



# Annual Report 2019

Sunsar Maya's mission is to build pathways out of poverty by improving the livelihoods of disadvantaged women and children in Nepal through holistic, community-based services. Our goal is to create a community that breaks the cycle of poverty by investing in, and supporting the well-being and success of, its most vulnerable members.



## SuMa After-School Program

Celebrating 5 Years of Impact

Progressive. Holistic. STEAM focused.

This is SuMa After-School's approach to providing children living in extreme poverty with the tools they need to excel in school, live healthy lives, and thrive. Since 2014, our students have received educational enrichment, medical and dental care, mental health therapies, a daily nutritious meal, and the loving support of caring staff.

### BY THE NUMBERS:

**110**

students enrolled at our 2 SuMa Centers

**54**

STEM projects

**360**

hours of mental health therapy

**54**

art projects

**170**

hours of dancing, singing, and meditation

**31,130**

meals served

“

I moved to this new area to get my kids admitted to this after-school program, and I am happy as I have seen lots of changes in my son. The first change is he is out of bad company and bad habits. He has become more responsible. Recently he participated in one of the STEAM competitions from school and I am so happy to see him engaged in positive work.”

- SuMa After-School Parent



### IMPACT

#### Mental Well-Being

**100%** of students had access to mental health counseling, mindfulness, and meditation

As a result of the program students report feeling better about their:

**92%** Well being

**92%** Self-Esteem/Motivation

**88%** Academic Success

**88%** Relationships

**87%** Positive Life Choices

#### Physical Well-Being

**100%**

- of students received bi-annual medical care, scheduled vaccinations, and dental care
- of students were provided a daily nutritious meal
- of students received age-appropriate instruction on issues of health and safety

#### Academics

**100%** of students promoted to the next grade

**72%**

Learning and Problem Solving\*

**71%**

Academic Development\*

\* Average student score based on teacher evaluations



### HIGHLIGHTS

Five years ago, an 11-year-old Manisha was one of our first SuMa After-School students. Throughout her years in the program she studied a range of subjects, from art to science. Now preparing to start college, Manisha is interning as a student teacher at Sunsar Maya, sharing what she has learned with our current students!



The National STEM Challenge brought together some of the best students from across Nepal, including a team from SuMa After-School, which took home the "Best Concept Award" for their vertical farming model.



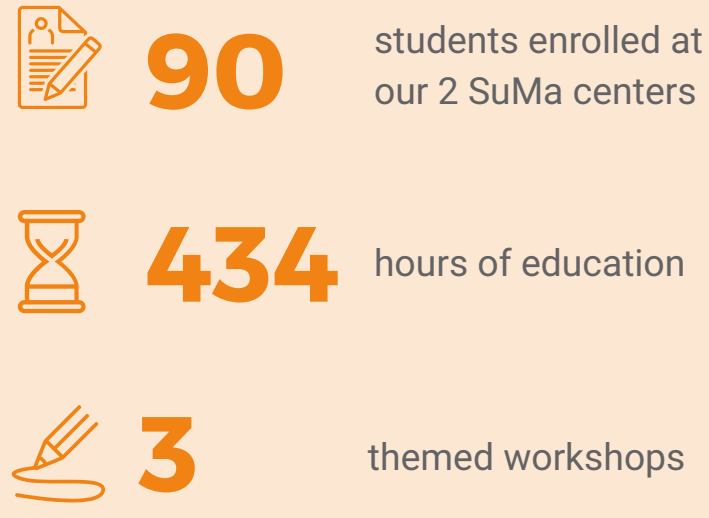
# SuMa Women's Literacy Program

**Education equals empowerment.**

Sunsar Maya's Women's Literacy program provides women living in extreme poverty with English and Nepali literacy tutoring and numeracy training—basic skills that make a world of difference in our students' everyday lives.



## BY THE NUMBERS:



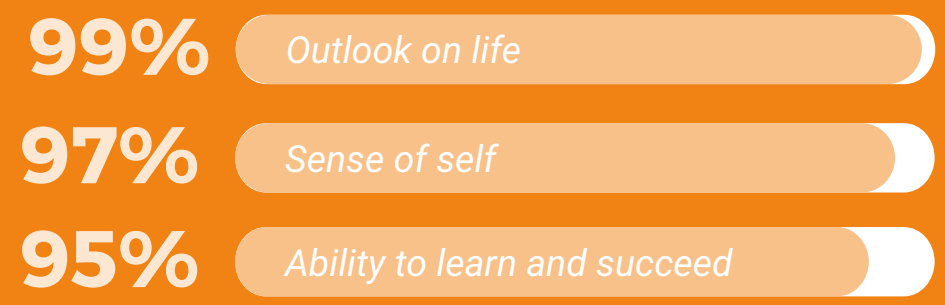
*I once was so embarrassed at the hospital because I couldn't even go to the room assigned to me for [my] check up as I couldn't read at all. And there have been many cases when I used to be cheated by shopkeepers and vendors as I couldn't calculate. After being part of the program for a year, I can easily read and write simple words in both English and Nepali. I can do calculations like add, subtract, and even can find out profit and loss. I am sure that I won't be embarrassed anymore because of being illiterate."*

