



# Help Nepal Network Bulletin

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## Recent Projects:

### Roofing of School Rooms in Baglung

Shree Ganesh Secondary School, Narayansthan, Baglung, has approached HeNN requesting for a funding of Rs 300,000 towards the roofing of four newly constructed class rooms in the school premises. The school has 11 class rooms and is spread over three ropanis of land. Out of the total estimated project cost of Rs 500,000.00 (for roofing the four class rooms), local community has agreed to bear the rest of the costs (that is, Rs 200,000.00). Over 500 students studying at the school will benefit once this project is completed.

HeNN would like to call upon its members and well-wishers to come forward to help in this noble project.

## Forward

Know someone who might be interested, please forward this email?

## Donate Online

Online Donations can be made through the following

## » News & Events

### HeNN launches Flood Relief Appeal

Help Nepal Network (HeNN) has issued an urgent appeal to all the Nepalese—living within the country or abroad—as well as friends of Nepal to come forward to help people displaced from the Koshi floods that hit eastern Nepal in August.



Officials say the massive flood that hit at least five VDCs in the eastern district of Sunsari in the has already displaced over 40,000 people. Local administration and security agencies are working earnestly to provide immediate relief to the displaced families but they need

material support like utensils, plastic sheets and food items to support the victims.

The displaced people also need fuel to boil water and medicines to recover from illness. In order to provide emergency humanitarian assistance, Help Nepal Network has already provided \$3,000 to support the flood victims and has also appealed to all the expatriate Nepalese community and friends of Nepal to support those who need it most.

**"Please rise to the occasion and momentarily step out of your comfort zone to help the needy back home. No matter how busy we are and how tough our jobs, we have it much easier and comfortable than those who are wet, hungry and sick,"** said Shailesh Gangol from HeNN team in the USA . Those willing to extend their hands of help can do so online.

### Six Nepali Youths Run for Charity

Six Nepali youths have completed the British 10K Run on July 6, 2008 to raise funds for Help Nepal Network (HeNN).



Paras Joshi, Niraj Shrestha, Suraj Prasai, Nitima Shrestha, Sushila Prasai and Tripti Joshi, all of whom reside in London, completed the 'British 10k Run' to help raise funds for Helping Hands Community Health Clinic in Khanigaun, Parbat district in Nepal.

"We wanted to do something that would benefit Nepal. We were thinking of doing something different and interesting at the same time," said Paras Joshi, one of the participants in the British 10K

Run.

The participants aim to raise £2,500 which is the total cost of the medical equipment for the health clinic. They have so far been able to collect over £1,000 and are still looking for more donations to meet the target.

All six runners came together to form the 'Sukunda Running Club' some six months ago to run the British 10K run to raise money to help poor and vulnerable people in Nepal.

The fastest time for the 'Sukunda Running club' was 52 minutes. Those who are interested to support this initiative can donate online.

### HeNN organises Dance Party

Help Nepal Network (HeNN) organised a dance party at the American Bar and Grill, O2 Arena, Greenwich, London, to raise funds for its charitable works on August 18, 2008.

link:

IN the USA

UK and elsewhere

**IN DIRE  
NEED OF HELP:**  
People displaced by  
floods in Sunsari  
need your support

**DONATE NOW**

Over 200 people took part in the fun-filled party organised by HeNN jointly with the Greenwich Youth Football Club (GYFC). After deducting expenses, around 1,000 pounds were raised from the party of which £500 will go to HeNN while the rest will go to GYFC. HeNN has already allocated the sum for the aid of people displaced from recent flood in eastern Nepal.



Coordinator of the event and treasurer of HeNN UK, Prashidha Pradhan, thanked all those who made it possible to organise the event. He also thanked DJs (DJ Bickey and DJ Dinn & The club no 23) for performing at the party free of cost and manager of the Bar for providing the venue free of cost. "Such gesture has really encouraged us," said Pradhan, adding, "The money we have been able to save has been spent for a good humanitarian cause, which made the effort truly rewarding."

