



Little Sisters Fund
Education for Empowerment

ANNUAL REPORT 2022

Letter from the Executive Directors

2022 was a positive and promising year throughout LSF. Trevor returned to Nepal for the first time since COVID started. Seeing the Nepal Team and especially the Little Sisters were both moving and powerful experiences.

It is truly amazing how well the Little Sisters perform in school, individually and collectively. LSF's year-on-year continuation rate is well over 99%, which is unheard of for female education in Nepal. Over 97% of Little Sisters enroll in higher education, more than 3X the national average and Little Sisters are over 3X more likely to score exceptional marks on national exams. These successes come down to the leadership and commitment from the Nepal Team and the guidance of our Coordinating Mentors.

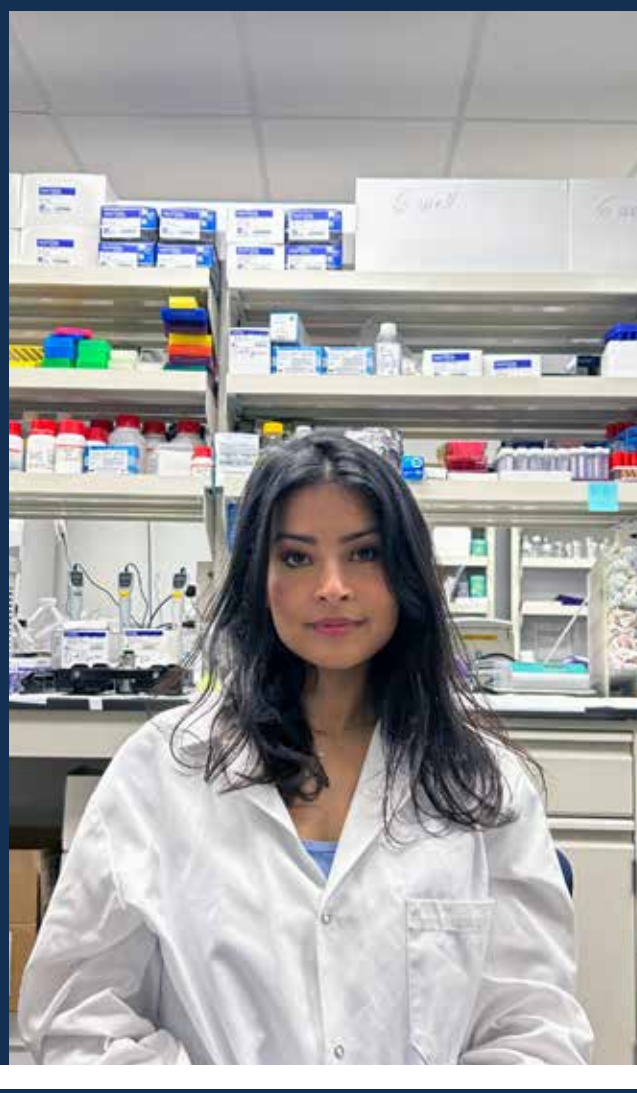
The really remarkable achievements, however, are most evident in our graduates. Their successes are mind-boggling. Our graduates work in every field you could imagine from healthcare to architecture, from teaching to aerospace engineering and from computer science to Nepali literature. Little Sisters are smashing cultural barriers and challenging archaic beliefs that limit opportunity for young women in Nepal. We could not be prouder of these young heroines and could not be more grateful to YOU! Our achievements as an organization are only possible because of YOUR generous support. धेरै धेरै धन्यवाद - Dhanyabaad! Thank you!

The Power of Connection: Nilu's Story

Nilu became a Little Sister in 2007 when she was in 4th grade. Despite societal pressures and pervasive gender discrimination, her parents wanted to provide their three daughters with a quality education. They chose to leave their village in eastern Nepal to move to Kathmandu in search of a better education for Nilu and her sisters.

"I believe LSF has profoundly shaped the woman I have become," Nilu said. "It instilled in me a sense of connection, support and the knowledge that I am part of something bigger, a community of Little Sisters that will always be there for one another."

Nilu is currently working on her PhD in Molecular and Cellular Physiology at Louisiana State University Health Sciences Center in Shreveport, Louisiana. Her research was published in *Frontiers in Molecular Biosciences*, a leading journal in the field. Nilu's work shows the direct interaction between cancer cells and fibroblast leading to cancer progression. In April 2023, Nilu presented her work at one of the largest cancer conferences in the world.



2022 THE YEAR IN REVIEW

BY THE NUMBERS



2,024

Little Sisters stayed safe and in school with assistance from our scholarship programs.

27 Little Sisters helped complete 12 community projects.

4 Science Labs | 3 Water Projects
2 Playgrounds | 1 Library | 1 Computer Lab
1 Stage



103 Teachers Trained

in up-to-date, child-centered, value-based teaching methods and classroom management techniques.

