

# Newsletter

HELP NEPAL NETWORK NEWSLETTER

JULY / 2022



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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](mailto:help_nepal@helpnepal.net). Thank you all once again.

With best regards,  
Editorial team  
HELP NEPAL Network  
[www.helpnepal.net](http://www.helpnepal.net)

# COMPLETED PROJECTS

## EDUCATION



### Bag Support to Shree Tripura Secondary School, Tripurasundari-01, Dolpa

**H**elp Nepal Network, Nepal (HeNN), handed over schoolbags and sanitizer to Shree Tripura Secondary School, Tripurasundari-01, Dolpa, in need of educational material and sanitation

for students from E.C.D to class Ten. The school management committee distributed 171 pieces of school bags and 180 bottles of hand sanitizer to students of Shree Tripura Secondary School.



### Computer and Printer Support to Shree Panchakanya Basic School, Gokulganga Rural Municipality-02, Dorje, Ramechhap

**H**elp Nepal Network (HeNN) handed over a computer and printer set to Shree Panchakanya Basic School located at Gokulganga Rural Municipality-02, Dorje, Ramechhap, Nepal for the purpose of effective documentation work. It will now be much easier for school staff to share required documents, communicate and connect with other schools and the authorities.



# LONG TERM PROJECTS



## Completion of Reconstruction of Rajkuleswor School, Dolakha

After the devastating 2015 earthquake in Nepal which destroyed the school building of Rajkuleswor School in Dolakha district, classes were being conducted in makeshift shelters providing less than ideal teaching conditions and subject to disruptions due to weather. Rajkuleswor School in Bhimeswor Municipality -02, Dolakha is a major school reconstruction project with the financial support from HELP NEPAL Network, Rotary Club of Patan Durbar Square, Nepalese Society of Texas and a number of generous donors.

On 29th May 2022, Help Nepal Network handed over the completed Rajkuleswor School building to the school management committee and the local community of Bhimeswor-02,

Dolakha. The inauguration program was chaired by Mayor Ishwor Narayan Manandhar and attended by the staff and students of the school, community members, Help Nepal Network team, and our partners.

has drastically improved. A total of 76 students were enrolled before the earthquake and it has now increased to a total of 111 students. The school is smoothly running regular classes from E.C.D to 10.

Along with structural development of the school, the students enrollment before and after the reconstruction









## Help Nepal Network Health Post, Mugu



**H**eNN'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. According to the patient flow data of the health post, there are a total of 61,423 (Male: 37645 Female: 23778) people who visited the health post for medical check up and treatment so far. The

health post has also conducted outreach clinics in neighboring villages so as to provide door-to-door health checkups and treatments.

According to the data compiled by the health post, the patient flow increases during the months of March, April, May and again during October, November and December. The reason behind this is due to the clear weather conditions which tend to attract more tourists and student visits in the area.



Additionally, the health post is providing local residents significant relief packages. The Health Post has not only been diligently serving the residents there during the Covid pandemic but also before this crisis. The Help Nepal Health Post has also served local communities and tourists

during the Covid 19 pandemic and also those affected from natural disasters. During 2019-20, the Help Nepal Health Post distributed relief packages to the flood victims in Mugu district - one of the most remote districts in Nepal.

### Recent Activities

#### Regular Patient Check up

During the period of two months (April 14- June 14), Help Nepal Health Post provided health facilities and regular checkup to a total of 1,277 patients ( who were facing various health issues such as common cold, cough, fever, stomach pain, joint pain, pregnant women check up-PNC/ANC, and skin diseases.



#### Health Post Outreach Clinic

As part of the outreach clinic program 2022, Help Nepal Health Post staff conducted awareness programs in Chakpade Village, Khatyad Rural Municipality-02, Mugu, which was within 4hrs walking distance from the Help Nepal Health Post. The awareness program was mainly targeted to school children and mother groups. The main topics of the program were safe drinking water, personal health and hygiene, sanitation, and family planning.







## Laptop and Printer Handover to Help Nepal Health Post

The Help Nepal Network (HeNN) handed over a laptop and printer set to Help Nepal Health Post, Mugu for the purpose of effective documentation work. It has become much

easier for health Post staff to share required documents, communicate and connect with local as well as government authorities.



## Collaborative Partnership with the health department of Chayanath Municipality

The Help Nepal Health Post staff have supported the health department of Chayanath Municipality, Rara to distribute 2nd and 3rd dose of the Covid Shield vaccine at Chayanath Municipality-06 and 07, Rara. The district health office of Mugu provided a vaccine, string, and safety box for the vaccination program. The vaccine was given to the age group 18

- 60 year old by a total of 5 health staff including 2 health staff from the Health Department of Municipality, Rara to distribute 2nd and 3rd dose of the Covid Shield vaccine at Chayanath Municipality-06 and 07, Rara. The district health office of Mugu provided a vaccine, string, and safety box for the vaccination program. The vaccine was given to the age group 18



## Help Nepal Network Children's Home, Dhulikhel

**H**ELP NEPAL Network 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 24 girls. The children actively participate in both academic and extracurricular activities in school. The tuition classes are conducted to help improve education outcomes of the children. Moreover, the children received various academic

awards and gifts during their annual result day. Ms. Rina Praja from Children's Home secured the first position in the painting competition entitled "Talent Recognition Program" organized by the Education Branch of Dhulikhel Municipality. The children also prepared study materials for Math Lab in their school. Overall, the children's home is running smoothly with the support of our generous donors.











## Fund Received from generous donors:

Source: Anonymous  
Total fund received :NRs. 500,000

Source: Music For Children UK  
Total fund received: NRs. 23,15,859.84 (USD 19,152)

## Recent Charity Events



**W**oolwich Arsenal Riders Club (WARC) and Nepalese Youth Association UK (NYA UK) volunteers in

the UK organized a charity ride on Friday, 20th May 2022 and 22nd May 2022, to raise funds for the HELP NEPAL Children's Home. The members of the group

successfully completed a two days cycle ride from London to Paris under the banner of 'London to Paris charity ride' The donation raised will be contributed

towards the running cost of the Children's Home. The team together have managed to raise over £6500 till the date.



# HOW TO HELP AND BE PART OF NEPALEASE GLOBAL CHARITY ORGANISATION

## Banking Details of Help Nepal Network Chapters:

### 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 Nepalis, 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 Nepali 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 Nepalis 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 Nepali 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.

## SOCIAL MEDIA

*We invite you to like and follow our Social Media pages for regular updates.*



Editor's comment: We hope you found this newsletter useful. Wherever you are you can join and be part of HeNN. For more details, please contact:

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 Thank you!