



HELP NEPAL Network Bulletin

One Dollar a Month Fund for Nepal

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Editor's Note:

Dear All,

We are really happy to be able to reach you all with the latest edition of the Help Nepal Network bulletin. It provides us an opportunity to inform you about the activities being carried out in Nepal and remind us all that how your continued support and encouragement has helped bring about changes in various ways.

Over the last decade, HeNN completed over 100 projects in the fields of education and health in rural Nepal. This would not have been possible without your continuous support. Throughout this period, HeNN did not spend a single penny of charitable donations on administrative expenses. Our overhead costs are met by an Administrative Endowment Fund set up with the generous help of our friends and well-wishers. (For details, visit www.helpnepal.net)

We are happy to report that Help Nepal Network provided meaningful support to various schools, in training teachers and supported a rural health initiative during this period. Of course, it would not have been possible without your continued support and encouragement.

We look forward to your valuable comments and suggestions, as always! You may write to us at help_nepal@wlink.com.np or admin@helpnepal.net. Thanking you all once again!

With best regards,
Editorial team
Help Nepal Network

ONGOING PROJECTS

[Construction of Janasiddha Secondary School, Parbat](#)

Jana Siddha Secondary school located in Chittre VDC, ward no 4, Parbat was established in 1973. It was upgraded to Class 9 in 1997 and to Class 10 in 1998. Since the school building was in a dilapidated condition and required immediate repair, the School contacted Help Nepal Network for help. HeNN decided to help the school to construct two rooms. Help Nepal Network and NRN Australia contributed USD 4172.94 each to construct a new school building with 2 rooms. In total USD 8345.87, the first installment of USD 2796.02 was handed over to the school on November 18, 2011 at the HeNN office. With the first installment provided, the windows and doors have been fitted. The second installment of USD 4194.04 has been released to carry out the remaining work.



[Construction of Blood Transfusion Center at Bayalpata Hospital, Nyaya Health, Achham](#)

During the course of providing healthcare to over 60,000 patients in Achham over last 3 years, Nyaya Health has identified emergency and surgical services as a major public health need in the Far Western region of Nepal. A core element of emergency and surgical services is the ability to transfusion of blood products in a safe and timely manner. The central problem is the lack of transfusion capacity in the Far West. People would have to walk for several hours to receive blood transfusion. Nyaya Health aimed to correct this problem through implementing blood banking services by implementing blood transfusion services at Bayalpata Hospital. For this, HeNN supported Nyaya Health with USD 6,513.00 to help build blood transfusion center in Bayalpata Hospital.

The first installment of USD 5211.04 was released on 27 February. With the first installment, Nyaya Health completed the center building. The remaining installment of USD 1301.96 will be transferred soon which will be used for internal setup.



Improving Primary Classrooms and Teaching-Learning Pedagogy in Kavre, Rato Bangla Foundation

With the first installment of USD 2,789.40 provided, the Rato Bangla Foundation conducted a one-day planning workshop with school leaders and 18 -day training for teachers from grade 1-3. The majority focus was on

- (i) classroom organization
- (ii) child-centered teaching
- (iii) preparing teachers for the eight months guided practise back in their respective schools. Different training techniques such as observation, face-to-face workshop, sessions in the language lab, reading in the library, material development, presentation, assignments were used to enhance their teaching skills.

The second installment of USD 1701.53 has been released for the upcoming activities to be conducted.



Construction of Sarlahi Health Clinic, Sarlahi

The second installment of funds, USD 4,225.36 has been handed over to construct a health clinic in Haripurwa, Sarlahi, to the representatives of the clinic. The progress report of the first phase has been submitted to the HeNN office. The fund was mainly used to purchase construction materials.

COMPLETED PROJECTS

Shree Janata Higher Secondary School, Bharatpur

Shree Janata Higher Secondary School was established as a community school in 1957. HeNN supported the school with the total fund of USD 4,225.35 in three instalments and the additional fund of USD 1400.00 for the two room school building construction which is now complete. The classes are running smoothly.



