

unatti

FOUNDATION



2023 IMPACT REPORT

Decemebrr 2023

www.unattifoundation.org

FOUNDERS MESSAGE

November 2023



Dear friends,

Every girl deserves the stability of a wonderful home and a family who love and will care for her. She deserves the opportunity to realize her full potential and give back to her community. No girl should be subjected to practices and beliefs that strip her of her dignity as a woman and person. She should have the power to sustain herself and her family which allows her to prosper and thrive.

This year Unatti launched a bold new three-year plan to expand our work and grow our impact in Nepal. We know what we do works. We measure our success so we can build upon the programs and services that have the most significant impact on our girls and their communities.

We hope you enjoy reading about the progress of our team and all that they have accomplished over the past year. In the past two years, Unatti donors have contributed nearly \$670,000 towards ensuring progress on our goals. We are expanding our work and our partnerships and hope you will join us as we look to the future of our girls, their communities, and the beautiful country of Nepal.

Namaste,

A handwritten signature in black ink that reads "S. Waisler-Rubin".

Stephanie Waisler-Rubin

UN SDG

United Nations Sustainable Development Goals

The Sustainable Development Goals are a universal call to action to end poverty, protect the planet and improve the lives and prospects of everyone, everywhere.

Sustainable Development is a shared global blueprint for peace and prosperity for people and the planet, now and into the future. At its heart are 17 Sustainable Development Goals (SDGs), which are an urgent call for action by all countries. They recognize that ending poverty and other challenges must go hand-in-hand with strategies that improve health and education, reduce inequality, and spur economic growth.

At Unatti, we are partnering with local governments and community groups to move the needle on these global sustainable development goals (SDGs) in Nepal. Unatti is working on many of these Sustainable Development Goals to ensure that the girls in Nepal continue to thrive for generations to come.



GOAL 1: ERADICATE POVERTY



Poverty and hunger are challenged globally and today nearly five million Nepalis are classified as multidimensionally poor, which means that they lack housing materials, clean cooking fuel, access to quality education, and healthy food.

In Nepal, the two factors that contribute most to ongoing poverty are the number of years a child remains in school.



SANGITA

Dialysis Nurse

At the heart of Unatti's work is the ability of our girls to be able to have a sustainable living wage that elevates them and their families out of poverty so they can take an active role in giving back. We know that when women are empowered financially, communities are stronger.

Despite the fact that every single girl Unatti works with comes from what the UN considers extreme poverty, our programs and support help them change that future.

Sangita spent her entire childhood at Unatti, is now a dialysis nurse, mother of a 5 year old son and is a large contributor to her families financial stability.

GOAL 2: ZERO HUNGER



Ending hunger and malnutrition is important for children to succeed in school and avoid lifelong chronic health issues.

At Unatti, half of the girls are below standard weight based on age and height (a measure of malnourishment) at enrollment.

ZERO HUNGER



Within a few months of joining the Unatti Group Home for Girls, healthy meals and balanced nutrition have 100% of Unatti girls at healthy standards, alleviating malnutrition.

GOAL 3: GOOD HEALTH AND WELLBEING



The national targets for this goal focus on ensuring the health of and access to care for girls and women in the country.

This is an area in which Unatti excels.

With our focus on menstrual health management (MHM) and our Girls Health Education and Empowerment Program (GHEEP), Unatti works to change restrictive cultural norms and policies around the practices that affect millions of girls in Nepal when their monthly cycle gives rise to superstitions, stigma, and discriminatory practices every month.

100% of Unatti girls receive customized counseling and support resulting in stronger long-term outcomes.



WELLBEING

MENTAL HEALTH SUPPORT

Mental wellness is recognized as important as physical health at Unatti. In Nepal, there are only 150 Psychiatrists and 30 registered Clinical Psychologists for 30 million people, and no monitoring body regulating the counseling profession. In a country where women and girls experience high levels of poverty and abuse, finding support is hard.

In addition to the supportive care in our group home, Unatti provides social workers and mental health counseling to support not only our girls but their families as well.

GOAL 3: GOOD HEALTH AND WELLBEING



GIRLS HEALTH EMPOWERMENT EDUCATION PROGRAM

GHEEP workshops are breaking myths and preventing discrimination, especially around themes of menstruation and personal health by providing transparent and culturally sensitive menstrual health management educational workshops to tens of thousands of boys and girls in schools across Nepal.



CHANGING COMMUNITIES -MEET MEETA

GHEEP PROGRAM DEVELOPER AND GHEEP PROGRAM MANAGER

"The idea of providing accurate education about periods to girls in my country came to me so clearly while in college studying to become a social worker. I learned about the psychological traumas from restrictive Chhaupadi practices experienced by my fellow female students. My family is Buddhist so I did not experience the same thing as my Hindu friends.

