



# HELP NEPAL Network Bulletin

One Dollar a Month Fund for Nepal

[www.HelpNepal.net](http://www.HelpNepal.net)

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## Editor's Note:

Dear All,

It's our pleasure to present to you the latest edition of the Help Nepal Network bulletin. It provides us an opportunity to inform you about the activities being carried out by the Help Nepal Network in Nepal and remind us how your continued support and encouragement has helped bring about changes in various ways.

Over the last decade, HeNN completed over 100 projects in the fields of education and health in rural Nepal. This would not have been possible without your continuous support. Throughout this period, HeNN did not spend a single penny of charitable donations on administrative expenses. Our overhead costs are met by an Administrative Endowment Fund set up with the generous help of our friends and well-wishers. (For details, visit [www.helpnepal.net](http://www.helpnepal.net))

We are happy to report that Help Nepal Network provided meaningful support to various schools, a blood transfusion center in Achham district, a health center in Solukhumbu district and relief materials sent to Siraha fire victims and Seti flood victims, among others. We are also bringing you latest update on the encouraging support to our Rs 100 million Endowment Fund campaign from around the world.

We would also like to beg an apology for delay in bringing out this newsletter. We will try our best to maintain regularity in the publication of this bulletin in the days to come.

Last, not the least, We look forward to your valuable comments and suggestions, as always! You may write to us at [help\\_nepal@wlink.com.np](mailto:help_nepal@wlink.com.np) or [admin@helpnepal.net](mailto:admin@helpnepal.net). Thanking you all once again!

With best regards,  
Editorial team  
Help Nepal Network

## ONGOING PROJECTS

### Construction of Janasiddha Secondary School, Parbat

Jana Siddha Secondary school was established in 1973 and later was upgraded to Class 9 in 1997 and to Class 10 in 1998. Since the school building was in a dilapidated condition, Help Nepal Network funded to build two room building. With the remaining installment of USD 4194.04 provided, roofing has been done; doors and windows have been fitted. The school building is in completion phase.

Before: (From Issue 22)



Now:



### Construction of Blood Transfusion Center at Bayalpata Hospital, Nyaya Health, Achham

During the course of providing healthcare to over 60,000 patients in Achham district over the last three years, Nyaya Health has identified emergency and surgical services as a major public health need in the Far Western region of Nepal. A core element of emergency

and surgical services is the ability to transfusion of blood products in a safe and timely manner. The central problem is the lack of transfusion capacity in the Far West. People would have to walk for several hours to receive blood transfusion. Nyaya Health aimed to correct this problem through implementing blood banking services by implementing blood transfusion services at Bayalpata Hospital. For this, HeNN supported Nyaya Health with USD 6,513.00 to help build blood transfusion center in Bayalpata Hospital.

With the first installment of USD 5211.04 Nyaya Health completed the center building. The remaining installment of USD 1301.96 was transferred for internal setup. Equipments such as centrifuge, weighing scale, haemoglobinometer, colorimeter and hematology analyzer consumables have been procured to initiate the program.



### **Improving Primary Classrooms and Teaching-Learning Pedagogy in Kavre, Rato Bangla Foundation**

With the first installment of USD 2,789.40 provided, the Rato Bangla Foundation conducted a one-day planning workshop with school leaders and 18 -day training for teachers from Grade 1-3. The second installment of USD 1701.53 has been released for the upcoming activities. RBF has planned the following activities for the FY 2068-69 particularly in relation to schools in Kavre District. The activities to be carried out in February 2013 are as follows

1. A one day interaction with school leaders: The interaction will focus on (i) progress after teacher training, and (ii) work to be carried out for the next academic session (starts from Baishakh, 2070).
2. Materials for Schools: A set of educational and teaching materials will be provided to the partner schools that are durable and re-usable. This will allow teachers involve students in activity based lessons.
3. Monitoring of the Schools: The team will be formed in consultation with HeNN and schools will be monitored in March 2013.



