



Introduction

On 6th July 2008, six enthusiasts will be running in London to raise funds for Help Nepal Network!

Paras Joshi, Niraj Shrestha, Suraj Prasai, Nitima Shrestha, Sushila Prasai and Tripti Joshi will participate in the '**British 10k Run**' to help 'Helping Hands Community Health Clinic' in Khanigaun, Parbat district in Nepal.

Your contributions will enable us to provide affordable health services for those living in poor conditions and who do not have the means to access better services. Funds raised from the run will be used to buy proper equipments and expand the clinic's health laboratory to provide better health services to patients.

We therefore ask you to give a little and live a little as you can be assured that your donation will be used completely for the improvement and support of the Health Clinic in remote Nepal.

Please use the link below to donate online. Or, alternatively, you can write a cheque to 'Help Nepal Network'. For more details about the project, please visit www.helpnepal.net.

[Donate Online](#) ↘

Spinal Rehabilitation Centre (SIRC)

SIRC was initiated in April 2002 by Sir Edmund Hillary to provide treatment and support people with spinal injuries. The average age of patients admitted at SIRC is between 20 to 35 years and the vast majority stay for 3 months receiving crucial rehabilitation. More than 60% of the patients receive full and partial fee remission. The SIRC has treated more than 515 patients to date.

SIRC is entirely dependent on charity. It does not receive any government funding despite being the only institution of its type in Nepal receiving patients from all 75 districts of Nepal.

HeNN is helping SIRC to raise funds for their new centre in 2008 and your contributions will be immensely valuable to support the cause.

Please use the link below to donate online. Or, alternatively, you can write a cheque to 'Help Nepal Network'. For more details about the project, please visit www.helpnepal.net.

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Help Nepal Network Banner on the Summit of Mt Everest!

Help Nepal Network would like to congratulate Mr. Mingma Tsiri Sherpa for carrying the HeNN banner and successfully placing it on the summit of Mt. Everest on 23rd May 2008.

Mr. Mingma Tsiri Sherpa, a renowned mountaineer, dedicated this attempt to the children affected by the decade long conflict in Nepal. He scaled the mountain with the Help Nepal banner to raise funds for the Conflict Impacted Children's Shelter (CIC) in Dhulikhel.

Long term projects

[Help Nepal Health post, Mugu](#)

The health post has been providing health services to the local residents of Murma village and surrounding areas in Mugu district. Health assistants have been providing services such as symptomatic treatment and training volunteers on preventive measures comprising of waste management.

HeNN-Nepal has recently appointed Mr. Resham Bd Khatri as a health consultant to work at the health post in Mugu for a period of one year from 15th March 2008. He worked as a health assistant in his previous life and was involved in various curative and preventive health projects in different parts of Nepal. He will carry out health awareness activities to support the community in their health problems and provide training to the existing staff members at the health post in compliance with the HeNN action plan.





Interview with Resham Bd Khatri as a health consultant to work at health post in mugu.

Conflict Impacted Children (CIC) shelter, Dhulikhel

The construction of the Shelter for Conflict Impacted Children (CIC), in Dhulikhel, Kavre District commenced on 25th March 2007, with financial support from Nepal Balbalika Trust (NBT). The total building cost of the project is estimated at \$150,000 and upon completion will house close to 50 children who have lost their parents during conflict. HeNN office in Nepal is currently in the process of identifying these children from within and outside Kathmandu valley.

The construction of the Shelter is being supervised by HeNN office in Nepal.



Construction Undergoing for CIC Shelter in Dhulikhel Update Nov 07

Short Term Projects

School building construction of Sri Kanyadevi Lower Secondary school, Nuwakot



Kanyadevi School in dilapidated condition

Sri Kanyadevi Lower Secondary school is in central Nepal and caters mainly for children from under-privileged ethnic groups. The School approached HeNN to help with reconstruction of the school building, which is in a dilapidated state.

The total cost of the project is \$8,020.00. HeNN contributed for the first instalment of \$2,435.40, which was handed to the project in October 2007.

The school has started the construction work and the remaining amount will be handed over upon receipt of the first-phase progress report.

Shelter for Elder Citizens - Lalitpur

Shanti Ashram has been providing accommodation and health care to Elderly Citizens who are helpless for more than a decade. HeNN will assist Shanti Ashram to build a shelter for elderly citizens in Bungamati Village Development Committee (VDC).

HeNN's total contribution of US \$4,615.40 was handed to the project in two instalments in August 2007 and November 2007 to help construct the ground floor and the first floor of the building. They are now in the process of completing the construction of the first floor.

E Library in "Education Training Center", Dhulikhel



E-library projects have been very successful in providing literacy and creating awareness about the use of computer and information technology in remote parts of Nepal. We have completed projects in Bhaktapur, Dang and Sindhupalchowk.