- SuMa Women's Literacy Student

## IMPACT

**75%** of students were promoted to the next level.

As a result of the program, students report feeling better about their:



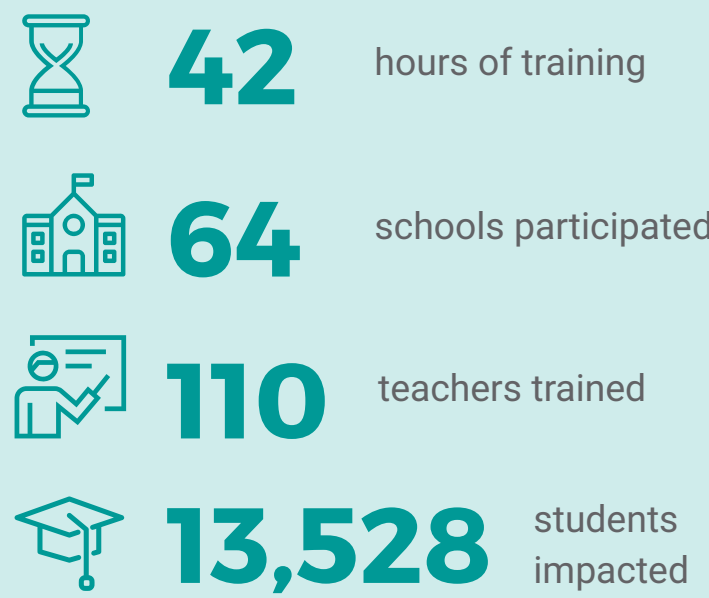
# SuMa Teacher Training Program

**Building communities by training teachers.**

In rural areas of Nepal, teachers are often unprepared and under-resourced, lacking the training and support they need to effectively provide their students with the education required for future success. To address this challenge, our SuMa Teacher Training program provides workshops and regular follow-ups, sharing strategies to help teachers with limited resources make learning impactful and fun.



## BY THE NUMBERS:

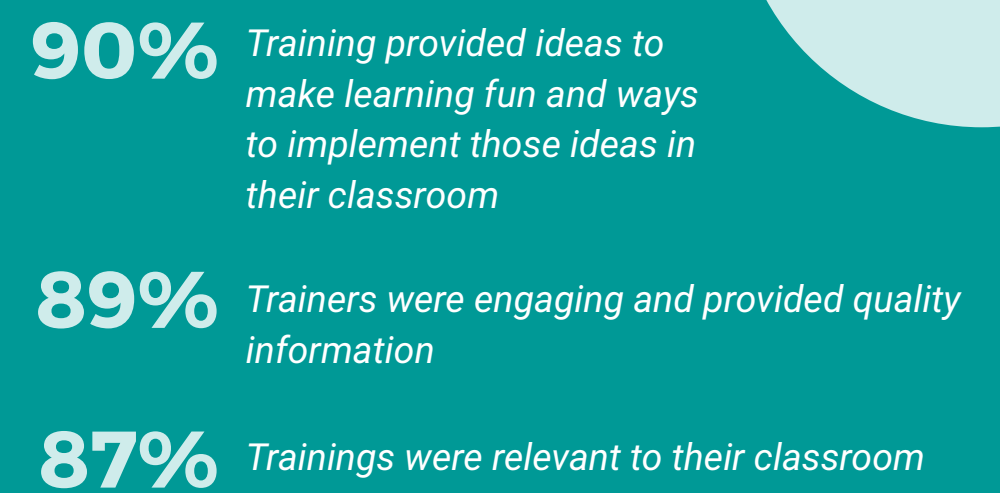


*When I received a phone call about teacher training from Sunsar Maya, I was so excited as there were quite a few teachers who were untrained or fresh graduates in my school. I sent four of my teachers to the training and I can clearly see their growth. They [are now] super confident, better at delivering content, at managing their classrooms, and at engaging their students. I hope Sunsar Maya keeps following up and keeps training our teachers."*

- School Principal, Lalitpur

## IMPACT

Participants in the trainings said:



# Building the Capacity of Others

In 2019, we deepened our impact in the communities we serve by sharing what we've learned with others through partnerships, workshops, and events:

- Provided teachers from Help Nepal, an NGO based in Kathmandu, with training on **how to teach science** to primary students.
- Provided public school teachers lessons on "**Low Cost to No Cost Ways of Designing STEAM Projects**" at the US Embassy's 2019 Innovation in Education Fair.
- Provided **STEAM workshops** for science fellows from Teach For Nepal.
- Partnered with Mahalaxmi Municipality to host the first ever **STEAM CHALLENGE**. More than 1,000 students attended the event, cheering on 26 teams from across the district.