### **Construction of Sarlahi Health Clinic, Sarlahi**

The second installment of funds, USD 4,225.36 has been handed over to construct a health clinic in Haripurwa, Sarlahi, to the representatives of the clinic. The progress report of the first phase has been submitted to the HeNN office. The fund was mainly used to purchase construction materials.

### **Seven Schools benefit from collaborative initiative of HeNN, NCell and Save the Children**

After the successful eLibrary deployment in six districts in 2011, HeNN, Ncell and Save the Children again collaborated for eLibrary project in seven districts for the improvement in education sector in Nepal. Ncell provided USD 69592.02 for the deployment of seven elibraries in seven districts - Bardiya, Surkhet, Kavre, Sindhupalchowk, Saptari, Sunsari and Udayapur. While Save the Children is coordinating the project, HeNN is the implementing partner.

### **Ekpriya Higher Secondary school, Bardiya**

Ekpriya Higher Secondary School is located in Patabhar-3, Bardiya. The School runs classes from 1 to 12. The number of total students is 1400. Three members of Kathmandu University (KU) deployed an eLibrary on 4 September 2012. It is the first school to have eLibrary facility in the whole district while it also has one traditional library. The school targets 6th, 7th and 8th Grades mainly and 4th and 5th Grades occasionally to provide the elibrary facility due to the large number of students.



#### Amariyoti Higher Secondary School, Surkhet

Amariyoti Higher Secondary School is located in Birendranagar, Surkhet. There is the easy access to the school as it is connected to the main highway and communication facility is also easily available. The School runs classes from 6 to 12. The number of total students is 1750. Three members of Kathmandu University (KU) deployed an eLibrary on 4 September 2012. The school targets the eLibrary facility to be provided for the students of 6 to 10 Grades.



#### Shree Saraswati Secondary School, Sunsari

Shree Saraswati Secondary School is located in Itahari-3, Sunsari. The School runs classes from nursery to 10. The number of total students is 600. Three members of Kathmandu University (KU) deployed an eLibrary on 6 October 2012. There is no existence of traditional library in the school. The school has around 9 computers donated by Rotary and the government prior to the eLibrary system. They run MS Windows system and are currently used for the administrative purpose. The school is targeting 3rd to 8th Grade presently while 9th and 10th Grades will be occasionally engaged.



#### Shree Lower Secondary School, Saptari

Shree Lower Secondary School is located in Khoksar Prawaha- 5, Saptari. The School runs classes from 1 to 8. The number of total students is around 600. Three members of Kathmandu University (KU) deployed an eLibrary on 6 October 2012. This is the first school in the district to have eLibrary facility. Very few schools in the district have computer facility. The school mainly targets students of Grades 5 to 8 for the eLibrary facility.



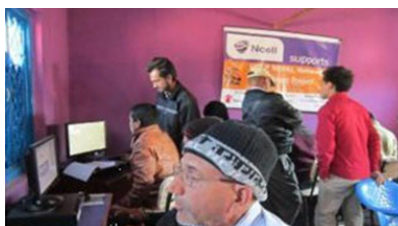
#### Shree Secondary School, Udayapur

Shree Secondary School is located in Jalapa Chilaune-6, Udayapur. The School runs classes from 1 to 10. The number of total students is 300. Three members of Kathmandu University (KU) deployed an eLibrary on 6 October 2012. This is the second school to have eLibrary facility in the whole district, the first is Janata Higher Secondary School, Murkutti. The school also has traditional library with the books donated by Child Development Society (CDS). The eLibrary facility will be opened for school teachers and the students only and not the community to start with. Initial focus on eLibrary access will be for Grades 1 to 8.



