



ANNUAL REPORT 2024 - 2025

SEPTEMBER 2024 - AUGUST 2025

WWW.ATOOTGIRLS.ORG

A word from our Co-Founders

Dear Atoot Supporters,

With gratitude and hope we write you this letter.

The past year has been challenging in terms of funding cuts, which affected Atoot deeply. We lost nearly 70% of the yearly budget, a huge hit for a tiny grassroots organization. Thanks to our wise money management and one eye always towards the future, we used our healthy fund reserves to stay afloat as we worked hard to rebuild.

Given the extreme challenges that occurred, we are thrilled to share and celebrate this annual report. It shows how resilient Atoot & our girls are in the face of adversity. Atoot achieved sensational milestones with respect to programming, capacity building and professional growth. From the pitch to the classroom, life skills workshops to educational field trips and national and international exposure visits, Atoot girls and Team Atoot have spread their wings in a momentous way.

We would also like to thank all our gracious individual and organisational donors, funders and partners, without whom our work would not be possible. As we work towards sustainability, we continue to invest in our girls and their communities.

There is no failure in life, only learnings which make us better and wiser.

In Solidarity,

Co-Founders and Co-Executive Directors



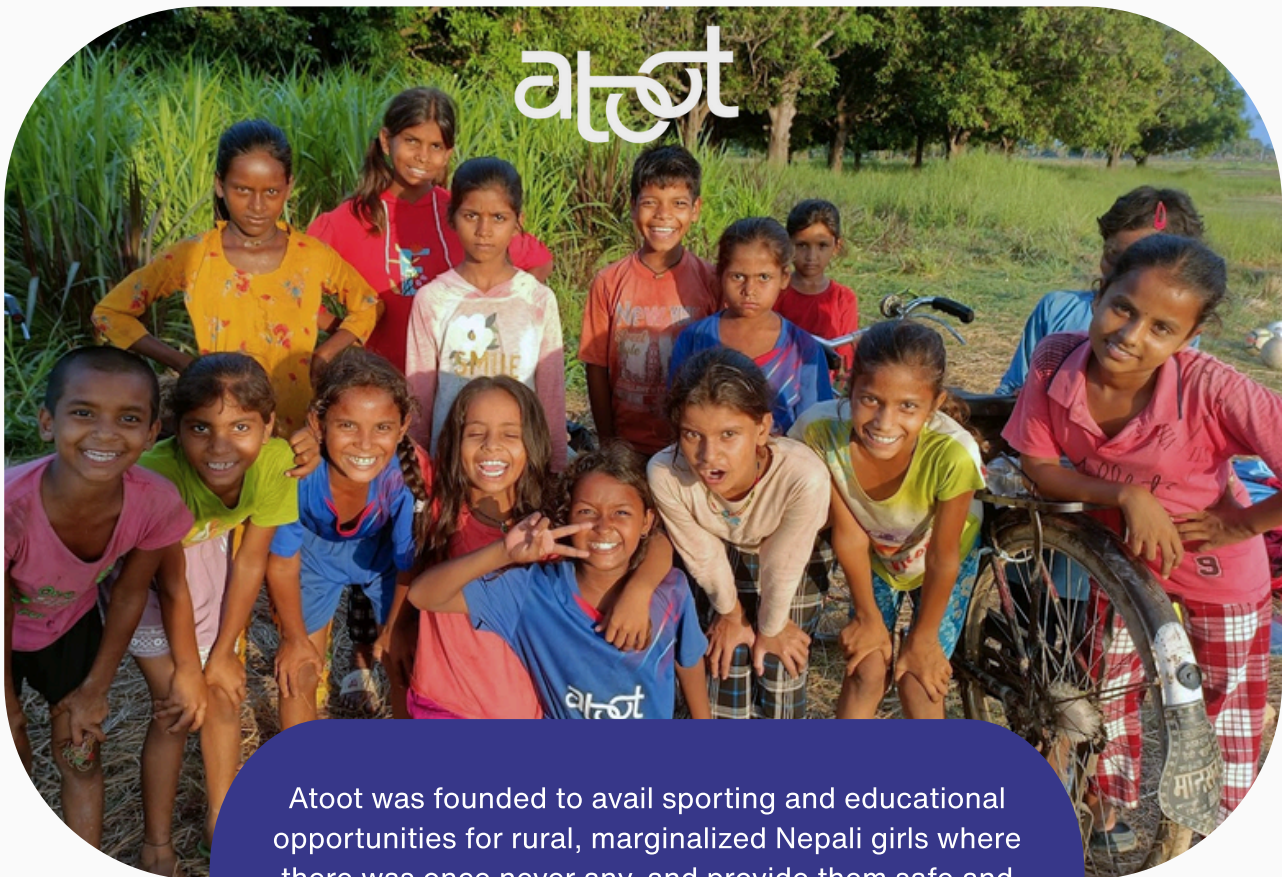
Sarah Van Vooren



Mashreeb Aryal

Our Story

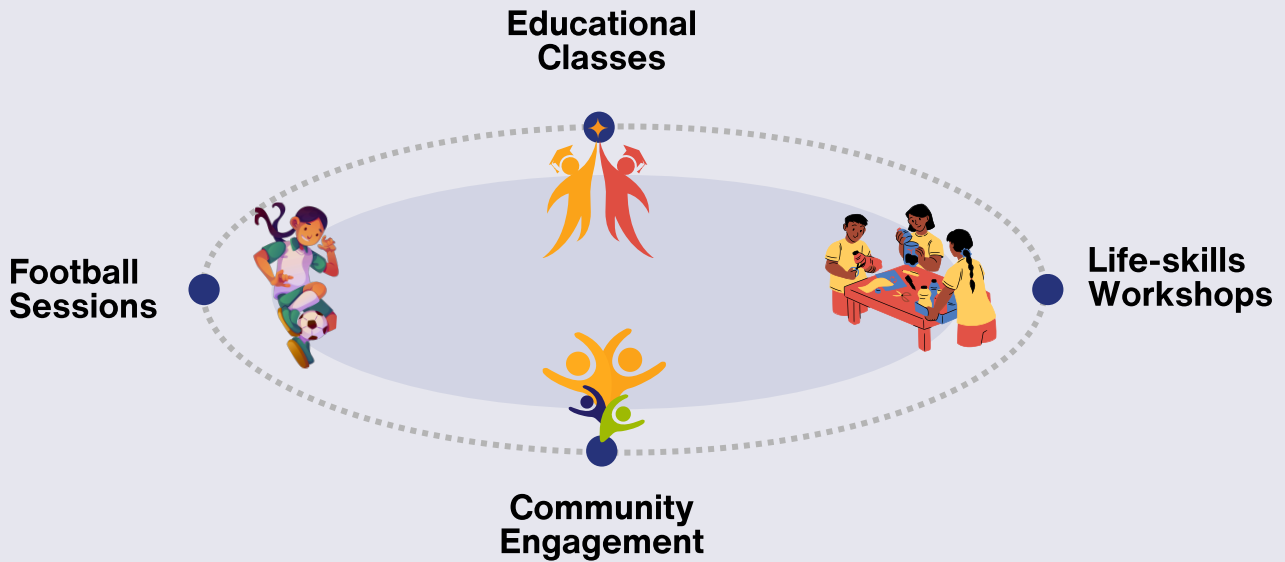
