



April Update

A New Year, New Beginnings

From the shelter home, with gratitude.



This April, the shelter home welcomed the Nepali New Year with a celebration that was small, but with a bigger impact.

The girls prepared dances, sang songs, and spoke in front of one another, sharing resolutions and commitments for themselves and each other. It was simple and it was full of life. Watching them confident, genuinely joyful, and firm in their commitments felt like exactly the right way to step into a new year.

Where things stand

Here is a snapshot of the girls and their progress this month:



23

girls in the shelter home



5

girls with valid passports



1

health camp every 2 weeks



7 to next grade

9 starting school this session

16 girls going to school



8 Burlington English

6 Advanced English

14 girls improving English Skills



3

girls completed vocational training



2

girls travelled to USA & Germany

3

girls attended survivor leadership conclave in India

Each of these steps reflects something real: growing confidence, and a readiness to move forward.

The Sky Room

The Sky Room, with its blue ceiling and painted clouds, was designed to feel calm and open. Every morning, the girls gather there for yoga. Though many were hesitant at first, they eventually started showing up on their own and noticing how much better they felt.

In the evenings, the room becomes a space for sleep meditation. While many were originally skeptical, regular practice helped them feel calmer and sleep more easily. Now, the Sky Room is more than just a place for sessions; it's a safe space where the girls choose to sit even when nothing is scheduled.





Healing through movement, music, and more

Every Sunday, the girls take part in dance therapy, a practice focused on self-love, body awareness, and gently releasing stored trauma. At first there was hesitation because it was unlike anything they had tried before. Now they look forward to it. Some have shared that it helps them feel more relaxed, confident, and accepting of themselves.



Every Thursday, music therapy gives the girls a chance to find their voice again. Trauma has a way of silencing people, and this is one space where that silence is slowly lifted. The sessions are new, but the girls are already responding with openness and enthusiasm.

Alongside these, the girls also attend expressive art therapy, boundary sessions, psychosomatic group work, and anger management. These are led by counsellors and are helping them process difficult emotions at their own pace. The change has been visible. Where participation was once reluctant and distracted, the girls are now engaged, asking questions, and supporting one another.

The garden

The garden is where many of the girls go when they need to breathe. Outdoor games, group sessions, and expressive art all happen there. Gardening, in particular, has been meaningful. Many of the girls come from agricultural backgrounds, and working with soil feels familiar and grounding. Planting vegetables and flowers together, they look focused and at ease in a way that is quietly remarkable.



Day to day

Daily life is filled with small, vital moments: art, storytelling, games, and boxing. Health camps are held every two weeks, and new arrivals are greeted with welcome baskets of essentials. Afterward, the girls sit together to share their journeys, how they felt for the first time they were in shelter and how are they feeling now helping everyone feel they truly belong

Each girl has her own bed with a small rack, a personal light, and curtains for privacy. Many spend quiet time in their own space before sleeping, reading, drawing, or making mandala art. These small, thoughtful details have made a real difference in how safe and settled the girls feel.



Progress has been steady and clear. The girls are more expressive, engaged, and emotionally stable than when they first arrived. Difficult moments still happen, but shutdowns and episodes that were once frequent are far less common now.

This is what consistent care looks like over time. Thank you for making it possible.

