

Newsletter

HELP NEPAL NETWORK NEWSLETTER

DECEMBER / 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 August 2024 to November 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 Saptari

On April 30, 2024 a devastating fire occurred in Mahadeva Rural Municipality, Ward No. 1, Saptari District, impacting 46 families, many of whom belong to marginalized groups. The fire not only caused significant damage to their homes but also displaced these vulnerable families. In response to this

crisis, HELP NEPAL Network supported the affected families by distributing a total of 92 metal roofing sheets (at the rate of two metal roofing per family) with the aim of helping the families to rebuild and repair their damaged home, ensuring they have a secure and weather resistant cover.



Library Building Construction at Shree Sipatinghare Sanskrit Secondary School, Sindhupalchok

The construction of the Library Building at Shree Sipatinghare Sanskrit Secondary School, located in Indrawati-6, Sindhupalchowk, has been successfully completed. This new library building represents a significant milestone for the school and the community. It will soon be a vibrant space where

students can immerse themselves in a wide range of books, from their textbooks to additional reading materials that will enhance their learning and broaden their perspectives. We believe that the library building will inspire love for reading and learning among students, fostering academic growth and personal development.





Supported Medical Equipments to Barbardiya Nagar Hospital, Bardiya

On 22nd September 2024, HeNN officially signed an MOU with Barbardiya Nagar Hospital, located in the Bardiya District of West Terai, Nepal. This vital healthcare facility serves over 75,000 residents, primarily from the Tharu community, who face significant challenges, including poverty, low literacy rates, and serious health issues like sickle cell anemia.

We are proud to share that HeNN has donated essential medical equipment: A Portable USG Machine, An Infant Radiant Warmer Dynamic, An Emergency & Recovery Trolley Hydraulic Machine to Barbardiya Nagar Hospital. These donations will significantly enhance the hospital's capacity to provide critical care to those in need. We extend our heartfelt gratitude to Mr. Tirtha Raj Poudel, Chairperson of Barbardiya Nagar Hospital,



whose lifelong dedication is to help poor ethnic communities in Nepal and Mr. Arun Singh Basnet, President of HELP NEPAL Network, as they join forces to uplift healthcare standards for these communities. A huge thank you to Mrs Santoshi Gautam

and the HeNN Australia team as well as HeNN UK who have supported HeNN in making this project a reality. A heartfelt thank you to everyone who has supported HeNN in making this project a success.



Relief materials provided to the flood and landslide victims in Sindhupalchowk

During September 26-28, 2024 devastating floods and landslides impacted various regions of Nepal because of three days of continuous rainfall. One of the hardest-hit areas was the Sindhupalchowk district, particularly the villages in Indrawati, Ward No.8 and Belfi, Ward No.7 rural municipalities. The impact was catastrophic, completely destroying homes and making it extremely difficult for residents to sustain their livelihoods. Among those affected, 22 families lost everything resulting in complete destruction

leaving them without homes, food, or any means to sustain their livelihoods. HELP NEPAL Network (HeNN) provided immediate support to these families. As part of initial relief efforts, HeNN distributed essential supplies including Tarpaulins (40 pieces) to create temporary shelter, Rice (1 sack), Pulses (2 kg), Cooking oil (1 liter), Salt (4 packets) and multigrains to each of the 22 families affected by the floods and landslides. We are incredibly grateful for the generosity and support of all our donors from HeNN Australia and HeNN USA.



Relief materials provided to the flood and landslide victims in Lalitpur

On September 28, 2024 Lalitpur district experienced severe flooding and landslides that affected hundreds of families due to relentless rainfall that began on September 27, 2024. In response to this disaster, Help Nepal Network (HeNN) provided vital relief materials to 100 families in Ward No.1 Chaughare, Ward No. 2 Sankhu and Ward No. 4

Nallu of Konjyosom Rural Municipality, Lalitpur. HeNN distributed essential supplies including rice 1 sack to each, 1kg Pulses, 1kg Sugar, 1 packet of cooking oil, 1 packet of Soybean, and 100 Pack kitchen utensils (4 glasses, 4 plates, 1 Dadu, 1 Paneu, 1 dekchi, 1 karai) to the victims. We are incredibly grateful for the generosity and support of all our donors from HeNN Australia and HeNN USA.



