



# Help Nepal Network Bulletin

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## Editors Note:

Dear All,

We are pleased to inform you that Help Nepal Network (HeNN) has completed 10 years of its existence. Over these years, as per our objectives, we have conducted a number of health camps, helped construct or renovate schools, set up electronic libraries and provided emergency humanitarian assistance to our fellow brethren during their time of need.

We would like to take this opportunity to extend our hearty greetings towards all our members and well-wishers for their continued support and encouragement in the activities being launched by the Help Nepal Network (HeNN) over these years.

Help Nepal Network has now expanded to a dozen countries and our friends are working to establish HeNN chapters in many more countries. Wherever we operate, our modalities are the same. We encourage Nepalese and friends of Nepal to donate a small amount regularly and have demonstrated that even such small donations can make a difference in the targeted communities in Nepal.

We would like to take this opportunity to extend our sincere appreciation and thanks to Mr Siddhartha Rana, chairman of the Soaltee Group, Nepal, for making a generous contribution of USD 134,000.00 (NRS One Core) to the administrative fund set up by the Help Nepal Network. It has now been possible to channelize every penny we receive from our donors directly to various projects as we have got a separate fund to meet our admin costs.

We would also like to extend our sincere appreciation and thanks to founder chairman of NRN Association, Dr Upendra Mahato, for his generous contribution of USD 32,166.00 (NRS. twenty four lakhs) on behalf of Phul Kumari Mahato Memorial trust to support Help Nepal's various projects.

In the last several years, we have received support from hundreds of others who have generously contributed towards our projects. We would like to extend our heartfelt gratitude to all that have helped to bring smiles in the faces of many Nepali children and adults in remote regions of Nepal.

Last, but not the least, we would like to extend our sincere appreciation and thanks to all the members of the 'Run for Change' - who participated in the British 10 K Run on 11th July this year. This is the third year in a row that the 'Run for Change' members took part in the British 10 K Run to support various projects in Nepal in partnership with the Help Nepal Network. This year the team has set up an ambitious target of raising over 10,000 pounds to support three schools in Nepal. The fund-raising campaign is still ongoing and we are confident that our well-wishers will continue to support this initiative as in the past.

At a time when economies in many countries in the world, including the US and UK, are facing hard times, we are aware that many of our members and well-wishers are facing difficulties in their households as well as in work places. In such difficult times, we need to keep us motivated and reassure ourselves that whatever we have been able to contribute is going to be immensely helpful in the lives of our fellow Nepalese. Since every small help counts, we should keep the flame of charity burning.

We look forward to your valuable comments and suggestions, as always!

With best regards,  
Editorial team  
Help Nepal Network

## » Projects



"More than 3,500 people from Mugu, Jumla and Humla districts visited the camp for medical check-up."

### **Mugu Health Post**

Mugu is a remote hilly region in Western Nepal with limited access to basic health, education and transportation facilities. The objective of the Mugu Health Camp is to provide basic health services to the local and surrounding villages. The health camp offers services such as free health check up, minor surgery, medicines, and workshops to create awareness about general hygiene and safe motherhood.

The Health Camp continues to support the local inhabitants and others living in vicinities nearby. It has now received USD 9,000.00 from the Everest Marathon to support staff costs, purchase of essential medicines and conduct door to door outreach health camps.



### **Medical Camp, 27th to 30th March 2010**

Medical camps were set up in collaboration with the Rural Health Development Project (RHDP) and Nepal Government to conduct prolapsed uterus surgeries in Trishuli and Okhaldhunga. The camp offered surgical service to women suffering from uterus and vaginal prolapsed (UVP). The surgeries were conducted by Ms. Rupa Lama, a senior nurse from Australia.

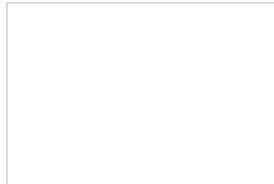


Women from various locations in Trishuli and Okhaldhunga arrived at the camp to receive treatment. A total of 47 women underwent surgery and 15 were screened.

HeNN contributed USD 3,000.00 that helped to support 21 surgeries.



