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Message from the Co-Founder

Dear Supporters and Followers,

We are so excited to give you an update on what's been happening in Nepal over the past 6 months.

For the first quarter, our work with our partners continued unabated, intercepting and rescuing girls that were likely in the process of being trafficked. COVID-19 has impacted so many people around the world and this has certainly been the case in Nepal since lockdown on March 22. But we are happy to report the following has still taken place during the past six months.

1,512 women and girls were intercepted

12 women and girls were rescued

3 lawsuits filed against traffickers

505 women in the My Business My Freedom microfinance program

A story that is very special to me is about a young lady I met on our monitoring and evaluation trip in May 2019 who had just been rescued by our local partner, working in conjunction with Indian police, Nepal authorities and safely brought back to Nepal. As I looked into her eyes, tears streaming down her face, she was broken and shattered, her story is one of betrayal through the hands of a friend into a situation of abuse, physically and mentally. I felt utterly useless. What do you say to someone whose life has been torn and ripped apart through no fault of their own.

Fast forward a year and this story moves from being rescued as a victim of human trafficking towards a survivor with restoration, hope and dignity restored. A young woman who was given love, counselling, time to heal and vocational training to be able to face life with renewed courage, purpose and freedom to care for her family. (See page 13 for her story)

During COVID-19, many women who were previously running small businesses as part of the My Business My Freedom (micro-finance) program were unable to operate due to the lockdown which resulted in severe food shortages being felt. We were able to assist 3 Angels Nepal and its community radio station to supply their basic needs. The radio station was able to continue broadcasting messages about how to combat the pandemic through health messages and how to keep hygienic.

Our theme this year is "Rise-Up Move Mountains" and as we slowly come out of lockdown it's a sad reality that many who were previously on the poverty line, will be further impacted due to lack of jobs and being unable to work. We believe the fight against human trafficking is going to be even greater as families, women and children struggle to meet their basic needs so they will be coerced, forced, tricked or abducted under false pretences by traffickers with the promises of work, a better life, and lots of money.

We aren't going to give up fighting for their survival and their children's survival and their communities restoration and peace.



We cannot do it without you, our donors, supporters and ambassadors and for that, we say thank you from the bottom of our hearts for all your support over the last six months. Our on-the-ground partners we honour you and the work that you do day in and day out. One girl = one life restored = one life given hope = one life's future impacted.

What is it we are all here to do? "Bind up the brokenhearted, free those that are being kept captive, comfort all who mourn and give them a promise that out of the ashes they will see beauty in their lives for the future".

As you read what has happened in January to June 2020 may you be inspired and know that you have made a real and lasting difference in so many lives.

With heartfelt thanks,

Julie Colquhoun
CO-FOUNDER | Captivating



Life has not always been easy for Saheli* (15) and her family however, with her father working hard, they still had a good life. When COVID-19 hit the world and Nepal went into lockdown, everything changed. Saheli's father lost his job and so providing daily food for the family was difficult.

In April, Saheli went out to buy some vegetables for the family and met a man she knew as 'uncle'. They walked together for a while until they came to quiet riverbank. That was when Saheli's whole world changed. No one was around to hear her screams. She was left on the river bank alone, broken and shattered. Some of her friends heard about what happened and went to get help from the 3 Angels Nepal (3AN) help desk in that region. The manager there is well known in the area and has helped many women and girls through rescues across the border as well as local trafficking and abuse victims.

The 3AN help desk manager went with Saheli and her family to the police station where they filed a rape case again the man. The 3AN staff was there for the whole procedure to ensure that police weren't bribed during the investigation (which sometimes happens). A court case has also been filed and we are waiting the court's decision.

*name changed for privacy and protection



Intercepting Girls

STOPPING GIRLS BEFORE THEY ARE TRAFFICKED AND LOST FOREVER

Each year, over **6,000 women and girls** are stopped at our 11 Captivating funded monitoring stations in Nepal. We believe this simple act may have prevented many of them from a life of torture, abuse and slavery.

