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Life

PROGRESS REPORT
JAN- JUL 2025

Nepal: Girls Empowerment

The Girls Empowerment Project, run by Child Watabaran Center Nepal (CWCN), helps girls in rural parts of Nepal grow up safe, healthy, and confident. Many of these girls come from poor families and face difficult situations because of floods, landslides, and political problems in the country.

The project supports them through education, health care, and family income programs. Girls receive school materials, lunches, and training that help them stay in school and build a better future. Their parents also learn about health, child protection, and how to earn a living.

By working with girls, families, teachers, and local leaders, CWCN creates stronger communities where every child, especially girls, has the chance to learn, play, and pursue their dreams.

Impact & Achievements



505 children from Bagmati & Koshi region supported through school programs and community activities.



300 children received daily nutritious school lunches (1 school in Bagmati (100 kids) and 2 in Koshi province (200 kids)



30 women trained in goat-rearing and supported with seed money to start sustainable income activities for their families



25 vulnerable families supported with health insurance, helping them access essential healthcare and reduce financial stress



11 rural schools engaged in hygiene and waste management campaigns, led by child clubs promoting clean schools and healthy habits



Volleyball4Life program launched in 11 schools across Bagmati and Koshi regions, encouraging girls' participation in sports and promoting teamwork, equality, and confidence

Education for everyone

Education is at the heart of the program. CWCN helps rural schools provide a safe and supportive space for children to learn. Through the School Lunch Program, 300 children (mostly from indigenous Chepang and Satar communities) in three schools receive a hot meal every day, improving attendance and focus. Students also receive uniforms, books, and school materials, while motivated youth are supported to continue into higher education. In all 11 partner schools, child clubs take the lead in keeping schools clean and inclusive. The Volleyball4Life initiative, active in Bagmati and Koshi provinces, empowers girls through (volleyball) sports, building teamwork, leadership, and confidence.

Empowerment for youth & families

To strengthen families and prevent school dropouts, CWCN invests in livelihood opportunities for women. In Dhading district, thirty mothers participated in hands-on goat-rearing training, learning how to manage small livestock and generate income. Each participant received seed money to build a proper goat shed, creating a cleaner and more sustainable setup at home. The local Livestock Department provided technical guidance, ensuring that families can continue earning in the long term.

At the same time, CWCN supported the Youth Alliance, a network of motivated young people who act as changemakers in their communities. Through workshops on family law, rights, and social responsibility, they developed new skills and confidence to lead awareness campaigns and local initiatives.

Importance of health insurance

Good health is the foundation for stability at home. CWCN supports families so that medical problems do not turn into crises that keep children out of school. In Kavre district, 25 vulnerable families received health insurance, giving them access to basic healthcare and financial protection. Parents attended sessions on how to use the insurance and care for their children's well-being.

Challenges

Despite delays in government approvals and limited resources in rural schools, CWCN kept its programs on track by working closely with local authorities, teachers, and community leaders. The team's strong local network allowed them to navigate bureaucracy, adapt plans, and keep activities running even in difficult conditions. One ongoing challenge is the lack of menstrual hygiene facilities, which still causes girls to miss school during their periods. CWCN is now partnering with schools to create safe, private spaces and improve sanitation, ensuring that every girl can attend school with dignity and confidence.

Future plans & SEEP

As a natural next step to the Girls Empowerment Program, CWCN is preparing to launch the SEEP (Skills for Employment and Entrepreneurship Project) in 2026. After the closure of the former Girls and Boys Homes, CWCN looked for a new, meaningful way to use its buildings. The SEEP program will transform these spaces into learning hubs where young people can gain practical skills, explore career paths, and receive mentorship to start small businesses or find decent jobs. For example in areas such as agriculture, construction, hospitality, beauty and wellness, and basic IT. In CWCN's current partner schools in Koshi & Bagmati province, SEEP will also introduce Practical Working Life Orientation (PWLO) activities, helping youth connect what they learn in the classroom to real-life work environments.

Help us fund this project!

At Net4kids, we see in projects like the Girls Empowerment Program and SEEP how real change takes shape — step by step, child by child, community by community. We're always looking for partners who want to join us on this journey.

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Using volleyball training as a platform to empower young girls



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