

# Newsletter

HELP NEPAL NETWORK NEWSLETTER

JANUARY / 2024



3

**Third Phase of  
Teachers Training for  
Hi-Tech Classroom**

5

**Relief Materials  
distribution to the  
Earthquake survivors of  
Bajhang**

6

**Relief Materials  
support to earthquake  
survivors of Jajarkot  
and West Rukum**

8

**Help Nepal Network  
Children's Home**

# EDITOR'S NOTE

Dear All,

First of all, we would like to wish a Happy New Year 2024 to all our supporters, members, and well-wishers.

Year 2024 marks the 25th year of the establishment of HeNN. We would like to take this opportunity to extend our sincere thanks and appreciation to all our valued supporters and well-wishers. Your belief in our mission has motivated us to support our community in need.

With immense joy, we present you the latest HELP NEPAL Network Bulletin edition. This bulletin provides a platform to update you on the activities being carried out by HELP NEPAL Network (HeNN).

In this newsletter, we share details about our short-term and long-term projects during August - November 2023. Your generous support has played a huge role in making these efforts successful, and we're excited to inform you about the impact of your contribution.

As we share these updates, 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)

# SHORT TERM COMPLETED PROJECTS

## EDUCATION



### Third Phase of Teachers Training for Hi-Tech Classroom at Dolakha Rajkuleshwar School

In collaboration with National Innovative Center (NIC), we have provided Hi-Tech Classroom training to the teachers of Rajkuleshwar School at Dolakha. The major objective of the third phase of training was to find out progress of teachers after 2nd Phase of training. Along with this, we gave further training as per the interest and knowledge of the teachers. During the 3rd training phase, we trained teachers from the basic level to search videos and images in Google related to subject content and paste them into PowerPoint. Also, to type a sample question paper in Preeti font and arrange its formatting.

For the High-Level teachers, we trained them to create bar graphs and pie charts in PowerPoint. They also learned to use objective questions and reveal answers using sound and animations in a PowerPoint. This is one of our successful projects as we got the opportunity to train teachers to use Hi-Tech Classrooms. The teachers who used laptops during the first phase of training have now started to use PowerPoint in their classrooms.

