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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 from August to November 2022.

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

SHORT TERM COMPLETED PROJECTS

EDUCATION



E-Library Training to Volunteers at the KU

On 10th September 2022, a one-day program was organized at the Kathmandu University. The training started at 12 pm with trainer Anil Kumar Shrestha giving introduction to Help Nepal Network and e-library project. The program ended at around 6 pm in the evening. A total of 20 volunteers participated in

the program and showed their interest, queries and enthusiasm towards the project. The main objective of the program was to introduce the main concept of E library by training new volunteers from Kathmandu University for getting them deployment ready and to involve new volunteers in the future e-library projects. The training provided



incoming volunteers a wealth of knowledge about HeNN's e-library project and its significance. It also provided volunteers the knowledge they needed

to continue with this project's deployment and monitoring.

Support to Shree Siddheswari Secondary School, Tanahun

Help Nepal Network provided financial support of NRs. 1,10,677 to procure ICT classroom furniture. HeNN handed over ICT materials separately including a projector, projection screen, speaker (with 2 mics), projector ceiling mount and a total of 720 pieces of sanitizer bottles to Shree Siddheswari Secondary School, Kamalbari, Tanahun during the MoU meeting on 24th August 2022. The assistance will directly benefit a total of 350 students up to class 12 enrolled in technical education.



Support to Women Community Service Society Orphanage Shelter Home, Tripurasundari-01, Dolpa

Help Nepal Network (HeNN) handed over the financial assistance of NRs 4,34,000 to Women Community Service Society Orphanage Shelter Home, located in Tripura-01, Dolpa. The computer and printer set was handed over during the MoU meeting on 13th November 2022, whereas the remaining financial support of NRs. 3,40,295 will be utilized for school dress, normal clothes, school shoes, stationary materials, health check ups and hygiene materials of the children. The shelter home provides shelter to children from poor and marginalized communities who are deprived of basic necessities. It is providing food, shelter, education and other necessities to them. The financial support covers clothing (normal and school dress), stationary materials, computer set with printer, medicines and soaps. A total of 25 children will benefit from this project by contributing to enhancing the quality education of the children.

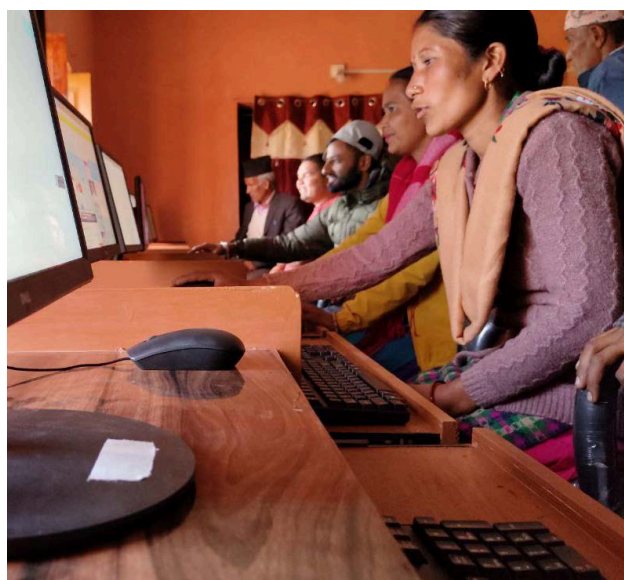


E-library Deployment in Dadeldhura



On 31st October 2022, Help Nepal Network deployed an e-library in coordination with NRNA at Shree Bahadur Khadak Memorial, Dadeldhura. HeNN provided a total of 8 computer sets with 3 batteries, an inverter, books, and technical support (4 e-library volunteers in the project). The e-library currently resides in the room provided by Ajayamaru Rural Municipality ward no.01, Dadeldhura. The fund for the e-library project was raised under the banner

of 'Pedal For Education' initiated by solo cyclist Mr. Devendra Basnyat. The HeNN e-library volunteers successfully completed the deployment including computer set up and e-library training to total 8 people (locals and staff of the Municipality). The e-library will directly benefit local residents, school students and interested visitors to learn and share technical skills for their personal and professional growth.



LONG TERM PROJECTS

Help Nepal Network Health Post, Mugu



POCO

HeNN's Mugu Health Post is continually serving local residents 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 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.

NRNA Nari Nikunja Contribution

The NRNA Women Forum Nari Nikunja provided generous support to purchase medicines for the Help Nepal Health Post in Mugu. The health post is now well supplied with medicines for treatment of patients. It has helped staff to be fully prepared to treat various health issues of patients in the health post.



