



HELP NEPAL Network Bulletin

One Dollar a Month Fund for Nepal

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Editor's Note:

Dear All,

It is with great pleasure that we present you the latest edition of HELP NEPAL Network Bulletin.

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

This newsletter brings you information regarding our completed and on-going projects along with updates on our long-term projects.

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. Thank you all once again.

With best regards,
Editorial team
HELP NEPAL Network
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ONGOING PROJECTS

1. Rebuilding Thokarpa Secondary School

Sindhupalchowk was one of the highly affected districts from the devastating earthquake that hit Nepal on April 25, 2015. Most of the houses and community schools in the district were destroyed and there were 3,440 human casualties. Following its immediate disaster relief efforts, HeNN looked to long term reconstruction. Since its establishment, HELP NEPAL Network has prioritized education and health, and it was decided that HeNN would fund and



supervise reconstruction of two community schools, Rajkuleshwor Lower Secondary School and Thokarpa Secondary School in Dolakha and Sindhupalchowk respectively.

HELP NEPAL Network officially signed an agreement with Survivors Nepal, our local partner in Sindhupalchowk, in March 2017. After the project was announced, first installment of funds

were handed over by MaHa duo- Madan Krishna Shrestha and Hari Bansha Acharya on behalf of HeNN in January 2018. The reconstruction of Thokarpa Secondary School is one of the two biggest projects HeNN has undertaken so far, with the project cost of NRs. 320,47,815/- (Three crore twenty lakhs, forty seven thousand eight hundred and fifteen rupees). Traditional Nepali architecture along with earthquake resistant techniques have been incorporated in the structural designs. Infrastructure plans include construction of two blocks Block A and Block B. Block A comprises of classrooms (for Grade five to 12) and Block B comprises of classrooms (for Grade 1 to 4), a library, a science lab and a computer lab.

The work done so far is as follows:

1. Casting of RCC columns

After the casting Floor PCC, the work was halted for almost 20 days due to bad road condition, heavy monsoon rain and transportation problems. Immediately after the monsoon ended, the project started gathering pace again. The casting of Columns of Block A was completed with proper line and level. The Casting of Columns in Block B has also been started and Rebar works are being carried out in the field.



2. Formwork for Slab and Beam

After the casting Column was completed on Block A, formwork was started for slab and beams. Along with this, the form work for Staircase was also installed. It was installed with proper line and level in presence of the site engineer.

3. Rebar Works for Slab and Beam and Staircase on Block A



After the formwork the rebar work was started for the beam. With the proper placing the rebar for beam, the rebar work for Slab was also placed according to design and drawing. The rebar work for staircase was completed simultaneously. All the rebar work was done according to drawings and designs with proper line and level.

Casting of RCC for Slab, Beam and Staircase on Block A.

After all the rebar work was completed the RCC work for staircase was done first. After the staircase casting the beam and slab RCC was casted in M20 ratio. All the works were done

according to the standards. The RCC work was done in proper line and level, according to Drawings and designs. The RCC Casting is completed and further work is on process.

2. Rebuilding Rajkuleshwor Lower Secondary School



Dolakha, one of the worst affected districts due to the April 2015 earthquake, was also hit badly by the subsequent earthquake on May 12, 2015. The district suffered heavy damages, thousands of houses were destroyed along with 396 government-subsidised schools. There were 170 human casualties. Following its immediate disaster relief efforts, HeNN looked to long term reconstruction. It was decided that HeNN would fund and supervise reconstruction of Rajkuleshwor Lower Secondary School in Dolakha also. HELP NEPAL Network officially signed an agreement with Rajhity Society, our local partner in Dolakha, in March 2017 after the project was announced and the first installment of funds were handed over by MaHa duo on behalf of HELP NEPAL Network in January 2018.

The reconstruction of Rajkuleshwor Lower Secondary School is one of the two largest projects HeNN has undertaken so far with the project cost of NRs. 575,78,256.16/- (Five crore seventy five lakhs, seventy eight thousand two hundred fifty six rupees and sixteen paisa only). Traditional Nepali architecture along with earthquake resistant techniques have been incorporated in the structural designs. Infrastructure plans include construction of a multipurpose hall, a kitchen, a mess hall, a store room, toilets and class rooms (for Grade one to 12) that can accommodate as many as 30 students each. The building is divided into two blocks (Blocks 1 and 2) due to T structure of the building. The following work has been done so far-

- ground floor concrete roofing is completed.
- First floor concrete roofing is completed.
- In the second floor, pillar work is complete and progressing for concrete roofing.