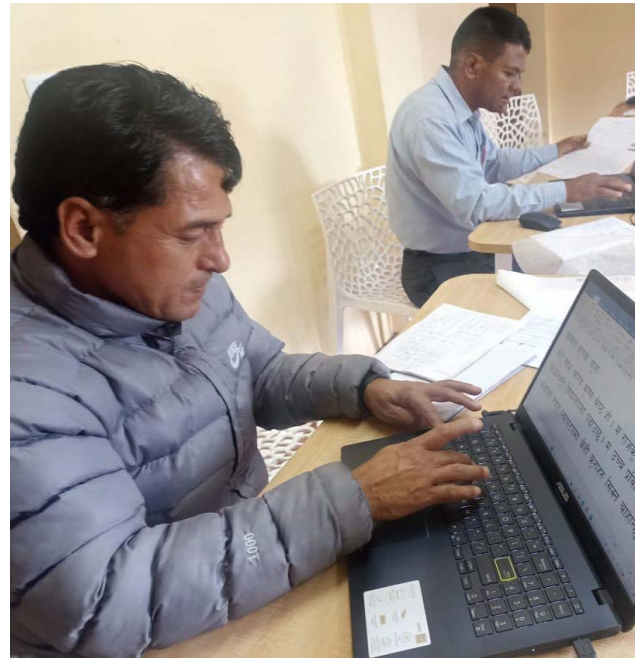


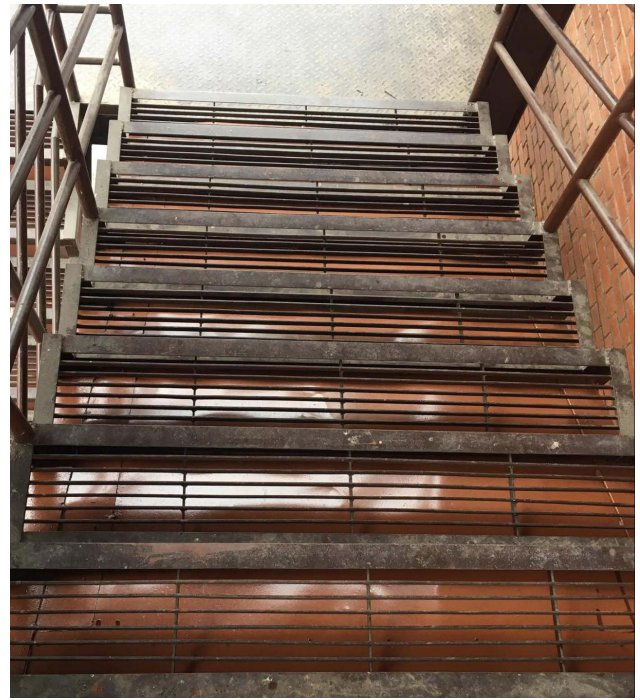


## Safety panels at the emergency exit staircase of Rajkuleswor Basic School in Bhimeshwor, Municipality 02, Dolakha'

In July 2023, the emergency staircase reconstruction project was completed at Rajkuleswor Basic School in Bhimeshwor, Municipality 02, Dolakha. However, we found that it was necessary to add safety panels in those staircases so we added safety panels on the emergency staircase to ensure the safety and security of students and the staff of the school in emergencies. In December

2023, we added safety panels to meet 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 emergencies.





## Relief Materials distribution to support the Earthquake survivors of Bajhang



**O**n the 3rd of October, a devastating earthquake occurred in the far-western region of Nepal. In response to that, Help Nepal Network immediately decided to support the earthquake survivors in Bajhang. We collaborated with the renowned singer

Nanda Krishna Joshi, also known as 'Deuda Samrat.' We distributed relief materials such as medicines, tarpaulins, and sanitary pads to the families who were affected by the earthquake.





## Relief Materials support to earthquake survivors of Jajarkot and West Rukum



**O**n the 3rd of November 2023, a 6.4 magnitude earthquake hit Jajarkot and West Rukum in West Nepal. The houses of the people were completely damaged, leaving them without access to proper food and a place to sleep. In response to this urgent situation, Help Nepal Network supported affected communities in different phases. We collaborated with the local government to understand the specific needs of the community and then provided relief materials accordingly.

In the first phase, 100 sacks of rice were given to the earthquake victims of Dalli, Nalagad municipality of Jajarkot. In the second phase, we provided 360 blankets and

200 pc of tarpaulins to the Earthquake affected families.

In the third phase, we sent 480pcs blankets and 143pc tarpaulins to the Kushe rural municipality of Jajarkot.

In the fourth phase, we distributed 360 pcs of blankets and 33 pcs of Tarpaulins to affected communities in Sanibheri Rural Municipality, West Rukum.

In the fifth phase, we handed over 300 pcs of blankets and 44 pcs of Tarpaulins to affected families in Nalgad Rural Municipality of Jajarkot and Aathbiskor Rural Municipality of West Rukum districts.

क्रमांक: २०८०।०३।१७  
 दिनांक: २०८०।०३।१७ गते भएको विनाशकारी भूकम्प प्रभावित नागरिकहरूलाई तपथिलको राहत सामग्रीहरू पुर्याउनुका लागि इच्छासंगत गरी यो भण्डार पत्रितो

क्र.सं.	सामग्रीको नाम	सहायोग गर्ने संस्थान	कैफियत
१.	ब्यान्डोल	१७०० मिटर	हेल्प नेपाल नेटवर्क, जेजुरी, कैलाली

पुर्याउनेको नाम: अवि उराह कोठाला  
 नाम: अवि उराह कोठाला  
 हस्ताक्षर: [Signature]

मुहुरिनेको नाम: नागरिक सेवा  
 हस्ताक्षर: [Signature]