HeNN ventured to set up another e-Library for a government organisation called the 'Education Training Centre', based in Dhulikhel, Kavre district. The aim of the project was to equip teachers with information, communication technology and tools for educational development.

HeNN provided financial and technical support with the help of volunteers from Pulchowk Engineering Campus. The project was successfully completed on 26th January 2008. The total cost of the project was US \$2,532.30.



Sri Ja La Pa Lower Secondary School, Khotang



Sri Ja La Pa Lower Secondary School in Birendranagar VDC, Khotang was established in 2005 to provide education at a primary level. In 2008, the school started providing education at a secondary level, but it needed to construct a new building, which was supported by various organizations.

HeNN contributed \$4745.50 to construct the roof of the building that supports 10 classrooms. The construction was completed in January 2008. The school was inaugurated on 10th February

2008.



Sri Ja La Pa Lower Secondary school in March 2007 after roofing the school building

School building construction of Sri Ni Ma Bi School, Chitwan



Sri Ni Ma Bi School was established in 1977. The school building initially comprised of 5 class room, but it suffered severe water leakage during monsoon which ultimately damaged the roof. The school needed to construct a new building with 4 classrooms to continue to provide education to the students. The initial thrust to build the two classrooms in the ground floor was supported by the Village Development Committee (VDC), local community and the Bagdevi Community Forest Consumer Committee (BCFCC).

HeNN contributed \$4615.4 to construct the two classrooms in the first floor of the new building in December 2007. The construction is envisaged to be completed in April 2008.

School building construction of Sri Kalika Devi Primary School, Makwanpur

Sri Kalika Devi Primary School is located in Palung VDC, Makwanpur district. The school building was destroyed during a thunderstorm in 1993 and therefore had to be reconstructed to accommodate students up to class 5.

HeNN provided financial contribution of \$2372.50 in December 2008 to construct the ceiling of four new rooms in the first floor of the school building. The construction is envisaged to be completed in April 2008.



Sri Kalika Devi Primary School, Makwanpur - March 2008

Fund Raising Events in 2008

1. Premier of Kaagbeni in Boston raised \$850.00

HeNN USA successfully organised a premier screening of Kagbeni in February 2008. Anil Shrestha led this effort and worked closely with Mabi Singh to screen the movie at Tufts University in Boston.

Anil helped to mobilise HeNN USA members and San Pradhan from sajha.com to promote the event, which helped to attract approximately 130 people on the day. Anil's team handed out flyers to each and every attendee, showcased 'HeNN in Action', and gave a brief introduction before the movie started.

The event successfully introduced more people to HeNN alongside raising a net total of \$850.00. Navin Dhakal also added members in Baltimore through this event.

HeNN would like to thank Anil Shrestha, Mabi Singh, Navin Dhakal, Kasish Das Shrestha and Sailesh Gongal for making this event a great success.

. HENN-Australia International Fund Raising Events 2008 raised \$13,100.00

HeNN-Australia successfully organized 'HeNN International fundraising' programme in Melbourne, Canberra, Sydney and Perth this year and raised approximately \$13,100.00. Forty per cent (40%) of this fund was received as a donation.

The objective of the International fundraising event every year is to raise funds for HeNN projects. This year it will be used towards construction of four classrooms in Sri Jeevan Jyoti Lower Secondary School in Gorkha District, E-library, and other educational and health projects.

Melbourne organised a dinner and cultural program with a turnaround of approximately 200 people. Nick Farr, a mountaineer from Melbourne, gave a presentation highlighting the importance of HeNN's work in Nepal. Shankar Bairagi, Charge-de Affairs was the chief guest on the occasion and praised HeNN's work in Nepal.

Likewise, in Canberra, the 'Nepalese Community Association' celebrated the occasion combined with the Nepalese Association function. In Sydney, a dinner program was organised with Dheeraj Shrestha, who is a profound classical tabla percussionist. The newly-appointed Nepalese Ambassador to Australia, His Excellency Yogendra Dhakal and Nepalese Honorary Consul General Christine Gee were among the many guests who attended the function.

The Perth Nepalese Community Association donated \$375.00 to support HeNN's projects in Nepal.

Help Nepal Network would like to thank team members in Australia, its supporters, donors and volunteers for their hard work, participation and generous donation, which helped to make this event a great success.

3. HeNN networking programme in Cambridge raised \$886.00

Pravin Karki in Cambridge UK organised a fantastic day of activities culminating in a dinner program on 26th April. The objective of the programme was to raise funds, create awareness and network with students from Cambridge University. The event successfully raised \$886.00.

Dr Pranab Gyawali, Chairman of HeNN UK, gave a short presentation about Help Nepal Network and its projects and answered questions afterwards. The event followed on with dinner and informal networking.

HeNN would like to thank Pravin Karki, Prasiddha Pradhan, students of Cambridge University and other members for making this event memorable.

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
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www.helpnepal.net