In cooperation with our Nepal-based partners, 3 Angels Nepal and Tiny Hands Nepal, small but effective police-approved checkpoints have been set up near important border crossing or transit hub locations.

Trained staff with government approval stop any suspicious looking cases, interview girls and their escorts to clarify legitimacy. Following risk-based questionnaires, suspicious cases are investigated further, which may or may not lead to approval to proceed across the border.

All this was made possible thanks to our key donors.

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JANUARY TO MARCH* 2020 IMPACT

- 5,288 women were taken aside across 11 monitoring stations and interviewed by trained staff about their travel plans.
- 241 girls were referred to the police because substantial, hard evidence was able to be given to police to confirm a trafficker was involved.
- 1,512 girls and women were intercepted. Monitoring station staff stopped these girls from progressing across the border due to the many concerns about the risk factors surrounding the girl's desire to migrate.
- Each intercepted girl was informed on what was likely happening, counselled as necessary, and either returned home or picked up by their families.

^{*} March 22 to June Nepal was in lockdown



who asked her why she was working there as a laborer despite having a good education. Janani shared everything about the struggle and family.

She told Janani that one of her friends could provide her a job and gave her the Facebook ID of her friend. Janani contacted the lady and she talked about a beautiful job for her. She was supposed to pack medicines in Butwal (a large city in the Bhairahawa region) but before that she had to deposit a hundred and twenty thousand rupees to her. She would have a promising salary afterwards which would eventually increase over the course of time. This was enough to lure her in and Janani started to daydream about repaying her debts within the next four to five months. Janani found it challenging to search for the deposit amount so she asked one of her friends to lend her the amount and told her she would repay her in half a year with interest.

She shared all these things with her parents and easily convinced them. She moved to Butwal and handed over her money. She stayed at a hotel with four other ladies who were there for work too. They were told that they needed to have a week's training before commencing work and that they needed to board the bus to travel to the training.

On a routine checkup, the members of 3 Angels Nepal intercepted them. They were asked to step out of the bus. During the interview, it became apparent that they were unaware that the bus would be crossing into India, which shocked them. They were afraid that they were being victims of trafficking. They were all sent to the police station. The lady in charge was kept in custody and the victims were taken to the transit home. Their parents were called and they were reunited with their families.



Deeta*, 16, came from a poor family. One day, Deeta met a woman who promised to give her a job in India, where she could earn a reasonable amount of money. **The woman forbade her to tell anyone about their meeting.**

On the day of her travel, Deeta told her neighbors that she was going to Dhangadhi to attend a marriage ceremony. When she reached their meeting place, the woman gave her Rs 1,000 (AUD 11) to buy cosmetics and a ticket to Delhi. She boarded the bus and was ready to go when 3AN staff found something unusual with her story during the routine check and interview. She was questioned further and after talking, she told her story. The woman was called but she disappeared.

It was clear that she was on the verge of becoming a trafficking victim so her parents were called. 3AN tried calling the number of the pimp for several days but the phone was never on. Therefore, a complaint against the pimp has been filed with the police. Deeta and her parents were given the necessary counselling services when they arrived. She was happy that 3AN was there to save her. She thanked the organization for opening her eyes and with a thankful heart, they went on their way.





Ananya*, 23, was left to take care of her 2-year-old son alone after her husband passed away two years after their marriage. She was having a hard time finding a job until a stranger promised her employment in another city.

The man introduced himself as an agent of a big company and that he was able to contact Ananya through a "friend's" referral. She was reluctant at first, but hearing that she will be compensated well and will be able to send her son to school, she eventually agreed. **She was strictly instructed not to tell anyone of her travel plans** and soon, she was on board a bus with her son and the stranger.

On a routine check, our partner's staff at 3AN, saw Ananya with her child looking nervous. Upon approaching them, the man tried to run away but was apprehended by the police. Ananya and her son were then brought to the help desk for further inquiry. She then shared her story, after which, the staff provided her counselling regarding the dangers of her decision and how it could have led to her being trafficked. She was advised not to easily trust people who claim to be agents because they promise things that are not true. This is a usual tactic traffickers use.