मिति: २०८०।०३।१७ गते

समीहरी गाउँपालिका  
Samihari Rural Municipality  
गाउँ कार्यपालिकाको कार्यालय  
Office of The Rural Municipal Executive  
सिग्लो, रुकुम (पश्चिम)  
Simla, Rukum (West)  
कर्णाली प्रदेश, नेपाल  
Karnali Province, Nepal

सं.सं. (Letter No.): २०८०/८१  
च.सं. (Ref. No.): ११६

मिति: (Date): २०८० | ०६ | १४

विषय: सामग्री बुझीएको सम्बन्धमा।  
नेपाल रेडकस सोसाइटी जिल्ला सांघ काठेपलान्चोकको समन्वयमा हेल्प नेपाल नेटवर्क नेपालको महासचयमा प्राप्त तस्किल बमोजिमको सामग्री यस गाउँपालिकाको बुझिदिने गरी प्रपण्ड गरिदियो।

१. बिपाल, २३ बान  
२. कमल-२६० बान

बुझाउनेको नाम घर  
हेमलाल सामाङ  
नेपाल रेडकस सोसाइटी

सुदानीमिम घर  
दिपक बुढाकेही  
प्रमुख प्रशासकीय अधिकृत

सोहबर  
गोपाल बस्नेत  
म.प.सं. सुदानीमिम  
सोहबरी रोका पुन  
म.प. उपाध्यक्ष  
रामकृष्ण गौतम नेपाल रेडकस सोसाइटी  
जिल्ला सभापति, रुकुम पश्चिम

नेपाल रेडकस सोसाइटीको कार्यालय: धनुषाकोट, सुदानीमिम, विनासकान्ति, कैलाली  
www.nrdk.org.np | Facebook: nrdk.org.np | Twitter: nrdk.org.np

आठबिस्कोट नगरपालिका  
नगर कार्यपालिकाको कार्यालय  
आठबिस्कोट, कैलाली (पश्चिम)  
कणाली प्रदेश, नेपाल

संकेत: (Ref. No.): २०८०/८१  
वेबसाइट: www.aathvikotmunicipality.gov.np  
मिति: २०८० | ०६ | १४

यही मिति २०८०/०६/१७ गते ११.४३ बजे रामीडाडा, जाजरकोट कैंद्रविन्दु भएर गएको बिनासकारी भूकम्प प्रभावित आठबिस्कोट नगरपालिकाका ब्यक्ति/घर/परिवारका लागि यहाँले नरको आर्थिक/बाधाम/चिन्सी/औषधी लगायतका सामग्रीको सहयोगप्रति हामी आभारी छौं। यहाँको सहयोगले हामी दु:खमा राहत मिलेको छ। यहाँको उत्तरातर प्रतिको कामना गर्दछौं।

सोहबर  
सोहबरी रोका पुन  
म.प. उपाध्यक्ष  
रामकृष्ण गौतम नेपाल रेडकस सोसाइटी  
जिल्ला सभापति, रुकुम पश्चिम



# LONG TERM PROJECTS

## HELP NEPAL Network Children's Home, Dhulikhel



**H**ELP NEPAL Children's Home is one of the significant projects undertaken by the HELP Nepal Network (HeNN). The children's home provides a safe environment and education to 23 girls. They are having regular tuition classes from 6 a.m. to 8 a.m. The children also attend separate online English courses every Saturday from a lecturer at Global Banking School which has helped them to improve their English. Along with their English Classes, they are also attending

spiritual classes every Saturday morning where they learn about human values. All the girls secured good marks in their first term exam

We have also produced a short documentary video that shows the day-to-day activities of the girls in our children's Home. The girls had great fun shooting their documentary. On 26th August 2023, the girls participated in a one-day workshop related to arts. In addition to this, the girls are taking training to make incense to make

productive use of their free time.

On the occasion of Children's Day, Dhulikhel municipality organized a debate competition where Amsu Sodari won 1st prize and received NRs 6,000.



