

Newsletter

HELP NEPAL NETWORK NEWSLETTER

AUGUST / 2024



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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 2024 to July 2024.

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



Relief Materials Support to Fire Victims of Khotang and Saptari

On April 26, 2024, a fire broke out in Halesi Tuwachung Municipality, Ward No.9, Khotang District, affecting 6 residences and 30 family members from marginalized groups. The forest fire spread to the village of Khotang district, destroying about 6 houses. This made it extremely difficult for them to make a living. Help Nepal Network supported fire victims by providing relief materials.

On April 26, 2024, two villages in Saptari district were completely destroyed by a massive fire. 16 houses at Sardar tole -5 , Kanchanrup Municipality and 14 houses at Mahadev Rural Municipality were totally damaged due to the fire. A total of 30 families became homeless and needed urgent help .Help Nepal Network extended support to the fire victims of Spatrai District by providing Tarpaulins and Zinc Sheets.





School Bag Support to the students of Shree Nepal Rastriya Basic School, Parsa

On 19th May 2024, Help Nepal Network donated 300 school bags to the students of Shree Nepal Rastriya Basic School located at Belwa, Paterwa, Sugauli Rural Municipality-2, Parsa, Nepal. Students were very happy while receiving the bags.

As the new session started, the students were upgraded to a higher class. So, while they begin their new academic session we decided to support the 300 students with the school bags.



ONGOING PROJECTS

Library construction at Shree Sipatinghare Sanskrit Secondary School, Sindhupalchwok

We are excited to share that the construction of the library at Shree Sipatinghare Sanskrit Secondary School, a community school located at Indrawati-6, Sindhupalchowk, is on the verge of completion.

Soon, students will have a wonderful new space filled with books to explore, which will improve their reading habits with a variety of books. They'll have not only their textbooks but also books to broaden their knowledge.



LONG TERM PROJECTS

HELP NEPAL Network Children's Home, Dhulikhel

HELP NEPAL Children's Home is one of the major projects undertaken by HELP NEPAL Network (HeNN). Dhulikhel Children's Home is providing a safe environment and education to 24 girls of different ages and from different backgrounds. HeNN has been providing them education and skills along with 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 pm to help improve education outcomes of the children. As the girls were very excited for music class we continued giving music class in April. They also continued dance class and Taekwondo class.

BIRTHDAY CELEBRATION



Kritika Dhama



Nitu Mandal



Radha mandal



Sita getting ready for first day at College

The academic session begins at most educational institutions in Nepal in May. Students are promoted to higher classes. Girls at the HELP NEPAL Children's Home are continuing their music and meditation classes, while

Taekwondo sessions are also ongoing. 8 out of 24 girls have been selected to compete in the Taekwondo South Asian Games. On May 8, 2024, children celebrated Mother's Day with their mother at the Children's Home.



Girls practicing meditation





Girls celebrating Mother's Day

On May 17, a medical team visited the children's home to determine the blood group of our children. This helped children to find their blood groups.



Creating Blood Group Cards

LONG TERM PROJECTS

On June 3rd, volunteers from Nepal Red Cross Society, Kathmandu University chapter scheduled a visit to the children's home to raise awareness about menstruation. They communicated a great deal of knowledge and experience concerning this cycle, which many young female students needed to learn about. As an important part of their general health education,

our girls learned plenty about their menstrual cycle.

One aim of the visit was to educate young girls about menstruation and provide proper menstrual hygiene management which is crucial for preventing infections and maintaining overall health.



Nepal Red Cross Society volunteers at our children's home

On 9th June, 2024 girls got the opportunity to compete in the South Asian Taekwondo Championship. They were very excited and delighted to have these opportunities.



On June 29, 2024 girls celebrated “Dahi Chiura” ceremony at the children’s home which is one of the traditional Nepali rituals that holds cultural and social significance, particularly in Nepali Hindu communities.



DAHI CHUIRA PROGRAMME AT CHILDREN’S HOME

On 30th June, 2024 Help Nepal Network Team and the founding members visited the Dhulikhel Shelter Home. The highlight of the visit was the presence of Arko Mukhaerjee, a renowned Bengali musician, who delighted everyone by singing songs in Nepali, Newari and Hindi. It was truly heartwarming to see the girls enjoying the music and the company. Their enthusiasm and positivity brought a

lot of hope and reassurance to all of us, reminding us of the resilience and strength of these young souls. Arko Mukherjee has been a steadfast supporter of our fundraising efforts, and his visit was a testament to his commitment to making a difference.



LONG TERM PROJECTS

On July 9, 2024, children celebrated the birthday of our head incharge, Punya Bati Ghale. She was so happy to celebrate her birthday with the girls at the Children's Home. Local community members also visited the Children's Home to

mark her birthday. Many people sent messages on social media wishing her Happy Birthday that she was really happy and glad about it.



BIRTHDAY CELEBRATIONS



Sristika Praja



Anjana Mishra



Ranjita Praja

Help Nepal Health Post, Mugu

The 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 85,000 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.

Dental Health Camp in collaboration with Kathmandu University Dhulikhel Hospital

Every month, Help Nepal Health Post has been organizing different outreach programs. On 2nd and 3rd of April 2024, Help Nepal Health Post, Mugu, organized a dental camp at Chayanath Municipality, Rara in collaboration with Kathmandu University Dhulikhel Hospital which was conducted for 2 days. A total 280 local people and patients including 176 male and 104 female benefited from the dental camp.



Distribution of Vitamin A capsule and hookworm medicine to the children

Every month Help Nepal Health Post Rara, Mugu has been organizing different outreach programs. In April 2024, staff from Help Nepal Health Post paid home visits to residents of Chhayanaath municipality, ward no 9 and provided vitamin A and hookworm medicine to the children of the village. They were also provided with the BCG vaccine. The Health Assistant at the Health Post provided advice and service to mothers of children regarding sexual health and family planning.





Intensive Eye Camp with support from Tilganga Eye Foundation, Kathmandu and National Health Fund, SWC

Help Nepal Health Post, Mugu Help Nepal Health post organized a free Eye Camp with the support from Tilganga Eye Centre, Kathmandu and National Health Fund, SWC, Bhrikutimandap from June 16 to June 18, 2024. Around 600 individuals received treatment at the Help Nepal Health Post Majghatta, Rara Mugu for various eye-related conditions. Among these, 28 individuals had cataract eye surgery.



Shree Panchakanya Basic School, Kavre

Help Nepal Network Nepal signed an agreement with Shree Panchakanya Secondary School located in Kavre on 13 June 2024. Help Nepal Network has been providing financial support to 4 english medium teachers of Shree Panchakanya School every year. HeNN has also been providing English books from Nursery to Grade 5 students for the past few years. This year also we continued this support and signed an agreement with Shree Panchakanya Basic School in the presence of Mr. Arun Shrestha, Education Coordinator of HeNN and Mr Prakash Humagain, Principal of Shree Panchakanya Basic School.



Funds Received from Generous Donors

Fund received from HeNN UK for:
Jajarkot & Rukum Earthquake Relief = NPR. 967,344.24
Help Nepal Health Post, Mugu = NPR 11,85,742.41
Warm Clothes distribution, Dang = NPR.180,733.89
Fire Victim Relief = NPR. 167,680/-
Birthing Centre support, Bardia = NPR. 108,992/-

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!