Relief materials distributed to the flood and landslide victims in Kavrepalanchowk

In Kavre district, recent floods and landslides have affected 100 families. HELP NEPAL Network (HeNN) has successfully delivered food assistance to 100 families in Ward No. 12 of Panauti Municipality, ensuring they have access to essential necessities during this challenging time. HeNN distributed essential supplies including Tarpaulins to create temporary shelter,

Rice (25kg sack), Pulses (1 kg), Cooking oil (1 liter), Salt (1 packet), Soybean (1 kg), Sugar (1Kg), multigrain, and 50 bundles of zinc sheets to each of the families affected by the floods and landslides in Panauti municipality. We are incredibly grateful for the generosity and support of all our donors from HeNN Australia and HeNN USA.



Relief materials distributed to the flood and landslide victims in Dolakha

In Dolakha district, 20 families were affected by recent floods and landslides. HELP NEPAL Network was able to deliver relief materials to 20 families in Ward No. 2 of Bhimeshwar Municipality and Ward No.8 of Bigu Rural Municipality, Dolakha. HeNN has

distributed essential supplies including 1 rice sack each, 1kg Pulses, 1kg Sugar, 1 packet of cooking oil, 1 packet of Salt, and 1 packet of Soybean. We are incredibly grateful for the generosity and support of all our donors from HeNN Australia and HeNN USA.



Support to Sajha Sahayatri Nepal, Imadol, Lalitpur

HELP NEPAL Network Nepal signed an agreement with Sajha Sahayatri Nepal located at Mahalaxmi Municipality Ward No 4, Imadol, Lalitpur, Nepal. Sajha Sahayatri Nepal is an institution that has been providing education and accommodation to girls who have faced sexual harassment. As part of social responsibility, HeNN provided financial support

to Sajha Sahayatri Nepal. This funding will be used to supply essential food items, including rice, pulses, salt, cooking oil, and gas in the institution. The agreement was signed in the presence of key representatives, Mr. Arun Singh Basnet, President of HeNN, Mrs. Lata Ghimire, Secretary/ Health Coordinator of HeNN, and Mrs. Gita K.C. Darnal, Chairperson of Sajha Sahayatri Nepal.



Relief materials provided to the flood and landslide victims in Kathmandu

In Kathmandu district, hundreds of families were affected by recent floods and landslides. HELP NEPAL Network was able to deliver relief materials to 18 families in Ward No. 10 of Kathmandu Municipality in Sankhamul tole. In response to this crisis, HeNN distributed essential kitchen utensils

to each affected family. Each family received a relief pack including (4 glasses, 4 plates, 1 Dadu, 1 Paneu, 1 Dekchi, 1 Karai) to each of the families. We are incredibly grateful for the generosity and support of all our donors from HeNN Australia and HeNN USA.



30 bundles of Zinc sheets provided to flood and landslides victims in Mandandepur Municipality

In Mandandepur Municipality, Ward No.11 of Kavrepalanchok district dozens of families were affected by recent floods and landslides. In response to that HeNN successfully supported those victims by

distributing 30 bundles of zinc sheet and 60 pieces of tampuline to 15 families. We are incredibly grateful for the generosity and support of all our donors from HeNN Australia and HeNN USA



LONG TERM PROJECTS

1. HELP NEPAL Network Children’s Home, Dhulikhel Municipality, Ward No 3, Dhulikhel

HELP NEPAL Network Children’s Home is one of the most significant initiatives undertaken by HELP NEPAL Network (HeNN). Dhulikhel Children’s Home provides a safe environment and education for 24 girls of all ages and backgrounds. HeNN has been providing them with education and skills, as well as secure accommodations to help them develop into independent women. This includes their ability to make decisions, live independently, work, and hire others, all of which contribute to Nepal’s future success.

At the heart of this initiative is a commitment to education and skill development. The home is not just a place of residence but a center for holistic development. The girls receive education tailored to their needs and potential, with a focus on both academic and life skills. This comprehensive approach ensures that they are well-prepared for the future, equipped with the knowledge and abilities to make informed decisions, live independently, and contribute effectively to their communities.

The educational program at Dhulikhel Children’s Home is intensive and well-structured. Students are engaged in academic and extracurricular activities throughout the day, from early morning until evening. The extended tuition hours from 6am to

8pm reflect a dedication to maximizing the children’s learning opportunities.

On July 28th, 2024 we were honored to welcome Ed Mashek from the United States to our Children’s Home in Dhulikhel. Ed, an experienced restaurant owner with a passion for baking, operates a bakery and an American-style hamburger restaurant. He is also an accomplished powerlifter and Brazilian Jiu Jitsu athlete.

