

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 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 from December 2022 to March 2023.

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



Set-up of High Tech Classroom in Rajkuleswor Basic School, Dolakha

To ensure the sustainability of the school in terms of quality education, HeNN has cooperated with the National Innovation Center (NIC) led by Mr. Mahabir Pun by collaborating to establish a High-Tech classroom in Rajkuleswor Basic School. The MOU was signed between HeNN and NIC on 23rd August 2022.

An open day was organized on January 8, 2023, and the technical setup was done by the team of NIC. The High Tech Classroom is the space that will be equipped with a smart board, computer with high-speed connectivity, laptops, and a technology-friendly learning space. The goal of this project is to develop teachers' skills and knowledge to integrate technology in the classroom

to improve student's learning environment and learning outcomes.

After the visit to the school, an online digital competency assessment was carried out with the support of the principal and the EdTech fellow. Altogether 13 teachers participated in the assessment. The high-tech training was provided to the teachers to enhance their knowledge and skills, teachers will teach and share the high-tech knowledge with the students on how to use and indulge in the environment. The teachers were divided into two groups: Below Basic and Basic. Some of the teachers in the basic group had never used a laptop/computer or had been many years since they used it last time. The teachers in the basic group had some level of the foundation. The goal

for the first group was "By the end of the training, the participants will be able to create ppt aligning with curriculum, independently prepare question papers when required, and be able to navigate around Google search with minimal support". The goal for the latter group was "the participants will be able to use google drive, online platforms such as zoom and google hangout to initiate or join seminars, meetings, and discussions, use online resources and create gamified learning materials."

Furthermore, the technical experts are available to provide support for any technical issues that might come up as the studio is in operation. Once the High Tech classroom hub is up and running, we will make it available for the students. The high-



tech classroom is now completed with the required technical equipment.

Currently, NIC is supporting Rajkuleshwor school through online classes as per need and is continuously supporting Edtech fellow Tulasha Miss in technical aspects. Very soon, teachers will be provided with audio/video resources to practice lessons learned

during the training. We are also trying to integrate the Rajkuleshwor school team into our Learning Management System. HeNN continuously monitors the School Management Committee and NIC to run further activities and ensure a quality teaching-students learning environment for teachers and students in every possible aspect.

Distribution program of HeNN educational support to Women Community Service Society Orphanage Shelter Home

Help Nepal Network (HeNN) handed over financial assistance of NRs 434,000 to the Women Community Service Society Orphanage Shelter Home located at Tripura-01, Dolpa. The computer and printer set was handed over during the MoU meeting on 13th November 2022, and the remaining financial support of NRs. 3,40,295 was utilized for school dress, normal clothes, school shoes, stationary materials, health check-ups, and hygiene materials for the children. A distribution program was organized by Women Community Service Society Orphanage Shelter Home in the presence of the

Mayor of Tripurasundari municipality, Dolpa. The support such as clothing (normal and school dress), stationery materials, a computer set with a printer, medicines, and soaps were distributed to orphan children. A total of 25 orphan children benefited from this project which contributed to enhancing the quality of education, health, and hygiene of the children. The shelter home provides shelter to children from poor and marginalized communities who are deprived of basic necessities. It provides food, shelter, education, and other necessities to them.



CLOTHES DISTRIBUTION



Warm clothes distribution program for children in Ghorahi, Dang

Help Nepal Network supported Nepal Women's Community Service Center (NWCSC) with the financial support of NRs. 270,000 for warm clothes distribution to needy children who belong to Dalit, Tharu, Muslim, and Janajati communities. The financial donation for the project was from Help Nepal Network, UK. The distribution program was organized on the 26th and 27th of December in wards no 13 and 15. The MoU was signed between Help Nepal Network and NWCSC on

19th December 2022. Warm clothes such as tracksuits, high-neck, shocks, and woolen caps were provided to a total of 100 children in different schools and communities of Ghorahi, Dang. The NWCSC team organized the program in the presence of Mr. Ramesh Pandey, ward chairperson, Ms. Krishna Rana, ward no 15 representatives, Mr. Dullu Ram Pokhrel ward no 13 chairpeople, Mr. RK Sital, secretary of the Federation of Journalists Dang chapter, and other local representatives were present in the program.