Atoot, meaning “unbreakable” in Nepali, reflects the spirit of the girls we work with. In the deeply patriarchal rural belt of southern Nepal, girls in Kapilvastu grow up isolated - unseen, unheard, and constrained by intergenerational inequalities, discrimination, intersectional marginalization and economic injustice. They often lack access to education, play, work or any decision-making power. Despite these challenges, these girls show remarkable courage, determination and strength in navigating their daily lives. Simply put, they are unbreakable.



Atoot was founded to avail sporting and educational opportunities for rural, marginalized Nepali girls where there was once never any, and provide them safe and empowering spaces to fight these inequalities and discrimination.

Atoot believes in the power of sport for the greater good. We believe sport is a tool to help bridge gaps, promote gender equality, build resilience, eradicate discrimination, level the playing field and build character/self-esteem.

Atoot Work Model



Where We Work



Shuddhodhan Gaunpalika,
Kapilvastu District, Lumbini Province,
 Nepal

One of the **highest rates of child marriage in Nepal**. A staggering **83.7% of girls aged 10-20** (legal age of marriage: 20 yrs) get married in the district - the dismal national average is 76.5% (Nepal Census 2021).

One of the **highest rates of youth population in Nepal - 53% is under the age of 25**. This is about 6% higher than the national average, making **Kapilvastu one of the most promising districts for scope of development** (Nepal Census 2021).

Diverse Population including many minority groups - Hindus, Madhesis, Dalits, Janjati, Muslims.

