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HELP NEPAL NETWORK NEWSLETTER

AUGUST / 2023



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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 April 2023 to July 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



Teachers Training for Hi-Tech Classroom at Dolakha Rajkuleshwor School

To ensure the sustainability of the school in terms of quality education, HeNN collaborated with the National Innovation Center (NIC) led by Mr. Mahabir Pun so as to establish a High-Tech classroom in Rajkuleswor Basic School. The goal of this project is to develop teachers' skills and knowledge to integrate technology into the classroom. The technical setup of the classroom was done in January 2023. To be familiar with technology, training is provided to teachers at different phases. In April 2023 the second phase of training was given to teachers. It was 3 days long training which helped the teachers to enhance their

skills to search for relevant videos and integrate those videos, and pictures in PowerPoint. The major outcome of this training is that now teachers can search for relevant videos with any particular lesson that includes students and teachers activities while demonstrating the video. Similarly, they are also able to create a PowerPoint integrating relevant video, Gif pictures, and gamified content used to check to understand.





Tracksuit Support to Shree Saraswati Primary School, Pyuthan

Help Nepal Network supported Shree Saraswati Primary School, Pyuthan with Nrs 1,00,000 for needy children. The MoU was signed between Help Nepal Network and the school on 10th May 2023. The distribution program was

organized on May 19, 2023, where the school tracksuits were provided to a total of 100 students. The school organized the program in the presence of school staff, ward chairperson Mr. Suman Shrestha, and other local community members.



Students attending school wearing Tracksuit supported by HeNN



Emergency exit staircase construction of Rajkuleswor Basic School in Bhimeshwar, Municipality 02, Dolakha



On July 2023, the emergency staircase reconstruction project was successfully completed at Rajkuleswor Basic School in Bhimeshwar, Municipality 02, Dolakha. The reconstructed emergency

staircase now meets all safety requirements, fire safety standards, and accessibility guidelines. An emergency exit staircase is needed to ensure the safety and security of students and the staff of the school in an emergency situation



Swamikartik Khapar Rural Municipality, Bajura

Help Nepal Network financially supported Swamikartik Khapar Rural Municipality, Bajura to provide relief materials i.e. 40 blankets and 40 mattresses to the families affected by floods and earthquakes at various times.



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 provided basic health facilities with necessary checkups and health treatments to local residents and 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 69,948 people (Female: 39,713 and Male: 30,235) have been treated to date at the health post. During the four months (April, May June and July) 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's check up-PNC/ANC and skin diseases.

Monthly Outreach Clinic

Health checkups and Treatment for Villagers during an outreach clinic



During the month of April, Help Nepal Network Health Post Monthly Village Home Clinic Program 2023 (Chaitra, 2080) the Health Post staff reached out to the Lama family on 5th April who are residents of Mugum Karmarong Rural Municipality-01. The family became sick in the middle of their journey from Mugu to Bajura and were staying at Beupani. The villagers informed our health post staff about the illness of 3 people of the

same family. The health post staff reached the place for health check-ups and treatments. The health post staff included 1 health staff and 1 health assistant who treated the family suffering from common cold and fever. After consulting with the family about the health issues, they were unable to travel or move from that place due to high fever. The health post staff gave medicines and consulted them to rest one more day before beginning their travel.

Outreach clinic for distribution of Vitamin A Capsule and Stomach worm medicines



During the month of April, Help Nepal Network Health Post Monthly Village Home Clinic Program 2023 (Baisakh, 2080) the Health Post staff organized a two-day program on the 19th and 29th of April for Vitamin A capsule and Stomach Worm medicine distribution in coordination with Basic Health Post Chayanath Municipality-08, Shivnagar, Dhodu. The awareness program was mainly targeted to the 6-59 (month) age group for Vitamin A capsules whereas the 12-59 (month) age group for stomach worm medicine. A total of 129 children received Vitamin A capsules and stomach worm medicine. Out of total of 70 girls and 59 boys children, the staff included 1 health staff and 1 health assistant from Basic Health Post, similarly 1 health staff and 1 health assistant from Help Nepal Health Post, Mugu which concluded 4 health staff present in the program.



Outreach Clinic to create awareness about illnesses caused by contaminated water and its safety measures

On 2nd June, Help Nepal Network Health Post Monthly Village Home Clinic Program 2023 (Jestha, 2080) organized one day program with the objective to raise awareness among people about illnesses that can occur during the rainy season due to contaminated water. Along with awareness about transmittable diseases they

also taught the ways to adopt safety measures to prevent themselves from these diseases. The target group of this program was the people of Chayanath Rara Municipality-8 who had been displaced and were living in an open space after their house was damaged by a flood last year.



Outreach Clinic to create awareness about illnesses caused by contaminated water and its safety measures at Soru Rural Municipality

On 5th July, Help Nepal Network Health Post Monthly Village Home Clinic Program 2023 (Asar 2080) organized one day program with the objective to raise awareness among people about illnesses that can occur during the rainy season due to contaminated water. The program was able

to give awareness to 95 households of Soru Rural Municipality-3. In addition to this, the outreach clinic treated a patient who was not able to move after falling on a slippery road. In the same village, medicine was given to a woman who was suffering from Vitamin B and C deficiency.