FAKE JOB OFFERS CONTINUE TO BE Alluring Techniques OF TRAFFICKERS

Shanti*, 15, came from a small village. Last February, she boarded a bus to visit her sister who lives in another city. On her way, she stopped at a hotel to eat. She was then approached by a group of strangers who invited her to eat with them. She refused at first but eventually agreed because of their persistence. They also invited her to travel together saying that they were also headed to the same destination.

The group then drugged her and Shanti felt unable to move her body. The group took her off the bus and brought her into a nearby forest. Shanti called for help, and fortunately, a nearby police officer heard her and came to the rescue. The group ran away upon seeing the police officer but were caught.

Shanti reported the incident and she was referred to 3 Angels Nepal. She was brought to a transit home where she was counselled and informed about trafficking. Her family was called and her grandfather came to receive her. Her grandfather was also given counselling regarding human trafficking. They were both grateful for the police officer and to 3 Angels Nepal for rescuing Shanti.

*All names were changed for privacy and protection

Rescuing Girls

JANUARY TO MARCH 2020 IMPACT

12 girls were rescued

Between January to March 2020 (March 22 - June Nepal was in lockdown), 12 women and girls were rescued from brothels and pimps in Nepal and India. They were either referred to the safety of 3 Angels Nepal, Safe Haven for counselling and rehabilitation or returned directly to the safety of their families.

Rescuing a girl that has been already trafficked is a combined effort of our local partners, local government agencies and the Nepali and Indian police departments. These girls are broken, tormented and in so much pain. To be able to restore hope, dignity and value is always our goal.

INTERCEPTION VS. RESCUE

- Interception is when a girl is stopped BEFORE she is potentially trafficked.
- Rescue is when a girl is freed AFTER she has been sold and trafficked.

THANK YOU

All this was made possible thanks to our key donors:













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life is a BEAUTIFUL THING

Achal* was out at the markets when she received a call from her neighbor asking her to meet up with a man who owed her money. She agreed to help her neighbour out but after meeting with him, he offered her food as it was late afternoon. Achal soon started to feel dizzy and then lost consciousness.

When she opened her eyes, she learned that she had been taken across the border and was now in India. Chills went through her veins. She was locked in a room and not allowed to leave. She refused to do as they told her so she was beaten and abused.

When she was able to get hold of a phone she called her parents and told them where she was being held. Her family reached out to our partners, 3 Angel Nepal, for help.

Through careful planning with the police and the Nepal Embassy, a small team was sent to India to rescue Achal. She was safely brought home and a court case was filed against the man who trafficked her. During this time, she stayed in a safe location as the relatives of the man tried to silence her.

Achal is now back with her family and loves spending time with her children. During her time in a safe house, she was provided with training and completed a beauty technician certificate, which will help her grow in confidence and self-sustainability.

"Keep smiling because life is a beautiful thing", Achal says while grateful for life back with her children.

*name changed for privacy and protection



TWO GIRLS Rescued

"My name is Padmini* (name changed for privacy and protection) and I am 18. I have four members in my family: my father, my brother, mother and me. We are a very poor family. My father is a driver and mother is a housewife. I study in class 7 at school. Being the only daughter, I get lots of love from my parents and from my brothers. I have lots of friends in my school. Apati* (name changed for privacy and protection) is my best friend. We study in the same school and in the same class.

Although we were in 7 class, we had cell phones. We used to communicate with a man who lived in India. After a month of communication, he told us to come over there and visit India. So we both made plans to go for a visit.

We both had never been to India and did not know anything about the country. But we were desperately excited to visit the Taj Mahal and that spirit led us to go to India. The first challenge in front of us was to convince our parents for that visit. If we told the truth, no one in our family would allow us to visit India so we both lied to our parents and told them that we were going to attend a birthday party and we left home.



