

Newsletter

HELP NEPAL NETWORK NEWSLETTER

APRIL / 2024



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EDITOR'S NOTE

Dear All,

First of all, we would like to wish a Happy New Year 2081 to all our supporters, members, and well-wishers.

The year 2081 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 from December 2023 - March 2024. 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.

Thank you all once again.

With best regards,
Editorial team
HELP NEPAL Network
www.helpnepal.net

SHORT TERM PROJECTS



Blanket Support to Fire Victims of Ilam District Hospital Quarter

On December 11, 2023, a fire broke out at the Ilam District Hospital quarter, affecting a total of 5 families i.e. 18 family members from

marginalized groups who worked there. Help Nepal Network extended support to the fire victims by providing blankets



School Bag Support to Shree Kedar Secondary School, Doti

On 17th Jan 2024, Help Nepal Network donated 253 school bags to the students of Shree Kedar Secondary School located at Joroyal Rural

Municipality-6, Doti. Students were very happy while receiving the bags.

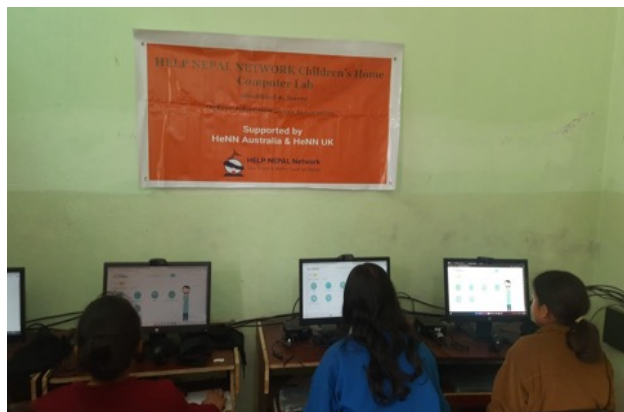




E-library volunteers gave training to girls at our children’s home after setting computer lab

After adding new computers to the computer lab at Help Nepal Network Children’s Home, on 17th Feb, 2024 our e-library volunteers provided training to enhance the girls’ learning and exploration of new opportunities. We organized them into two groups: seniors and juniors.

For the juniors, the training focused on navigating their notes through the Open Learning Exchange (OLE) website. For the seniors, in addition to OLE, they were also trained to use their social media safely. We would like to thank HeNN Australia and HeNN UK chapters for their support to add computers at the Children’s Home



Warm Clothes Distribution to the marginalized children of Shukla Gandaki Municipality-5, Tanahun



Help Nepal Network financially supported the Lions Club of Pokhara Phewa Beganas Chautari to donate warm clothes to marginalized and needy children of Shukla Gandaki Municipality-5, Tanahun. On 10th Feb 2024, Lions Club of Pokhara Phewa Beganas donated warm clothes to 40 needy students.



Warm clothes distribution to marginalized students in Ghorahi Sub-Metropolitan City, Dang



Help Nepal Network financially supported Nepal Women Community Service Center (NWSC) to donate warm clothes to 100 marginalized students from different schools. On 3rd March 2024, NWSC distributed warm clothes to needy students across three wards i.e Ward 13,15 & 17 of Ghorahi Sub-Metropolitan City, Dang





Relief Material support to earthquake survivors of Jajarkot and West Rukum

Blankets and Tarpaulin Distribution

In the 5th phase, we distributed 420 pcs of blankets and 69 pcs of Tarpaulins to affected communities in West Rukum namely: 3 wards of Banfikot Rural Municipality and 2 wards Musikot Rural Municipality and Sanibheri Rural Municipality.





Radio Distribution

The Jajarkot earthquake resulted into huge loss of lives and property. The earthquake survivors are facing trauma and other mental health challenges. They lost their family members, they saw the devastation in front of their eyes. A local FM radio station started a weekly programme to provide psycho-social counseling to the survivors. Help Nepal has already distributed 200 pc of radio sets to people in the affected areas including in the Kushe Rural Municipality.