### Shree Ganesh Secondary School, Kavre

Shree Ganesh Secondary School is located in Panchkhaal-1, Kavre. The School runs classes from 1 to 10. The number of total students is around 400. Three members of Kathmandu University (KU) deployed an eLibrary on 3 December 2012. This is one of the oldest schools in the VDC and first school to have eLibrary facility in the whole district. The school has one traditional library with the books donated by Hariyali Organization and furniture donated by Rotary Club, Dhulikhel. The school already had 5 computers prior to eLibrary deployment that used Ncell connect to access internet. The school plans 4 to 10th Grade students for eLibrary access.



### Shree Raithane Secondary School, Sindhupalchowk

Shree Raithane Secondary School is located in Thanpalkot- 4, Sindhupalchowk. The School runs classes from 1 to 10. The number of total students is around 302. Three members of Kathmandu University (KU) deployed an eLibrary on 3 December 2012. This is one of the oldest schools in the VDC and the third school to have eLibrary facility in the whole district. Elibraries have already been deployed at the Koldung Devi Secondary School, Thumpakar and Taltuleshwori Lower secondary School with the support of HeNN and Save the Children. The school also has got a traditional library setup with the donation from Committed Nepal. The target group of the school for eLibrary access is 3 to 8th Grade students.



### Construction of a Health Center, Solukhumbu

The Ideal Health Centre is located in Deusa VDC, ward no 8, Solukhumbu district. From Deusa VDC, it takes nearly 7 hours walk to reach the nearby hospital. The Adarsha Youth Club of Deusa VDC established the health centre in 2009. To construct the health centre, 2.5 ropani of land was given free of cost by the local people of Deusa VDC. The construction of health centre is in process. An organisation called MEND New Zealand provided initial funding for the construction of the health center but due to some reasons, the support could not be continued. Upon receiving request from the Adarsha Youth Club, HeNN provided USD 3424.65 in order to complete the construction of the health center.



## **Rs. 100 MILLION CHARITABLE ENDOWMENT FUND**

### Solid Progress In Rs 100 Million Charitable Fund Campaign

The ambitious campaign of collecting Rs 100 million for the charitable endowment fund had kicked off to a solid start when on the very first day, it had been able to raise nearly 5 lakh rupees from 5 generous Nepalis. Happily, the Help Nepal Network has been able to sustain that progress in the successive months. In the eight months since the start of the Rs 100 Million Charitable Endowment Fund campaign, the HeNN is pleased that it has reached one-tenth of the target - owing to the largesse from Nepalis living inside and outside Nepal. The fund has already collected just over ten million rupees that is around Rs 1,250,000/- (one crore twenty five lakhs).

The basic thrust of the project was to build a philanthropic trust for the Nepalis and by the Nepalis. It had another equally important aim – that of instilling the sense of philanthropy and welfare among Nepalis. Nepalis are not only recipients of donations but are proud givers as well, it wanted to establish. And that idea has certainly gained traction in a satisfying display of generosity by one and all. The HeNN believes that the campaign of collecting Rs 100 million fund will be successful, sooner than later. One of the main reasons for this optimism lies in the belief that there must be out there some 1 lakh Nepalis who can donate Rs 1000. While we will be happy to get donations from our well-to-do compatriots, we will also be equally happy if we can get our not-so-well-to-do friends to open their hearts. Symbolic donations of Rs 1000 by them can go a long way in making this venture sustainable.

During these eight months, we were humbled by what we saw. There were many Nepalis who were not affluent who gave donations that may be less than Rs 1000. And we also saw Nepalis who gave donations amounting to over 3.5 lakhs. The sooner we reach our goal, better and further we will be able to expand our services. The HeNN basically focuses on helping needy Nepalis by supporting health and educational initiatives in rural region. The fund will help consolidate its efforts to help Nepalis by mobilizing Nepalis themselves.