Our Theory of Change



CURRENT CONDITIONS

FEMALES HAVE NO VOICE

There is a high rate of Child Marriage especially among girls, high rate of Early School Drop-Outs, and high rate of Human Trafficking.

OUR STRATEGIES



ACTION

- Regular **Football training** with an emphasis on social transformation
- **Life-skills workshops** which discuss issues like child rights, health & hygiene, menstruation, etc.
- **Educational Classes:** High quality extra education classes by passionate tutors, including Nepali, English & Math.



IMPACT

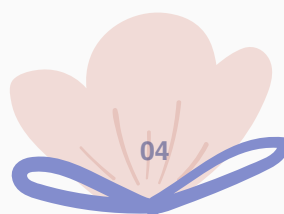
- **Gender Equality** : Value of girls in the community is higher
- **Quality Education** : Increase in school enrolment and retention rates + girls pursuing higher education
- **Quality Increased Human Rights Knowledge** : Reduction in rates of human trafficking
- **Less Poverty** : Increase in rate of self sustainability/employment
- **Reduced Inequality** : Decrease of child marriage



VISION

♥ **HER VOICE. HER CHOICE.** ♥

Girls will be leaders of change in their own lives, communities and beyond. Every girl will be empowered to take her own life decisions.



Our Mission & Objectives

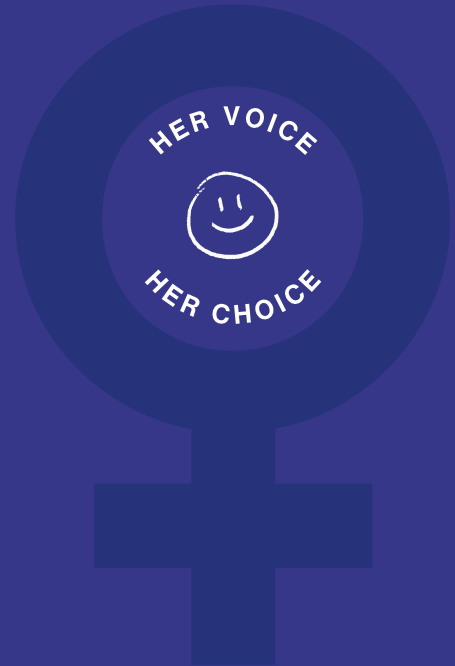
Our mission is to avail equitable educational and sporting opportunities to marginalised girls.

Our Objectives:

Help girls break out of the vicious cycles they are trapped in and enable them to make their own life decisions.

Provide multiple platforms for girls who have never had a voice to gain confidence and form emboldening relationships.

Through furnishing multiple safe spaces, girls join together in a progressive environment to play, learn and surround themselves with positive peers.



Atoot & SDG's

SDG 5



**GENDER
EQUALITY**

**QUALITY
EDUCATION**



SDG 4

SDG 3



**GOOD
HEALTH &
WELL-BEING**

**REDUCED
INEQUALITIES**



SDG 10

What We Offered



Our Impact



↑ Number of beneficiaries reached:

252

↑ Number of peer-led coaching sessions by U-15 girls:

24

↑ Number of educational classes led by U-15 girls:

12

↑ No. of children taken for exposure trips:

69

↑ No. of children taken for international tournament:

31

Highlights



GLOBAL RECOGNITION AND ADVOCACY

★ Atoot at the UN Headquarters, New York!

Monika, our Programme Coordinator, serves on the Executive Board of the UN's Football for the Goals, while our Co-Founder & Exec. Dir. Sarah attended the Champions for Change Forum on World Football Day at UN Headquarters, NY, where she spoke on the panel 'Strengthening the Movement towards Gender Equality,' highlighting football's power to advance gender equality.

★ Mashreeb at GFW's Feminist Anti-Corruption Convening, Kenya

Our Co-founder and Director sits on the Global Fund for Women's Feminist Anti-Corruption Advisory Group. In connection with this, the convening in Kenya connected 21 grantee partners using sports, education, media, and advocacy to fight corruption with a feminist lens and strengthen global efforts for inclusion and impact.

★ Sarah at the World Football Summit, Seville

Our Co-Founder and Executive Director connected with global football leaders, sharing how Atoot empowers marginalised girls in rural south Nepal, following our 2023 Football for Good Award recognition.