We booked the bus tickets and headed to India. One man who called himself a friend of the man we communicated with, came to pick us up at the bus park. We reached there at 11 pm. And the next day early morning at 5 am we crossed the border. The guy told us that at this time there will be someone who might stop us so we followed what he told us to do and say.

Some minutes after we crossed the border, Indian police stopped us as they found something suspect and they called us in their station and began to investigate us. But the man who had come to pick us gave some money to Indian police and they let us go. But the police, before letting us go, had taken our picture on his mobile phone."

After searching for their daughters for several days, the parents of these two girls filed a missing person's application to our partner's office. Coordination with border police and going through CCTV footage, they confirmed that the girls were indeed taken to India.

With the help of Indian police, our partners (3 Angels Nepal) were able to locate these girls in a hotel near one of the closest major railway stations. Miraculously, the young girls had not been sexually exploited before the police found them, but the girls were told that would be what their future would be.

The girls were safely brought back to Nepal and reunited with their families. Our partners talked with them about the dangers of trafficking, the different approaches traffickers use to lure young girls and what happens to girls when they are trafficked.

Hamro Abhiyan

ANTI-TRAFFICKING PROGRAM

EDUCATION IS THE KEY

500 schools have been identified as the target schools for this program, spread across 5 hot-spot trafficking regions of Nepal. In total this represents 175,000 students. Most of these students are from poor, lower class families and considered easier targets by traffickers due to poverty and desperation.

EACH YEAR, 6,500 students will be handpicked from participating schools to complete the Hamro Abhiyan program (in total over 90 Hamro Abhiyan presentations will be made). These students will then be responsible for taking the message back to the rest of the school body covering an estimated 25,000 students per year. Handouts will be provided to each student for them to then take home to parents/ siblings with the indirect impact of the program being in excess of 100,000.

A dedicated team of trained anti-trafficking experts run the Hamro Abhiyan program which tackles 5 key points in the fight against trafficking. This is done in smaller module/group exercises including games and lots of interaction. Each group will consist of 15 students:



CAUSES

What are the major causes behind human trafficking and what they can do to safeguard themselves and their families from the likelihood of being trafficked.

CONSEQUENCES

What happens to a person when they are trafficked and how is their life impacted.

REHABILITATION

What happens to a survivor of trafficking. This station talks about creating a positive attitude towards the survivor rather than the traditional view of being shunned and cast out of the community.

MY BODY

What boundaries need to be adhered to and how can young people protect themselves.

CAUTION

When there is an awareness of the dangers of trafficking, there is now a duty to talk about it and share it with others. How does a person do that?

JANUARY TO MARCH* 2020 IMPACT

- 23 schools including 1,989 students participated in the Hamro Abhiyan human trafficking awareness program.
- 236 Nepali girls at a Youth Forum also did the training

*March 22 - June Nepal was in lockdown

THANK YOU

All this was made possible thanks to our key donors:







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School Principals COMMENT ON THE PROGRAM

"Students are in their learning phase and if they are educated, then they can play their role more efficiently in minimizing human trafficking. As they are the pillars of tomorrow, things they learn today will have an important impact on their life for a long time. I would like to thank 3 Angels Nepal for teaching a valuable lesson to our students. Indeed, they will play a vital role in raising awareness in our society and will be able to fight human trafficking."

"It seems that our students were having fun, while being educated and learning to raise awareness at the same time. Indeed, students are a perfect choice to raise awareness in the society. They can be the instruments to fight human trafficking."

"It is high time that students realize the importance of their role in the society – to improve and strengthen the society by raising awareness against human trafficking. Through this, they can help enable the society to fight and be safer from the clutches of human trafficking."



My Business My Freedom

Until a vulnerable woman is helped to address her poverty, she will still be attracted to the prospect of migration out of her home village. This is a high risk change for her and leaves her vulnerable to trafficking.

The driving cause of Human Trafficking in Nepal is EXTREME POVERTY. Until this is addressed, desperate women will continue to take up any opportunity they can for a better life – no matter how great the risk.