## LONG TERM PROJECTS

### HELP NEPAL Health Post, Mugu

The Help Nepal Health Post in Murma village, Mugu is running well. The health post has had a discernible and significantly positive impact on the lives of the people of Murma and surrounding villages. Common ailments like pain, fever, gastro intestinal and seasonal diseases can now be treated locally. Villagers do not have to walk two and a half hours to reach the government hospital at Gamgadhi. There has been significant improvement in the quality of life after the establishment of the health post. Medicines at the health post typically cost half of what they cost at the pharmacies at Gamgadhi. A total of 252 patients visited the health post in last two months in which 108 were male and 144 were female. The problems reported by patients included diarrhea, breathing problem, stomach ache, skin problem, ENT and fever. Various means of family planning were also distributed. The health post also distributed toothbrush, toothpaste and medicines to 250 students of Pina VDC to improve their health and hygiene. Many residents from surrounding villages prefer to come to the health post rather than visiting the Gamgadhi Hospital.

We are very thankful to the Everest Marathon Fund (EMF), UK, for its continued support to Mugu Health Post. We have received a donation from Everest marathon Fund £6092.59 and also from Edinburgh marathon fund £3,147.33 for the operation of the health post.



### Help Nepal Children's Shelter, Dhulikhel



HELP NEPAL Children's Shelter is one of the major projects undertaken by the Help Nepal Network (HeNN). With the support of Oz Bayldon, Founder of the Music4Children, UK, Dr. Franz Schmid from Switzerland and other donors, the construction of the shelter is almost complete. The works completed so far include final flooring of terrace and passage (cemented), tiles and marble work in kitchen, tiles work in Bathroom, fitting of iron bars in windows, doors, and staircase, wiring and fittings of bulbs, outside and inside painting of the building, compound wall work all over the building, Underground water tank, and Safety tank. The shelter is almost in the final stage of completion and is expected to be completed soon. The only remaining work for the shelter is final coat of painting, GI pipe bar work over stair case and retaining wall of the parking area and flat brick soling work on the ground. The overall work is going smoothly.

## FUNDRAISING



### British 10K Run



Five friends took part in the British 10K Run in London in July 2012.

Out of over 25,000 runners taking part in the Run—also referred to as ‘the world’s greatest race route’ -- five Nepali youths took part in the Run to raise funds for charity programmes. Those taking part in the run include HeNN UK member Ranjan Baral, Aditya Sthungko Limbu, Bikash Gurung, Prajal Gurung and Meelan sharma. Ranjan was able to raise over 600 pounds for Shree Parbati School, Bajura.

Help Nepal Network would like to thank all the runners for their continuous support to various charity activities in Nepal.

### Donation received from Franz, Sweden

Franz from Sweden has donated approximately NRs 17, 66,749.60 to support the construction of Help Nepal Network's Children's Shelter, Dhulikhel. He has donated NRs 47,90,052.83 in three installments previously for the shelter. The construction of the shelter is expected to be completed soon.

### Donations Received for Siraha Fire Victims and Seti Flood Victims from NRN Association

NRN Association supported for Siraha Fire Victims and Seti Flood Victims with approximately NRs 416,485.

- Siraha Fire Victims- NRs 2,2570/-
- Seti Flood Victims- NRs 190,784/-

### Everest Marathon Fund and Edinburgh Marathon Fund raises fund for Mugu Health Post

Everest Marathon, a regular supporter of HeNN, provided £ 6092.59 (NRs 836,695/-) for the operation of Help Nepal Health Post, Mugu. Also Edinburgh Marathon raised £ 3147.33 (NRs 432,222.83/-) additional to the operation cost of the health post.

### HeNN UK raises fund for Schools

UK's No 1 eBay seller, Sudip Gautam, alias Dario Lopez, 21, donated 10 pence per order his company received to HELP NEPAL Network. Out of the total donation of £5,858.40 provided by the London Magic Store owned by Mr Lopez, £4237.29 was donated for Shree Goraksha Ratna Nath School, Dang and the remaining £1,621.11 will go to Shree Tribhuvaneshwori Higher Secondary School, Bajura.



