



## Introduction

With the start of a new year many reading this bulletin will have formed resolutions they hope to keep this year. Helping others is one popular resolution many people undertake. At HeNN we try and enable people no-matter where they are to lend a hand back in Nepal. Helping need not cost you much. A dollar a month can achieve vast amounts. We firmly believe in this and we will continue through 2007 showing you what we can do if we work together. Please join us this year. [admin@helpnepal.net](mailto:admin@helpnepal.net) or click the link below. Remember, not one cent of funds you donate is used for administration costs either in or outside Nepal.

[Donate Online](#) ↘

## Long term projects

### [Help Nepal Balbalika Shelter](#)

In 2005 HeNN with the help of UK based Nepal Balbalika Trust undertook this mammoth task of building a shelter for conflict impacted children. We received land free of charge in Dhulikhel and architectural help from a reputable local Consultancy. Last month we received the official confirmation from Dhulikhel Municipality to permit construction of the shelter.

We are now pleased to say that bulldozers have completed leveling the ground where the shelter is going to be built. We are hoping to complete construction in the next six months.

We still urgently need funds to see this work through. Similarly if you know someone in Kathmandu who could help furnish the interior we would like to hear from you via [admin@helpnepal.net](mailto:admin@helpnepal.net).



Land Leveling at CIC shelter site in progress



Construction team along with HeNN members

## HeNN Health Post

In November 2006, separate visits by healthcare volunteers from Sweden and an INGO, Healthcare Nepal were undertaken to the healthpost. The Swedish volunteers, Dr Hans Idenfors and nurse Frida Maria Ivansson along with Jack Starmer and Dr Subarna Acharya from Healthcare Nepal have helped us identify several areas in the healthpost that need improving.

The Swedish volunteers stayed in the healthpost for two weeks. They were frustrated by the fact that they could not prescribe as the necessary documents from the Health Ministry were not available in time. However they were able to assist the local healthcare workers. Common illnesses seen were gastroenteritis and respiratory infections. However during the two weeks they were at the healthpost they treated tuberculosis, leprosy, typhoid and tapeworm infections.

US\$ 475 worth of medicine, as requested by the health assistant has just been delivered to the Health post and US\$2750 received from Everest Marathon Fund is being used to send a Consultant with Obstetrics expertise to the area after winter.

## Bhai Bahini

Seventeen children have so far been sponsored through the Bhai-Bahini program. The funds will be used for the childrens education. All the children sponsored so far are from remote areas in Nepal. We have realized that administering this program is difficult and are now going to concentrate sponsorship drive towards the children who will reside within the Help Nepal Balbalika Shelter.

## Short term projects

### "Missing roof" of Janashakti Secondary School, Rautahat

In July 2006 we received news of this school running without its roof after storm damage via Kantipur daily newspaper.

Although HeNN immediately supported the school with US\$1400 for roofing of the school building the project took a while to commence.

The local community motivated by such support appealed to the District Office to support them. Now with the support of HeNN, the local District Office and the local community enough funds were raised to build a new school. This has now been completed.



Class without roof. This picture was published in Kantipur daily newspaper

### "Life support training" to Kanti Children's Hospital

A paediatric model along with other specialist equipment to help doctors and nurses train in resuscitating children has been handed over to Kanti Children Hospital on 10th November 2006. The equipment costing US\$3000 was shipped from the UK.

The model is used in hospitals for practicing the treatment required by a child during the first hour of any life-threatening illness. The dummy acts as a virtual child and enables doctors to practice in a safe environment.



Dr. Ajit Rayamajhi (left) standing beside the Dummy

Dr. Ajit Raymajhi from Kanti Children Hospital will train the doctors on how to use the equipment.

### Over 1000 patients benefit from health camp

HeNN has successfully conducted its second health clinic at Haripurwa VDC of Sarlahi district on 9th and 10th of November 2006. Due to the lack of health facility in the area, HeNN jointly with UNDP and a local partner, Ananda Community Development Committee have been regularly running a village clinic since June 2006.

HeNN contributed US\$1500 towards the cost. Food and lodging were provided by the local community. Overall 1412 patients benefited from this camp. Two examples are given below.

Name of Patient	Age	Health Problem	
Adhiyana Devi Lohar	87 yrs	Ear ache	
<b>Remark</b>	She had been suffering from severe ear ache for a while. She was unaware of the regular HeNN Clinic as her residence was far from the clinic, therefore she tolerated the pain. After being made aware of the free two day health camp from the publicity done in the field she decided to make the journey.  After check up, her remark about the camp was- <i>"I was able to come to this health camp as this was not very far from my place. I am happy that I could go for check up. The ear drops which the doctors put in my ear gave immediate relief and I also got medicines for free. Now I will tell other poor people like me to visit this health clinic and be benefited from it."</i>		
Name of Patient	Age	Health Problem	
Jaychan Ram	10 years	Heart	



Jaychan Ram lying on hospital bed for check up

**Remark** Jaychan Ram, a poor inhabitant of Haripurwa had come to visit the health camp for treatment along with his mother who is a widow. They come from a very poor economical background and do not own any kind of property. Without any property and money to spend on her son's treatment she was overtaken with fear at the prospect of losing her child.