Women from various locations in Trishuli and Okhaldhunga



Sunkoshi Community Library in Sindhuli

### **Donation of Children Books, Sindhuli**

Dr. John Upton of Hull, United Kingdom collected and dispatched 85 children's books to the Help Nepal office in Kathmandu, Nepal. The books were handed over to the Sunkoshi Community Library in Sindhuli on 9th April 2010.

The books were donated by the Waterstone's, a specialist British bookstore established in 1982. Books were also donated by other individuals from the hospital and local community. This kind donation was well received by the students of Pragatishil Higher Secondary school who come from a marginalized background.

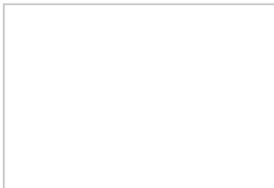


Shree Saraswati Higher Secondary School, Gulmi

### **Shree Saraswati Higher Secondary School, Gulmi**

HeNN donated USD 5,714.29 to construct a new building with 10 rooms. Remaining funds were contributed by the local government agencies and the community.

The construction of the new building is expected to be completed by August 2010.



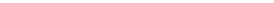
Shree Devi Primary School, Jhapa

### **Shree Devi Primary School, Jhapa**

HeNN contributed USD 5,714.25 to construct a new school building with 2 rooms. Remaining funds were contributed by the local government agencies and the community.

At present, the school building is being constructed and is expected to be completed by August 2010.

## **» Fundraising**



### **Donation received from The Chairman of Tara Management Pvt Ltd.**

A leading Nepali industrialist and the Chairman of Tara Management Pvt Ltd, Siddhartha Rana, has donated approximately USD 134,000.00 (NRS One Core) to Help Nepal Network, a global charity primarily supported and run by Nepalis.

Rana, whose business ventures include Siprodi Trading Private Ltd and its several associates like the Bhotekoshi Power Company and Surya Nepal, donated the money particularly to Help Nepal's Administrative Fund. Unlike various international charities, Help Nepal Network has a unique policy of not using a single penny from the charitable donations on administrative purposes. Hence, it has established a separate Administrative Fund, which helps run the charity's office and accomplish other administrative tasks.

Details of the donations can be found on our website at [www.helpnepal.net](http://www.helpnepal.net).

### **Donation received from Dr. Upendra Mahato**

Dr. Upendra Mahato has donated approximately USD 32,166.00 (NRS.24, 00,000 lakhs) on behalf of Phul Kumari Mahato Memorial trust to support Help Nepal's various projects. He has committed to donate the sum in instalments of over three years. HeNN has received the first instalment of USD 8,042.00 (NRS.600, 000 lakhs) on 5th June 2010 from the Phul Kumari Memorial Trust.

### **Everest Marathon**

Everest Marathon, a regular supporter of Help Nepal Network has donated USD 6,000.00 to support Help Nepal's Health Post in Mugu. The funds will be used to support staff

costs, purchase of essential medicines and conduct door to door outreach health camps.

### **British 10 K to support schools**

A group of Nepali youths participated in the British 10 K run on 11th July 2010 to raise funds for three schools in Nepal.

This is the third year that members of the 'Run for Change', an enthusiastic team with members from different professions collaborated to support communities in Nepal, took part in the popular event.

Progress scale on 30th Aug 2010.

The team members include Niraj Rajbansi, Tripti Joshi, Paras Joshi, Alice Shrestha, Reena Sherchan, Amol Gurung, Balmukund Joshi, Pratima Joshi, Joshika Basnet, Rabin Sapkota, Chandra Devkota, Ram Budhathoki, Dipak Thapa, Lava Sharma, Shiva Saijun, Rambabu Thapaliya and Binod Shrestha.

In partnership with HeNN, the funds raised through sponsors and individual donations will go directly towards the cause and projects will be delivered as promised.

You can donate as little or as much as you can via our Just Giving page here:

- Just Giving: [www.justgiving.com/RunForChange2010](http://www.justgiving.com/RunForChange2010)
- Official Site: [www.runforchangenepal.com](http://www.runforchangenepal.com)
- Our Charity: [www.helpnepal.net](http://www.helpnepal.net)
- The Run: [www.thebritish10klondon.co.uk](http://www.thebritish10klondon.co.uk)

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**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)