

IMPACT REPORT

Empowering Girls Through Education at Yangri Academic Center

March 3, 2026

Executive Summary

This report outlines the impact of educational support provided to female students at Yangri Academic Center in the remote Sindhupalchok region. Generously supported by Cycle5ToSurvive—through the dedicated commitment of P.L. and Kristen—the initiative focuses on girls from Grades 8 and higher. By prioritizing holistic development, the initiative has meaningfully strengthened academic engagement, increased confidence, improved psychosocial well-being, and contributed to positive shifts in community perceptions regarding the value of girls' education.

1. Introduction

Located in the remote Sindhupalchok District of Nepal, the Yangri Academic Center serves as a vital educational hub for surrounding communities. Through the strategic infusion of resources, the school has strengthened its ability to provide a well-equipped and encouraging environment where young women can pursue their academic and personal potential. This report explores the qualitative outcomes of these efforts and the observable changes in students' engagement, confidence, and community influence.



2. Key Areas of Impact

2.1 Enhanced Academic Engagement and Access

The provision of targeted resources has directly strengthened the girls' day-to-day academic experience by addressing both educational and essential personal needs.

- Resource Availability: Students now have consistent access to learning materials and school uniforms, ensuring that no child is disadvantaged due to a lack of basic necessities. Educational quality has been further enhanced through the installation of Digital Smart Boards for interactive learning, a well-equipped Computer Lab with reliable Internet access, fully furnished classrooms, a spacious playground for physical development, and a comprehensive library stocked with books across academic subjects and genres. Essential stationery materials are readily available to support daily academic activities. These improvements have created a more structured and engaging learning environment, allowing students to participate more actively and consistently in their studies.
- Holistic Health and Support: Recognizing the needs of adolescent students, the program ensures the availability of essential medical arrangements, particularly during menstruation. By providing sanitary supplies and health support in a private and dignified manner, the school has reduced absenteeism related to monthly cycles and enabled girls to attend classes with confidence and continuity.

2.2 Psychosocial Well-being and Confidence Building

- Active Participation and Empowerment: With their basic needs supported, teachers report a noticeable increase in classroom engagement and participation in school events and external competitions. Girls who were previously hesitant are now contributing more confidently to discussions, group work, and extracurricular activities.
- Transformative Outlook: Beyond academics, students are increasingly taking on leadership roles in group projects and collaborative initiatives. This has strengthened their sense of responsibility and agency. They are beginning to envision broader personal and professional aspirations, seeing themselves as active contributors to their families and communities.

The structured guidance and encouragement provided within the school environment have reinforced students' belief in their own potential. They are building peer networks, expressing themselves more openly, and developing the confidence necessary to pursue continued education and future opportunities.

Our maturing girls, in particular, are demonstrating greater initiative in decision-making and leadership within the school setting. This development represents an important step toward sustained gender equity and long-term community advancement.

2.3 Shifting Community Perspectives

The positive changes in students are increasingly visible within the broader Yangri community.

- Role Models: As these girls advance in their studies and demonstrate leadership within the school, they are becoming visible role models for younger children in their villages, encouraging continued enrollment and aspiration.
- Parental Engagement: Parents and guardians are showing increased commitment to their daughters' education, recognizing the tangible academic progress, personal growth, and expanded future possibilities that schooling provides. This growing support reflects a meaningful shift in attitudes toward girls' continued education.



3. Quantitative Impact: Details of the female students receiving scholarships

The following female student are recipients of scholarships, covering both their academic fees and living expenses at the Himalayan Life dorm facilities in Yangri or Kathmandu:

Grade 8 (Yangri, upper campus)		
S No.	Name	Annual Expenditure
1	Bindu Lamo Lama	NPR 196,511.50
2	Chhiring Dolma Sherpa	NPR 196,511.50
3	Gyanu Maya Thing Tamang	NPR 196,511.50
4	Nima Yangji Syangbo	NPR 196,511.50
5	Pasang Sherpa	NPR 196,511.50

6	Roshni Tamang	NPR 196,511.50
7	Sarmila Tamang	NPR 196,511.50
8	Sharmila Tamang	NPR 196,511.50
9	Sunmaya Syangbo	NPR 196,511.50
10	Susila Tamang	NPR 196,511.50
	TOTAL	NRP 1,965,115.00

Grade 9 (Yangri, upper campus)		
S No.	Name	Annual Expenditure
1	Annu Tamang	NPR 216,911.50
2	Jhimmy Tamang	NPR 216,911.50
3	Lasang Tamang	NPR 216,911.50
4	Nima Dolma Sherpa	NPR 216,911.50
5	Pasang Yanjen Tamang	NPR 216,911.50
6	Preeti Tamang	NPR 216,911.50
7	Pusma Tamang	NPR 216,911.50
8	Susma Syangbo	NPR 216,911.50
9	Tsering Yangchan Sherpa	NPR 216,911.50
	TOTAL	NRP 1,952,203.50