Ed’s visit had a remarkable impact on our children. He dedicated four days to teaching our girls various baking skills, and the children were thrilled to try their hands at making a variety of delicious treats, including bread, chocolate biscuits, and cinnamon rolls. His generosity extended beyond baking as he gifted each of our 24 girls with a new pair of shoes and socks. Additionally, Ed donated two violins and a much-needed oven, allowing us to further develop our music program.

To celebrate his visit and express our gratitude, we organized a small gathering, which brought immense joy to our girls and staff. We are deeply thankful to Ed for his time, enthusiasm, and the unforgettable memories he created with us at Dhulikhel Children’s Home.



Mr. Ed being welcomed by children at the Help Nepal Children’s Home



Girls enjoying their bakery item



2 violins and 1 oven as a gift from Ed to our girls



A pair of shoes and socks for our girls, gifted by Ed

On July 29th, our girls had the pleasure of sharing “Kheer” (rice pudding), a special dish enjoyed on Shrawan 15 as part of a longstanding Nepali tradition. Following Asar 15, when people enjoy curd with beaten rice, Shrawan 15 is celebrated by eating kheer, marking another cherished custom during the rainy season.



Girls enjoying “ Kheer”

In addition, our children had the opportunity to visit the nearby Shiva Temple to offer prayers to Lord Shiva in observance of the second Monday of Shrawan, a month celebrated by Hindus worldwide as an auspicious month. This month holds significant importance for worship and spiritual devotion, particularly dedicated to Lord Shiva, and often brings a heightened sense of reverence and joy for our children.

We are also grateful to report that this month, the Children’s Home received generous food support from various dignitaries. Their contributions are invaluable in helping us provide nutritious meals to our children and allow them to celebrate special days with happiness and a sense of tradition.



Girls in temple to worship Lord Shiva

On August 5th, as part of the holy Shrawan month, the children visited the Gaikhureshwar Mahadev Shiva Temple to offer prayers on the third Monday of Shrawan. This month holds significant importance for worship and spiritual devotion, particularly dedicated to Lord Shiva, and often brings a heightened sense of reverence and joy for our children.



Girls visited Gaikhureshwar Mahadev Temple

LONG TERM PROJECTS

A significant event this month was the Social Audit program hosted on September 1st, 2024 at Help Nepal Network Children's Home, Dhulikhel. The Social Audit serves as an important tool to evaluate the social and ethical performance of our organization, emphasizing inclusivity and participation. This program was instrumental in fostering transparency and accountability with our community members, local officials, and stakeholders.

In the presence of HELP NEPAL Network (HeNN) Team Members. We had our honorable guest Mr. Nirajan Jangam, Deputy Mayor from Dhulikhel Municipality and other representatives, Mr. Ganesh Acharya, Ward President from Dhulikhel Municipality-3 and other representatives, Mr. Nakul Giri, Officer from District Administration Office, Dhulikhel, Mrs. Chini Maya Lama, Local Children's Right Council, Dhulikhel, Mrs. Kalpana Lama the District Police Officer of Dhulikhel, Representatives of surrounding children's homes, Representatives from Sanjivini Secondary School and Panchakanya Basic School, and Local communities from Dhulikhel Municipality Ward No-3,4,5,7,8,9.

The aim of the Social Audit is to create awareness among our community members, locals and government officials about the transparency, accountability, and community engagement in our HELP NEPAL Network Children's Home operations. The insights gained from this program will guide us in enhancing our services and ensuring the well-being of the children in our care.



Photos of Social Audit

On September 17, 2024 representatives from the Social Welfare Council and Help Nepal Network visited HELP NEPAL Network Children's Home in Dhulikhel as part of a routine monitoring process. During their visit, they thoroughly assessed the living conditions, interacted warmly with the children, and reviewed various programs designed to ensure children's safety and well-being. This interaction provided an important platform for staff and caregivers to share feedback and discuss any concerns, reinforcing our commitment to ensuring the children receive the highest standard of care in a nurturing environment. We are also grateful for the food support provided by several dignitaries this month.



SWC officials visited the Children's Home

LONG TERM PROJECTS

On November 20, 2024 our bright and talented girls from HELP NEPAL Network Children's Home, Pratika Praja and Amshu Sadery, both currently in Grade 10 studying engineering at Shree Sanjeevani Model Secondary School, set off on a 3-day for their observation visit.