★ Sharanya, One of GFC's Change Champions

Our Programme Manager represented Atoot as a Global Fund for Children Change Champion through the year, advocating for flexible funding and sustainable impact in the global philanthropy landscape.

★ Alisha Selected for EU Women Leaders Mentorship

Our Programme Coordinator joins 12 young Nepali women in a year-long mentorship programme led by the European Union Embassy to Nepal, who have been receiving mentorship from senior women leaders, including ambassadors and heads of international development agencies. Alisha is being mentored by Ms. Patricia Fernandez-Pacheco, Country Representative for UN Women in Nepal.

★ Visit by Australian Ambassador to Nepal, Her Excellency Leann Johnston

H.E. Leann Johnston visited Atoot's field of work, interacted with the girls, and played football!





THOUGHT LEADERSHIP AND REPRESENTATION

★ Sarah Speaks at “Festival Dell’8 Marzo Ad Alta Voce”, Italy

On International Women’s Day 2025, Sarah spoke at the Festival in Sulmona, Italy, where she shared Atoot’s mission for equitable sports and education for rural girls, where she was inspired by the stories of remarkable Abruzzese women.

★ Mashreeb at Gender Equity in & through SAPA Webinar

On a panel for Gender Equity in and through Sport and Physical Activity (SAPA), our Co-Founder/Director discussed how inclusive sports can advance gender equity, joining five speakers from India, Nepal, and Europe to share strategies for breaking stereotypes, building safe spaces and designing inclusive sports programmes.

★ Alisha featured by UN Women - Asia Pacific

Our Programme Coordinator shared her journey and insights on gender equality, highlighting how Atoot is breaking barriers for girls in rural Nepal through sport.



PROGRAMME IMPACT AND STORYTELLING

★ Monika and Pinky Featured on GoalClick

Our Programme Coordinator and young beneficiary shared their stories—‘Breaking Barriers and Scoring Goals’ and ‘The Unbreakable Girls’—showcasing how football and Atoot have empowered them to find their voices and make their own choices.

★ Atoot at the S4D Starting Block Accelerator, London

We joined four other Sport for Development organisations for a 4-day learning and collaboration journey, guided by global experts to strengthen our impact and sustainability.



INTERNAL MILESTONE

★ Team Atoot Workplace Wellness Retreat, Kathmandu

As part of our Workplace Wellness Strategy, the team enjoyed a 3-day retreat filled with cultural exploration, international cuisine, shopping, and football matches at the South Asian Football Federation (SAFF) Women’s Championship.

Football Sessions

Football remains at the core of our S4D model, offering girls an empowering platform to develop confidence, teamwork and leadership skills. Throughout the year, we conducted continuous football sessions, five days a week, ensuring consistent engagement and skill development.

Peer-Led Coaching

Building on skills gained from football coaching training led by our Program Coordinator Monika, our U-15 girls stepped into assistant coach roles, leading sessions for the U-12 and U-7 groups. They organized activities, managed equipment and coached with confidence, keeping all sessions fully engaging. This hands-on experience strengthened their leadership, teamwork and problem-solving skills.

U-12 Mini-Tournament

U-12 girls participated in their first mini-tournament, gaining practical match experience and applying the skills learned during training. The tournament enabled them to understand game rules, develop teamwork and build confidence on the field. Meanwhile, the U-15 girls cheered them on and presented a special makeshift 'trophy,' making this a memorable moment of sisterhood, confidence-building and growth.

U-15 League-Style Tournament

Our U-15 girls participated in their first-ever league-style tournament, playing in consistent teams throughout the week. This experience strengthened bonds, fostered teamwork and showcased their competitive spirit and sportsmanship. The tournament concluded with trophies, celebrations, and recognition of their dedication.



Cross-Border Tournament Exposure: Gorakhpur, India

Our U-15 girls shone at the 2-day Gully Buddy Tournament in Gorakhpur, India, competing in football, kabaddi, and track events - gaining exposure to a larger competitive arena. They demonstrated outstanding teamwork and sportsmanship, with Atoot Team Blue winning the football competition. In track events, Sandhya and Archana secured 2nd and 3rd positions in the 100-meter sprint. The trip was also full of first-time experiences, from train travel to playing in a full-sized stadium, and offered cultural exposure, friendship-building, and lasting memories, boosting our girls' confidence and independence.