Shree Jagadamba Higher Secondary School, Bardiya

Shree Jagadamba Higher Secondary School was established in 1973 as a primary school. With the total fund of USD 4,225.35 provided in three instalments and additional USD 1400.00, the two room library building was constructed which is now complete.



Shree Goraksha Ratna Nath Secondary School, Dang



Shree Goraksha Ratna Nath Secondary School is located in Ghorahi Municipality ward no. 4, Dang district. The school was established in 1973 as a primary school and later it was upgraded to lower secondary and secondary level in 1997 and 2008 respectively. The school currently has a total of 770 students with 19 teachers. Due to the increasing number of students, the school management planned to build additional classrooms and provide educational environment for the children of poor communities. For that the school approached HeNN for the support. Upon studying the proposal, HeNN decided to provide financial support to the school to help build additional classroom for the increasing number of students.

Out of the total estimated cost for the construction of £5932.21, the school management

committee managed to get support from the local community worth £1694.92 and requested HeNN for the remaining £4237.29.

UK's No 1 eBay seller, Sudip Gautam, alias Dario Lopez, 21, donated 10 pence per order his company received in the month of October, 2011 to HELP NEPAL NETWORK. Out of the total donation of £5,858.40 provided by the London Magic Store owned by Mr Lopez, £4237.29 has been earmarked for Shree Goraksha Ratna Nath School, Dang and the remaining £1,621.11 will go to Shree Tribhuvaneshwori Higher Secondary School, Bajura.

With the financial support of HeNN, construction of two rooms at the Shree Goraksha Ratna Nath School, Dang, is complete now.

5 Day Free Health Camp, Achham:

Five Day Free Health Camp was organized from March 10 to March 14, 2012 in Toshi VDC of Achham. The program was coordinated by the local Community Based Organization "Shree Tripurasundari Samajik Bikash Kendra" and Technical support was facilitated by Universities Allied for Essential Medicines and Ayur Poly Clinic, Patan. A team of 10 members including 8 doctors had visited Achham for the purpose. The camp offered general checkup, Eye, Dental, Gynecology, Pediatric and Free medicine distribution. Patients visited from different VDCs of Achham district.



Besides the health camp and medicines distribution, a training for the local health workers, FCHVs and ANMs was also organized in the place, the sole motive of which was to create awareness on sanitation, on nutrition, sanitation, family planning, STIs and much more. This program was led by Dr Aruna Uprety, a senior doctor on public health. About 20 volunteers and others from the local organization had volunteered in the camp.

For three days, there was immense flow of patients. On the fourth day, due to heavy rain and hailstorm, the patient flow was low. Weather was too cold, however, the remarkable patients' flow was observed during the camp days. Some of the patients had arrived all the way of 5 hours walk just to get some tablets of cetamol. The patients had to wait over night in front of the fire for their turn to come next day for the check-up. A total of 4,000 patients visited the camp and got the treatment.



LONG TERM PROJECTS

HELP NEPAL Health Post, Mugu

The Help Nepal Health Post in Murma village, Mugu is running well. The health post has had a discernible and significantly positive impact on the lives of the people of Murma and surrounding villages. Common ailments like pain, fever, gastro intestinal and seasonal diseases can now be treated locally. Villagers do not have to walk two and a half hours to reach the government hospital at Gamgadhi. There has been significant improvement in the quality of life after the establishment of the health post. Medicines at the health post typically cost half of what they cost at the pharmacies at Gamgadhi.. Around 180 patients visited the health post in last two months. The problems of the patients included breathing problem, stomach ache, shik problem, ENT, fever, family planning. There were around 20 patients below age 5 who visited the health post frequently. Many residents from surrounding villages prefer to come to the health post rather than visiting the Gamgadhi Hospital.

We are very thankful to the Everest Marathon Fund (EMF), UK, for its continued support to Mugu Health Post. We have received a donation of £6,000 from the EMF again.

