

Newsletter

HELP NEPAL NETWORK NEWSLETTER

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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 NEPALNetwork (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@helpnepal.net. Thank you all once again.

With best regards,
Editorial team
HELP NEPAL Network
www.helpnepal.net

ONGOING PROJECTS

EDUCATION

Pedal For Education- Shree Bahadur Khadak Memorial Library, Dadeldhura (First Phase)



A cross country cycling event organized by HELP NEPAL Network under the banner 'Pedal For Education' spanned the duration of 12 days and covered the distance of approximately 1,200 kms from Dolakha to Dipayal. One of the aims of the campaign was to raise funds to establish a public library, 'Shree Bahadur Khadak Memorial

Library,' in Dadeldhura. The construction of the library ensures that the public has access to vital reading materials aiding the residents' intellectual and economic prosperity. The construction of this library ensures that residents of Dadeldhura will have a place to acquire knowledge and information about what's happen-

ing around the world. The activity related to the library is under progress, as we are now in the phase of documentation and coordination to proceed forward.

During the Maoist revolution, the insurgents had burnt the library building in Dadeldhura and destroyed all books that shelved knowledge relat-

ed to agriculture, religion, politics and history.

Consequently, the residents were deprived of access to basic materials required for their study. The construction of this library will ensure that the residents of Dadeldhura will have a space to acquire knowledge to better their education and economic standing.

COMPLETED PROJECTS

DISASTER

Kanchanpur Flood Relief Program



The recent flood devastation on 17th October, 2021, caused due to heavy rainfall and rise in Mahakali River, swept away the harvested crops of the farmers in areas of Bheemdatta municipality of Kanchanpur district. There was an urgent need for a food relief package as people lost their crops and other food sources. In that area, people carry out agriculture as the main occupation, therefore they primarily rely on agricultural goods for their income source which now is in huge loss. There will also be a rapid scarcity of food supply in the market of that area. Mostly farmers as well as other people lost their crops and hous-

es due to the heavy flood, many had to migrate to nearby schools for shelter. The program started after the flood emergency in terai regions of Nepal. The main objective of the relief program was to help family members affected due to flood, who are in need of immediate humanitarian support.

On 23rd October, 2021, HeNN handed over the packages to Bhimdatta Municipality, Kanchanpur which then successfully handed over to 200 families of ward no. 9, 11, 12 and 13 of the municipality. The package included 200 sacks of rice (25kg), 200 kg mixed pulses and 200 packets of salt.



LONG TERM PROJECTS

Final Phase of Reconstruction of Rajkuleswor Basic School, Dolakha



Rajkuleswor Basic School (RBS) in Bhimeswor Municipality -02, Dolakha is a major school

reconstruction project undertaken by HELP NEPAL Network with generous support from individuals and organizations. HELP

NEPAL Network has been coordinating and supporting the reconstruction of the Rajkuleswor Basic School diligently in co-

ordination with our local partner Rajhitya Society, Dolakha (RHSD).

As per the approved design, the school is be-



LONG TERM PROJECTS

ing constructed blending the local architecture and modern technologies, making it compatible with the local traditions and culture. Since major structural works are almost completed, the school reconstruction work achieved around 90% physical progress.

This school reconstruction adopted a holistic approach. The package includes school buildings with Water, Sanitation and Hygiene (WASH) facilities, library, playgrounds, compounding or fencing, and necessary furniture. This is expected to meet most of the infrastructural, material



and physical needs of the school, and will enhance the teaching and learning environment. This will ultimately contribute towards ensuring children's fundamental right to basic education.

Nevertheless, the school reconstruction does face major challenges. The current COVID-19 pandemic, a shortage of construction materials and

technical human resources, and poor road conditions for the transportation of materials are significant obstacles that have decelerated the progress of the school reconstruction. As of now, all the major structural works are nearly complete along with tile work, door and window installation, painting and electrification.

HELP NEPAL Health Post, Mugu



HeNN's Mugu Health Post is continually serving local citizens in Murma and surrounding areas. The health post has not only been providing basic health facilities with necessary checkups and health treatments to local residents but also to visitors and tourists.

Additionally, the health post is providing local residents significant relief

packages. The Health Post has not only been diligently serving the residents there during this pandemic but also before this crisis. Importantly, the health post provides necessary checkup and treatment for local and foreign tourists as per their need.

RECENT ACTIVITIES



1 Patient Treatment

HeNN's Mugu Health Post has provided health services to around 4,200 people from more than 600 households facing various health issues such as common cold, cough, fever, stomach pain, joint pain and skin diseases. The health post has not only been providing basic health facilities with necessary checkups and health treatments to the residents but also to visitors and tourists.





3 Vaccination program of second dose of Vero Cell

On 1st of November 2021, HeNN's Mugu Health Post coordinated with Basic Health Post in Chhayanth, Rara Municipality, ward no. 08 and vaccinated a total of 120 people (female 55 and male 65) with the second dose of Vero-cell as part of an outreach clinic.



