSD, so they attend regular counseling sessions and do yoga and meditation.



Photo at left: Badi Ram shows off his teeth during a visit from our dentist, Dr. Sneeda.

Photo at right: Niru and Jeevan are heading off to school.



All our children receive regular medical, vision and dental care, including immunizations for all and gynecologist appointments for the older girls. Special programs included fluoride treatments for all and a sex education class for older children.

When it's time for higher education, we pay for the children to go to either vocational training or college/university, depending on their skills and talents. Our mission is to give them the tools they need to create a bright future for themselves, and so far all who have completed our program are productive and self-sufficient.

Activities, Outings and Holidays

At Ama Ghar, we celebrate Hindu, Buddhist, Muslim and Newari holidays as well as a winter holiday celebration that is all about peace on earth. Our children enjoy activities like chess, Tae Kwon Do, soccer, badminton and lessons in art, drama and dancing. We help them to develop their skills in anything that is of interest to them. This year everyone went on a group tour to Chitwan National Park, Patan and Kathmandu Durbar Square, the fun park and Jazzmandu as well as to Bhaktapur and an annual Sports Day with other homes around the valley.

Photos – Above right: Boys in traditional dress during Dashain. Below right: Outing to Chitwan. Below left: Sports Day Outing.



Notes from the 2019 Ama Ghar Guest Book

“It was such a sweet blessing to return after three years to visit your loving home, children and staff. We were welcomed with so much loving kindness by everyone. The children here are always smiling and playful – which is a great sign of being happy and cared for. I am again most impressed that the older children love being home even after they have moved on to the youth apartment and beyond – they still enjoy and cherish being at Ama Ghar.”

-- Mama Laura Lafoia Ava, One Global Family Foundation, California, USA

“Thank you so much for welcoming us into your home and family. We loved the time spent with the children. We hope they keep finger spelling and braiding with the cardboard disks. We are already planning our next trip.”

-- Anne, Joanie & Natasha, California, USA

“You guys deserve the very best. Remember that a smile and a golden heart can make the impossible possible. You showed me that no matter our country or our language we are all brothers and sisters. I feel so proud that you call me Madelaine Sister.”

-- Madelaine, France

“We have loved our time at Ama Ghar. We had so much fun going to school with you, playing and studying with you and sharing delicious meals. We wish you love, light, happiness and strength as you grow.”

-- Robert and Wendy Morgan Family, Emma age 8, Noah age 12, Washington, USA

“What a great, beautiful day to visit Ama Ghar and see these humble services towards amazing children. God Bless this socially motivating home, which is beyond bricks and soil. I meditated that Ama Ghar would be the best place on earth – full of compassion, love, care and goodness”.

-- Anarta Risal, Kathmandu, Nepal

Photo: The Three Mums of Three Mums Do from the UK taught us how to give and receive massage during their visit. Photo by



2019 "Climbing to the Summit" Fundraiser

Our third annual Marin County fundraiser in September was once again a big success, raising almost half of our annual budget. This event is a wonderful Ama Ghar family affair, mingling present and former board members, longtime supporters, new friends and even an Ama Ghar graduate!



Photos, clockwise from left: Founder Shrawan Nepali with John Paul, one of our first Board Members and a beloved family member; Dr. Sharada KC, Ama Ghar alumna, enjoying the appetizers with Rachel Ellison; Walt and Patty Dorlac brought family and friends; centerpieces featured our beautiful Ama Ghar children, with photos taken by Ama Ghar alum Sajana Shakya. All other photos courtesy of Lana Igolkina at sviphotography.com



2019 Staff and Boards of Directors

Ama Foundation Board of Directors

Shrawan Nepali, Founder
Suyesh Karki, Board Chair
Yasmijn Adhikari, Treasurer
Bonnie Ellison, Country Director
Rob Sanders
Poonam Mudvari
Sarah Nikles
Jane Ellison
Leslie Brown
Nick Ray
Andrea Osbon
Stacy Hersher

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
Bandana Shrestha
Ashok Shrestha
Pabita Basnet

Ama Ghar Staff

Bhesh Nepali, Manager
Kymuna Khadka, Office Assistant
Uma Singh, House Supervisor
Dhana Adhikari, House Mother
Tan Bahadur Pun, House Father
Bindhu Ghising, House Mother
Anita Pandey, House Mother
Anita Khadka, House Mother
Ganesh Tamang, Assistant House Father
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

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Email: bonniefromamaghar@gmail.com

Bonnie Ellison, Country Director

bheshnepali@hotmail.com

Bhesh Nepali, House Manager

In the U.S.