Help Nepal Balbalika Kendra, Dhulikhel



HELP NEPAL Balbalika Kendra (HELP NEPAL Children's Shelter) is one of the major projects undertaken by HeNN. The construction of the shelter is almost complete. The works completed so far are, final flooring of terrace and passage (cemented), tiles and marble work in kitchen, tiles work in Bathroom, fitting of iron bars in windows, doors, and staircase, wiring and fittings of bulbs and outside and inside painting of the building. The construction of compound wall is underway.

FUNDRAISING



Donation received from Franz, Sweden:

Franz from Sweden has donated approximately NRs 47,90,052.83 in three installments to support the construction of Help Nepal Network's Children's Shelter, Dhulikhel. The construction of the shelter is expected to be completed soon.

Donations Received for Terai Cloth Distribution Campaign:

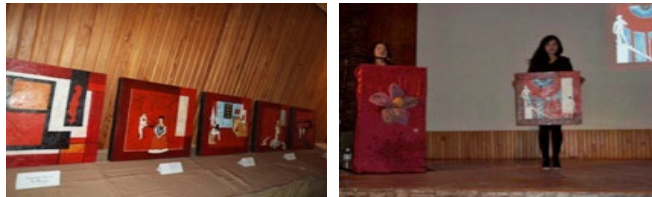
Tremendous support was received to the Terai Cloth Distribution Campaign in Rautahat and Mahottari launched by HeNN. The list of donors is as follows:

- Mr. Somnath Sapkota, Sweden - NRs 70,161.00
- Mr. Mahesh Chaudhary, Malaysia- NRs 10,450.00
- Mr. Ram Chandra Pathak, Denmark- NRs 48, 575.00
- Mr. Laxmi Tamang, Australia – NRs 43,000.00
- Local donation – NRs 56,000.00

MISCELLANEOUS

Art For Philanthropy: Painting Auction held to build School in Argakhanchi:

Auctioning of selected paintings by Kapil Mani Dixit was held at Moksh Bar, Jhamsikhel. At the programme organized by Help Nepal Network and supported by ECS Nepal, 17 of Kapil Mani Dixit's paintings were auctioned to raise funds for the Adarsha Secondary School, Argakhanchi. Out of 17 paintings, 10 were sold at 25,000/- each. Overall, the event was very successful.



Cloth Distribution Campaign in Rautahat and Mahottari:

Clothes distribution campaign for Terai people was a huge success. The collection was done at Help Nepal Network office, Chabahil and ECS media, Kupondole. 8 people were hired at HeNN office based on daily wages to sort out the wearable and old clothes. There was tremendous support from various organization and many individuals. We collected around 18000 pieces of clothes. Shikhar Shoe Company donated 55 pair of shoes. With the donation of NRs 290,000.00 received from Nepalese living abroad and 300,000.00 from Help Nepal Network, 1,350 new blankets and ladies shawl along with 1,050 wollen mufflers and 1,170 wollen caps were bought. Total 365 bundle of sacks and boxes were collected and sent to Birgunj. HeNN in coordination with Sano Paila, an organization based in Birgunj further distributed the clothes in Rautahat and Mahottari, the most affected place from cold.



Save the children raised NRs 2 lakhs for the birthing center in Mugu Health Post:

Save the Children has raised nearly two lakh rupees (US\$ 2,500) through a musical concert of Kutumba at Patan Darbar Museum premises to help establish a birthing centre at the HELP NEPAL Health Post at a remote Murma village in Mugu district. This was Save the Children's own initiative. This means a lot to the people of Murma and surrounding villages.



Charity Show of a Hindi Movie DON 2, NRs 10,000 donation to HeNN:

A Charity Show of the Indian Film Don2 at Civil Mall organized by Alumni Association of Sidhartha Vanasthali Institute who passed SLC in the year 1990. This was the first major activity of the Association to raise fund for the noble causes to help the Nepalese society.

The Alumni Association donated NRs 10,000.00 raised from the Charity show to Help Nepal



Network for the education and health projects.