2 Vaccination program of first dose of Vero Cell

In collaboration with the Basic Health Post in Chhayanth, Rara Municipality, ward no. 08, HeNN's Mugu Health Post staff vaccinated a total of 35 senior citizens with the first dose of Vero-cell.





4 Outreach clinic

The HELP NEPAL Health Post in Murma is also conducting outreach clinics for the benefit of local residents in surrounding villages. The health post staff provided postnatal care to mothers. Once every month, HeNN health post conducts an outreach clinic program to provide door to door medical services to needy patients in the area.



5 Distribution of super-flour porridge (sarbottam pitho ko lito) to pregnant women and child under age of 2

During the period of three month(October 18- January 14), Help Nepal Health Post provided health facilities and regular checkup to a total of 1,153 patients (who were facing various health issues such as common cold, cough, fever, stomach pain, joint pain and skin diseases.



6 Regular patients health Check up and treatment at Help Nepal Health Post

During the period of three month(October 18-January 14), Help Nepal Health Post provided health facilities and regular checkup to a total of 1,153 patients (who were facing various health issues such as common cold, cough, fever, stomach pain, joint pain and skin diseases.



HELP NEPAL Children's Home, Dhulikhel



HELP NEPAL Children's Home is one of the major projects undertaken by the HELP NEPAL Network (HeNN). Dhulikhel Children's Home is providing a safe environment and education to 22 girls. During the recent Covid-19 lockdown, students participated in the classroom activities conducted by teachers at the Children Home. They also participated in various extra curricular activities following safety measures at the Children's Home. The online classes continued in the children Home to smoothly run their course study and improve the

learning habit. But now, it's been one week since the children are going to school.

The two children of HeNN Children's Home Shreya Shrestha and Nirmala Dhakal, are doing a great job outside the shelter home under great guidance and monitoring of Mrs. Punya Bati Ghale. Shreya Shrestha gave her 12 exams and has now joined Diploma in Management. She is currently taking cook training. Similarly, Nirmala Dhakal from children's home is pursuing her higher education in Hotel Management. She completed her internship and also took

Barista training under CTEVT (Council for Technical Education and Vocational Training). She is now in search of a job to generate income for her.

The children's home will organize a Farewell program for Shreya and Nirmala in the coming days in presence of Help Nepal Network Team. Similarly, the insurance of children will later be handed over to them for their enrolled education or related training. They can also self-invest the received amount for any business for self-employment.

Fund Received from HeNN Chapters

Help Nepal Network USA :

Pedal for Education (for Rajkuleshwor School) - \$1,625.41(NRs. 187,905)

Rajkuleshwor School - \$28,778.94 (NRs.33,26,972)

NIC Nepal-COVID Initiative - \$19,595.65 (NRs.22,65,343)

HOW TO HELP AND BE PART OF GLOBAL CHARITY ORGANISATION

DONATE US

Help Nepal Network Nepal Banking Detail

Account Name: Help Nepal Network, Nepal
Bank Name: Sanima Bank Limited, Naxal, Kathmandu
Account Number: 001010010000791
Account Type: Current
Swift code: SNMANPKA

HeNN Other Chapters Banking Details :

For Help Nepal Network Australia: Bank Account For Direct Donation.

BSB: 062000
ACCOUNT NUMBER: 11660078
ACCOUNT NAME: Help Nepal Network Australia Inc.
Commonwealth Bank.

Nepalese living abroad, donate via the link below:

<https://helpnepal.net/donate/>

JOIN US

The largest charitable network of Nepalese, HELP NEPAL Network: One Dollar a Month Fund for Nepal, is a global charity run on a fully voluntary basis. The running cost of its Kathmandu-based three-member office and other administrative expenses are borne by a separate Endowment Fund (known as a Trust Fund in Nepal) set up by the Network with the help of generous Nepalese donors living in various parts of the world. This fund allows the Network to spend every single penny donated directly on the projects it undertakes. All executive committee members and coordinators working in many different chapters are volunteers.

The aim of the Network is to encourage Nepalese and those who love Nepal around the world to provide assistance in the fields of health, education and disaster relief support in rural Nepal. We envision a society where every relatively able individual contributes a small portion of their earnings for the benefit of those who genuinely need support. We have called this 'Practical Philanthropy', an approach which will not hamper an individual's normal life but which will benefit disadvantaged communities.

It is estimated that there are 3 million Nepalese staying abroad. The numbers of Nepalese institutions alone are in thousands. Some may be able to give more than we expect, some less. But we have seen through our experiences that there are a large number of Nepalese with big hearts.



Editor's Comment: We hope you find the newsletter useful.
Wherever you are you can join and be part of HeNN Globally for more details :

Please Contact in:

Email : help_nepal@helpnepal.net

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Address : SBI Building 3rd Floor, Chuchepati, Kathmandu

Thank you.



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