My Business-My Freedom aims to help targeted women address their poverty. This program will change their lives. And, it's all controlled by them. We'll help each woman establish HER own business, focused on ensuring HER continued freedom, and the freedom of her children.





JANUARY TO MARCH* 2020 IMPACT

- 519 women are currently part of the My Business My Freedom women's groups. Not all these women have received a micro-loan yet. They are part of regular training and mentorship programs and when they are ready, they will be issued with a micro-loan.
- 13 women received their very first microloan through this program during January to March 2020 (before COVID-19 lockdown), which brings the total to **359 women** who now have their own small businesses.
- There are currently 36 women's groups located throughout 3 regions of Nepal.
- This program has taken a hit since March 22, 2020 when COVID-lockdown occurred. Many
 women who were running their small businesses were unable to operate. These women were
 struggling to provide for their families during this time, but we were able to provide help to
 those who needed it most through providing a month's supply of food to their family.

*March 22 - June Nepal was in lockdown

The My Business My Freedom Project is made possible thanks to our key donor:

Jamoca Foundation



FOOD RELIEF FOR 30 Women

Since the lockdown was implemented in Nepal thanks to COVID-19, most people have not been able to work. This includes the women beneficiaries of the My Business – My Freedom Program.

Our on-the-ground partner, 3 Angels Nepal, have been reaching out to these women through phone calls to check up on them and see if anyone is in dire need. They found 30 of them who were really struggling to feed their children.

The team then gathered supplies to be distributed to the women. The relief package contained a month's supply of food staples – a sack of rice, 3 kilos of daal, 1 litre of cooking oil, a pack of salt, 2 kilos of soybeans and 2 kilos of lentils. We hope that through this food supply, their families will be able to get by during this time.

Despite the difficulty, seeing the smiles on their faces after receiving the relief packs gives us hope and even more motivation to support each other through this crisis.

Living THROUGH A CRISIS

Suma Pun (28) lives with her husband and child. Her husband is 60 years old and unable to support his family. Suma joined the My Business My Freedom and with her first microloan, purchased a sewing machine to make clothes to sell. Her small business started to grow quickly as the quality of her work spread. She successfully paid back her first loan and took out her second microloan to purchase extra fabric and an interlocking machine to make her clothes even more professional.

Because of the country wide lockdown, Suma's business suffered with no customers. She struggled to provide food for her family. Suma was one of 30 My Business My Freedom women who received a month's supply of food to help them through this crisis.

All microloan repayments have been suspended until the crisis is over. Now that the lockdown restrictions are starting to lift in Nepal, Suma is very keen to open her business again and start generating income to continue repaying her microloan and being able to support her family.



REARING Goats

Jamuna is 39 with four members in her family. Her husband works in the village. She used to be a domestic helper. Her husband's income was not good enough to support the household expenses therefore, she planned to start a small business and be self-reliant rather than working in other people's houses like a slave.

She became a member of the My Business My Freedom program in April 2019. With her first microloan, she bought four goats and started raising them. After five months, she sold them and made a profit and was able to repay her loan. In January 2020, she received her second loan and bought four more goats. She plans to increase the number of goats from the proceeds she gets from this lot of sales.

She says that she has become self-employed and shares the freedom she has been feeling after having her own income.





lalita's CHICKEN FARM

Lalita is 22 and there are 8 members in her family. Her husband's income is insufficient to support the family. She joined the My Business My Freedom program in August 2019. When she was ready, she received her first microloan and started her own small business in poultry farming. She currently raises 200 chickens.

She reported that she sold chickens for the first time and made a good profit in just four months. She is preparing to keep the next lot of chickens for further breading. She is thankful to the My Business My Freedom program for the tremendous help she received. She is faithfully making regular loan repayments. This has changed her life and that of her family.