What I loved the most about the Gorakhpur trip was playing on that big ground. Though we played among ourselves, we had so much fun. When I signed up for the running race, I didn't expect to win 2nd place. I just focused on Martha, who was just ahead, and ran after her. For a moment, I slowed down thinking I had reached the finish line, but in the end, I crossed just a few steps behind her and secured 2nd place! I was so thrilled when I went up on the stage to receive the medal, I was so proud of myself. The cultural night was amazing too, and after it ended, we Atoot girls sang and danced together. That was truly memorable!



SANDHYA



I made many friends and we even captured special moments in photos. They told me that when they visit Nepal, we will meet again. I especially enjoyed the cultural performance night, where we expressed our cultures through songs and dance. It was a night of joy, and we built an unforgettable bond.

NANDANI

I loved the trip to Gorakhpur! The opening ceremony was beautiful, with so many dance performances, and I really enjoyed the song about Gorakhpur. I made so many new friends and even stay in touch with them on social media now. Playing on the huge football pitch was super fun, and I also got to play Kabaddi and Kusti with the boys there - it was an amazing experience! Though I didn't win the running race, I did quite well - just missed by a few metres. Even Kanhaiya, who wasn't very confident, did so well. That was great!

AJAY

Extra Educational Classes

Education remained a vital pillar of our model, strengthening the girls' academic foundation while learning in fun, creative and practical ways. Throughout the year, we conducted continuous educational classes, five days a week, providing tailored learning experiences for each age group.

Core Learning Sessions

Girls engaged in daily lessons covering Nepali, English, Maths and Science. For example, U-7 girls practiced alphabets through sand-writing, U-12 girls explored wild animals through a make-believe safari - learning names, sounds and behaviors in an imaginative way, while older girls explored environmental pollution with drawings and discussions, making learning fun and hands-on.

Confidence & Expression

Through group sharing and mini-presentations, girls learned to voice their ideas. Our U-12 girls brought jungle animals to life through a creative make-believe safari, performing confidently for older peers and receiving cheers from them. The U-15 girls explored pollution and climate issues, presenting their insights in group presentations and peer-judged sessions. These activities strengthened communication, teamwork, leadership and critical thinking empowering our girls as confident and socially aware changemakers.

Peer-Led Support

Building on their leadership from football, our U-15 girls actively engaged in leading and supporting educational sessions for younger peers, building on guidance from our team. They facilitated lessons, encouraged participation and assisted with activities, fostering a collaborative learning environment. This experience strengthened their confidence, communication and peer mentoring skills.

Play-Based & Creative Learning

Play-based learning remains at the heart of Atoot's educational classes. Our classes were designed to be interactive, practical and inclusive ensuring that every girl could participate and progress. Storytelling, drawing and role play helped girls connect lessons to everyday life. From acting out scenarios to creating posters, learning became both expressive and memorable.

Annual Assessment

Academic Year End Annual Assessment conducted for 69 girls, in April/May 2025. Each received an individualised report card with comments. Sitting one-on-one with Atoot staff, the girls discussed the remarks and reflected on their learning journey over the year.



Life Skills Workshop

Bi/tri weekly workshops were conducted throughout the year, providing girls with knowledge and insights not typically discussed in schools, families or their communities. Emerging from the discussions among the girls themselves, these workshops explored social, cultural and personal issues that directly impacted their lives.

Awareness & Advocacy

Our U-15 girls joined the global movement for change through the 16 Days of Activism Against Gender-Based Violence. They scripted and performed their own protest against child marriage, a harmful practice in their communities. These activities strengthened their voice, agency and confidence to challenge social norms, fostering a culture of advocacy and empowerment.

Celebrating Role Models

In March, during Women’s History Month, we celebrated Nepali women achievers to inspire ambition among girls. Notable figures included Pasang Lhamu Sherpa, the first Nepali woman to summit Everest; mountaineer Lhakpa Sherpa; author Jhamak Kumari Ghimire, who writes with her foot; footballer Sabitra Bhandari (Samba); and Priya Adhikari, Nepal’s first female helicopter and rescue pilot. Their stories encouraged girls to dream big and pursue their goals.

Health, Nutrition & Well-Being

Recognizing gaps in knowledge about nutrition and healthy habits, we held workshops on balanced diets, fasting practices and hygiene. Girls learned the dietary pyramid, categorized foods into key groups, and gave peer presentations on their findings. Younger children practiced proper handwashing techniques in fun, hands-on lessons. These activities enhanced their understanding of personal health and well-being.