LONG TERM PROJECTS

Help Nepal Network Health Post, Mugu



HenN's Mugu Health Post is continually serving 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 data compiled by the health post, the patient flow increases during March, April, and 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 to the area. A total of 64,231 people (Female: 39,286 and Male: 24,945) have been treated to date in the health post. During the four months (December, January, February, and March) Help Nepal Health Post provided health facilities and regular checkups to patients who were facing various health issues such as common cold, cough, fever, stomach pain, joint pain, pregnancy women check up-PNC/ANC and skin diseases.

Monthly Outreach Clinic 2079/80

Outreach clinic for personal health and environmental awareness to the student of Janjakriti Secondary School



Help Nepal Network Health Post Monthly Village Home Clinic awareness program on Reproductive health and Menstrual Hygiene

On 5th January 2023, the Health Post staff organized a one-day awareness program on the topic of “reproductive health” for women groups around the remote village at Soru Rural Municipality -01, Rom Village, Mugu. The information was delivered on reproductive health, menstrual hygiene, and personal health and hygiene by dividing them

into different groups. The main objective of the program is to provide knowledge on breast cancer, and family planning kits such as Depo, pills, implants, Norplant, and IUCD. Similarly, brief information was shared about the importance of daily personal hygiene during periods, consumption of nutritious food, and avoiding menstrual huts.

During the month of March, Help Nepal Network Health Post Monthly Village Home Clinic Program 2022/23, the Health Post staff organized a one-day awareness program at Janajakriti Secondary School, Lum, Chayanath Municipality-13. The awareness program was mainly targeted at school children on the topic of ways to maintain personal health and hygiene. The children were informed about ways to stay healthy and hygienic

such as eating healthy food, washing hands before and after meals, avoiding junk and stale foods, brushing their teeth and cutting nails, properly using toilets, and going to school wearing clean school dress. Furthermore, they were informed not to burn non-degradable goods including plastics and rubbers so that the smoke doesn't harm their health, and prefer safe drinking water. At last, due to the cold weather in the area, the students were encouraged to wear warm clothes.

Outreach clinic for personal health and hygiene awareness to the student of Karnali Secondary School, Topla

During the month of February, Help Nepal Network Health Post Monthly Village Home Clinic Program 2022/23, the Health Post staff organized a one-day awareness program at Karnali Secondary School, Topla. The awareness program was mainly targeted at school children on the topic of ways to

maintain personal health and hygiene. The children were informed about ways to stay healthy and hygienic such as eating healthy food, washing hands before and after meals, avoiding junk and stale foods, brushing teeth and cutting nails, properly using toilets, and wearing warm clothes during cold days.



Safe delivery of a child with emergency health assistance from Help Nepal Health Post Staff

On 27th December 2023, the Help Nepal Health Post staff got information about the emergency delivery of a child in the middle of the way in Rikhia Village, Gamgadhi Rural Municipality. The 25-year-old mother, Mrs. Bachu B.K., was on her way back home when she started having labor pain. The team of health post left for the treatment as soon as they

received information. The mother and child got into the safe hand of health post staff on time as they got the necessary treatment during the delivery. The baby was successfully delivered within 5 minutes of health post-staff assistance. The baby and mother are safe and healthy through continuous follow-up and care provided by the health post staff.



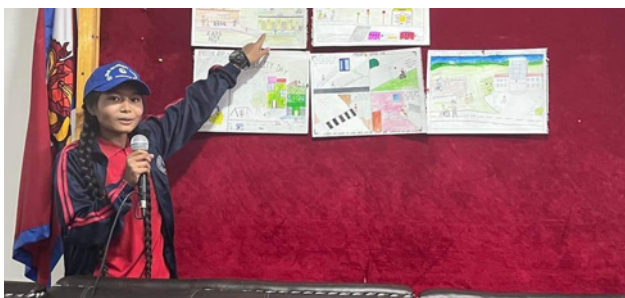
HELP NEPAL Network Children's Home, Dhulikhel