A Safe Haven for Women

RELATIONSHIP, REHABILITATION, & RESTORATION

The primary scope and purpose of the 3 Angels Nepal run Women's Safe Haven is to provide shelter, support and ongoing personal empowerment and control to victims of trafficking. However, the program has also progressively (and quite organically) widened its scope to provide support to severe cases of gender-based violence until their safety and right to live a dignified life is stabilized. Victims of rape (especially minors) have been referred to the Women's Safe Haven by police and hospitals. Although the primary purpose of Women's Safe Haven remains to be support to victims of trafficking, we are pleased to be able to offer this support to women considered most desperate for assistance. There is simply no other option for them.

JANUARY TO JUNE 2020 IMPACT

5 women/girls are currently at the Safe Haven. Their time at the Safe Haven varies as needed, from 20 days up to 12 months, until they are ready for the next phase of their lives. During their time there, they receive training in a particular skill that they can utilize to start their own business or for local employment once they are ready to re-enter the community. Some will be employed by 3 Angels Nepal or other NGOs.

In total, 22 women were supported in the Safe Haven since January 2020.

On March 22, due to COVID-19, the borders were closed and Nepal went into lockdown. Because of fear of the unknown (many were paranoid they would die from COVID, and if they were going to die then they wished to be with their family). Most of the women decided to leave the Women's Safe Haven (WSH). It is the desire of the WSH program that women, many of whom are rejected by their families after becoming trafficking victims, that they can one day return. This has happened sooner for these women. So, there is a little risk here, but, they have made their decisions and the WSH program are honoring that. The counsellor and staff at WSH are in daily communication with each of these women to ensure their continued safety.

This was made possible thanks to our key donors:

Velez Family

The Kenneth Whalen Family Foundation

Desperate FOR FOOD

Banhi (name changed for privacy and protection) is one of the young women who was rescued and went through the rehabilitation program at the Safe Haven. She was eventually able to go safely go back to her family and secure a job as a cleaner.

When COVID-19 lockdown hit, she lost her job. The whole family was struggling to find enough food to survive. When the team at the Women's Safe Haven called to follow-up on her wellbeing, she shared her fears and desperation. A month's supply of food was provided to Banhi and her family.



continued Safety

After women have gone through the rehabilitation program and sufficient counselling sessions at the Women's Safe Haven, they are able to live independently. This means they can either go back to their villages or move to a location where they can start over with the skills they learned at the Women's Safe Haven. The womens' progress is monitored during this transition to ensure she remains safe and doesn't fall again into the traps of traffickers.

When the lockdown started in Nepal, staff at the Women's Safe Haven contacted the women who recently left to make sure they were ok. Five women were struggling and in desperate need to food supplies. Each received a month's supply of food. This is important to ensure their continued safety.



3 Angels Community Radio

"Education is crucial for preventing many of the horrors that we see around us. To this end we are focusing our attention on reaching the remote communities that are targeted by human traffickers."

- 3 Angels Nepal

JANUARY TO JUNE 2020 IMPACT

- 3ACR broadcasts for 17 yours every day covering 72 districts and is linked with 42 relay stations, reaching an estimated audience of over 21 million Nepali people.
- Interviewed Nitu Gartula, a human rights activist, on International Women's Day (March 8) on human trafficking and social issues.
- 3ACR staff visited 12 schools (before COVID-19 lockdown on March 22) and talked with the students about human trafficking and also recorded segments for their "Children's Garden" radio program.
- Interviewed regional health officers broadcasting important information about COVIC-19. Things discussed were symptoms of COVID-19, how to prevent the spread of the disease, and what medical help is available.
- Local listeners got together and financially helped 35 struggling families by paying their rent.
- The radio hosts were a life line to those isolated from the pandemic lockdown and provided uplifting and encouraging messages along with phone support to those who rang the station.

Photos of some women and their children receiving food hampers through the efforts of 3ACR to get them through the current crisis.



Helping the vulnerable during the pandemic

3ACR has never been this busy since its establishment. We are known for an informative radio since the beginning in Nepali communities.

