



## Introduction

If you think there isn't much you can do about Nepal, think again. Through donations of just "One dollar a month" many lives in Nepal have been touched in 2007. From providing basic medicines in the remote parts of Mugu, reconstructing a school in Dolkha, or building a Children's Shelter in Kathmandu, this whole Network, driven by volunteers ensures each cent is used for projects and nothing else.

Please take a moment and think of all the extra things you may buy this Xmas. A dollar won't go far in your shopping list but it will help make a difference to numerous lives in Nepal in 2008. Click through this secure link and donate whatever you can. In a year's time when this newsletter comes round again, you will know you were part of the team that made it possible.

[Donate Online](#) →

## Long term projects

### [Help Nepal Health post, Mugu](#)

The Health Post in Mugu is continuing to provide regular health services, awareness programs and outreach clinic services to the local residents. It was reported that a total of 406 patients visited the health post in the last three months. The predominant diseases detected during check up were gastric, malnutrition, dysentery, diarrhea and chest infection.

After successful completion of Miss Bhasa Koirala's three months tenure at the Health Post, HeNN-Nepal has started the recruitment process to hire a new health staff for a period of one year. This member will train the local staff as well as the community in health matters.



Bhasa in awareness program to locals of various VDCs



Staff nurse Bhasa with Mugu children

### **Conflict Impacted Children (CIC) shelter, Dhulikhel**

The construction of the Shelter for Conflict Impacted Children (CIC), in Dhulikhel, Kavre District commenced on the 25th of March 2007, with financial support from Nepal Balbalika Trust (NBT). The first floor of the building is now complete and the second floor is expected to be complete by December 2007. This shelter will house close to 50 children who have lost their parents during conflict.



Construction Undergoing for CIC Shelter in Dhulikhel Update Nov 07

## Short Term Projects

### Flood Victim Relief

Help Nepal Network (HeNN) provided relief material worth of US\$11,360 to Nepal Red Cross Society in support of the flood victims who have lost their homes, family members and their livelihood as flood ravaged Southern Nepal in August 2007. HeNN along with the support from Health Care Nepal, Nepalese Society of Texas, Nepali Post and D2 Hawkeye were able to procure and deploy a total of 250 relief bags to Nepal Red Cross Society.

The distribution of the relief bags is envisaged in December 2007.



Flood Victim Relief - Handover of Goods to Red Cross



Flood Victim Relief Project

### Sri Bagh Bhairav Lower Secondary School, Lalitpur

The aim of the project was to construct three additional rooms for Sri Bagh Bhairav Lower Secondary School, which would benefit 229 students. HeNN contributed a total of US\$2,944.50 towards the project, which was disbursed in two phases.

This project was successfully completed in May 2007.



### Sri Kanyadevi Lower Secondary school, Nuwakot

This school in central Nepal which caters mainly for children from underprivileged ethnic groups is in a dilapidated state. The School approached HeNN to help with reconstruction of the School building.

The total cost of the project is US\$8,020.00. HeNN contributed towards half of the project cost and the other half is being supported by the local community. The first installment of US\$2,435.40 was handed to the project in October 2007. The remaining amount will be handed over upon receipt of the first-phase progress report.

### Shelter for Elderly Citizens - Lalitpur

Shanti Ashram is an organization that provides relief and support to Elderly Citizens. They have been providing accommodation and health care to Elderly Citizens who are helpless for more than a decade.

The purpose of this project is to help Shanti Ashram build a shelter for elderly citizens in Bungmati Village Development Committee (VDC). HeNN's total contribution of US \$4,615.40 was handed to the project in two installments; the first installment was handed in August 2007, and the second installment was handed in November 2007.

The fund released by HeNN helped to construct the first floor of the building. Shanti Ashram is now involved in raising funds from other sources to complete construction of the second floor.



Construction of Shanti Ashram - Shelter for elderly citizens in Bungmati Village Development Committee (VDC)

### Electronic Library in 'Education Training Center', Dhulikhel



After successfully implementing Electronic Library in Dang and Bhaktapur; HeNN will venture to set up another E-Library for a government organisation called the 'Education Training Centre', based in Dhulikhel, Kavre district. The purpose of this project is to equip teachers with information, communication technology and tools for educational development.

HeNN will provide financial and technical support with the help of volunteers from Pulchowk Engineering Campus.

The total cost of the project is US \$2,532.30. The project utilizes LINUX system to ensure costs are

minimum.

### Fund Raising Events in Sept - Dec 2007



1. The DC Marine Corp Marathon was held on 28th of October in the United States of America to raise money for Help Nepal E-Library projects. Ramesh Byanjankar, Samrakshak Singh Regmi and Andrew Lee participated in the marathon to raise funds to support E-Library projects in six districts of Nepal namely, Banke, Bhojpur, Chitwan, Sunsari, Rautahat and Rupandehi. The total cost of the project is US\$16,800. The three Marathon runners raised funds close to US\$2500 and the USA team is spearheading the fundraising drive. If you wish to help please contact [admin@helpnepal.net](mailto:admin@helpnepal.net).

2. The HeNN fund raising event held in Melbourne and Canberra, Australia, in November successfully raised US \$7,000. The proceeds from the event will be utilized to support various projects in Nepal. The event generated great interest and appreciation towards HeNN's appeal for 'one dollar a month for Nepal'.

Furthermore, HeNN team in Sydney has organized a fundraising dinner on 23rd of February 2008, to raise funds and create awareness among the Nepalese community. Dheeraj Shrestha, an internationally acclaimed Tabla percussionist will be performing live. Contact [admin@helpnepal.net](mailto:admin@helpnepal.net) for further information.

We hope you found this newsletter useful. If you wish to obtain further information please feel free to contact us at [admin@helpnepal.net](mailto:admin@helpnepal.net).

Thank you.

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