



*Season's Greetings from  
the Amara team*

*We are delighted to inform you  
that we have continued in our  
mission to Educate, Empower  
and Enhance the lives of children  
in rural Kenya*

## Kitengela Magereza Mixed High School.



### Project 1: Construction of Classrooms at Kitengela Magereza Mixed High School.

Scenario

The school started with 4 classrooms in 2017 with a population of 150 students. Nearly 300 Form one students were turned away due to lack of classrooms.

Our Effort

10 classrooms constructed.

Our Achievements

Facilitated a larger population of students attending the school. The current population is 500 students. This has been Amara's largest construction project to date.

# EDUCATE



# EDUCATE



## Testimonials

**Joseph Maina - Principal**

*"Thank you Amara team for your timely construction and completion of the magnificent and modern 10 classrooms tuition block that will go a long way in alleviating the high congestion levels in our current classrooms. We promise to take good care of them and ensure they are in good condition at all times."*

## Our Donors



Hena Sawjani   Dipal Shah   Navnit & Rekha Shah

# Katani Secondary School



## Project 2: Dormitory built at Katani Secondary School

Scenario	The boys required a dormitory to allow them more study time and reduce commute time
Our Effort	One block comprising of 50 beds, The boys boarded immediately and no longer have to walk long distances to school every morning.
Our Achievements	A Boys' dormitory was constructed and handed over to the school in May 2019. It reduced absenteeism by 45 students.



## Testimonials

### Samuel Mwaura- Grant Thornton

*"We decided to focus on Education for our CSR activities because we believe, educating even one child into the society makes a huge difference. Last year we organized a climb to Mt. Kenya. 45 of our staff members participated and with the help of our clients we collected funds to construct the boys' dormitory which will ensure more boys finish Secondary Schooling. We thank Amara for this opportunity."*

### Georgia Makunga- Student

*"We used to struggle from home every day walking many kilometers, and got to School late and dusty. There was no time to study because we were always tired and had to help out with house-work. The dormitory is a great help towards our education life because we will remain in school the whole term and fully concentrate in our studies. We will certainly get good grades in KCSE this year."*

## Our Donors




**Grant Thornton**  
An instinct for growth™



## Library Book



	<h3>Project 3: Library Book Donation</h3>
<b>Scenario</b>	<p>In most schools, students were exposed to curriculum books only, Amara wished to promote a reading culture with different genres.</p>
<b>Our Effort</b>	<p>The school librarians have ensured students attend library lessons and assist in building books stock. At the beginning of every year, each student is expected to bring a story book to add to their library collection.</p>
<b>Our Achievements</b>	<p>Ngalalya Primary school has added 200 books and Kwa Mboo Primary School has added 50 books . A 2nd Library with 200 books was set up at Kitengela Magereza Mixed High School in May 2019.</p>

## Testimonials

**Mellisa Adhiambo Standard 6, Kanaani Primary School**

*"When Amara donated a library in our school, our class teacher put a library lesson. Reading in the library has helped with my composition and comprehension writing skills because I get flow of ideas. I also speak better English and have learned new vocabulary".*

**Madam Lucy- Librarian, Ngalalya Primary School**

*"Teachers have noted students' improvement in languages and enjoy the library lesson. During library lessons, students participate in spelling competitions and reading loud sessions. Students are now able to express their thoughts and ideas better, interest in reading different genres has improved and this has built their confidence. They have learned how to organize books, value and take care of the books". We are thankful to Amara for this very useful initiative.*

# Karate training



## Project 1: Karate training at Kanaani Primary School

### Scenario

Karate training started from 2013.  
To teach self defence to students promote self discipline, all round focus and confidence

### Our Effort

To empower school to partner with Amara for the costs of the Karate workshops  
In 2019 25 students were trained by a dedicated and disciplined teacher, Ms Lucy Karobia .  
10 students took part in various National competitions:  
Kenya Open Karate competition in March 2019  
Karate children tournament in June 2019

### Our Achievements

The Karate students made Amara & the School proud by winning in the following categories:

	GOLD	SILVER	BRONZE
KATA: Cadets Girls 13 to 15 years:		Irene Atieno: 2nd position	Esther Mati: 1st position Aisha Beyonce: 2nd position
KUMITE: GIRLS 13-15 YEARS. Under 47kgs.	Veshcorian Atieno 1st position	Esther Mati 2nd position	Alice Ngao
Under 52kgs.			Irene Atieno 1st position Aisha Beyonce 2nd position

The School and parents now pay for uniforms, transport and registration fees for tournaments.  
2013-2018 Amara paid full cost.  
2019- Amara only paid the Karate Trainer.

EMPOWER





## Testimonials

### Esther Mutheu- Standard 7

*"I started to train Karate in Standard 6. I have learnt how to defend myself in case somebody tries to attack me. I have lost weight, have toned muscles and I feel good about myself. My grades have gone up and I scored 380 marks. I encourage my friends to respect each other and obey teachers and parents".*

### Morris Kimeu- Parent

*"I am a BOM chairman and my daughter started karate in 2016. I have noted improvement in academics and confidence in the way she conducts herself. On weekends, she teaches other children in the neighborhood how they can defend themselves. Karate has helped our children improve in academics, physical development and become more responsible in their daily life".*

## Feeding Programme







## Project 2: Feeding Programme

Scenario	From March 2019, Amara sent out an appeal to raise funds to continue feeding 4000 students in 2020.
Our Effort	Provide a meal to all school students as school lunch is the only meal they get, some days. Promote health and vitality for the students Ensure regular school attendance Eventually empower school to run their own feeding programme.
Our Achievements	Amara managed to raise funds for feeding programme for 2020. In term 2 & 3, 2019, all the Schools in partnership with some parents raised funds to feed students (albeit small portions) a few times a week.



