

3. Skill Development:



The main emphasis of the center has been on skill development. The hope is that the girls can learn simple skills which can give them income generating opportunities in the future.

III. Domestic Skills

The girls are taught how to perform such basic daily tasks as cleaning, washing, cooking food, dressing themselves.

IV. Physical activities



Physical games and exercises provide entertainment for the girls and at the same time help them to ward off the threat of secondary disabilities by improving their overall fitness.



Expectation for support

Please help us in the fight against the miserable condition of these neglected disabled children. Please donate today with hope that the thinking of society towards children with disabilities will change from a negative to a positive light, where children do not have to hide in the shadows but lead an inclusive life in society. Your sacrifice of one day's expense will shine a bright light in the life of these female disabled children.

Please KINDLY donate towards these children.

Give your loving hands to stand beside us

— Voice of Intellectually Disabled Girls

Bank Contact

Account Name : Lachana Boudik Apangata

(Sungava Homes)

Saving Account : 03001030253277

Swift Code No: NIBLNPKT

Name of Bank: Nepal Investment Bank, Bhotahiti.

For further information

Sungava Homes

Lachana Society to uplift the Intellectually Disable Girls/Women,

Swoyambu, Kathmandu, Nepal

Contact No.: 9841532585/9841241413

Website: www.sungavahomeslid.org.np



SUNAGAVA HOMES: Lachana Society to Uplift Intellectually Disabled Girls/Women



Dedicated

to the care of Girls & Women with Intellectual Disability...

Introduction

Sungava Homes: Lachana Society is dedicated to the vision of upliftment of the intellectually disable girls and women. We are a non-profit, philanthropic organization registered under Social Welfare Council Reg. No 42385 and CDO Reg No 311.

Organizational Development

Intellectual disability (ID) is characterized by limitations in cognitive functioning (learning capacity) and inability to communicate with others. Thus, they need constant care and support because they are unable to perform even simple basic tasks such as feeding, toileting. In the absence of caregivers, particularly in the event of their parents' death, children with ID face a dark and uncertain future. Realizing the severity of their problems, a group of concerned guardians took the initiative to establish "Sungava Homes in the name of Lachana Society in 2073 BS (2016 AD).

Our purpose is to support females who are suffering from ID and enable them to lead a life of dignity and comfort by providing them with relevant education, training, medical support, and opportunities for inclusion in Nepali society.

Our Objectives are to

- Provide care and support to females with Intellectual Disability
- Provide a safe space for females with ID and protect them from any type of violence
- Provide education, life skills training, and vocational training that would enhance their day-to-day functioning

- Advocate for the inclusion of individuals with ID in Nepali society
- Protect them from any form of coercion or violence

Our Mission is Working hard with every effort to accomplish our objectives.

Why a Disability Center for Females?

In Nepal, there is a huge stigma attached to children with disability. These children often become victims of abuse and neglect. Many of these children are hidden away by their families because of shame and stigma attached to their condition.

Thus, it is not uncommon to hear stories of children who were forced to spend their entire lives confined to one small room, often dying in the same bed in which they were born especially female children.

In the other hand, girls with intellectual disability are the vulnerable group. They are not aware of the surrounding environment and are also very innocent. They are neglected from their homes and also equally from the society. Thus, they can be easily misused & mistreated through selling of human flesh(trafficking) and sexual abuse.They are not safe in the society. Considering these serious problems, Lachana Society was established for the girls and women.

What We Do: Current Services

I. Day Care Services

the following services are provided in day care services:

1. Life skill trainings (e.g. toileting, washing hands, brushing teeth, combing hair, eating)

2. Therapy including exercise and physiotherapy
3. Recreational opportunities such as games.
4. Educational activities such as academic, art, music
5. Counseling service for parents

II. Vocational Training & Literacy

The vocational training unit is run by a group of mothers of ID female. They all are professionally well trained. Series of training activities are carried out regarding:

1. Literacy:

The formal education program at the center begins at the most basic introductory level. The girls are taught Nepali and English alphabet and basic mathematics skills according to their individual capacities

2. Creative activities:



The center has pioneered the use of music, dance and art for the girls. These activities give the girls new opportunities for self-expression. Many of the girls are excellent drum players with natural ability in rhythm and they take a lot of pride in their performance.