Social & Emotional Skills

Friendship, safety and respect formed the focus of multiple sessions. Girls explored the qualities of true friendships through creative workshops, making visual representations of their best friends and sharing reflections. U-15 girls engaged in sessions on good touch and bad touch, facilitating open discussions and safe spaces to share experiences. These sessions fostered empathy, communication and emotional resilience.

Digital Literacy

To prepare for a digital future, the girls were introduced to essential digital skills, including email, Zoom, and Google Classroom. These sessions sparked curiosity and built confidence, laying a foundation for continued learning and engagement in an increasingly digital world.



Community Engagement

Atoot’s commitment to community engagement remained steadfast throughout the year, fostering meaningful connections through regular interactions and participation in local traditions. Our efforts strengthened trust and collaboration, creating beautiful relationships with the communities we serve.

Home Visits and Stakeholder Engagement

Atoot conducted weekly home visits to our beneficiaries’ homes, ensuring consistent support and open communication with families. We also engaged regularly with various community stakeholders and local leaders, to align our initiatives with community needs and aspirations.

Kartik Full Moon Mela

On the full moon day of Kartik (October), a lively mela (fair) near the village brought the community together in celebration. Invited by the Atoot girls themselves, our team joined the festivities with enthusiasm. The girls, dressed in their finest outfits, reveled in live performances, savored delicious food and enjoyed fair games. The vibrant atmosphere and shared joy highlighted the strong, trusting bond we share with the community.

Naag Panchami Celebrations

During Naag Panchami, a Hindu festival honoring serpent deities, our team joined the girls and their families in celebrating blessings, protection, and tradition. The festival, marked by swings on trees, delicious festive foods, and joyful gatherings, filled the air with laughter and love. Our participation in these celebrations strengthened our connection with the community, creating cherished memories of togetherness and cultural pride.

Mother of Atoot Beneficiary

I feel safe to send my daughter for any trips, even outside the village for 2-3 days. The Didis come, talk to us and explain where the girls will be going, take our permission, leave their contact details and take ours too. They answer our calls and I can talk to my daughter anytime during the trip. I have full trust in Atoot that’s why I send her without any hesitation.



Exposure & Educational Trips

At Atoot, we believe that learning goes far beyond the classroom and the football field. This year, our girls had opportunities to experience new places, cultures and adventures through educational trips and day-outs that combined fun, exploration and valuable life lessons.

First Urban Experience for U-7 Girls

Our youngest group, the U-7 girls, embarked on their very first educational trip to Banbatika, Butwal (one of the closest cities to the village Atoot works in). For many, it was their first time visiting a city. The girls were awestruck by the sights of massive hills, wide roads, and tall buildings. They had an incredible time exploring the park, playing on the swings and slides, savoring delicious treats. One of the highlights was visiting the zoo, where the little ones excitedly identified animals in both English and Nepali, seeing in real life what they had only known from books. The trip ended with a team celebration, cake cutting and joyful dancing - an unforgettable day of laughter and discovery.

Adventure and Bonding for U-12 Girls

Our U-12 girls had an amazing 2-day, 1-night educational field trip to Butwal, marking their very first overnight adventure! This trip brought many first experiences. The girls rode on a cable car, enjoying the thrilling ride and beautiful views all around. They danced to live music. They participated in an exciting futsal tournament, followed by a presentation ceremony where everyone got certificates, medals and geometry boxes as rewards. They even tried different varieties of food like cheese balls, pizza, chicken wings, etc. Most of them didn't enjoy these foods as they were totally different from their taste palette, but we are so proud they tried! This trip was exciting and enlightening for these young ones, in which they got to experience a whole different world outside their village!

U-15 Educational Trip to Chitwan

The U-15 girls' educational trip to Chitwan was a memorable 3-day adventure filled with culture and wildlife. Highlights included a jungle safari where they saw rhinos and other animals, meeting Rolando the elephant, enjoying a Tharu dance, tasting traditional Thakali food, and taking boat rides. The trip concluded with a bonfire where they reflected on their experiences. The girls learned room etiquette, tried new cuisines, and experienced cultural diversity firsthand.





Reward Trips and Special Outings

REWARDS

We rewarded six of our children with a special outing in recognition of their exemplary behaviour, discipline and kind-heartedness throughout the Gorakhpur trip. They enjoyed a fun-filled day in Lumbini with our team, where they tried inline skating for the first time, bringing waves of laughter and quite a few tumbles! They also watched a movie projected onto a wall, making it a makeshift big screen and wrapped up the day with some shopping at the local market. Our incredible kids took back some memorable experiences as we celebrated them together!