Construction of Temporary Learning Center(TLC) at Indradhanush School, Jajarkot

On November 3, 2023, a 6.4 magnitude earthquake hit Jajarkot and West Rukum in West Nepal, resulting in serious damage to houses and schools. The classroom was severely damaged by the earthquake, forcing students to study in the open ground during the cold winter. So, we decided to support towards the construction of temporary learning classes for students of Indradhanush School, Jajarkot so that the students could have proper

classrooms to study. On January 31, 2024, an MOU was signed between Help Nepal Network and Shree Indra Dhanush School, Jajarkot, to facilitate the construction of a temporary learning center. The school management committee completed this project within a month. They have worked effectively to ensure that the students get proper classes to study as soon as possible. We are truly grateful for all the donors who made this possible.



ON GOING PROJECTS



MOU signed to construct library at Shree Sipa Tinghare School

Help Nepal Network has signed an MOU with Shree Sipa Tinghare School, a community school located at Indrawati-6, Sindhupalchowk, on January 30, 2024, to initiate

the construction of a library building. The construction of the library has already started. This project is fully funded by HeNN Australia. possible.



LONG TERM PROJECTS

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 23 girls of different ages and from different backgrounds until the age of 18. HeNN has been providing them safe accommodation, which facilitates their development in becoming independent women. Including their ability to make decisions, live independently, be employed, or employ others, thereby

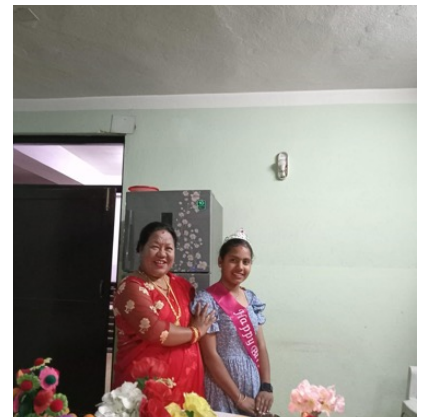
contributing fully to the future of Nepal.

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 December 2023, Dhulikhel Municipality donated 450 pcs of sanitary pads to our girls. During holidays, girls were given training to make solid and liquid soap. Sapana Praja, a student at the Children's Home, was selected for 3 week-long National Cadet Corps

(NCC) training conducted by Nepali Army. She spent 3 weeks camping at Bardibas. The residential training is organised to help develop exemplary qualities of discipline, brotherhood, secular mindset, and bravery among youth. Similarly, an organisation called Nabil Hub trained the children to make drawings and also donated Nrs. 4,000 for the endowment fund. Some members of the local community came to celebrate their birthdays with girls which brought happiness to our girls.



Birthday Celebration of Sita



Birthday Celebration of Kabita

A few of our girls were selected in the city-level sports conducted by Dhulikhel Municipality. Sanjita Giri participated in the sack race at the city-level sports competition and won second prize.



Sanjita with her medal and certificate



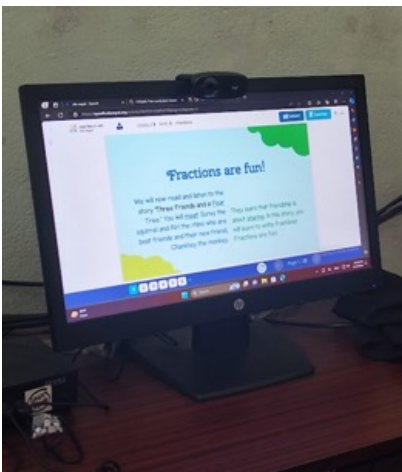
Girls with their medals

Girls have started their Taekwondo training.



Girls Taking Their Taekwondo Classes

In February, their dance, online, and taekwondo classes ran successfully. On the occasion of 26th anniversary of Press Chautari Nepal, Member of Parliament from Kavre-2, Mr. Gokul Baskota handed over stationery and sports items for the girls. Girls also visited to celebrate the 84th birthday of Mr. Dev Bdr. Karki, a local social worker. On 2nd February 2024, Mr. Rabindra Mishra and Ms. Junu Shrestha visited our children's home to meet the girls. She donated some makeup items and sports items to the girls.