We were a little confused and unclear at the beginning as to how we could help the community apart from giving reliable information particularly from the WHO source and any other well studied materials that would make sense like maintaining personal hygiene and other important details.

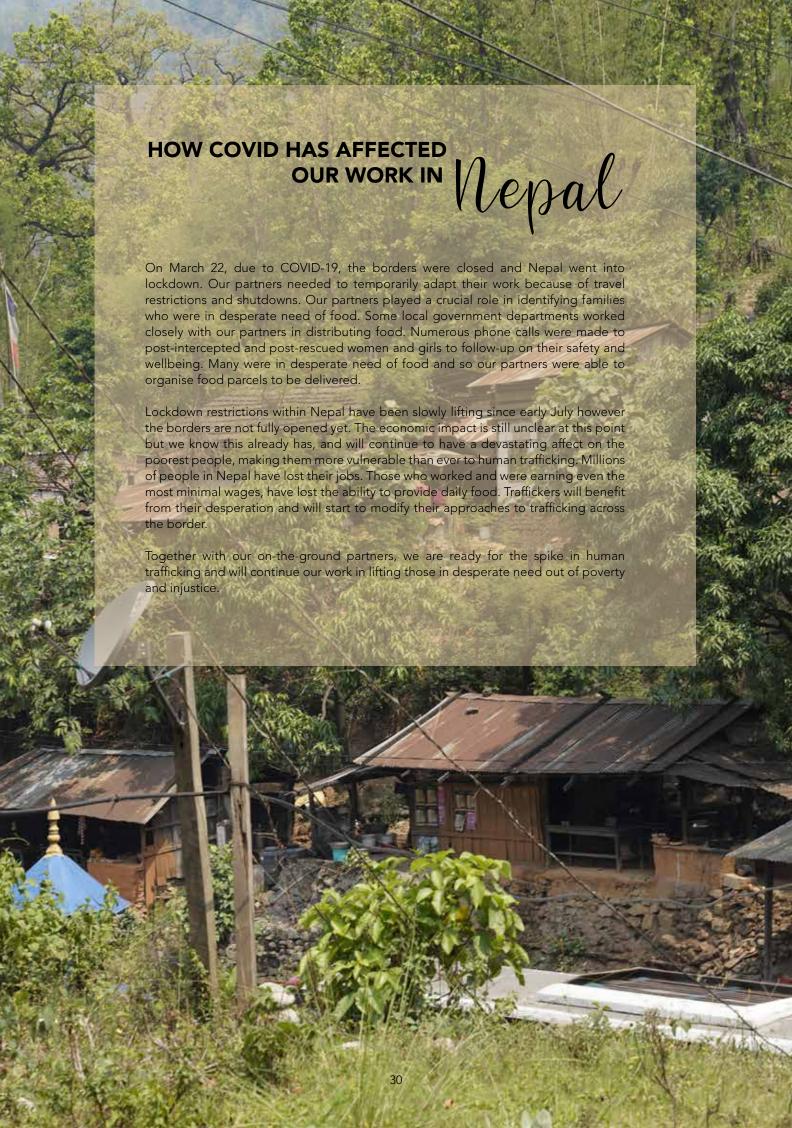
No sooner had we started, we received many calls every day requesting more information that is reliable and informative to the Nepali people all over the country. We then started phone counseling with our counselors and senior staff giving educational and awareness information and advice. We are simply not able to help as many as we come to know, however, we are helping as many as possible with emergency food supplies and anything else we can do to help.

Now, our radio is reaching nearly all parts of Nepal, people from other areas, previously unreached, are calling us for assistance. We are helping where we can and connecting people to help each other. We are glad to see that people are joining together to help each other out during these desperate times.



service for the people

A COVID-19 focused program was aired live each day where listeners could call about their questions or concerns. Daily, people called for help and others who are more fortunate, were linked to desperate families to donate much needed food supplies.





Other Activities

DURING JANUARY TO JUNE 2020

COURT CASES

3 court cases were registered with police and the local court between January and June 2020. Our partners' legal teams (3 Angels Nepal) will follow the proceedings and lead the cases against traffickers and rapists.