Exposure trips are more than outings. For girls in rural Kapilvastu, stepping outside their village means seeing new possibilities, gaining confidence in unfamiliar settings, and returning home with stories that spark hope in their families and communities. Through exposure trips and day-outs, Atoot continues to broaden horizons, instill confidence and create opportunities for girls to see a world of possibilities beyond their villages.

OUTINGS

Collaborations & Learning Visits

This year, Atoot hosted and participated in several key visits that strengthened collaboration, shared knowledge, provided learning opportunities, and inspired our girls to dream bigger. These engagements included partner exchanges, international convenings, diplomatic visits, and training sessions, highlighting the value of collective learning and reinforcing the importance of community-driven sport-for-development initiatives.

Australian Embassy Visit

We welcomed the Australian Ambassador to Nepal, Her Excellency Leann Johnston, and Krishna Karki from the Australian Embassy team, as part of their Direct Aid Programme. They observed our football sessions, interacted with our girls, and recognized our efforts to empower marginalized girls through sport and education. Their encouragement reaffirmed the significance of grassroots initiatives in advancing gender equality and community development.

ARC Cohort Convening, Kolkata, India

Atoot participated in a three-day convening of the Address the Root Causes (ARC) initiative with five partner organizations from Nepal and India. The sessions focused on building sustainable community-led models, enhancing facilitation skills and reflecting on effective strategies for youth and community empowerment.

Tri-country Collaborative Learning Project: Atoot, Sabuj Sangha, India & Centre for Development and Peace (CDP), Bangladesh

As part of the Tri-country Collaborative Learning Project funded by the Global Fund for Children, our partners Sabuj Sangha (Kolkata, India) and Centre for Development and Peace (CDP, Meherpur, Bangladesh) visited Atoot. These visits facilitated a meaningful exchange of insights on Sport for Development and sharing how we use football as a transformative tool for girl empowerment and localized sustainable development.

ARC South Asia Convening, Dhaka, Bangladesh

Our Program Coordinator, Monika, attended the ARC South Asia Convening, joining changemakers from Bangladesh, India, Nepal, Thailand, and the USA to address the root causes of community challenges. She participated in the Knowledge Fair, learning from innovative grassroots solutions, and returned with fresh insights and inspiration to strengthen Atoot's programs and community impact.

Alisha at EU Mentorship Programme

As part of the EU Nepal led leadership mentoring programme, Programme Co-ordinator Alisha attended several events/gatherings in Kathmandu and other cities, including attending the birthday celebrations of King Charles III at the British Embassy Kathmandu, a poetry event conducted by UNDP Nepal, an event to magnify womens' voices in the political process, and met with Honorable Justice of Nepal, Sapana Pradhan Malla, and other prominent personalities.

Global Fund for Children (GFC)

Representatives from GFC, Indrani Chakraborty and Shristi Joshi, visited our project site, engaged with the girls and community members, and provided safeguarding training for our team. This training reinforced our commitment to creating safe, inclusive, and supportive spaces for all beneficiaries.

Anti-Corruption Advisory Group & Grantee Gathering, Kenya

Our Co-Founder and Director, Mashreeb, sits on the Anti-Corruption Advisory Group by Global Fund for Women (GFW), and attended the convening in Kenya, where they were joined by all 21 grantee partners who were awarded grants for leading critical anti-corruption work in their countries/regions.



Her Excellency Leann Johnston, Australian Ambassador to Nepal presented with a *dhakiya* (woven basket) hand-made by one of our young girls

In the Media



Our Programme Coordinator, Alisha Shrestha, interviewed by [UN Women](#)



[Photo essay](#) by our Program Co-ordinator, Monika Kumari



[Photo essay](#) by our young female beneficiary, 11 years old



[Article](#) by our Program Officer, Sweta Agrahari on her experience with play-based education at Atoot



[Blog post](#) by Shristi Joshi from Global Fund for Children (one of our donors) after her visit to Atoot.



[Blog post](#) by our Programme Intern, Sushant Khanal on his first few weeks interning at Atoot.

Stories of Change

U-15s as Assistant Coaches and Educators

Our U-15 girls stepped into leadership roles that went beyond the pitch and the classroom. Acting as coaches and peer educators, they guided younger girls in football sessions and educational activities, fostering teamwork, confidence and problem-solving skills.

