



## Mitrataa - Rouse Update

January 2024

Thank you again to Rouse for the support this year which we allocated to the same 2 projects as last year.



### Roshani's Award

We continued to allocate part of your support to our Roshani's Award student, Rojina. Rojina continues to work as an assistant teacher at a local kindergarten working with around 15 young children. The feedback from the other teachers is that she is kind, compassionate, hard working and that the students love her. They had some minor issues with her forgetting instructions but we worked with them on strategies to help overcome this challenge associated with her autism. Jyoti, one of our tutors, has worked really closely with her, building Rojina's confidence and teaching her many life skills. We recently visited Bhaktapur, an historic town, with Rojina and her sister Sujina for a some traditional pottery activities. Rojina was the first to try it and made a gorgeous little pot. She then ordered lunch for us all and served it to us very confidently. This is a wonderful achievement for her as she builds her life skills and independence.

We also recently acquired a new family member in the hostel – a new dog. Rojina has taken responsibility for Alma including walking her, feeding her and training her. Alma has quickly become a wonderful therapy dog for Rojina and all the Mitrataa family.

### Mitrataa's Heart – Our Hostel

As you know, our hostel (also our office) is the heart of Mitrataa. It's the safe space for our students and their families when they need to and for them to connect with the Mitrataa network. We have continued to invest part of your support to our hostel costs. Recently, a couple of our bachelors students have needed a safe place to stay – one because she had some mental health issues and needed to be surrounded by love and care and support to work through that. The other to ensure he was able to focus on his studies and have some guidance and routine to help him through a difficult semester. Several other students have also spent time in the hostel recently under the care of Nimu, Bandana and the hostel team to provide care and support during challenging times.



*Hostel students preparing the garden to plant spinach*



*Hostel students making momos during the holidays*

The hostel is also the centre of tuition, debate classes, monthly meetings for the students as well as home to our Karkhana STEM lab. Especially on Saturdays, it is a hive of activity as students call in to check in and update us on their lives. Recently, our younger students had their winter holidays and the hostel was full of energy as they did different activities with the team.

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Thank you so much for your support this year. We look forward to updating you again soon.

We hope all the Rouse team, families and clients are safe and

healthy.

With gratitude, Bec, Nimu and the Mitrataa team.



*Chalk art during the winter holidays*



*Rojina doing some self-esteem writing activities with Kanchan*