### Nepali students raise funds

During the Yakthung Chumlung gathering at Ashford, UK, on 19th July 2008, a group of Nepali students raised funds to support underprivileged children in Nepal under the auspices of the HeNN.

Saujan Pandhak, Jinita Pandhak, Hangyam Thebe, Sophia Rai and Visakha Dewan were actively engaged in raising the funds for Help Nepal.

"We now feel as if we've taken a bigger role and are responsible for the underprivileged children in Nepal and we hopefully will make a difference in their lives," said Saujan Pandhak Limbu, organizer of the event.

When asked what motivated the team to raise funds, Saujan said, "For us, this was a small duty which we carried out during the summer holidays as we wanted to do something rather than just sit and watch TV."

Saujan added that in the coming days the team will be working hard in schools/universities. "We hope that one day we can go back to Nepal and share our knowledge to help the country and the people of Nepal. Also few of us plan to take a Gap Year out in Nepal where we hope to volunteer and help the village communities," he added.

The group has raised nearly £1,000 which will be handed over to HeNN by the end of August. HeNN has thanked Saujan and his team for carrying out such an exemplary job.



## » Projects Updates - Long Term Projects

### Shelter for Conflict-Impacted Children (CIC), 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 over 50 children who have lost their parents during the decade-old armed conflict in Nepal (1996-2006). HeNN office in Nepal is currently in the process of identifying these children from within and outside the Kathmandu valley. HeNN Nepal office also supervises the construction of the shelter.

Right from the beginning, this project has drawn enthusiastic support from HeNN members and well-wishers such as SILT, a leading architecture firm based in Kathmandu, designed the building free of cost and is still providing consulting services regularly.

NBT has so far provided over £ 39,500.00 for the construction of the building (see: pic).

During the ANA Convention at Baltimore, USA, in July 2008, USD 2,027 was collected for HeNN and Mahabir Pun – a social entrepreneur-- through the ANA/Zen Travels (fly2nepal.com) raffle. The drawing and management of the raffle was done by HeNN volunteers from the Mid-Atlantic region.

Thanks to the initiative of HeNN Australia, Alex Kondos and Vivian Kondos-- two academicians from Sydney who call Nepal their second home—donated Aus\$ 500 towards the construction of the shelter.

HeNN has launched a major fund-raising drive to raise funds to complete the shelter and start housing children as soon as possible. HeNN would appreciate donations, big or small, towards the construction of CIC. You can do so right now online.

### **Help Nepal Health Post, Mugu**

Despite being known for immense natural beauty, Mugu is considered one of the least privileged districts of Nepal in terms of socio-economic development.

People in Mugu are devoid of even basic health facilities. In order to provide quality health care and raise health and sanitation awareness among the local population, HeNN decided to construct Mugu Health Post in 2004. Out of the total estimated cost of NRs 1.2 million, HeNN contributed Rs 500,000.00

The National Planning Commission of Nepal provided Rs.500, 000 for the construction of staff residential house at the Health Post. The Health Post started its operations on 15th June 2004 and has been providing health services to local residents of Murma village and surrounding areas in Mugu district.

HeNN-Nepal appointed Mr. Resham Bd Khatri in March 2008 as a Health Consultant to work at the Health Post in Mugu for a period of one year. 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.

In order to run the Health Post, HeNN needs continuous support from its well-wishers. We are happy to announce that Ms Diana from Everest Marathon Fund – a UK registered charity-- has provided £3,000 to support the day-to-day operations of the Mugu health post.

Meanwhile, Mahesh KC of HeNN Sweden chapter who was visiting Nepal, handed over a sum of NRs 112,400 or US \$ 1662.72 raised by the HeNN Sweden to HeNN Nepal office on 4th August 2008.

The fund has been donated to implement training and awareness program in Mugu District under the auspices of the Mugu Health Post.