Mail: Ama Foundation, PO Box 7075

Berkeley, CA 94704

Office Phone: 520-255-3556

Skype: AmaFoundation

Email: info@ama-foundation.org

Cathy Clifton, Communications Director

www.ama-foundation.org

Facebook: Ama Ghar

Twitter: @AmaGharNepal



Ama Foundation 2019 Contributions

Revenue Sources

In the U.S. in 2019, individuals, corporations, foundations and corporate matching programs made up AF's donor base. In total, they made 316 donations to the AF operating fund. Individuals made 88% of AF's total U.S. contributions. Foundations, corporations and their employer matching programs made up 12 % of total U.S. contributions.

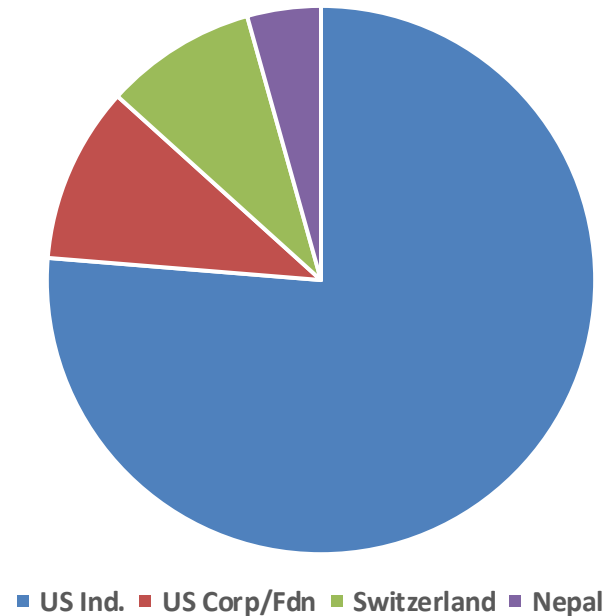
Average Individual U.S. Donation - \$692

Average Corp/Foundation U.S. Donation - \$1,057

The majority of U.S. donations came as single donations from individuals who gave between \$10 and \$15,000 to the operating fund. The majority of AF's operating revenue comes from donations in the \$50 to \$500 range.

International donations received in Nepal, accounted for separately, were \$29,768. \$20,053 of this came from Ama Ghar Suisse, our Swiss Foundation.

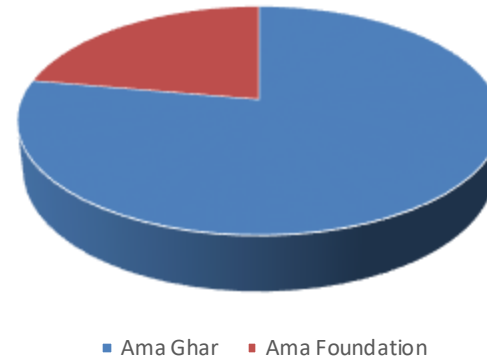
2019 Donations



Ama Foundation Statement of Activities for year ended December 31, 2019

Ama Foundation U.S. Revenue and Expenses	
Ama Foundation U.S. Operating Revenue	193,928
Interest	8,916
Total U.S. Revenue	202844
Ama Foundation U.S. Operating Expenses	
Professional Fees	31,856
Office Expenses/Postage/Fees	6,871
Fundraising	43,500
Funds sent to Ama Ghar (not included in pie chart of Expenses)	200,000
Total U.S. Expenses	282,227

2019 Combined Expenses



Ama Ghar Expenses 2019 \$215,000