3. Rebuilding Bhimodaya Primary School, Gorkha



HELP NEPAL Network signed a Memorandum of Understanding (MoU) with Bhimodaya Primary School of Ghyalchowk-9, Gorkha on February 16, 2017 following HeNN UK's commitment to provide financial support of NRs. 49,89,406 (Forty nine lakh eighty nine thousand four hundred and six rupees only). The school has more than 100 students from kindergarten to Grade five. Six classrooms in two of the three school buildings and toilets were completely destroyed in the 2015 earthquake.

Two classrooms in the third building were damaged in March 2016 when zinc roofs were blown away by strong winds in the region. The rebuilding project includes construction of a four- room school building with concrete roofing and will directly benefit more than 100 students enrolled

in the school. Funds are disbursed in three instalments. The first instalment report was submitted to HeNN in September.

The work is now in the last phase, the construction work is complete and plaster work is also finished. Now, the coloring of the building will proceed further.



4. HeNN Support to Pancha Kanya Basic School, Kavrepalanchok



HELP NEPAL Network signed a Memorandum of Understanding (MoU) with Pancha Kanya Basic School in July 2018 promising financial support to provide a year's salary (including Dashain bonus) to four English medium teachers recruited by the School. Along with the teachers' salary amounting to a total of NRs. 702,000/- (Seven lakh and two thousand rupees only) , HeNN also provided books in English worth NRs 84,407.00 to the School. Students at the School will benefit directly with these resources.

HeNN Children's Home in Dhulikhel was built and is being operated on the land belonging to Pancha Kanya Basic School. HELP NEPAL Network has coordinated with Pancha Kanya Basic School on numerous occasions; particularly to improve school infrastructure and quality of education since all the girls at the Children's Home are currently studying up to Grade Eight at this School.

5. Building construction of Dudhpokhari Lower Secondary School, Dolakha

Dudhpokhari Lower Secondary School was established in 1966 and later upgraded to Lower Secondary level in 2000. There are 113 students up to class eight. Four out of nine classrooms were damaged in the 2015 earthquake affecting regular classes at the School. Classes are being conducted in temporary shelters. The school approached HeNN to rebuild damaged classrooms and received financial support of NRs. 895,488.21/- from HeNN Sweden. The project is currently in its third phase. A second instalment project report was submitted to HeNN in March 2017. The School has completed damp proofing (DPC) and construction of external walls.



6. Prithivi Higher Secondary School, Baglung

HELP NEPAL Network signed an MOU with Amalchaur School Alumni Association for the establishment of a Science Lab at the Prithvi Higher Secondary School, Baglung. The School situated at Baglung Municipality was in need of a Science Lab in order to conduct practical classes as well as introduce students towards practical knowledge. 200 students as well as teachers will be benefited from the Science Lab Support.



COMPLETED PROJECTS

1. Shree Little Buddha Primary School



Shree Little Buddha Primary School, Kavre was established in 2011 as a community school and has 50 students. No permanent teacher has been assigned by the government yet. Teacher salaries are paid for by the School Management Committee.

The school building built with mud and stones was completely destroyed in the 2015 earthquake. The school was conducting its classes in temporary shelter.

HELP NEPAL Network with the financial support from Nepalese Community Nagoya (NCN), Japan built two new, big class rooms. The school will do the partition and turn it into four rooms. Now the classes will run smoothly in the new building.

2. Construction of Children's Hostel

Nepal Pestalozzi Foundation (NPF), an education charity, has been educating children from destitute families in Nepal for several years. NPF has been supporting children of Shree Ratna Primary school in Kaski district with school dress, stationery, lunch, two English teachers, and infrastructure. Currently, NPF is building a children's hostel for disadvantaged children. NPF approached HeNN for a financial contribution of NRs. 21 lakhs required for construction of toilet, safety tank, and reserve tank, compound wall and iron gate. HeNN agreed to provide NRs. 7 lakhs and the remaining amount was covered by PAHAR Trust, a UK-based charity. The construction is now complete.

3. Juke Secondary School, Dolakha

The School located in Bhandari Chaur, Vedpu ward no. 8, Dolakha district was established in 2036 B.S. The devastating earthquake in 2015 damaged the school building. The classes were being run in temporary shelters.

HELP NEPAL Network, with financial support from The Whisky Exchange, UK, built four new classrooms. Now the students are back to safe building with a good environment and quality



education. We are very much thankful to our supporters.