Recent Activities

Distribution of BioNTech Pfizer

Help Nepal Health Post Mugu staff distributed coronavirus vaccine (BioNTech-Pfizer) in coordination with the Basic Health Post of Chhayanaath Municipality ward no 8 during September 22, 2022. The team successfully covered students of two schools and one community in the area, which led to the total of 171 people (Male: 84 and Female: 95). A total of 4 staff conducted vaccination including health assistant and co health assistant from Help Nepal Health Post, similarly auxiliary health worker and auxiliary nurse midwife from Basic Health Post.



Regular Patient Check up

During the period of four months (August, September, October and November of 2022) Help Nepal Health Post provided health facilities and regular checkup to a total of 1336 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.



Awareness campaign on safe drinking water in Shree Bhagwati Basic School, Mugu

As part of the outreach clinic program 2079/80, Help Nepal Health Post staff distributed super-flour porridge (sarbottam pitho kolito) to pregnant women and children under the age of 2. The health staff also conducted awareness programs in Shree Bhagwati Basic School, Chhayanat Rara Municipality-06, Mugu on 19th Shrawan 2079 (August 04, 2022).

The awareness program was mainly targeted to school children on the topic of possible waterborne diseases that mainly spreads in the month of monsoon seasons such as Jestha, Asar, Shrawan, and Bhadra. In this season the drinking water source gets polluted which leads to various health issues such as stomach pain, and diarrhea.



Health Post Outreach Clinic

Outreach clinic for Flood/Landslide victim of Jhyari Village

Due to the incessant rainfall of last October, people of 20 houses in Jhyari village of Chayanath Municipality-08 of Mugu lost their wealth and they have been staying in Bamnichaure for a safe place until now. During the Kartik month of the Help Nepal Network Health Post Monthly Village Home Clinic Program 2079/80, the Health Post staff organized a Village Home Clinic program at Chayanath Municipality 08,

Bamnichaure for 14 days. The health post staff provided free health check ups and medicines to 500 people including (below 5 years- 87, female- 205, male-208) during the period of time.

Due to lack of drinking water, river water was used for patients suffering from cold, medicines were arranged from District Health Office Mugu and technical manpower from Help Nepal Health Post. The main objective of this program was to provide general health check-up as well as medical treatment to the flood victims.



LONG TERM PROJECTS



POCO

HELP NEPAL Network 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 24 girls. The children actively participate in both academic and extracurricular activities in school. The tuition classes are conducted from 6 am to 8 am to help improve education outcomes of the children. The children are actively involved in agricultural activities in the field of children's homes. On 17th October, 2022, Ms. Sita Singh Thakuri went on a 4 days educational

tour to Pokhara and Sauraha. During her trip, she visited the irrigation canal of Sauraha, did jeep safari in Chitwan National Park, similarly in Pokhara she witnessed Seti River Dam, Davis Fall, Mahendra Cave, and Gupteswori Cave. On her last day of trip, she went to Bindhyabasini Temple by boating in Begnas Lake. The trip was full of excitement and learning for her, as she observed many historical places and conservation areas around Sauraha and Pokhara. Overall, the children's home is running smoothly with the support of our generous donors.



Children attending the regular tuition class



Birthday celebration of Rachana Praja



Children planting vegetables in the field



Birthday Celebration of Samikshya Giri



Glimpses from educational tour of Sita Singh Thakuri

Fund Received from generous donors:

Source: Help Nepal Network Australia
Total fund received: NRs. 4,34,000
Source: NRNA Women Forum (Nari Nikunja Australia)
Total fund received: NRs. 1,00,000
Source: Help Nepal Network USA
Total fund received: 8,855,60.20 (\$7000)
Source: Ram Chandra Lamichhane
Total fund received: 18000

HeNN UK Updates

Help Nepal Network UK elects a new Executive Committee

London – A meeting of the board of trustees of Help Nepal Network (HeNN) UK chapter, on 13th November 2022, has elected a new executive committee for the tenure of three years (2022-25). The new committee led by Sachin Shrestha has Yadav Bhandari as Vice President, Pradeep Paneru General Secretary, Dr Sudarshan Gurung Secretary and Pratima Shrestha as Treasurer.

Similarly, Prasidha Pradhan, Bhagirath Yogi, Kuldeep Pradhan, Lachhuman Gurung have been elected as members of the Committee. Other members of the committee will be appointed soon, the HeNN UK said. The meeting also extended sincere thanks and appreciation to outgoing President Dr Pranab Gyawali who led the Chapter since its inception.

Newly elected President, Mr Shrestha,



who was a treasurer in the previous committee, said he will work closely with the Nepali community in the UK and mobilize community support towards Help Nepal projects in Nepal. Help Nepal Network UK is registered

with the Charity Commission in the UK.

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!