



## RAINBOW CHILDREN HOME-NEPAL

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**N.E.W.S.L.E.T.T.E.R**

**RCH**

*Newsletter*

### RAINBOW CHILDREN HOME NEPAL

*December-2012*

This Children home is dedicated to providing the orphaned, poor and marginalized children of Nepal with nutritious food, clean water, quality education and most importantly a loving, secure family and home. It is not only our aim to afford these children the bare essentials, but also to teach them about morality and instill in them a sense of community and respect for their fellow human beings. We will also provide them with a safe play environment where they can have fun, learn and develop the skill of social interaction. Rainbow Children Home publishing this electronic version of Newsletter in quarterly basis. This newsletter describes our new updates and new development of Rainbow Children Home and Rainbow Handicraft Project.

#### **1. Message from the President:**

I am happy to publishing this electronic version of our Rainbow Newsletter. This Newsletter describes all the news from Rainbow Children Home and Rainbow Handicraft Project. First of all I am happy to bring out this another issue of our Newsletter (Vol.- 3, No. 3, December, 2012)

I would like to Thank to all of you who helped this Rainbow Children Home and Rainbow Handicraft Project like a family

home. Big Thanks to you all for your regular help, support, donation and care to us directly and indirectly through many ways.

This e-Newsletter is a kind souvenir with lots of information of Rainbow Children Home and Handicraft to all of them who love Rainbow Children home and Rainbow Handicraft Project.

Right now we have 42 helpless and orphan children and 5 children receiving Home Support.

We have already separated a new home for the boys and girls. Now we have separated Rainbow Children home and Rainbow Handicraft Project in two different buildings. Also with the help of CIDEN we have built a new building for handicraft works including workshop, raw materials store, show-room and stock room. At the same time I am happy to inform you that



we have built a separate study room for the children, a separate room for library and store medicine. We have repaired a kitchen and made it more hygienic and clean. We put marble stone and tiles inside kitchen area. We have made separate room for the house-mother. We have painted the entire house with bright colour and made it more colourful.

We are providing meat, egg, and fruit once in a week and enough vegetables every day to children meal. We have celebrated many festivals like Teej, Dashain, Tihar (Deepawali). Also we have celebrated HIV Day for raising awareness of HIV/AIDS. In the vacation time children went to visit many places, hiking with volunteers, boating, swimming and enjoy their vacation with the fullest.

**Rainbow Handicraft Project** is doing well every day. We are producing many different kinds of bags and selling inside and out of Nepal. As you know that we are selling bags to Australia, USA and some European countries like UK, Switzerland, Holland, Hong Kong, Spain etc and the response from the buyer's is very nice. Our future plan is to sell more bags to the many countries. We only need your kind help, support, suggestions and comments. We extend our sincere thanks to Philip Von Foundation, Fritz and Sybil von Phillip, Germany. We feel pleasure to express our deep sense of gratitude to Svein and Karin Dahle and all the Norwegian friends. We would extend our warm thanks to Rosemary, Tony, Mardi and Australian friends. This work would not have been completed without the co-operation with Rocio, Jose and CIDEN organization, Spain, so we are grateful to Rocio, Rose and CIDEN. We would like to express our sincere thanks to MediHimal Group, to Himalayan Footstep, to Pahari Trust, to Aussie Board, Australia, and all the sponsors, volunteers, visitors and well wisher for their regular donations, sponsorships, and supporting through many ways.

Once again we would like to express our gratitude to all the kind people who helped us time and again, like by sponsoring children, volunteering, making donations, sending volunteers, and providing clothes, providing reading and writing materials, sending sports items and many more. We are very grateful to all the great people who are directly and indirectly supporting us. Without your wonderful contributions we could do nothing, so you are also a member of this wonderful home. And each and every contribution is appreciated.





## 2. Teej (Women's Festival)

We have celebrated Teej (Women) Festival at Rainbow Children Home Nepal on 15<sup>th</sup> of September, 2012. All the Children home family, board members as well as Handicraft project family was actively participated in the festival. From morning to evening party is going on with different activities. In the morning we have breakfast with special music. In Nepal there is special Music and songs for this Teej festival. All the children and handicraft staffs were dancing together. In the day time a big delicious food served to all, some were dancing and some were eating in the festival place. All the time special women festival music was played during the celebration time and dancing with the same music all day. Red clothes are the special clothes for this festival. All the children and invited people were dressed in red.