We're so proud of their dedication and enthusiasm as they embark on this educational journey from Pokhara and Lamjung.



2. Help Nepal Health Post, Chayanath Rara Municipality, Ward No 9, Majhaghat Rara, Mugu

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 by 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 check-up and treatment of the villagers during the monthly outreach clinic

On July 11, 2024 a notable case unfolded in Bhayari Village, Ward No. 8, of Chayanath Rara Municipality. A 52-year-old woman from Bhayari Village had suffered a severe back injury after a fall while tending to sheep. The injury had left her unable to walk, impacting her daily life and mobility significantly. Recognizing the urgency of her situation, Help Nepal Health Post, Mugu provided her with necessary medical treatment. Our healthcare

team, who had traveled to the village as part of the monthly clinic visit, administered medication to address her injury. In addition to medication, the team also provided essential rehabilitation support. Our healthcare workers showed her specific exercises and techniques to help her regain her strength and mobility. Our HeNN Health Post team took time to explain each exercise clearly so she could practice them safely at home.



Helping a Local Resident Overcome Paralysis Challenges

During the month of August, Help Nepal Network Health Post Monthly Village Home Clinic Program 2024 the Health Post staff reached out to Mugu visited Namu Village, Ward No. 9, in Chhayanath, Rara Municipality. During this visit, HeNN Health post staff provided crucial assistance to a 57-year-old male resident who has been suffering from paralysis for the past years, severely affecting his ability to walk. The patient's condition had left him unable to move independently, which significantly impacted his

daily life. Understanding the urgency of her situation, our healthcare team administered essential medication and also provided specialized treatment to address his needs. Specifically, our team administered a saline solution to help manage her symptoms and ensure proper hydration. HeNN health post focused on rehabilitation by teaching him specific exercises to help him regain some movement and strength. They also explained how to do these exercises correctly so she can continue practicing them at home.



Help Nepal Health Post Rara, Mugu Educating Our Community on Child Marriage

Help Nepal Health Post Rara, Mugu is working hard to improve health and awareness in our community through the monthly village home clinic program. In the month of September 2024, Help Nepal Health Post Rara, Mugu teamed up with CDS Park to focus on Jhayari village in Ward 8 of Chhayanath Rara Municipality, specifically discussing the important issue of child marriage. Help Nepal Health Post aims to share knowledge and encourage open conversations that challenge harmful traditions and support better choices for our youth. They

also talked about the legal ages for marriage-18 for women and 21 for men and stressed the importance of being emotionally ready before getting married. Their discussions also included the health risks of early pregnancy and the emotional effects of child marriage. They provided important information about reproductive health and the value of consent in relationships. Through this program, Help Nepal Health Post, Mugu aims to share knowledge and encourage open conversations that challenge harmful traditions and support better choices for our youth.

Essential Medical Care for Maka Morang Rural Municipality

In October 2024, HELP NEPAL Health Post, Mugu provided essential medical care in the Mugu Maka Morang Rural Municipality, Ward No. 1, in Maha Village. During this visit, our team assisted 61-year-old Sonam Lama, a resident suffering

from multiple illnesses that left her unable to walk for several months. The team at HeNN Health Post Rara promptly provided the necessary medications and treatments to support her recovery.



Distribution of Vitamin A capsule and Anti-worm medicine to the children

HELP NEPAL Health Post Rara, Mugu has been organizing monthly outreach programs to provide essential health services. This November, as part of village home clinic program, HeNN Health Post Rara, Mugu collaborated with the Basic Health Center of Rara

Municipality, Ward No. 8, and the dedicated health staff of Help Nepal Health Post Rara to administer Vitamin A capsules and anti-worm medication to children aged 6 months to 59 months. A total of 52 children received these medicines, including 32 boys and 20 girls.





Funds Received from Generous Donors

For HELP NEPAL Network Children's Home, Dhulikhel
Events4GreaterGoods, Australia : AUD 7975, Nrs 6,94,782.00
Music4children, UK : £ 3706.80, Nrs 4,99,491.30

For Flood and Landslide Victims
Help Nepal Network Australia : AUD \$5000
Help Nepal Network US: US\$ 6,000 Nrs. 773,848.74

For Barbardiya Nagar Hospital, Manikapur Bardiya
Help Nepal Network, Australia. Nrs: 360,000

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:

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 Thank you!