Through these experiences, the U-15s grew as leaders, learning to communicate clearly, support others and make decisions that positively shaped group dynamics. Meanwhile, younger girls benefited from relatable role models, gaining confidence, motivation for learning and sport. This peer-led model not only strengthened skills on and off the field but also cultivated a culture of mentorship and empowerment across Atoot.

Girls Take the Lead: Saraswati Pooja Comes Alive!

This year, our Saraswati Pooja celebration, dedicated to the Goddess of Knowledge, was extra special as it was led entirely by our U-15 girls. A cultural committee of girls oversaw every aspect of the event, from managing logistics and decorating the Atoot community center to hosting the program and organizing both solo and group dance performances. Their creativity, energy and leadership brought the festival to life, making it a truly unforgettable day for everyone. We are incredibly proud of our girls for taking the lead and showcasing their confidence, teamwork and talent!

Standing Up for Herself

Following our workshop on identifying good touch and bad touch, one of the U-15 participants, courageously shared her distressing experience. She revealed that her older brother had been behaving inappropriately towards her at night, leaving her deeply uncomfortable and unable to sleep for several days. After attending the workshop, she found the strength to advocate for herself. Through consistent support, guidance and counselling by Atoot staff, she confronted her brother, firmly warning him to stop such behaviour. The results were instantaneous, her brother stopped the inappropriate behaviour, and she now feels a little safer in her own home. We are incredibly proud of her bravery and resilience. It is heartening to see how the workshop empowered her to take a stand and protect herself. Stories like hers remind us of the importance of these initiatives in fostering awareness and self-confidence among young individuals.

Challenges

- ⚠ Extreme Weather:** Harsh weather conditions often made it difficult for both staff and girls to attend programming consistently.
- ⚠ Lack of Proper Pitch:** With no dedicated football ground, we continue to use an unused agricultural field as a makeshift pitch. Its uneven surface and slippery, muddy paths during the monsoon season pose risks and limit play.
- ⚠ Multi-Age and Multi-Level Groups:** As more girls of diverse ages and levels regularly join our sessions, planning and delivering lessons and football activities that cater to all levels remains a constant challenge.
- ⚠ Breaks in Programming:** Seasonal demands, such as plantation and harvesting, along with festivals (e.g., Dashain and Tihar) and summer/winter breaks, often disrupt attendance. Following such breaks, participation numbers typically drop, requiring time and effort to stabilize again.

The Road Ahead

Older beneficiaries will be trained as coaches and peer educators, receiving ongoing capacity building to sustain and expand Atoot’s work.

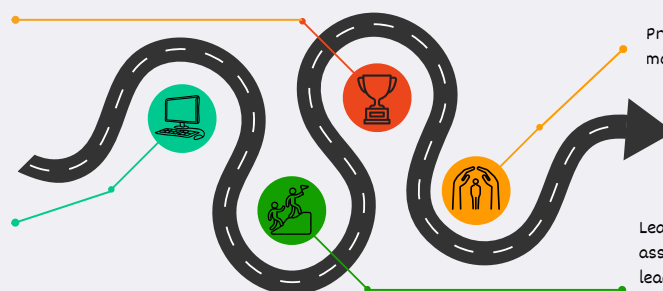
Recruiting local female youth leaders who will serve as role models and facilitators within their own communities. These young women will not only deliver football and educational sessions but also foster safe spaces, inspire younger girls and strengthen intergenerational leadership.

The community centre will evolve into a digital and learning hub, equipped with a library and computer lab to strengthen digital literacy, provide academic support and build employable skills.

Girls participating in football tournaments, academic competitions and cultural events at district, regional and national levels.

Girls’ Football League: first of its kind in Kapilvastu

Digital Lab at our community centre to improve digital literacy and bridge the technology gap.



Protection and Advocacy: preventing child marriage through community engagement

Leadership Pathways: training older girls as assistant coaches and peer educators to build leadership and employable skills.

Partners



Our Team

MONIKA KUMARI



Programme
Co-ordinator

ALISHA SHRESTHA



Programme
Co-ordinator

SUSHANT KHANAL



Programme
Intern

G. SHARANYA RAO



Programme
Manager

SARAH VAN VOOREN



Co-Founder &
Executive Director

MASHREEB ARYAL



Co-Founder &
Executive Director

Report Designed by [Rima Rao](#) | IG [@reflections.des](#)





**WE THANK YOU
FOR YOUR CONTINUED SUPPORT IN
OUR PROGRAMS**