## 3. Dashain Festival Celebration

Dashain is one of the biggest and important festival in Nepal. All the governmental offices, and other NGOs, organization, private offices except emergencies services will be closed as holiday for 7 days. Actually this festival is celebrating for 9 days. The first day is called Ghatasthapana (JAMARA DAY). 7<sup>th</sup> day is called Phulbari, on this day people bought a mountain goat for offering to the Goddess Durga. On the 9<sup>th</sup> days is called TIKA day. On this day people received tika







and blessing from older people with delicious food and money as a gift.

we have celebrated Dashian festival at RCH as we do every year. All the children and staff of RCH together celebrating this festival. In the morning all the children put on new dress and ready for receiving TIKA & Jamara from President Goma and other staff. After TIKA at RCH children went to receive TIKA and Blessing from other staff's and member's home like KHIM, ENOCH and they

went to the school where they studying for receiving the TIKA and Blessing, also they went to receive TIKA and Jamara. In every home children receiving delicious food with TIKA, JAMARA and Blessing, it's our traditional culture. This festival is the biggest festival Nepal like Christmas festival in western and European countries. On the last day of this festival is called KOJAGRADH POORNIMA (Fullmoon) Day. There will be a big festival for of marketing and other things like swing, boating, going to temple and many interesting things will be held in this day. The main objectives of this day are to use the money, which the children earned during the TIKA day. People give money also in the during TIKA time. So that money can use by children whatever they like to buy like playing things, eating new things ect. So our children also went to this festival and buy many things whatever they like that day.



## 4.1 Tihar (Deepawali) Festival

Tihar also known as Deepawali (Festival of Light) is a National festival of Nepal. There will be 5 days closed holiday from the government for celebration this festival. The first day worshipping for the black bird (Crow), and the second day worshipping for the Dog, Third day for Cow and Ox, fourth day for Wealth and Good Luck (Laxmi Pooja) and the 5th day is Bhai-Tika (Brother-Sister worshipping). During this festival people get together and made one group and showing a cultural



program in the public places as well as every house. It is

called Bhailo and Deusi program. This Bhailo-Deusi group will perform cultural shows and singing dancing including blessing in every house and the house owner will give food and money together. It is like a fund-raising program also.



During these 5 days RCH family also organized a Bhailo-Deusi program and performed cultural shows in the many places and able to raise some money as well. The same money will be used for the PICNIC program, which will be held in December 2012.

At the last day of this festival is called Bhai-Tika day. In this day every sister will arrange pooja (worship) to their brother with delicious food and gifts, and the brother also gives the gift and money to their sister at the same time. Here in RCH also all the children put and receive tika each other. We have already made sister and brother relations between children. So the girl children gave tika to their brother child. This TIKHA moment is an emotional moment. Because children sometimes remember their own brother and sister and remember them. In the evening of this BHAI-TIKA day, children performed cultural program and singing-dancing each other in the RCH yard.

## 5. Health Camp



Every 6 months period we are organizing a Health Camp at Rainbow Children Home. This time we have organized health camp with the help of Manipal Teaching Hospital, Pokhara. A doctor's team with medicine came from Manipal Hospital and arrived to Rainbow Children home at 10:00 am. They start their work for health check up for the children. All the children's health has been checked up, some have found sick and were given the medicine. There was not found big health problem for the children. There was a pediatrician, a dental, a physician, and ENT specialists who came and checked children's health and gave medicine who

required. Every year we organized 2 health camps and 2 dental check up camps in RCH home. And we will continue to organize health camps in RCH regularly.



## 6. Peace Pagoda Tour

One of the best place of Pokhara is Peace Pagoda. We can see almost all the Pokhara view from this place. It is situated on the top of a hill on the southern shore of Phewa Lake. Besides being a impressive sight in itself, theshrine is a great vantage point which offers the spectacular views of the Annapurna range, Phewa Lake, and the Pokhara city. With the volunteer children climbed the Raniban forest crossing the suspension bridge. After two hours of walking children reached stupa and enjoy the spiritual and scenic beauty. Climbing down from Pagoda is more enjoyable wit the view of Phewa Lake and the mountains. Children cross the lake after the 20 minutes of boating with the visit to island temple (Barahi Temple) in the middle of the lake. There are two main ways to go to Peace Pagoda, one from crossing the Phewa Lake by boat and walking up-hill 45 minuts.



And the other is crossing the suspension bridge and walking 2 hours through the jungle. The Peace Pagoda is a Buddhist stupa designed to provide a focus for people of all races and creeds within the world and to help unite them in their search for world peace. Actually in the world peace pagoda we can see four statues of Buddhas let people informed about the four incidents of Buddha's life. Pokhara is itself a hanging paradise on the earth.



## 7. Swimming Program

Swimming program is one of the good program for the children for their physical, mental and overall exercises. Every summer we are organizing this kind of swimming program for the children. In this summer season one of the well wisher of RCH and a lifetime member of RCH Mrs. Rosemary Costello and Tony came to visit our home. They organize different activities like boating in the Phewa Lake, outing for restaurant ect. and one of the program they organized is the swimming pool. The swimming pool is located about 30 KM from RCH home. We



organized a bus for all the children and reached about 10:00 am to the pool. Children who do not know how to swim are learning for the staffs and other volunteers. Children who know swim very well were enjoying the swimming. After 2 hours of swimming in the pool, children getting hungry and we have organized a chowmin party in the pool area. All the children became so happy to have chowmin after long time swimming.

