



HELP NEPAL Network Bulletin

One Dollar a Month Fund for Nepal

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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 (HeNN) bulletin. It provides us an opportunity to inform you about the activities being carried out by the Network in Nepal and remind us how your continued support and encouragement has helped bring about changes in various ways.

Over the last 13 years, HeNN has completed over 110 projects in the fields of education, health and disaster relief. This would not have been possible without your continuous support and encouragement. Throughout this period, HeNN did not spend a single penny of charitable donations on administrative expenses. Our overhead costs are met by the HELP NEPAL Administrative Endowment Fund (www.helpnepal.net/overheads) set up with the generous help of our friends and well-wishers.

We are happy to report that, among other activities, last year the Network provided support to several schools, a Blood Transfusion Center in Achham and a Health Center in Solukhumbu. We also sent relief materials to Siraha fire victims and Seti river flood victims. In this edition of the newsletter, we will also update you on our ambitious HELP NEPAL Rs 100 million Charitable Endowment Fund campaign.

We would, however, like to apologise for the delay in bringing out this newsletter. This newsletter covers our activities from April 2013 to March 2014. 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 or admin@helpnepal.net. Thanking you all once again!

Thanking you all once again and we wish you all a very happy Vijaya Dashami and Shuva Deepavali 2071 B.S.!

With best regards,
Editorial team
HELP NEPAL Network

ONGOING PROJECTS

Construction of Tribhuvaneshwori Higher Secondary School, Bajura



Tribhuvaneshwori Higher Secondary School located in Chhatara VDC, Ward No 5, Bajura, was established in 1959. The school has 571 students and 14 teachers. Due to increasing number of students, the school faced shortage of classrooms. Upon request from the School, HeNN decided to help in the construction of two classrooms for which Rs 413,900 has been earmarked. The first instalment of Rs 213,000 has been transferred to the school. The construction material has been bought

and the work is underway.

Support to Bal Sarathi, Kathmandu

Bal Sarathi is an organization working for the welfare of poor and needy children living around the slum area near Pashupatinath Temple. The organization is providing free lunch and free education to 90 children for the last 7 years. Upon receiving a request for financial support, HeNN conducted on-the-spot survey and decided to support Bal Sarathi with 4 months' tuition fee, stationeries and uniform for 90 children. HeNN will provide a total of Rs 451,700 in three instalments. HeNN released the first instalment of Rs 200,000 in September 2013 and the second instalment of Rs 200,000 in December 2013. The remaining amount will be provided soon.



eLibrary at Jwala Higher Secondary School, Dailekh

Jwala Higher Secondary School is located in a remote village in mid-western district of Dailekh. There are around 700 students. Upon request from the School, HeNN successfully established an eLibrary in the School, which is expected to help students and teachers at the School in their teaching and learning.



Support to Children Care Club, Kathmandu

Children Care Club (CCC) in Kathmandu takes care of children deprived of parental care. The organization has been looking after 20 children who have lost both parents due to injury or illness related to poverty and political unrest. HeNN provided Rs 144,000/- to CCC to support the education costs of the children. HeNN provided Rs 75,000 in August 2013 and Rs 69,000 in November 2013.

Establishment of Health Post in Achham

HeNN has supported the establishment of a Health Post in Toshli village which is 50km from the district headquarters of Achham, one of the remotest districts of Nepal. A local social worker, Rudra Bahadur Shahi, handed over his house and the surrounding piece of land for the health post. HeNN has allocated Rs 1,500,000 for the health post. In the first phase, HeNN delivered necessary equipment and medicine. HeNN will also provide salary of three members of staff-- health assistant, auxiliary nurse midwife and a helper -- for two years. After two years, the health post will look for resources from other organisations and also explore ways of self-sustenance. The health post aims to provide services to residents of 12 Village Development Committees in the district.