HELP NEPAL Children's Home is one of the major projects undertaken by the HELP Nepal Network (HeNN). The children's home provides a safe environment and education to 22 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 the education outcomes of the children. The children are actively involved in agricultural activities in

the field of the children's home. Moreover, the Help Nepal Network team along with the children's home staff gave a farewell to Shreya Shrestha and Nirmala Dhakal - two students who were residing in the Children's Home for many years. Shreya Shrestha is enrolled in 1st year of Bachelor of Commerce, whereas Nirmala Dhakal is enrolled in 1st year of Bachelor of Hotel Management.

On the occasion of the 31st International Disability Day, a painting competition



Pratika Praja secures the first position in a painting competition

was organized by Dhulikhel Municipality under the banner of "Disability Friendly Municipality". In this competition, Pratika Praja, a student residing at the Help Nepal Network Children Home Dhulikhel, secured first place. Our generous donor OZ Bayldon and his family paid a 3-day visit to the children's home. They enjoyed spending

time with children by playing games, wearing Nepali dresses, and doing other activities. On the occasion of International Women's Day, children made self-made gift cards for each other sharing love and insightful messages. Overall, the children's home is running smoothly with the support of our generous donors.



Birthday celebration of Kabita Thapa



Birthday celebration of Sanjita Giri



Birthday celebration of Sita Singh Thakuri



Birthday celebration of Sarita Chepang



Anjali wins 1st prize in the sack race



Holi celebration at the Help Nepal Network Children's Home



Visit of OZ and his family



Visit and Financial support from students and teachers of Babylon National School, New Baneswor



International Women's Day celebration



Farewell to Shreya Shrestha and Nirmala Dhakal of Help Nepal Network Children's Home

The demise of Shrijana Praja

Help Nepal Network Nepal team is very sorry to inform you about the recent demise of our beloved child Ms. Shrijana Praja which shocked us. Ms. Praja was a resident of Chitwan who lived in Help Nepal Network Children's Home, Dhulikhel for almost 9 years. She was studying in class 9 at Sanjiwini Model Secondary School holding 1st rank in academic performance. The demise of Ms. Praja was caused due to her previous health issues in her foot and head. The injury was caused by falling on her way to collect water from a nearby water tap during her early childhood days. After the incident, she had gone through surgery for the head injury before being admitted to Children's Home. Ms. Praja was a soft-spoken and well-disciplined child

who always got along well with other children at Children's Home. After her stay in the children's home, Srijana was still suffering from foot-related problems for a long time for which she received time-to-time health check-ups and treatment from the children's home. The medical report was normal during her health checkups and was admitted two times in the length of 1 week to 11 days in the past. She had a problem walking a long distance for which the school vehicle was arranged for her. She went home during the last Dashain holidays but a few days later was admitted to Bharatpur Hospital due to sudden loss of movement in her legs. After the treatment, she rested at home for a few months. Unfortunately, she passed away while taking a rest at home. The life



insurance amount of Ms. Shrijana will be handed over to her younger brother when he becomes eligible to receive it.

Help Nepal Network family would like to express our heartfelt condolence to the bereaved family, wishing for

eternal peace of the departed soul.

Fund Received from generous donors:

Source: Music for Children
Total fund received: NRs. 4,65,779.88
Source: Rajib Paudel (Individual donor)
Total funds received: NRs. 12000

HeNN Australia Updates

Help Nepal Network Australia organized a Gala Dinner charity event



Help Nepal Network Australia organized a fundraiser gala dinner on 28th January 2023 at the Greek Orthodox Church of The Dormition of Our Lady. The main objective of the Gala Dinner was to raise funds for the “Library Building Construction project at Shree Sita Tinghare Sanskrit Higher Secondary School, Indrawati-03, Sindhupalchowk, Nepal. A total of \$10,000 has been raised so far from the event. The HeNN family appreciates every support made by all generous individuals and organizations for this project which will be entirely utilized for library building construction.



HOW TO HELP AND BE PART OF NEPALESE 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!