HeNN appeals for magnanimous support to the Health Post from donors – institutional as well as individuals

### **Spinal Injury Rehabilitation Center (SIRC)**

Hundreds of people – men and women, young and old-- fall off the trees in Nepal while trying to collect fodder for their cattle. Most of them don't get proper treatment, become paralysed or even die due to lack of treatment and care. In order to support people suffering from spinal injury, late Sir Edmund Hillary – along with social activists like Kanak Mani Dixit who had been a victim himself-- set up the Spinal Injury Rehabilitation Center (SIRC) in Kathmandu in 2002.

Since its inception, the SIRC has treated hundreds of patients from all over the country. 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 charity.

SIRC doesn't receive any government funding and is entirely dependent on charity. HeNN is helping SIRC to raise funds for their new Centre (see: pic). If you want to support this project, you can do so online.

### **» Short Term Projects**

#### **Shanti Ashram, Lalitpur**

Shanti Ashram is a center for elderly citizens providing accommodation and health care to senior citizens who don't have anybody to take care of them. Upon the request from the operators of the Ashram, HeNN provided a total of US\$ 4,615 in two instalments in August and November 2007 to help construct the ground floor and the first floor of the building.

### **» Completed Projects**

#### **Kanya Devi Lower Secondary School, Nuwakot**

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

Out of the total estimated cost of nearly Rs 500,000.00, HeNN approved Rs 316,604.00 The rest will be borne by the local community in terms of cash support and voluntary labour. HeNN provided the first instalment of Rs 150,000.00 in October 2007 with which the school started the construction of three rooms. Second instalment of Rs 100,000.00 was handed over in June 2008. The rest of the agreed sum (Rs 66,604.00) will be provided upon receiving the project completion report from the school.





### Shree Ja La Pa Lower Secondary School, Khotang

Shree Jalapa Lower Secondary School was constructing 10 new class rooms with the donor support but came to realise that they did not have enough resources to complete the construction work. They approached HeNN for its support to complete roofing of 10 new classrooms. Upon studying the proposal, HeNN provided Rs 300,000.00 in November 2007 to carry out the project. The roofing is already complete thereby enhancing the quality of teaching and learning in one of the remotest parts of eastern Nepal.



Before



After

### School building construction of Sri Ni Ma Bi, Shirkot, Chitwan

Established in 1977, the school building of Sri Ni Ma Bi, Shirkot, Chitwan comprised of 5 class rooms. After several years, the rooms started leaking severely during the monsoon thereby forcing the school to remain closed. The school then took initiative to build two classrooms in the ground floor which was supported by the local Village Development Committee (VDC), members of local community and the Bagdevi Community Forest Consumer Committee (BCFCC).

Upon getting a request from the school towards the construction of two more class rooms in the first floor, HeNN studied the proposal, okayed it and contributed US\$4615.4 in December 2007. The construction work was completed in April 2008.



Under construction-Sri Ni Ma Bi School



Sri NI Ma Bi School - Complete

### School building construction of Sri Kalika Devi Primary School, Makwanpur



(Before) Sri Kalikadevi Primary School



Local labor contribution

Sri Kalika Devi Primary School is located in Palung VDC, Makwanpur district, in central Nepal. The school building was destroyed during a thunderstorm in 1993 and needed support for its reconstruction.

HeNN provided financial contribution of \$2372.50 in December 2007 to construct the ceiling of four new rooms in the first floor of the school building. The construction work was completed in May 2008 thereby benefitting school children and the local community at large.



(After) Slab ceiling complete

### E Library at the "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. E-libraries have already been established in Bhaktapur, Dang and Sindhupalchowk districts with the support of HeNN and other partners.

HeNN ventured to set up another e-Library for the state-run 'Education Training Centre' at Dhulikhel in Kavre. The project aimed at equipping teachers with ICT (Information and Communication Technology) and other stools for educational development.

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

**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](mailto:admin@helpnepal.net).

Thank you. Bulletin Team, Help Nepal Network [www.helpnepal.net](http://www.helpnepal.net)