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सधैं नेपाल र नेपालीको साथ रही सामाजिक विकासमा निरन्तर सहयोगी बनेर रु. २ अर्ब भन्दा बढिको योगदान गर्दै सातै प्रदेशका समुदाय स्तरसम्म पुगि हामीले देशैभरका १ करोड ३० लाख भन्दा बढी जनसंख्याको हित हुने गरी कार्यहरू गरेका छौं ।

एनसेल फाउन्डेसन
समाजको माथ सधैं सँगै



HELP NEPAL Network



EDITORIAL TEAM



Bhagirath Yogi
HeNN UK



Rabi Kumar Manandhar
HeNN Nepal



Arun Shrestha
HeNN Nepal



Dila Kharel
HeNN Australia



Rajesh Khanal
HeNN Nepal



Dinesh Shrestha
HeNN Nepal



Shreeya Shrestha
HeNN Nepal

समाज सेवाको एउटा बलियो स्तम्भ

‘समाज सेवा’ यी दुई शब्द हेर्दा, पढ्दा जति साना लाग्छन्, त्यतिकै विहङ्गम अर्थ यसले बोकेको हामी पाउँछौं। यो शब्दभित्रको विहङ्गम स्वरूप र गम्भीर सन्देशलाई केलाउनु आफैमा कठिन कार्य हो।

समाज सेवा सोचे जस्तो सजिलो काम पक्कै होइन। समाज सेवाप्रति व्यापक दृष्टिकोण नहुने हो भने सामाजिक कार्यमा संलग्न हुन कठिन हुन्छ। स-साना कुरामा पनि त्यसले अड्को लगाउन सक्छ, तर, जब समाज सेवाको लहरमा एउटा मानिस तरङ्गित हुन्छ, उसले कतै हैदैन, बस् समाज सेवामा निरन्तर लागि रहन्छ। यस अर्थमा हेर्दा के पनि भन्न सकिन्छ भने हृदयमा समाज सेवाको प्यास बोकेर हिँड्नेहरूले मात्रै सेवालार्इ आफ्नो मूलमन्त्र बनाउन सक्छ र यसरी सेवाभावको प्यास बोकेर हिँड्ने र समाजका लागि केही गर्ने हुटहुटीकासाथ लाग्ने समाजसेवीहरूकै सक्रियताका कारण आज हेल्प नेपाल नेटवर्कले २५औं वार्षिकोत्सव मनाउँदै छ। हेल्प नेपालमा आवद्ध हजारौं स्वयम् सेवकहरूको समाज सेवाप्रतिको लगावले नै आज यो अवस्था सिर्जना भएको हो।

यस संस्थाले स्वास्थ्यका क्षेत्रमा होस् वा शिक्षाका क्षेत्रमा, भ्याएसम्म सेवाका लागि आफूलाई समर्पित गर्दै आएको छ। नेपालका कतिपय विद्यालयहरूमा सहयोग पुऱ्याउने काम होस् वा ठाउँठाउँमा आयोजना गरिने स्वास्थ्य शिविर होस्, यिनका माध्यमबाट हेल्प नेपाल नेटवर्क प्रत्यक्षतः आम मानिससँग जोडिएको छ। अनि यसैमा जोडिएका छन्, युरोप, अमेरिका, अस्ट्रेलिया, अफ्रिका, एसियाका विभिन्न मुलुकमा कार्यरत रहेका नेपाली पनि।

बितेको २५ वर्षअघि नेपाली शिक्षा र स्वास्थ्यका क्षेत्रमा काम गर्ने उद्देश्यका साथ स्थापित हेल्प नेपाल नेटवर्कको पहिलो बीऊ बेलायतमा छरियो। बीबीसी नेपाली सेवा, बेलायतमा कार्यरत रवीन्द्र मिश्रले नवीन सोचका साथ मुलुकलाई सहयोग गर्ने बाटोको खोजी गर्दै सामाजिक संस्था हेल्प नेपाल नेटवर्कको स्थापना गरे। तत्कालीन अवस्थामा बेलायतमा रहेका नेपालीहरूले एक पाउन्ड- एक डलर प्रतिमहिना संकलन गर्दै नेपालको स्वास्थ्य, शिक्षा तथा विपद्मा सहयोग गर्ने कामको थालनी गरे।