Support to Center for Disabled Children Assistance, Kathmandu

The Centre for Disabled Children Assistance (CDAS) at Balkumari, Lalitpur houses 15 disabled children. The Centre also provides disability corrective treatment to the resident treatment. The Centre had a small library but had no furniture. HeNN supported the Centre with Rs 71,462 to buy furniture and construct shelves for books and musical instruments.

Monitoring of 7 eLibraries

In collaboration with Ncell and Save the Children, towards the end of 2012, HeNN had set-up 7 eLibraries: Ekpriya Higher Secondary School (Bardiya), Amarjyoti Higher Secondary School (Surkhet), Saraswoti Secondary School (Sunsari), Shree Lower Secondary School (Saptari), Shree Secondary School (Udayapur), Ganesh Secondary School (Kavre) and Raithane Secondary School (Sindhupalchok).



The project was coordinated by Save the Children and funded by Ncell. The two organisations had approached HeNN, which has an excellent track record of setting up eLibraries, to help set up the new eLibraries in 7 districts.



Last year, HeNN conducted various monitoring tasks in all 7 eLibraries. HeNN sent IT students from the Kathmandu University to all 7 sites. The volunteers interacted with the school teachers and students, resolved technical problems and provided trainings to teachers as well as students.



COMPLETED PROJECTS

Construction of Jana Siddha 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 supported in the construction of two class rooms. With the remaining instalment of USD 4194.04 provided, roofing has been done; doors and windows have been fitted and the construction of class rooms is completed now.

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 members of local community of Deusa VDC. The construction of health centre is underway. An organisation called MEND New Zealand had provided initial funding for the construction of the health centre 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 Centre.

Support to Shiksha Nepal, Kathmandu

HeNN handed over NRs 175,000/- to Shiksha Nepal to support their '**Euta Kitab' (One Book) Literacy Campaign 2013**, an initiative to build libraries at 10 schools in remote Jajarkot district. The fund was used to supply 12000 books for children (2500 kg) from Kathmandu to Jajarkot via Nepalgunj. The library will benefit more than 2,000 students.



Library at Rara Campus, Mugu



HeNN handed over nearly 600 course books (6 boxes) to Rara Campus in remote Mugu district. The books were supported by Nepalese students who raised the amount by playing Deusi Bhailo program in the US.

Established five years ago, the Rara Multiple Campus has around 450 students in two faculties - Education and the Humanities. Though the Campus had a library, students were facing shortage of course books. The availability of course books is expected to support the students in their learning to a great extent.

Solid Progress In Rs 100 Million Charitable Fund Campaign

The ambitious campaign of raising Rs 100 million to set up the charitable endowment fund is making an excellent progress, thanks to the generous support of Nepalese around the world. Over Rs 50.65 million has already been collected so far. You can find the details of why we are setting up the endowment fund and how you can support on this link:

www.helpnepal.net/story/appeal-rs-100m-charitable-endowment-fund

Valuable contributions have been made by the Nepali Diaspora and we have been also receiving support from Nepal in Nepal. HELP NEPAL Network would like to express its sincere appreciation and thanks to all the donors and supporters. We are confident that we will be able to hit the mark soon with your continuous support and good wishes.

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 over the 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.



We are very thankful to the **Everest Marathon Fund(EMF)**, UK, for its continued support to Mugu Health Post. We received a donation of £6,092.59 last year from the EMF.

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. HELP NEPAL Network hopes to launch the Shelter soon with the first intake of 10 girls.





Piggy Bank Distribution



To encourage children towards charity from an early age, the HELP NEPAL Network has started distributing piggy banks to various schools. HeNN distributed 1,500 piggy banks to students of the Janakalyan Higher Secondary School, Mahankal on April 29, 2013.

The students will save the money as per their wish round the year and hand over to the HeNN amid a ceremony. The money will be spent towards HeNN's school projects.