## 8. Educational Tour

Kamal is studying in the governmental school (Tal Barahi Secondary High School). In the month of March/April (Chaitra) Kamal is going to have a big examination, which is very important, also called S.L.C. (School Leaving Certificate). After finishing this examination, and pass out he can go to the college. It is also called IRON Gate, because this is very hard and finishing the school life. From morning to evening Kamal goes for studying in his school, also he is taking 5 subjects tuition (extra) classes. During





this hard time studying session the school organized a tour, and it is called Educational Tour. This tour is organized for re-freshing to the students who are having an Iron Gate (SLC) exam. It will give more energy to study hard and re-fresh their minds. Kamal and his friends, teacher were visited several places of Pokhara city.



## 9. Birthday Celebration

In every month, we are celebrating birthday parties at Rainbow Children home. In this three months (October, November & December) period we have celebrated many children birthday celebrations. In the month of September we have celebrate birthday of Binita and Rashmi. And in the month of October we have organizing birthday party for Tulasha, Bhumika and Manisah. Likewise in the month of November, Niruta's birthday is celebrated. In the months of December Buddhi, Asha, Shristi and Sudip birthday was celebrated. All the children together celebrating birthday parties with cutting cake and distributing the chocolates like before. Children always became happy with birthday celebrations.





## 10. YOGA & Meditation Training

We have organized a YOGA and meditation training for children with the help of volunteers.

Yoga and Meditation is good for health and it makes peace of mind. Yoga is very much helpful for the physical fitness as well as mental refresh. Also Meditation makes peaceful and always gives energy. So we have organized this Yoga and Meditation program at Rainbow Children Home Nepal. All the children actively participated in this



program. In the first phase we have sent 4 big children for the training. The 4 big children were Sudip, Anita, Sanju and Bhumika, They learn and teaching Yoga and Meditation to other all the children at RCH. At RCH every Saturday in the morning 6:00 am to 7:00 am Yoga and Meditation program is going on and it will be done regularly every day.

## 11. New Developments

### Repairing works:

In this time many new developed took placed in Rainbow children home. We have done lots of repairing work and renovating many things in Rainbow children home. Likewise we have restore, reconditioning children rooms, kitchen, study room, library and medicine room, shoes shelves etc.

### Kitchen:

Now we have developed Kitchen as kitchen use only, in the previous time, we were using kitchen and food store, handicraft store and house mother sleeping room. But now we made different building for handicraft project.





**Bathrooms:**

Repaired all the bathrooms and toilets of the both houses

**Children rooms:**

Children rooms repaired and decorated with new furniture and carpets.

**Colouring/Painting:**

The RCH home is coloured inside and outside walls, window, doors and compound area.

**Shoes shelves:**

we have made shoes shelves for putting children shoes in right way, then children can find easily. It also helps to make the home more hygienic and clean.

**New Building of Handicraft:**

With the help of CIDEN (Spanish Orgnaization) we have build a separate new building for handicraft works. Now all kind of works related to handicraft like dying, colouring, washing, sewing, weaving are done inside that new building. Also one new shopw room has been established in the same building.





**Library Room:**

we have built a new separate room for the library. We have lots of books donated by different volunteers, visitors, sponsors in different times. We have arranged those books and put in the shelves of the new library. Especially there are more children books and other general knowledge books. Also we are putting useful medicine in the same room.

**Small Children Study Room:**

### House Mother's Room:

we have built a separate new room for house mother. In the previous time, house mother was sleeping in the kitchen. Now we have two house mothers and sleeping in a different room. It makes kitchen more clean and hygienic.

## 12. HIV/AIDS DAY Celebration

We have organized an interaction program at RCH home on the occasion of HIV/AIDS Day (3<sup>rd</sup> of December, 2012). All the children and handicraft workers and other children and adults for outside were participated in this program.

Rainbow children staffs, board members and volunteers were giving the speech and demonstrated about HIV/AIDS. Our main was of this program is to make aware about HIV/AIDS to the children. Prevention is better than the cure, so we though this and wanted to inform to all the adults and children about HIV/AIDS and it's impact to their life, to their family, and to their community. We have shown many examples, photos and also a movie show about HIV/AIDS. In the end of



this program we have distributed refreshments to all the participants. This program was successful and we will continue this kind of awareness program like TB Day, MALARIA Control awareness ect in the near future. This HIV/AIDS interaction program was a part of the HIV Day celebration in Nepal.



### 13. Handicraft New Design

We have developed some more new design of handicrafts. You can find the details about the same in our website: [www.handicraftnepal.org](http://www.handicraftnepal.org)





**You Small Help and Support will make a Big Difference!**

**- Thank you -**

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