When I began working at Unatti in 2018, I shared my passion about wanting to change centuries of cultural restrictions that created shameful feelings and a lack of dignity for girls and women across my country. Now I am doing this important work with a team of passionate young Nepali social work students. We are bringing dignity to the youth where misinformation and limitations were once the only option."- *Meeta*

Last year, 15 interns provided 3500 girls with education and supplies and trained an additional 1600 boys. As a result, 42 schools have changed their policies around menstrual health management.

GOAL 4: QUALITY EDUCATION



Ensuring that all girls have access to a high-quality education that allows them to compete in the workforce is a goal that both the UN and Unatti share.

Staying in school and graduating is hard for a girl in Nepal. 80% of girls drop out before secondary school and are at risk of child marriage and trafficking. Those that do finish school often end up in “unofficial” work where wages and conditions are uncertain. Even those that do complete school may not have the skills to compete. In Nepal, literacy is defined as the ability to read and write a simple sentence.



100% of Unatti girls can read and write above grade level and graduate continuing on to higher education or vocational training

KEEPING GIRLS IN SCHOOL

We are very excited about a new initiative, expanding our impact by offering academic scholarships to Nepali girls who will not live at the Unatti Group Home for Girls. Their families may suffer from extreme poverty but can still provide a safe home or their family depends on them.

60 new K-College sponsorships to be granted over the next 3 years, providing educational sponsorships and proven wrap around programs to girls whose families can not afford to keep them in school.

At Unatti our goal is not only to enroll girls in school but see them celebrate their graduation.

GOAL 5: GENDER EQUALITY



The intersectionality of gender equality and violence is clear, when women do not have power, they are more vulnerable to violence and human rights violations such as trafficking and child marriage. Men own 70% of businesses in Nepal and hold an equal percentage of government seats. This has resulted in fewer rights and opportunities for women than their male counterparts.



100% of Unatti's management positions are held by women

WOMEN LEAD

Nine years ago I was a shy and naive young girl. I had recently become a single parent to my young daughter. My marriage had failed and I was lost. And because of Unatti, today I am transformed. I am a confident, thoughtful and an outspoken female leader.

I am proud to be the Unatti House Manager, overseeing every detail of making the Unatti group home for girls a safe and loving home for the Unatti girls.

At Unatti I have grown into a person who sees endless possibilities.

I know my life works is to support all of my Unatti daughters so they can become empathetic, responsible and outspoken and to have the strength to pursue their passions.

I will be by their side for every step of this beautiful journey.- *Nitu*

Nitu pictured 4th from right

GOAL 8: DECENT WORK AND ECONOMIC GROWTH

GOAL 9: REDUCED INEQUALITIES ENTREPRENEURSHIP

8 DECENT WORK AND
ECONOMIC GROWTH



9 INDUSTRY, INNOVATION
AND INFRASTRUCTURE



Sustainable development goals 8 and 9 focus on the sustained, inclusive and economic growth including increased opportunities for youth to have employment.

Nepal's 2023 goal is to adopt wage and social protection policies, and progressively achieve greater equality, full and productive employment and decent work for all. Success in this area will impact girls and women significantly. Currently more than 90 percent of women in Nepal work in labor jobs with few if any protections.



Unatti is developing a proof of concept in 2024 with the goal to launch this social entrepreneurship program by the end of 2025.

JUJU DHAU

Social Entrepreneurship
Program

Unatti recognizes that equality only exists for girls and young women when spaces are built that allow them to excel. We have a history of success building safe spaces where girls thrive.

Unatti is moving forward with a bold vision that will open economic opportunity to girls and young women who have been raised in the Nepali social welfare system. This new effort means creating opportunities for them to hold management-level positions and own their own businesses. Our bold new plan to develop a social enterprise involves expanding opportunities for leadership and small businesses for women and girls.



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GOAL 16: PEACE, JUSTICE, AND STRONG INSTITUTIONS



The Unatti Girls Health Education Empowerment Workshops (GHEEP) uplift not only young girls and boys but also our team of health workers. These volunteer health workers are social work student interns from the nearby Kadambari Memorial College of Science and Management. Through Unatti's partnership with the college, these students earn academic credit by teaching GHEEP workshops to the community. This creates close connections, rapport, and trust between the health workers and the community members whom they will one day serve professionally.



CHANGING COMMUNITIES - MEET SARITA

I am a social worker and GHEEP educator at Unatti. I chose to work here because I wanted to give Nepali girls hope and help them step forward into a better future.

When I first began teaching GHEEP workshops, I experienced a roller coaster of emotions, learning how ill-informed our youth are around topics like menstrual health and sexual and reproductive health. The youth are starved for this knowledge and want to change the deep-rooted restrictive practices and negative perceptions towards girls during menstruation. I know opening up these conversations is changing perceptions not only of their bodies and their periods but of themselves.



