

# Project “Nyano Maya - Phase IX”

## 1. Project Overview

**Project Title:** Nyano Maya

**Project Type:** Signature Project

**Organized by:** Rotaract Club of Lalitpur

**Collaborating Club:** Rotaract Club of Kusom

**Date:** 14th February, 2026

**Venue:** Future Hope Nepal

**Location:** Gothatar, Kathmandu

The signature project “**Nyano Maya**” was conceptualized with the objective of spreading warmth, care, and emotional support to children through mental health awareness and material assistance. The project focused on nurturing both the emotional well-being and basic needs of children residing in an orphanage.

## 2. Participants and Beneficiaries

- **Number of Beneficiaries:** 17 female children
- **Age Group:** 5 to 18 years
- **Expected Number:** 10–18 children (as informed prior to the program)
- **Total Volunteers:** 10 members from Rotaract Club of Lalitpur
- **Collaborators:** 5 Members from Rotaract Club of Kusom

## 3. Program Schedule and Activities

### Arrival

The team arrived at the venue at **10:30 AM** and was warmly received by the management and children of Future Hope Nepal.

### Mental & Menstrual Health Sessions

Two interactive sessions were conducted focusing on:

- Mental health awareness
- Emotional expression and self-understanding
- Building confidence and positive thinking

The sessions were designed to be child-friendly, engaging, and inclusive, ensuring participation across different age groups. Activities included open discussions, interactive questions, and simple exercises that encouraged the children to express themselves freely.

- Total Duration: Approximately 1.5 hours
- Session Nature: Interactive, engaging, and educational

The children actively participated throughout the sessions, making the discussions lively and meaningful. The sessions successfully created a safe and supportive environment for sharing thoughts and emotions.

## 4. Distribution of Support Materials

Following the completion of the sessions, the club handed over essential items as requested by the orphanage:

- 6 big packs of clothes
- Daily household food materials
- Stationery items

The clothes distributed were collected as part of a collaborative clothing collection initiative with **Rotaract Club of Kusom**, further strengthening inter-club cooperation and community impact.

## 5. Financial Summary

- Total Expenses: Rs. 11,835

The expenses covered the procurement of food materials, stationery items, packaging, and other logistical arrangements required for the successful execution of the project.

## 6. Collaboration and Teamwork

This project was made more impactful through the collaboration with **Rotaract Club of Kusom**, whose members actively supported the distribution of clothes. The joint effort reflected the spirit of unity, service, and fellowship within the Rotaract community.

## 7. Overall Outcome and Experience

The project **Nyano Maya** was successfully conducted and achieved its intended objectives. The overall experience was:

- **Fun and engaging**
- **Emotionally fulfilling**
- **Fruitful for both volunteers and beneficiaries**

The smiles, enthusiasm, and active participation of the children made the entire program meaningful and rewarding. The project not only addressed mental health awareness but also fulfilled immediate material needs, creating a holistic impact.

## 8. Conclusion

The **Rotaract Club of Lalitpur**, along with the **Rotaract Club of Kusom**, successfully conducted its signature project *Nyano Maya*, reinforcing the values of compassion, service, and community responsibility. The project stands as a testament to the power of empathy-driven initiatives and collaborative efforts in bringing positive change to society.

## 9. Appendix