## Social Audit:



**S**ocial Audit is a tool for measuring the social and ethical performance of an organization. It has to be inclusive and participatory so as to ensure accountability and transparency to the stakeholders. On October 6th, a social audit was successfully conducted at the Help Nepal Network Children's Home, Dhulikhel in the presence of Help Nepal Network President and Treasurer, 3 representatives of the National Child Rights Council, Deputy Mayor of Dhulikhel Municipality, Ward chairperson of Dhulikhel Ward 3 and 4, joint editor of Nepal Samacharpatra (News Portal) and a representative of Kavre Times weekly (Weekly News Portal). In this program, the major agenda were to ensure the safety of children physically

and mentally. Some of them are listed below:

1. Proper documentation and record of girls' education and health in separate files
2. To provide them with at least 4 nutritious and healthy foods
3. No one is allowed to smoke, drink or click photos and videos of girls without their consent
4. A set of rules and guidelines that should be followed by children, staff, and visitors should be placed in a place where it is visible to everyone.
5. The Children's Home should get permission from the local government before admitting new girls to the children's home



## Recent updates of HeNN Children Home:



*Birthday Celebrations*

## Help Nepal Health Post

**H**ELP NEPAL Health Post in Murma, Mugu- one of the remotest districts in the country, was established in June 2004. Over the last two decades, the Health Post has had a discernibly positive impact on the lives of not just the locals but also those from surrounding villages. Common ailments like pain, fever, and gastrointestinal and seasonal diseases can now be treated locally. There has been a significant improvement in the quality of life and

villagers don't have to walk two and a half hours to reach the government-run hospital at Gamgadhi anymore.

A total of 72,775 people (Female: 31,531 and Male: 41,244) have been treated to date in the health post. 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, pregnant women check up-PNC/ANC and skin diseases. The health post

has provided basic health facilities with necessary checkups and health treatments to the residents and visitors around the place. Additionally, the health post provided the local citizens with significant relief packages for its residents. The Health Post also served local residents during the Covid-19 pandemic. Importantly, the health post provides necessary checkups and treatment for local and foreign tourists as per their needs.

### Monthly Outreach Clinic

#### Health checkups and Treatment for Villagers during an outreach clinic



**O**n 6th October 2023, Help Nepal Health Post Monthly Village Home Clinic Program collaborated with the Khatyad Rural Municipality Police Station to organize a one-day awareness program at Lokpriya Secondary School. In this awareness campaign, we educated school students about the harmful effects of crackers. We asked them to safely play crackers during festivals. We also taught them the importance of eating healthy food during the time of festivals so that they would not fall sick. In collaboration with the police, we also taught students to inform the police if they saw anyone fighting.

Help Nepal Health Post Monthly Village Home Clinic Program facilitated the government's program to provide Vitamin A capsules and stomach worm medicine for children between 6 months to 59 months. We collaborated with Ward 1 and Ward 9 to conduct this program. During this program, we provided Vitamin A capsules and stomach worm medicines for 121 children.

On 27th November 2023, Help Nepal Health Post collaborated with the Lions Club Pokhara to conduct a one-day general health camp at ward 9 of Chayyanath Rural Municipality. In this health camp, we checked around 121 patients.



In November 2023, the



## Funds Received from Generous Donors

### **HeNN USA**

Total Funds Received: NRs. 203,299.66 to add safety panels at the Emergency Staircase at Rajkuleswor School, Dolakha

### **HeNN Australia**

Total Fund received: NRs. 13,08,397.25 to construct a library at Sipatinghare School, Sidhupalchowk

### **For Earthquake survivors of Jajarkot and West Rukum**

HeNN Australia: NRs. 169,198.25

HeNN USA: NRs. 767,139.00

HeNN Sweden: NRs. 2,64,078.70

Hindu Buddhist Foundation, Canada: NRs. 296,300.00

NHCF, Canada: NRs. 617,283.00

Nepalese Group from Finland: NRs. 569,651.00

### **Local Donation**

Mr. Bharat Pd. Adhikari: NRs. 7,00,000

# 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, Chuchhepati, Kathmandu  
**Account Number:** 009011170000871  
**Account Type:** Saving  
**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](mailto:help_nepal@helpnepal.net)  
 Tel: 01-4598328  
 Address: SBI Building 3rd Floor, Chuchhepati, Kathmandu  
 Thank you!