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 23 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. In addition to this, the children also attend separate online English classes from a lecturer of Global Banking School. She has voluntarily started to give the children English classes since April 28, 2023. In this class, 23 girls are divided into two groups for easy communication. The class is scheduled every Saturday of the week, each class lasts for 1 hour during which the children get to learn the basics of English communication

and vocabulary. The new academic year begins in mid-April in Nepal. So, the final results are out and girls will upgrade their classes this month. As they are having regular tuition classes from 6 am to 8 am they have secured good results in their final exams. Out of 22 girls, 6 of them were able to secure 1st position and other girls were able to secure the top 10 from their respective classes in the academic year 2079. They received gifts for their academic achievements by securing good marks in their final exams. Other than their academic achievements, they are also active in school extracurricular activities. The children celebrated Mother's Day on the 20th of April with Mrs. Punyabati Ghale and their birthdays.

On 13th May, Mr. Surendra Adhikari and his family provided stationery support to girls as they celebrated their birthday with girls

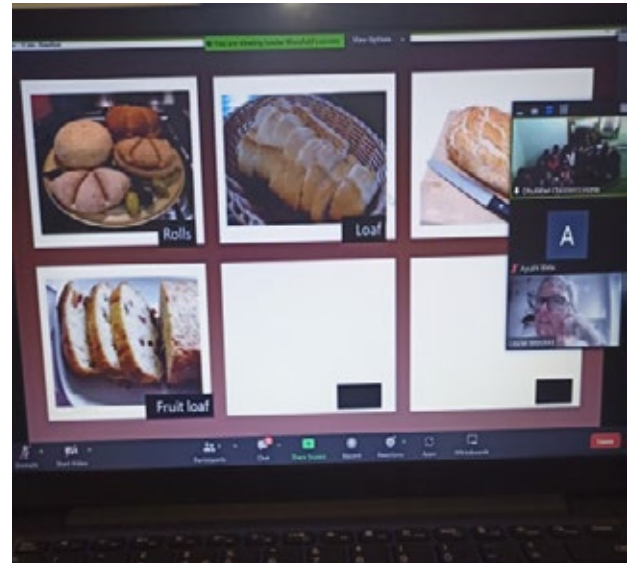
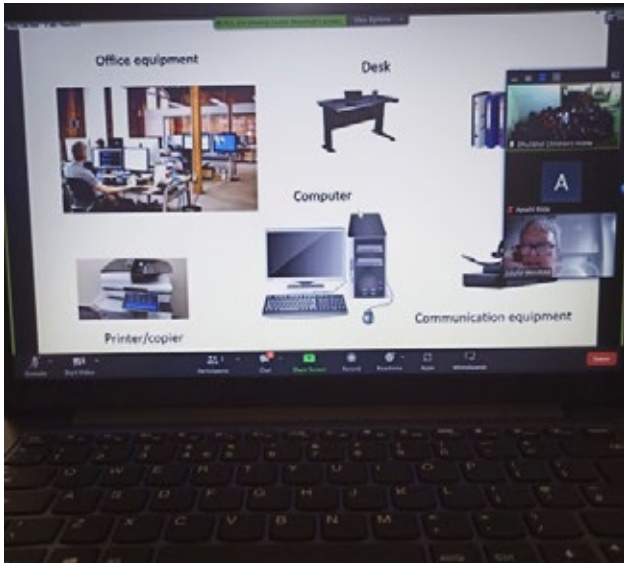


Happiness on the girl's face after receiving a laptop

from our children's home. Our children's home is running smoothly with the help of generous donors who have been motivating the girls to study diligently. Three of the girls who were in need of a laptop for their

higher study were able to receive a laptop from an anonymous donor. This support will really help those girls in their further studies.

Recent updates of HeNN Children Home:



Online English Class



Birthday Celebrations



Birthday Celebration of Ranjana Mandal



Mothers Day Celebrations



Birthday Celebration of Punyabati Ghale

Shree Panchakanya Basic School, Kavre

Help Nepal Network Nepal has signed an agreement with Shree Panchakanya Secondary School located in Kavre on Jestha 32, 2080. Help Nepal Network has been providing financial support for 4 english medium teachers of Shree Panchakanya School every year. HeNN has also been providing English books for Nursery to grade 5 for

the past few years. This year also we continued this support and signed an annual agreement with Shree Panchakanya Basic School in the presence of Mr. Arun Shrestha an Education Coordinator of HeNN and Mr Prakash Humagain, principal of Shree Panchakanya Basic School.



Fund Received from generous donors:

- Events 4 Greater Good
- Total Fund received: NRs 10,12,812.50
- For Help Nepal Network Children's Home, Dhulikhel
- HeNN UK
- Total Fund received: NRs. 22,34,430.8
- For: 1. Warm Clothes Distribution: NRs: 2,75,000
- 2. Children's Home, Dhulikhel: NRs 15,10,548.04 for
- 3. E-library at Children's Home in Dhulikhel: NRs 4,48,882.76
- Lumbini Bikash Bank
- Total Fund received: NRs. 1,00,000
- For: Help Nepal Network Health Post, Mugu

HeNN UK Updates

Arko Mukharjee Event



Help Nepal Network UK organized a fundraiser musical event entitled "Music Without Boundaries" on 23rd April 2023 at 41 Woolwich, London, UK. It was a musical evening with Arko Mukherjee, a folk and contemporary singer who sings folk music to blues, soul, and several tribal music forms from different parts of the world. He researches the roots of folk and contemporary

music by traveling around different parts of the world including Europe, America, Bangladesh, and Nepal. The main objective of the musical event was to raise funds to support the long-term project "Help Nepal Network Children Home" for smooth operation and management. A total of 2,756 pounds has been raised to date. The HeNN family appreciates every support made by all generous individuals and organizations.



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, Chucchepati, 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>

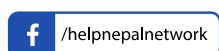
Join Us

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:

Email: help_nepal@helpnepal.net
 Tel: 01-4498328
 Address: SBI Building 3rd Floor, Chuchchepati, Kathmandu
 Thank you!