HeNN Receives Cloth Donation From National College, Paknajol:

Students of BIM 2nd year of National College of Computer Studies, Paknajol, and Kathmandu collected around 700 pieces of

clothes and handed over to Help Nepal Network. HeNN has managed to store the clothes in Lazimpat, Kathmandu for further distribution. The store in Lazimpat is given for free by Avantika Regmi ji residing in US. She has also pledged to build a storage room for HeNN when she will visit Nepal in 2012.



10% Royalty to HeNN by selling CDs:



Bal Shrestha, CA by profession and CPA in Australia and now a Singer has released his first album, Red Rose. He was very much impressed with the activities of HeNN and decided to donate 10% of the producer's royalty directly to HeNN. The total number of CDs to be marketed is 500, where producer will get NRs 12,500.00 and 10% of that is NRs 1,250 will be deposited in Help Nepal Network bank account. Mr Shrestha has also planned to sell around 400-500 CDs all over Australia with the price A\$10 and

support HeNN as much as he can.

Cloth Donation To Rising Lotus Children's Village:

Three sacks of clothes were handed over to Rising Lotus Children Village, Kirtipur. Rising Lotus has been working in the field of education and health of underprivileged and orphan children since 2005. The HeNN support will benefit around 15 children of the organization.



NRN Association Donates 10 Wheelchairs:

At a programme organized at the FNCCI, Teku, the NRN Association Japan donated 10 wheelchairs to Help Nepal Network which was further to be donated to the needy and also a cheque of 100,000. 00 to Spinal Injury Hospital.



Cloth Donation To Conflict Victims Society:

Around 800 pieces of clothes were handed over to Conflict Victims' Society for Justice-Nepal. Conflict Victims' Society for Justice-Nepal situated in Kathmandu has been working in 32 different districts of Nepal for the welfare of conflict victims since 2065 B.S. The clothes were handed over to Mr. Janak Rawat, the President of Conflict Victims' Society for Justice-Nepal. Our support will benefit the conflict victims of Pathardeha VDC, Kapilvastu, Lumbini.



Cloth Distribution to Freed Kamlaris, Kanchanpur:

5 sacks of clothes were donated to 40 former Kamlaris (former bonded labourers) of Janajagriti Pushpalal Memorial Secondary School's Girls Hostel of Sripur VDC, Ward no 7 and Laxmipur VDC, ward no 9, Kanchanpur district. Help Nepal Network sent the clothes to Mahendranagar via bus and from Mahendranagar, an organization working in the area of Free Kamlaris helped in transporting the clothes to the school. District Education Officer, Mr. Shivaraj Uprety handed over the clothes to the 40 Free Kamlaris.



NRN supports Spinal Injury Hospital:



NRN Association provided a cheque of NRs 100,000.00 to Help Nepal Network in order to support the Spinal Injury Rehabilitation Centre, Kavre. Established in 2002, the Spinal Injury Rehabilitation Centre is a centre for rehabilitation for the spinally injured patients. The center provide services in medical, physiotherapy, occupational therapy, peer counseling, vocational training etc.

The money donated will be used to buy more wheelchairs to the injured patients. The cheque was handed over to Mr. Udaya Adhikari, Administration Officer at Spinal Injury Rehabilitation Centre.

4 Wheelchairs donated to Bharatpur Hospital:

The NRN Association Japan chapter donated 4 Wheelchairs to HeNN to be further donated to the Bharatpur Hospital. HeNN Executive Member, Mr. Rajendra Nath Shrestha handed over the wheelchairs to Dr. Keshav Raj Bhurtel, Medical Superintendent of Bharatpur Hospital.



UN Donated 5 computers to Bhaktapur School:

The United Nations has handed over 5 computers for the e-Library project. The computers were further deployed in Bhaktapur School.

Editor's comment: We hope you found this newsletter useful. If you wish to obtain further information please feel free to contact us at admin@helpnepal.net.
Thank you. Bulletin Team, Help Nepal Network www.helpnepal.net