188 Graduates

175 Little Sisters graduated from high school and 13 Little Sisters earned technical trade degrees in 2022.



Tons of Supplies Distributed

In addition to school supplies, LSF distributed 1,836 uniforms, 745 menstrual health kits and preventative medications to all 2,024 Little Sisters.

21 LSF alums are working as Coordinating Mentors.



33 LSF alums are paying it forward by sponsoring the education of a current Little Sister.

In 2022, LSF was financially supported by 223 Individuals + 37 Foundations.



Teachers Training Teachers

In 2022, LSF launched the Teacher Training Academy (TTA), a comprehensive, ongoing teacher training and support system that will positively impact educational outcomes for thousands of students in Nepal for years to come.

The goal of the TTA is to provide young teachers with training in up-to-date, child-centered teaching methods and techniques which will allow more teachers to encourage critical thinking, meaningful learning and practical application from their students. This in turn, will allow students to bring about significant change in their schools, communities and country throughout their educational and adult lives.

The Teacher Training Academy is led by LSF's teacher-trainer, Sangita, along with three experienced subject-specific educators. The first cohort of eight teacher trainees graduated from the intensive 3-month program in September 2022. These young teachers are now equipped with new skills and abilities that will help them better manage their classrooms, inspire their students and improve the overall quality of the learning environment throughout Nepal.

"I found the TTA experience to be incredibly valuable. It helped me gain a deeper understanding of how to engage and motivate my students. I particularly appreciated the practical examples shared during the training."

—Babita, 2022 Teacher Trainee



Little Sisters in Healthcare

Little Sisters are having tremendous positive impacts on the healthcare system in Nepal as they become doctors, nurses, radiologists, dentists, optometrists and more. Since the first Little Sister graduated in 2002, over 120 Little Sister graduates have entered the medical field.

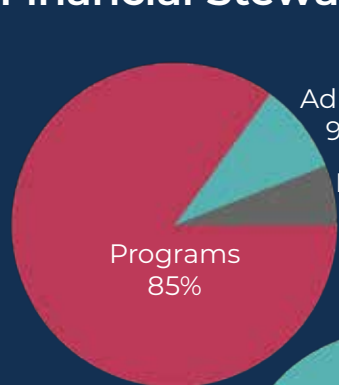
7 doctors | **70** nurses | **8** dentists & dental assistants | **9** pharmacists
4 optometrists/ophthalmologists | **2** physical therapists
13 medical lab technicians | **3** radiologists

1 ayurvedic specialist | **7** other health related fields

In 2022, Sadhana (in black) received a full scholarship to pursue an MBBS (bachelor of medicine, bachelor of surgery) degree and Pratikshya (in orange) received a full scholarship to pursue a bachelor's in nursing.



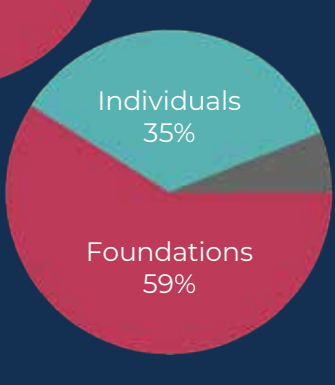
Financial Stewardship



Admin 9%

Fundraising 6%

Programs 85%



Individuals 35%

Foundations 59%

Div & Int 6%

Expenses:

Programs: \$ 634,035
Management & Administration: \$ 69,352
Fundraising: \$ 46,937

Total: \$ 750,324

Income:

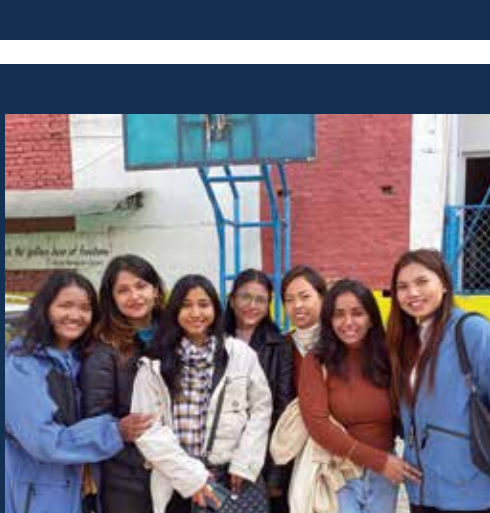
Contributions from Individuals: \$ 281,051
Contributions from Foundations: \$ 471,028
Dividends and Interest: \$ 45,167

Total: \$ 797,246

"I have grown up with a Little Sister my whole life. But Kishudha was never really my little sister, she was more of a big sister and friend. By supporting her education and sharing letters with her, I learned we should never take our education for granted because some girls don't have the privileges we do. I want to continue to search for knowledge like Kishudha. I want to spread education like LSF. I want to make my big sister Kishudha proud."

—Katy Scott, Little Sister sponsor and LSF intern

Thank you to our sponsors, donors and the hundreds of volunteers who make our mission possible!



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