Relief Materials sent to 3VDCs of Saptari districts

Former Miss Nepal title holders took part in a two-day campaign in Basantapur and Patan Durbar Square in Kathmandu valley to support Saptari Fire Victims and raised NRs 66,200/-. Former Miss Nepal World Shristi Shrestha, Miss Nepal Earth Nagma Shrestha and Miss Nepal International Subeksha Khadka visited HELP NEPAL Network office to handover the collected amount. HeNN added equal amount to buy relief materials including mats, bedsheets, cooking utensils, nets, tents, ladies and gents clothes. The relief materials were packed and sent to fire victims of Sitapur, Rayapur and Tikuliya VDCs of Saptari in coordination with Yuva Dalan, a local NGO based in Lahan.



Relief Materials Sent to Cold Affected People of Bara and Parsa



In coordination with Sano Paila, a local NGO based in Birgunj, HELP NEPAL 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 woollen caps and sent the clothes to be distributed to 200 people of Lipnimal VDC, Bara and around 1000 people of Bagahi VDC, Parsa. Along with the new clothes, 3,322 pieces of used but clean wearable clothes were also sent for distribution.

Relief Materials sent to Flood Victims of Kanchanpur and Daldeldhura districts

HELP NEPAL Network in coordination with Rural Development Center Nepal, Mahendra Nagar, sent relief materials to flood victims of Kanchanpur and Dadeldhura districts. The relief materials were distributed to 42 affected families of Bhujela and Pipariya VDCs of Kanchanpur District. The family packs (including tent, 2 bedsheets, cooking utensils and dishes for 5 members in a family and 2 mattresses each) were distributed to 42 families.



Relief Materials Sent to Siraha and Dhanusha



In coordination with Sano Paila and Yuva Dalan, HELP NEPAL sent relief materials to cold affected people of Golbazaar VDC, Siraha and Mathleshwor VDC, Dhanusha. HeNN bought 600 pieces of blankets, 600 pieces of mufflers, 600 pieces of woollen caps and sent to people of Golbazaar VDC, Siraha and people of Mathleshwor VDC, Dhanusha along with 3490 pieces of used but clean wearable clothes.

Medicines handover to Sipradian Sahayata Sanstha

HeNN handed over eight boxes of medicines worth NRs 100,000 to Sipradian Sahayata Sanstha to conduct Health camp at Sungnam VDC of Terathum district.



Education Materials Handover to 2 schools:

HeNN handed over notebooks and stationeries to Natheshwori Primary school, Alapot in Kathmandu and Shree Panchakanya Lower Secondary School, Cholamath in Kavre.



Clothes Donation From UAE:



A team from UAE visited the HeNN office and donated 200 kgs (4 big boxes) of wearable clothes for the needy people. The clothes were received by Nepalese Support and Rescue Team UAE in association with Social Heart Group Nepal. Relief and support committee UAE Secretary Mr. Uttam Adhikari, Social Heart Group Nepal President Mr. Narayan Prasad Paudel, Nepali Samaj UAE

President Mr. Gyanendra Bahadur Karki and NRN UAE president Mr. Krishna Prasad Bhusal were present in the donation program. The boxes were handed over to HeNN Nepal President Mr. Arun Singh Basnet. HeNN dispatched the clothes to Cold affected people in

SOCIAL MEDIA

for sorting out wearable clothes.

Please like our Facebook page

HELP NEPAL Network frequently updates its activities on its Facebook page. We would like to request you to like our Facebook page to get these updates. We would be thankful if you could visit www.facebook.com/helpnepal.net and click the **'Like'** button. We are very grateful to over 38,000 people who have already 'Liked' the page.

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. We are also on Twitter (@Help_Nepal).

Please [click here](#) to visit our Facebook page (www.facebook.com/helpnepal.net) or simply click the image below.

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.
Thank you. Bulletin Team, HELP NEPAL Network www.helpnepal.net



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Non-Profit Organization

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September 21 · ९९

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