



ANNUAL REPORT

2082

*Nurturing Resilience, Empowering Minds:
A Year of Progress*

PRESENTED BY :

SAMBHAVYA FOUNDATION





ASHISH SHRESTHA

Founder & Executive Director



“

As the Founder and Executive Director of Sambhavva Foundation, I carry with me the stories that are often never spoken inside our classrooms.

*A child who cannot focus is called careless.
A student who withdraws is seen as disinterested.
A young person who struggles silently is often left unseen.*

But behind these labels are realities we are yet to fully acknowledge.

School mental health is not just about illness; it is about the entire emotional and psychological world of a child. It shapes how they understand themselves, how they relate to others, and how they cope with pain, pressure, and possibility. It includes wellness, mental health conditions, substance use, and the invisible weight of adverse childhood experiences. And yet, even today, 10–20% of school-aged children are living with mental health challenges, many without recognition, support, or safe spaces to express themselves.

These struggles do not always appear loudly. They show up quietly in fading motivation, in disrupted thinking, in an inability to concentrate, and in a persistent heaviness that no child should have to carry alone. And when left unaddressed, they do not just affect academic performance; they shape self-worth, relationships, and the trajectory of a young life.

In Nepal, while there is growing acknowledgment through policies such as the introduction of school mental health counselors, the reality remains that provision is minimal, data is limited, and implementation is still far from where it needs to be. For many schools, especially in underserved communities, mental health support is still a distant concept rather than a daily practice. This is not just a systemic gap. It is a human one.

At Sambhavva Foundation, we have come to understand that school mental health cannot be treated as an additional program, a one-time workshop, or a checklist item. It must become a way of being within our education system.

*Because a child cannot learn when they are overwhelmed.
They cannot dream when they are unheard.
They cannot thrive when they are struggling just to cope.*

Our work, therefore, is not just about interventions, it is about building ecosystems of care. We work alongside school leaders, educators, health professionals, caregivers, and communities to create environments where children feel safe, supported, and seen.

Because when mental health becomes a part of everyday school life, something powerful begins to happen. Classrooms become kinder, Voices become stronger, and children begin to believe that they matter.

This is not just the work we do. This is the future we are choosing to build.

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VISION AND MISSION

VISION

Advancing School Mental Health for Resilient, Compassionate, and Stigma-Free Communities.

Our Goals:

- Ensure accessible and comprehensive school mental health services and life skills education—including social-emotional learning—reach underprivileged children, adolescents, and communities.
- Build resilient, stigma-free communities by promoting mental health awareness, advocacy, and compassionate support within schools and beyond.
- Integrate mental health and life skills as fundamental parts of Nepal’s education and child development systems.

MISSION

To transform school mental health in Nepal by reaching 100 schools every year with our “One School, One School Counselor” approach. We aim to provide free mental health camps, accessible counseling, and life skills education that fosters resilient, stigma-free communities where every child thrives emotionally, socially, and academically.

1

Youth Mental Health Summit 2025

The Youth Mental Health Summit 2025 was a landmark national initiative organized to place youth voices at the forefront of Nepal's mental health movement. Held on World Mental Health Day, the event successfully convened over 300+ youth, educators, mental health professionals, and community leaders.

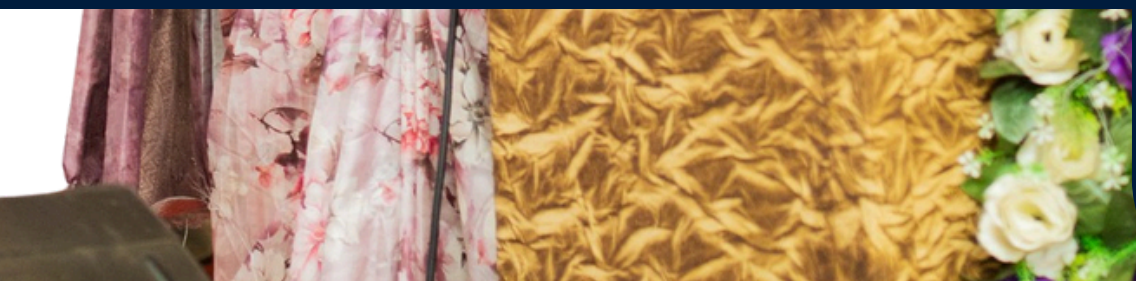


Key Speakers

Guest of Honor Diana Chao
(Letters to Strangers, USA)

Highlights:

Launch of the L2S Youth Mental Health publication, live art canvas competition, and youth advocacy seminars.



2

Annual School Mental Health Program

925+ students

In 2082, this program reached over

*students across five key institutions, focusing
on emotional intelligence and
psychological well-being.*

Shree Siddhi
Ganesh
Secondary
School

400+

Students

Shree
Mahalaxmi
Academy

200+

Students

Shree Bhagwati
Secondary
School

150+

Students

Shree Kalika
Sharan Secondary
School

100+

Students

Shree Rastriya
Secondary School

75+

Students



3

Mental Health Empowerment Program for Teenagers: Project: "Wellness for All"

Shree Simpaleshwori Secondary School



Shree Mahendra Secondary School



100 Schools in 365 Days
aims for rapid mental health awareness
across Nepal. In the Sindhupalchok
region alone, the project reached

1200+

participants across schools.



Shree Seti Devi Secondary School



Shree Kali Devi Secondary School



Shree Irkhu Secondary School



Shree Kali Devi Secondary School



Jana Bikas Secondary School



Jana Jagriti Secondary School

Mental Health Empowerment Program for Teenagers

4

Capacity Building & Training



Educator Empowerment

2 - Series of Workshops on "Integrating MHPSS and SEL into the Educational Ecosystem" to empower educators & school leaders from more than **50+** schools to support student well-being in digital spaces.

5

Reviving Sambhavya Youth Council *An Independent Youth Wing of the Sambhavya Foundation*

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The SYC is the official youth-led wing of the Sambhavya Foundation, revived to mobilize young leaders, enhance their leadership qualities, and unite to bring a change in the mental health scenario by reducing stigma in society.



6

Second Cohort Selection for Sambhavya X L2S Scholarship Awardees 2025-26



*Selected the second cohort of the
Sambhavya X Letters to Strangers Scholarship
for 2025-2026.*

*This prestigious scholarship, a joint initiative, is focused on
nurturing the next generation of mental health advocates in
Nepal.*

6

Building Collective Healing and Resilience Program



As part of Project Phoenix, a rapid response initiative by Nepal Rising implemented by Sambhavya Foundation, this program empowers youth to build safety, trust, emotional resilience, and hope during times of social and political unrest.

*The initiative utilized an activity-based Training of Trainers (ToT) model consisting of an orientation, four virtual and physical thematic sessions, and reached **300+** participants.*



“Youth Mental Health Summit - 2025”

held on World Mental Health Day, was a landmark national initiative convening

300+

youth, educators, and leaders to center youth voices in Nepal's mental health movement.



Mental Health Empowerment Program for Teenagers

Successfully reached

1,200+

students across schools in Sindhupalchok through the flagship "Wellness for All - 100 Schools in 365 Days" initiative this year.



“Building Collective Healing and Resilience”

program successfully reached

300+

participants through a combination of physical and virtual engagement sessions.



Key Achievements of the Year



THANK YOU



“ *The progress made in 2082 reflects a growing shift in how mental health is perceived within Nepal. Sambhavya Foundation remains committed to building a future where every young person feels heard, supported, and empowered.* ”

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