Jaychan was sponsored by HeNN to travel to Kathmandu and undergo treatment at Sechen hospital. His heart condition was diagnosed as congenitally corrected transposition of the great arteries. His treatment is being looked after free of cost by Sechen hospital and HeNN.

**Jyachan Ram, 10:** *"I came for a simple checkup for my cough and cold but the doctor told me I have a heart problem and I need an operation. I am very thankful that the doctor also arranged a checkup for me in a heart hospital in Kathmandu. May be, I would have died if I had not come to this health camp."*

During the camp, HeNN health volunteers also conducted a short program to make the people aware about sanitation and the mosquito borne diseases like dengue, malaria and *kalazaar*. Information was also disseminated about water borne diseases such as typhoid and jaundice.

### e-Project in Adarsha School, Dang

This project developed out of a need for this remote school to have a computer for use of the children, most of whom had never seen one. It was approved by HeNN and US\$ 5228 set aside to fund it. The project has slowly grown to include volunteers from Pulchowk Engineering Campus who will travel to the remote school and install a "computer library". The software used will be Linux operating software and neighbouring schools will also have access to the computers. We hope successful implementation of this small scale project can be reproduced in other districts across the country.



Trial run of the computer library prior to local implementation

Volunteer students from Pulchowk Engineering Campus plan the project

### Day centre for Elderly people - project just approved





**Network** An elderly woman looks on as the doctor writes prescription for her at Shanti Ashram

An elderly man getting treatment at Shanti Ashram



approved to undertake a project constructing a two storey building for helpless elderly. The construction site is located at Bungmati, Lalitpur District. The building will consist of a single floor on the first floor.

**HeNN-Australia Nepali Musicians Tour**

Nearly a dozen leading Nepali musicians toured Australia in September 2006 to raise funds for various projects of HeNN. The proposal was received from Shanti Ashram. The Ashram has been actively supporting the local elderly population for the past ten years. The Ashram has already acquired enough land to construct the project.

HeNN will provide



Musicians performing on stage during HeNN-Australia Tour



Audience enjoying home songs

The artistes, Nhyoo Bajracharya, Jems Pradhan, Nima Rumba, Deepak Bajracharya, Mausami Gurung, Sujil Karmacharya, Gopal Rasaili, Amul Karki and Indra Man traveled from Nepal at the invitation of HeNN-Australia. From Australia itself, Sarun Tamrakar and Dheeraj Shrestha were involved in the team.

Between Melbourne and Sydney over a thousand people swayed to the beat of contemporary Nepali music, folk songs and fusion music.

The tour was a great success.



**HeNN Sweden registered**

**HeNN-Sweden** has become the fifth chapter to be registered as a charity with the local government. Along with the registration the a new 8-member executive team has been formed under the leadership of Mahesh KC, the founder of HeNN-Sweden. [click here for more information.](#)



**HeNN-Chapter in Saudi Arabia**

A new chapter was established in Saudi Arabia in the leadership of Rabindra Baral. It is the HeNN's first formal presence in the Gulf region, where hundreds of thousands of Nepalis work. HeNN-Saudi Arabia is receiving a hugely positive response. Please [click here](#)



**HeNN-USA: [Three women raise over US\\$8000](#)**



mission" campaign to raise \$8,000 to add to the \$11,000 they have already raised from the MaHa US Tour for the construction of the Health Post Haripurwa VDC in Sarlahi. The campaign was hugely successful raising nearly US\$1000 more than the target.

The campaign coordinated by Shailesh Gongal, Chairman of HeNN USA, completed successfully with Raksha Pant and Sworupa Khadka running the Philadelphia marathon and Prerana Shrestha the New York Marathon.



Prerana Shrestha

During the marathon Raksha struggled with indigestion and Sworupa with an ankle injury, but in spite of the difficulties all completed their marathon. We have learnt more people are interested in future marathons and we welcome your interest. Please email [admin@helpnepal.net](mailto:admin@helpnepal.net) and we will direct your enquiry to the right person.



### D2Hawkeye Computer Handover

Two computers were handed over to HeNN-Nepal by the executive office director of D2Hawkeye, Ms. Mohana Lohani. One of the computers will be donated to Sri Sarswoti Secondary School, Bhaktapur. Another computer will be used at HeNN-Nepal office.



Ms. Mohana Lohani handing over computers to HeNN-Nepal President Mr. Arun Singh Basnet

### Conclusion

If there are any projects you would like further information, please contact us at [admin@helpnepal.net](mailto:admin@helpnepal.net). If you would like to help us with any projects we would be delighted to hear from you.

We wish you the very best for 2007

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