LEGAL ADVICE

254 people received advice about their rights and how to pursue legal help. This service provides help and advice for those who are abused or victimized. Some cases are referred to local lawyers for further follow up and others are handles by our partners' legal team.

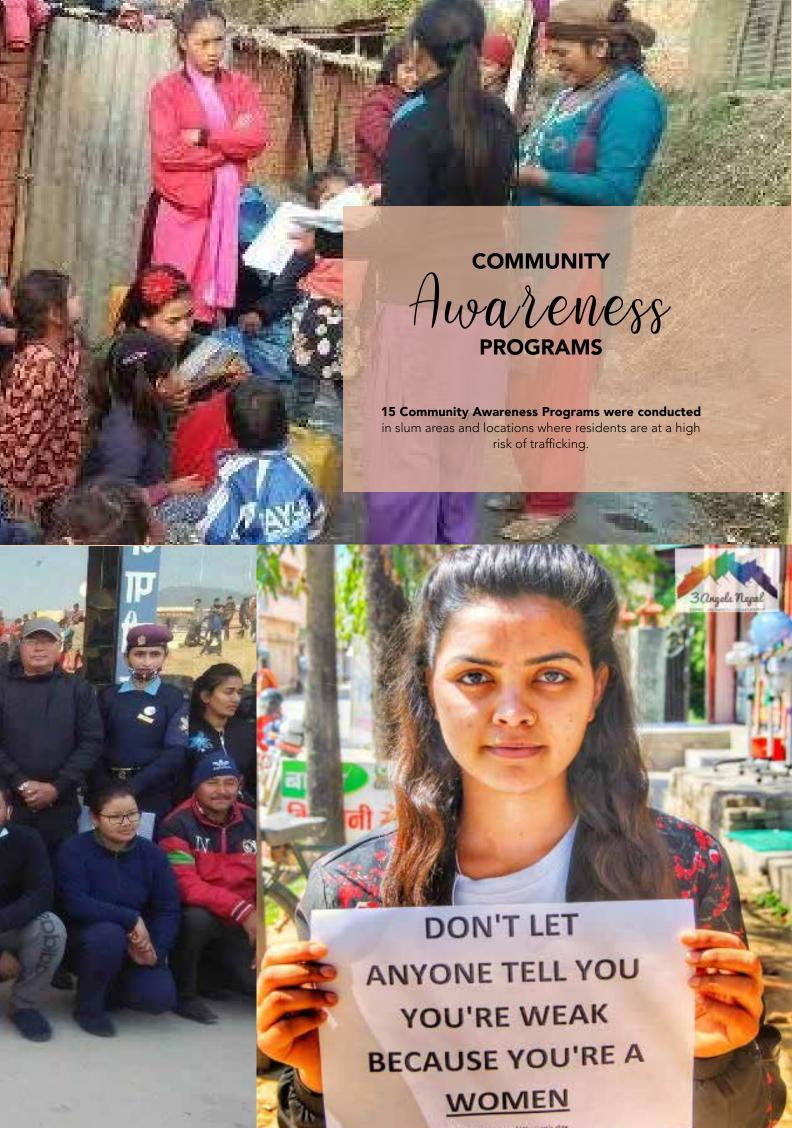
MISSING PERSONS

60 missing persons reports were filed across 6 regions in Nepal. Everyday, girls go missing. Some are found while others are never seen again.

When a missing persons report is filed, staff work with the family to try and contact the missing person. If unsuccessful, staff help the family file the report with the police, then inform monitoring stations and various government departments and NGOs.

10 missing persons were found with the help of police, government departments and other NGOs.









CONNECTING WITH OTHER NGOs TO

Make a Difference

During the COVID-19 lockdown, our partners (Tiny Hands Nepal and 3 Angels Nepal) were able to be part of distributing, relief packages, food hampers and preparing food to those in desperate need.