## Testimonials

**Faith Mwende - Headteacher, Ngwata Primary School**

*"Since lunch was introduced to the school, our student population has grown tremendously. Students get better grades and their concentration in class has improved. We have many students for whom school lunch is the only meal they get. We are very grateful to Amara for the kitchen, stove and the feeding program".*



**Joy Ndanu Kyalo - Std 8 ,Kanaani Primary School**

*"Before Amara came to our school we were not having lunch. Many students from my class did not come to school everyday because they had to collect scrap metal to sell..some slept in class during lessons. When lunch was introduced we were happy because many relied on this meal for the day. We have grown strong and all students come to school on a daily basis".*

# EMPOWER

## Reusable Pads



	<h3>Project 3: Workshop of making Reusable pads</h3>
<p>Scenario</p>	<ul style="list-style-type: none"> <li>• To educate girls on Menstrual hygiene &amp; cycle, physiology, teen pregnancies, STDs, etc.</li> <li>• To empower the girls to learn to make their own reusable pads allowing them not to miss school during their cycle.</li> <li>• Minimize donor dependency.</li> <li>• Create an awareness on environmental impact of not using disposable pads</li> <li>• Learn a valuable enhancing life skill which will be useful in the future.</li> <li>• Make quality reusable pads and make it into an income generation by eventually selling to the community.</li> </ul> <p>A UNESCO report estimates that one in ten girls in rural areas misses school during menstruation.</p>
<p>Our Effort</p>	<p>This workshop was introduced at Empakasi Secondary School in July 2019.</p> <p>40 girls in form 1 and 2 participated and learnt how to make reusable sanitary towels.</p> <p>Each girl was given a dignity pack consisting of 7 pads, 1 unsewn pad, needle &amp; thread, 1 soiled pads bag, soap, buttons &amp; small container.</p>  <p>In July 2019 Amara held menstrual hygiene and pad making workshops at The Nest (20 students) and at Dada's Community and Education Centre (30 women)</p>
<p>Our Achievements</p>	<p>Anne Nicholls of UK fund raised for this workshop. Dipti Dave, Jayshree Shah, Kirit &amp; Jiten Shah, Saida Dharna, Tina &amp; <b>Kenya Quilters Guild team</b> helped to stitch all sanitary pads. Thanks to the many well-wishers that helped us with fabric and accessories to make this project possible. Absenteesm reduced in the school by 80%.</p>





## Testimonials

### Peris Matunda- Form 2

*"It was tough to make the first pad but with regular practice, I have learnt. I am happy to make my own pads because it saves my parents money. The material is comfortable on my skin. During holidays, I will teach my cousins how to make the reusable pads and teach them about STD's and how re-usable pads are more eco-friendly. My cramps during menstruation have reduced".*

### Doris Atieno- Form 1

*"There are 5 girls in my family and it has been very expensive for my mum to buy all of us pads. I know my sisters will embrace the skill of making reusable pads when I teach them during holidays. I plan to make many pads to sell in my village over the holidays and teach them what I learnt about menstrual hygiene. Making the pads will help me to spend my time doing something constructive and perhaps earn some pocket money".*

# EMPOWER



## Vertical Farming



### Project 1: Vertical Farming

#### Scenario

Empakasi Secondary has a very rocky compound with no adequate soil for a kitchen garden.

#### Our Effort

Amara researched and found out about growing vegetables in netting bags. Real IPM Ltd taught the students the technique of soil media preparation, setting up of the bags, irrigation and planting of seedlings from Plant Raisers.

#### Our Achievements

The boarding school now has enough vegetables growing to supplement their meals. The students have learnt an agricultural technique and a life skill



## Testimonials

Ruth Murunde – Real IPM

*"The students at Empakasi Secondary School were enthusiastic to learn about Vertical farming technique which has improved their knowledge of food production techniques, Integrated Pest Management and practical agricultural skills."*

OUR DONORS - SEEMA SHAH





# Energy saving cookers



## Project2: Energy saving cookers

### Scenario

Schools had no kitchens and used to cook using sufurias on three stones. Excess firewood was being used and the smoke emitted was a health hazard.

### Our Effort

Energy saving cookers have been installed in kitchens built by Amara for all 9 primary schools and 1 secondary school (2013 - 2019).

### Our Achievements

The stoves use less fuel, saves cooking time, smoke is channeled through the chimney. The stoves can prepare food from 200 - 1000 students.



## Testimonials

The cook at Mathatani Primary School

*"The stoves keep the kitchen clean and my eyes don't burn. I use less fuel and the food cooks faster."*



# Other ways we have Empowered and Enhanced student lives

Two students from Kyangoma Special Needs School (Mbooni, Kikima) were enrolled at Tuleane Afrika Initiative for Self-empowerment courses for 6 months.



Mwanzia Mutiso was trained in Vehicle Mechanical apprenticeship and Ephantus Musyoki trained in Auto care apprenticeship. Both students graduated in July 2019.



Jongi Builders (a regular Amara Contractor) is training 3 boys from Kyangoma Special Needs School on Masonry skills on probono basis. Amara is proud that these boys are earning from this ongoing skill training.



Amara donated 14 solar lanterns to enhance the lives of 550 students at Magoso Primary School, Kibra.



HAPPY  
*Holidays*

From Vasha Vora, Smita Shah,  
Manisha Dave, Bindi Shah, Diana Nzisa