# The Difference YOU Made

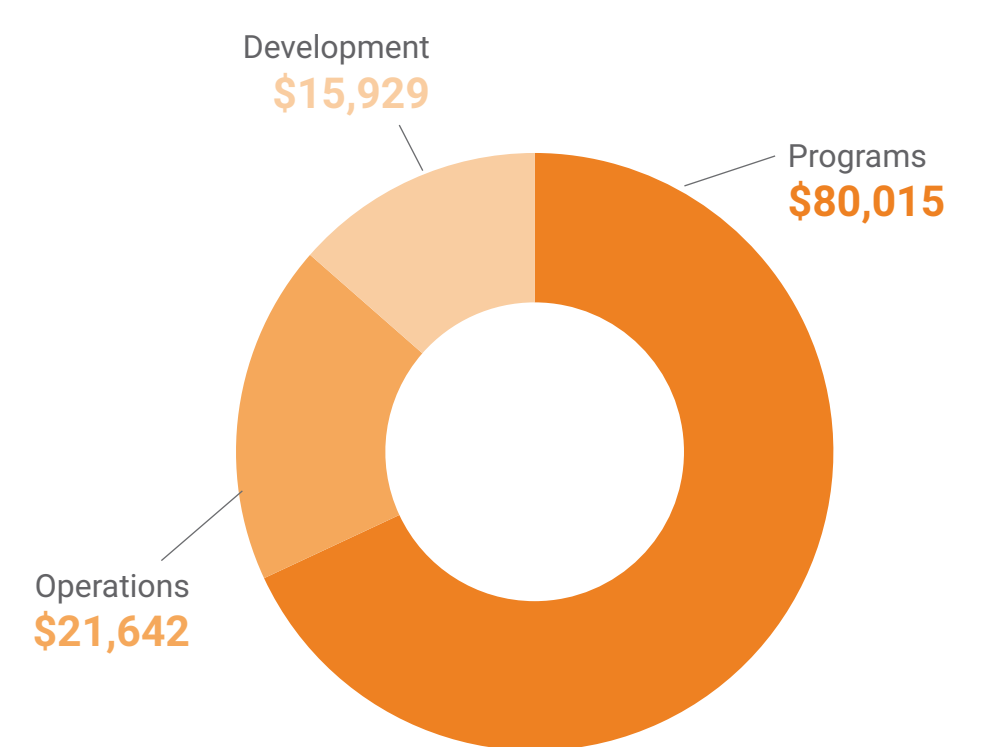
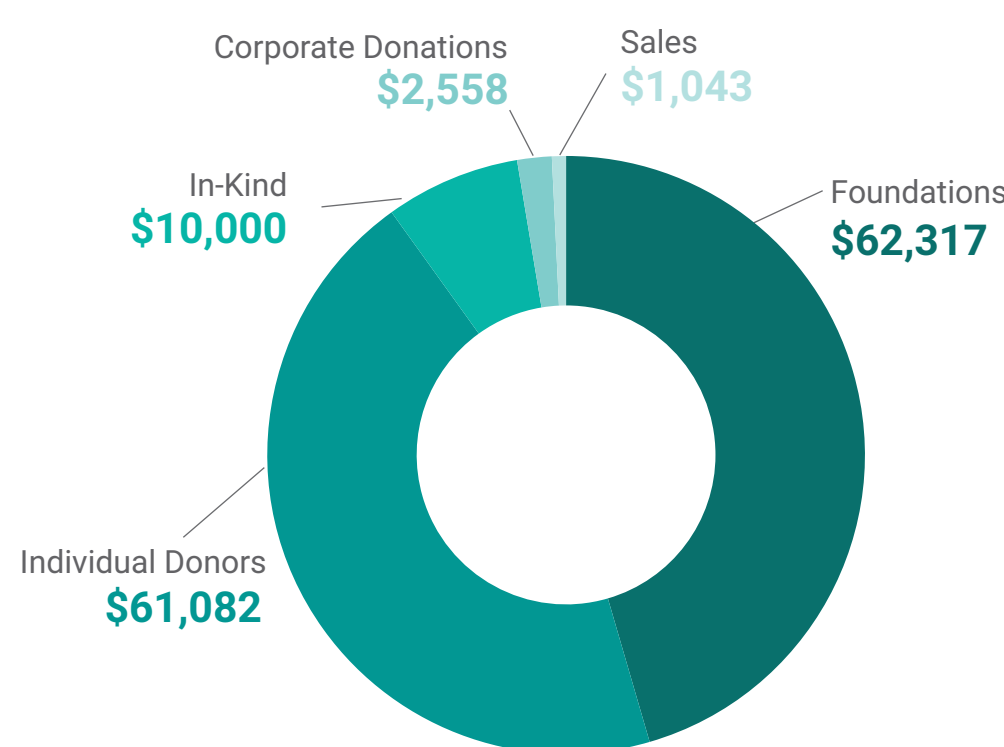
Every child we taught, every woman we empowered, every teacher we trained, was because of you. Whether you responded to a campaign, hosted a fundraiser, donated your birthday, or participated in the 2nd annual Walk, Hike, Go—we are grateful for your generosity.



# Financials

**REVENUE: \$137,000**

**EXPENSES: \$117,586**



**Sunsar Maya**  
Kathmandu, Nepal  
San Francisco, California  
info@sunsarmaya.org  
+1 415-498-0458