On 7th March, their English teacher who was taking online classes came to visit the girls. She brought bags, dresses, and customized pouches to the girls. The girls were really happy to see their teacher, Louise, face to face. She stayed with the girls and had a small celebration at our children's home. Mr Prashidha Pradham of HeNN UK chapter, also visited the Children's Home.

One aim of the visit was to ensure that the girls are thriving as well as igniting self-belief and energy in their thinking. We had a birthday party for everybody.



Girls with their new dresses gifted by Louise





Our girls celebrating Holi

On 9th March,2024, girls went on a trip to Tatopani which is located at the border of Nepal and China. They also visited various temples located at Bhotekoshi. This has been a fun filled month for our girls.



Photos of girls during their visit to Tatopani (Nepal-China Border)

Help Nepal Health Post

HELP 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.

More than 80,000 people 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, PNC/ANC check up for pregnant women, and skin diseases. The health post has been providing basic health facilities with necessary

checkups and treatments to local residents and trekkers who pass along that route. Additionally, the health post has provided the local citizens with significant relief packages for its residents. The Health Post was instrumental in raising awareness and provided hand sanitisers and masks to local residents there during the Covid pandemic. Importantly, the health post has been providing necessary checkups and treatment for local and foreign tourists as per their needs.



Health camp in collaboration with Pokhara Lions Club

Help Nepal Health Post Rara, Mugu has been doing health camps along with different activities every month. On 1st December, 2023, Help Nepal Health Post organized a

health camp in collaboration with the Pokhara Lions Club. One day health camp was organised at Chhayath, Rara Municipality ward No 9 of Murma village. In this health camp, the general health checkup was

conducted for 121 people who came from surrounding areas. Medicines were also provided as per their need.



Health camp in collaboration with the district health office

As part of the monthly outreach clinic, On January 5th, 2024, Help Nepal Health Post organized a health camp in collaboration with the District Health Office, Mugu. The camp was held at Chhayanath, Rara Municipality ward 9 Murma village. Health

Post organized a mobile health camp as the distance between the District Health Office and the village is around 5 hours. In this camp, pregnant women had their regular health checkups along with video x-rays to check the health of the mother and their baby.



February

Health camp at Mahadev primary School

In the month of February, many people from Karnali Province, Mugu were suffering from viral fever and common cold. At least 3 people from Mugu District, Soru rural municipality lost their lives due to viral fever and common cold. On February 7th, 2024, Help Nepal Health Post organised a health camp at Mahadev

Primary School, which is located at Chhayanath Rara Municipality Ward no 8, Mugu District. Free health check was conducted for students of class 1 to 5 and as well as local residents. The staff of the Health Post made local residents aware about the common cold and fever and also provided them medicines.



Measles-Rubella Vaccination Campaign

In March 2024, Help Nepal Health Post successfully organised Measles-Rubella Vaccination Campaign at different places. The government conducted Measles-Rubella Vaccination Campaign in 24 districts where 21 districts were from terai region and remaining 3 districts were Kathmandu, Bhaktapur and Lalitpur. In these districts, children from 9 months up to 15

years were vaccinated. In Mugu district of Karnali Province, children from 5 months to below 5 years were vaccinated. Help Nepal Health Post Mugu collaborated with Chhayanath Rara municipality and successfully conducted the vaccination campaign in ward no 8 and 9 of the municipality. A total of 83 children - including 46 girls, were vaccinated.



HeNN Chapters Team Visit Help Nepal Office



HeNN Australia Team



HeNN Sweden

Funds Received from Generous Donors

For Earthquake Relief:
 HeNN Australia: NRs. 1,48,953.75

For Children's Home:
 Music4Children: NRs. 322,498.68
 Events4 Greater Good: NRs. 634,895.28

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
 Tel: 01-4598328
 Address: SBI Building 3rd Floor, Chuchhepati, Kathmandu
 Thank you!