4. Dhaulagiri Birendra Secondary School, Baglung

HELP NEPAL Network signed an MOU with Dhawalagiri Birendra Secondary School , Baglung for the Classroom



Furniture support. The School situated at Ratamata, ward no 3, didn't have adequate furniture and was facing problem in smooth running of classes. HeNN with the financial support of NRs 3 lakhs from HeNN Austria, paid for to procure a total of 88 benches. 155 students from Grade 1 to 10 have benefited.

HEALTH PROJECTS

1. Medicine handover for Eye Camp

Six boxes of Medicines were handed over to Nepal Manav Dharma Sewa Samiti to conduct Free Health Camp in Mahendranagar, Kanchanpur.



2. Material distribution and two day Health Awareness Program in Mugu



Education and Sanitary materials distribution and two- day health awareness program was conducted by the Help Nepal Health Post in Mugu.

Help Nepal Health post successfully dispensed educational and sanitary materials like soap, toothpaste, exercise books, etc. to three schools of the local area namely: Karnali HS School, Nepal

Rastriya HS School, Murma and Nepal Rastriya HS School, Jumla. The program was organized as per the annual calendar of the Health Post which is aimed at improving the overall sanitary health in the local area.

Likewise, a two-day health awareness and training program was conducted for traditional "witch doctors" to make them aware about modern health practices and the importance of

health in daily life. Altogether, 20 “witch doctors” participated in the program.



LONG TERM PROJECTS

HELP NEPAL Health Post, Mugu



The HELP NEPAL Health Post in Murma, Mugu- one of the most remote districts in the country, was established in June 2004. Over the last 15 years, the Health Post has had a discernibly positive impact on the lives of not just the locals but also those of surrounding villages. Common ailments like pain, fever, gastro-intestinal and seasonal diseases can now be treated locally.

There has been a significant improvement in the quality of life and villagers don't have to walk two and a half hours to reach the government-run hospital at Gamgadhi anymore. Medicines at the Health Post typically cost half of what they cost at the pharmacies in Gamgadhi. The Health Post provides services to more than 600 households. Around 4,200 people are directly benefited by the health post.

1. A Health camp was organized in collaboration with Manmohan Cardiovascular and Transplant Center on 2075 ashoj 18th and 19th
2. 500 patients were examined
3. 10 patients were referred to a hospital in Kathmandu. Out of 10 patients, 6 patients had to be operated on and 4 of them were given general treatment and medicines.
4. Local government officials were also present in the health camp.
5. Well known Cardiologist of Nepal, Dr Bhagwan Koirala led a team of 5 doctors and other health staff and volunteers.



HELP NEPAL Network Children's Home, Dhulikhel



The HELP NEPAL Network Children's Home, has been running smoothly since August 2014 with financial support from Oz Bayldon, founder of Music4Children, UK and Dr. Franz Schmid from Switzerland. The home provides basic needs like food, clothes, shelter, education, health checkups and other extracurricular activities to the children. The children's home started with

10 girls who were then admitted to the nearby Panchakanya School. Currently, there are seven part-time support staff and 21 girls studying from Kindergarten to class Ten. In order to encourage saving habits, the Home has opened Child Savings Account with a monthly deposit of NRs. 25 for all the girls.

The girls can also deposit the money they have earned during Dashain, Tihar, and other festivals. Children at the Home celebrate festivals like Chhath, Yomari Purnima, Dashain, Tihar, Christmas, New Year and Lhosar. The home also organizes extra-curricular activities such as a one-day trip to Shiva statue in Sanga, Bhaktapur, picnics and zoo visit.



The girls can also deposit the money they earn during Dashain, Tihar, and other festivals. Children there celebrate different festivals like Chhath, Yomari Purnima, Dashain, Tihar, Christmas, New Year and Lhosar. The home also organizes extra-curricular activities such as a one-day trip to Shiva statue in Sanga, Bhaktapur, picnics and zoo visits.

DISASTER RELIEF

1. Blanket support to Cold Wave victims, Saptari



HELP NEPAL Network (HeNN) dispatched 1,100 blankets in Saptari as part of our disaster relief efforts for cold wave Victims. The blankets are distributed in Mahadeva , Dhikli, Rupani, Tilathi and Koiladi VDCs.

HeNN works directly with its local partners. HeNN manages procurement and transportation of relief materials while our local partners coordinate and distribute relief materials in their local communities.



2. Relief materials distribution to fire survivors, Jhapa



The fire which broke out at Kachankawal Gaupalika VDC-4, Jhapa had affected 13 households. They had lost everything to the fire and needed immediate help and support. The local organization named "Women and Children Empowerment Initiative" in Jhapa led by Mrs. Sharmila Adhikari had initiated the Relief Material Support program for families affected by fire.

