



FEBRUARY 2011  
KATHMANDU, NEPAL

*Dear Friends,*

After more than 25 successful years helping the indigent children of Nepal, the last couple of months have been especially fulfilling. A writer has been visiting Kathmandu to do research for a book about us, and two filmmakers were here in January to gather footage and interviews for a video about our projects.

All three went to western Nepal to learn about our Indentured Daughters Program to liberate girls from bonded servitude (more about this in our next newsletter). They also interviewed a number of the youngsters who grew up under NYF scholarships and support, visited our New Life Center for children with HIV/AIDs, and spent time observing our work in



### **Mothers at the NRH learning about nutrition**

the flagship Nutritional Rehabilitation Home (NRH) in Kathmandu. This overview of our work confirmed and summarized the many ways NYF has helped thousands of Nepali children over these many years.

As most of you know, the NRHs are small hospitals dedicated to the restoration of the health of severely malnourished children. While the staff works to restore the children's health and weight, the mothers are trained in all aspects of child care. Mothers are also provided nutritional education, including the proper preparation and cooking of locally grown and cheaply available staples and produce.

Many of you have seen our photographs of the miraculous changes in the children between their admission and discharge from the NRHs. After an

average of only five weeks, the children evolve from pitiful, frail little creatures to healthy, happy, lively kids. When the filmmakers arrived, we suggested that they document the progress of one of the malnourished children from the time of admission to the NRH until the filmmakers' departure about two weeks later. The NRH staff selected a five-year-old girl, Laxmi.

At admission, Laxmi was a tragic creature. Her little body was totally limp – she could not raise her head and did not have the energy to even cry – just a soft, pitiful whimper. There were tears running down her mother's cheeks as she held the child close. Our NRH staff went to work – weighing and measuring Laxmi and taking her medical history. At the same time, our dietician formulated a diet that would provide her with the nutrients she needed.



### **Laxmi at admission**

*more...*

Changing the world...one child at a time.



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On the way to the NRH with the filmmakers to record Laxmi's progress two weeks later, I was hoping that there would be some tangible and visible improvement in her condition – perhaps she would be able to stand alone, was no longer crying, and might even reward us with a small smile. I was a bit apprehensive whether a two-week stay would demonstrate any dramatic improvement for the filmmakers to document – but how wrong I was!



**Laxmi two weeks later**

When we approached Laxmi's bed, we thought the nurses had made a mistake – surely this couldn't be the same child we saw two weeks ago. But there was her mother, cradling her in her arms and grinning from ear to ear.

In just 14 days, Laxmi had gained several pounds and was transformed into a happy, healthy little kid. If there were an Academy Award for giggling, she would have won hands down for her tinkly little laugh. She played on the swing, the slider, ran around, and, for all intents and purposes, she was a normal and adorable little girl.

Laxmi is one of a thousand children who are restored to health each year at the 12 NRHs we have established throughout the country. The success rate of this program is around 95%. It costs only \$340 to restore a child's health and provide training to the mother so that the condition does not recur. A pretty good bargain to save a child's life or avoid physical or mental retardation.



**Olga and Laxmi  
enjoying friendship**

Please help us to bring life and health to children like Laxmi. We cannot continue this important work without your support. We hope that you will give as generously as you can to change the lives of these wonderful children.

Warm regards,



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