### Nepali Youths Run in Portsmouth



Two Nepali youths, Ram Budhathoki and Dipak Thapa, participated in the 10-mile-long Bupa Great South Run that took place at Portsmouth in the UK last year. They have already collected over 700 pounds through their Just Giving page, which will be donated to HeNN. "This is our 2nd charity running -- the first being in 2010," said Ram Budhathoki, adding, "We always want to do something in the field of education and are happy to join hands with Help Nepal Network to support Nepali children back home."

## BRIEF NEWS / MISCELLANEOUS

### HeNN UK raises fund for Flood Victims

HeNN UK donated £200 to Seti Flood Victims.

### Nepallsarel.Net donates for Chepangs

Nepallsarel.Net donated NRs 51,412/- for Chepang community.

### Anonymous Donation to HeNN

Two anonymous donors donated around NRs 111,662.50 for the charity in support of the good work of HeNN. We would like to thank them for their generous support.

#### **Relief Materials sent to Siraha Fire Victims and Seti Flood Victims**

The NRN Association is a long-term supporter to the HeNN activities. The NRNA handed over a cheque of NRs 416,500.00 to Help Nepal Network in order to support Siraha Fire Victims and Seti Flood Victims.

For Seti Flood victims, HeNN coordinated with the Nepal Red Cross Society, Kaski and bought 192 pieces of tent. For Siraha Fire victims, HeNN coordinated with Sano Paila and bought 1,230 pieces of cooking utensils. All the relief materials were sent by bus to Pokhara and Siraha.



#### **HeNN Donates 2 Computers to Buddhanilkantha School to Help Establish a Library in Kalikot School**

The Help Nepal Network handed two new computers to Student For Change organization to help establish well equipped library at Shree Jana Jeevan Secondary School, Kalikot.

Student For Change (SFC) is an organization of Budhanilkantha School students which has been carrying out various programs in the rural areas of Nepal. Established in 2024 BS, the Jana Jeevan Secondary School is situated in Manma VDC, Kalikot. The school lacks proper library and the students have no access to advanced technology. It is expected that establishment of the library will help to expand knowledge horizon of the students of the school



HeNN provided 2 computers. The Student For Change will be providing books and sports materials to set-up well equipped library.

#### **Relief Materials Sent to Siraha and Dhanusha**

In coordination with Sano Paila and Yuva Dalan, Help Nepal Network sent relief materials to cold affected people of Golbazaar VDC, Siraha and Mathleshwor VDC, Dhanusha. The recent severe cold weather in Terai incurred much difficulties and hardship on the lives of local residents. Most of the affected people belonged to marginalized communities and did not have resources to keep themselves warm. HeNN bought 600 pieces of blankets, 600 pieces of mufflers, 600 pieces of woolen caps and sent to people of Golbazaar VDC, Siraha and people of Mathleshwor VDC, Dhanusha along with 3,490 pieces of used but clean wearable clothes.



#### **Relief Materials Sent to Parsa and Bara**

Help Nepal Network, in coordination with Sano Paila, sent relief materials to cold affected people of Bagahi VDC, Parsa and Lipnimal VDC, Bara. HeNN bought 500 pieces of blankets, 500 pieces of mufflers, 500 pieces of woolen caps and sent to around 200 people of Lipnimal VDC, Bara and around 1,000 people of Bagahi VDC, Parsa along with 3,322 pieces of used but clean wearable clothes.



### Handover Program at KL Tower

The KL Tower shopping complex in Kathmandu -- under their 'Shop and Swap' scheme -- handed over NRs 50,000/- to support the good work of HeNN. They also handed over some woolen caps and mufflers to further distribute to the needy people. Former member of the Constituent Assembly, Gagan Thapa, was also present in the handing over ceremony.

### SOCIAL MEDIA

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Please encourage your friends and family to like our page as well. This will help expand our reach among the Nepalese who may be unaware of our activities.

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