HELP NEPAL Network (HeNN) provided financial support of NRs 65,000 (Distribution of relief materials worth Rs 5,000 per family). The Details of distributed relief Materials (per family) are as follows:

1. Rice – 25 kgs
2. Pulses – 2 kgs
3. Sugar – 2 kgs
4. Edible Oil – 2 liters
5. Mosquito Net – 1 pc
6. Bed sheet – 1 pc
7. Frying Pan – 1 pc
8. Rice Cooker – 1 pc
9. Plates – 5 pc
10. Glass – 5 pc
11. Bucket – 1 pc
12. Spatula – 1 pc



3. Relief materials distribution to flood survivors, Bardiya

HELP NEPAL Network provided financial aid to Shrijansil Janasakti Samaj, Bardiya for purchasing relief materials and distributing materials to flood victims of Bardiya. Altogether 125 households were supported benefiting 412 people. Following items were distributed under the support:

1. Tarpaulin - 15 units
2. Mosquito Net - 125 units
3. Blanket - 125 units



4. Relief materials distribution to flood survivors, Saptari



Nearly 300 houses were affected due to massive Saptakoshi flood in Hanuman Nagar, Kankalini Municipality, Saptari . HELP NEPAL Network in coordination with Dharmi Halfa Women Development Club, Saptari, supported nearly 500 affected people with food, medicine and other essential materials.

OTHERS

1. Agreement with RC Tripureshwor

An agreement was signed with Rotary Club of Tripureshwor for the Reconstruction of Thokarpa Secondary School, Sindhupalchowk that was damaged by 2015 Earthquake in Nepal.

The construction of two blocks of classrooms - block A (grade 5-12) and block B (grade 1-4) has already started with the small amount of funds available with us. As we are in need of



more funds, RC Tripureshwor agreed to fund NRs 3,000,000/- for the construction of Block A of eight classrooms.

HELP NEPAL Network is immensely pleased and very much thankful to Rotary Club of Tripureshwor for this tremendous support to our school project.

2. Agreement with RC Patan

Agreement was signed between Help Nepal Network and Rotary Club of Patan Durbar Square for the reconstruction of Rajkuleshwor Lower Secondary School that was damaged by 2015 Earthquake in Nepal.

Rotary Club of Patan Durbar Square agreed to fund NRs 3,000,000/- for the construction to Help Nepal Network for the construction of Rajkuleshwor Lower Secondary School, Dolakha. We are very much thankful for all the support.



20th Anniversary Celebration

HELP NEPAL Network celebrated 20th anniversary of its establishment on 12th October, 2019 amid a ceremony in Kathmandu. At a programme organised at the Russian Cultural Center, Kathmandu, three prominent personalities and social workers who have made outstanding contributions to Nepali society were honored.

In the program, centenarian and culture expert Satyamohan Joshi, social worker Shri Jung Shah, ophthalmologist Dr. Sanduk Ruit and Nira Devi Tallinn were honored in recognition of their contribution.

Chief guest at the ceremony, Satya Mohan Joshi, said HELP NEPAL Network has become a theme in itself and suggested to expand the organisation to all seven provinces. He said that people would be more satisfied through charitable works than earning money.



Rabindra Mishra, founder of HELP NEPAL Network, recalled how the Network was established to realise the theme of practical philanthropy.

Nepali Congress leader and MP, Gagan Thapa, called upon all to work towards improving the quality of education and health services in the country. He said it was a matter of great satisfaction that HELP NEPAL Network was running a health post in remote district like Mugu. He urged all to work in a way Nepal might not need to ask for assistance from donors after two decades.

CPN-Maoist leader and MP, Ghanshyam Bhusal, said the state should take the responsibility of providing free education and free health to all citizens. He also lauded the role of HELP NEPAL Network in motivating Nepalese living abroad in support of the disadvantaged communities in Nepal.

During the programme, Nepali Samaj Texas and Help Nepal Australia handed over \$ 15,000 each to HELP NEPAL Network for the construction of the Rajkuleshwar School in Dolakha.



A documentary showcasing the activities of HELP NEPAL Network was screened in the program. Around 200 guests attended the event.

The program ended with the inauguration of e-Library with 5 computers funded by HeNN Australia at the HELP NEPAL Children's Home at Dhulikhel where 21 girls are studying from class 1 to 10.



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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.

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