Grade 10 (Yangri, upper campus)		
S No.	Name	Annual Expenditure
1	Jamuna Tamang	NPR 237,820
2	Karishma Tamang	NPR 237,820
3	Lakpa Dolma Sherpa	NPR 237,820
4	Mingmar Sherpa	NPR 237,820
5	Nimlamu Tamang	NPR 237,820
6	Pem Dolma Tamang	NPR 237,820
7	Pramila Tamang	NPR 237,820
8	Priya Tamang	NPR 237,820
9	Roshni Tamang	NPR 237,820
10	Sonam Dolma Tamang	NPR 237,820
11	Sukmaya Tamang	NPR 237,820
	TOTAL	NRP 2,616,020

Grade 11 (Kathmandu)		
S No.	Name	Annual Expenditure
1	Lakpa Tamang	NPR 331,562.5
2	Karmu Tamang	NPR 331,562.5
3	Khushi Tamang	NPR 331,562.5
4	Niri Glen	NPR 331,562.5
5	Susma Glen	NPR 331,562.5
6	Rojina Tamang	NPR 331,562.5
	TOTAL	NRP 1,989,375.00

In summary, 36 girls are receiving scholarships from the HL EDUCATION FUND, with significant funding contribution by Cycle5toSurvive, totalling NRP 8,522,713, which is the equivalent of CAD 79,303.00

4. Personal Impact: Student Case Studies

To truly understand the depth of this initiative, it is essential to look at the individual lives transformed by the Yangri Academic Center.

Case Study 1: *Lakpa Sherpa*

Lakpa is currently studying in Grade 11 in Kathmandu. She graduated from the Yangri Academic Center last year and is now pursuing her higher secondary education while residing in our newly established student home in Kathmandu. Originally from the remote village of Ripar, located near Yangri, Lakpa did not have the opportunity to enroll in school at the appropriate age due to limited access to educational resources and prevailing socio-economic constraints. As a result, she is now the eldest student among her peers in her class. However, this has not discouraged her; instead, it reflects her resilience and determination to continue her education despite delayed beginnings. Coming from a socially vulnerable and educationally underserved community—where many girls of her age have been exposed to harmful social practices, exploitation, and other forms of social injustice—Lakpa considers herself fortunate to have received sustained academic support and mentorship. Access to structured education, a safe living environment, and consistent guidance has enabled her to transition from a position of vulnerability to one of empowerment and opportunity. Today, she attends school regularly, demonstrates strong academic commitment, and actively participates in classroom activities. With a clear sense of purpose, she hopes not only to achieve personal economic independence but also to contribute meaningfully to the development of her community by creating opportunities for others, particularly young girls who face similar challenges. Her journey represents the transformative impact of sustained

educational support, safe accommodation, and community-based intervention in breaking cycles of disadvantage and fostering long-term social change.

Case Study 2: *Khushi Tamang*

Khushi is another dedicated student currently studying in Kathmandu while residing at our hostel facility. Originally from Yangri, she comes from a family facing severe economic hardship. At present, her elder brother, Madan Tamang, is the only family member with a stable source of income. However, sustaining the household has become increasingly difficult, as both of her parents are suffering from chronic illnesses. A significant portion of her brother's earnings is spent on their ongoing medical treatment, leaving limited financial resources for other essential needs, including education. Amid these challenging circumstances, Khushi feels deeply grateful for the support provided by Himalayan Life, which has enabled her to continue her education without financial barriers. Without such assistance, she may have faced the same fate as many other young girls in similar situations. In the past, numerous girls from economically strained families have been compelled to drop out of school due to financial pressure. The urgent need for income, combined with limited educational qualifications, has often forced them to compromise their aspirations and accept work under unfavourable and sometimes unsafe conditions, frequently far from their homes and support systems. At the hostel, Khushi is provided with a safe, structured, and nurturing environment. Her accommodation, meals, academic materials, and other essential educational needs are fully supported, allowing her to focus entirely on her studies. She attends school regularly, remains committed to her academic responsibilities, and carries a strong hope for a brighter and more secure future. Khushi's journey illustrates the critical importance of timely educational intervention and holistic support in preventing school dropout, protecting vulnerable girls from exploitation, and creating pathways toward long-term self-reliance and empowerment.

5. Conclusion

The educational support directed toward the girls at the Yangri Academic Center has generated meaningful outcomes. Through strengthened academic resources, consistent health support, and leadership development opportunities, the initiative has contributed to increased engagement, confidence, and community recognition of girls' potential. Students like Lakpa and Khushi exemplify how sustained investment in girls' education can influence not only individual growth but also broader community attitudes. The changes observed in Yangri represent an encouraging foundation for continued progress and long-term impact in the Sindhupalchok region.