यसरी बेलायतबाट सुरु भएको सहयोगको यो क्रमले निरन्तरता पायो भने युरोपसँगै अन्य मुलुकहरूलाई आफ्नो कर्मथलो बनाएर बसेका नेपालीले हेल्प नेपाललाई साथ दिँदै गए।

यता नेपालमा समाजसेवी अरुणसिंह बस्नेतको नेतृत्वमा हेल्प नेपालको स्थापनासँगै देशका विभिन्न भागमा सेवा कार्यको सुरुआत भयो। नेटवर्कले शिक्षा र स्वास्थ्यको क्षेत्रमा काम गर्न सुरु गरिसकेपछि अतिविकट जिल्ला मुगुको मुर्मासा स्वास्थ्य

चौकीको स्थापना र त्यसको व्यवस्थापनको गहन जिम्मेवारी काँधमा लियो।

यो काम आफैमा चुनौतीपूर्ण थियो, तथापि समाज सेवाको प्यास हृदयमा बोकेर हिँडेका हेल्प नेपाल नेटवर्कका स्वयम् सेवकहरूले साथ सहयोग दिँदै गए। फलतः आज पनि मुर्माको स्वास्थ्य चौकी सञ्चालनमा छ भने देशभरिका अनेकन विद्यालयहरूमा सहयोगको झन्डा फहराईरहेको छ।

त्यस्तै नेटवर्कले धुलिखेलमा असहाय बालिकाहरूका लागि बाल गृह पनि सञ्चालनमा ल्याएको छ।

हेल्प नेपाल नेटवर्कले शिक्षा, स्वास्थ्यका अतिरिक्त आपत्कालिन मानवीय सहायताका क्षेत्रमा समेत काम गर्दै आएको कसैबाट लुकेको छैन। वि.सं. २०७२ सालमा आएको महाभूकम्प, २०७७ सालदेखि केही वर्षसम्म वैश्विक रूपमा फैलिएको कोभिड महामारीका बखत पनि हेल्प नेपाल नेटवर्क र यसका स्वयंसेवकले पीडितहरूको सहयोगमा ज्यूज्यान लगाएका थिए।

पछिल्लो समयमा जाजरकोटमा आएको भूकम्प तथा तराईका विभिन्न क्षेत्रमा वर्षेनी आउने बाढी तथा सितलहर अनि पहाडी क्षेत्रमा पिरोल्दै आएको पहिरोको प्रकोपका बखत पनि संस्थाले गरेको कामले हेल्प नेपाल र यसमा आवद्ध स्वयंसेवकहरूको कर्मशीलतालाई स्पष्टतः इङ्कित गर्दछ।

हेल्प नेपाल नेटवर्क र यसका स्वयंसेवक आ-आफ्नो ठाउँमा सधैं खडा छन्, सेवाभावको बलियो विचार लिएर। तिनले पीडामा परेका नेपालीहरूको हितलाई नै पहिलो लहरमा राखेका छन्। त्यसैले कस्तै अप्ठेरो परिस्थितिमा पनि हेल्प नेपालका स्वयम् सेवकहरू जुमुराउँछन् र साथ सहयोगका लागि होस्टेमा हैसै गारिरहन्छन्।

यतिखेर हेल्प नेपाल नेटवर्कले स्थापनाको २५औं वर्ष पुरा गरेको छ। कुनै बेला संस्था स्थापना भएको पहिलो दिन थियो भने आज नौ हजार एक सय दिनभन्दा बढीको समय व्यतित भइसकेको छ। अर्थात् २५ वर्षको समय बितिसकेको छ, जहाँ सैयौं स्वयंसेवीहरू आज पनि समाज सेवाको पवित्र मन्त्रलाई मनमा राखेर अगाडि बढिरहेका छन्।

विदेशमा रहेका नेपाली, जसको मनमा मुलुक बसेको छ, तिनको साथ र सहयोगले अगाडि बढिरहेको समाज सेवाको एउटा बलियो स्तम्भ हेल्प नेपाल नेटवर्कले यही साथ सहयोग र सक्रियताका साथ ५०औं वार्षिकोत्सव पनि मनाउने अभिलाषा बोकेर अगाडि हिँड्नु सायद गलत न होला।

विषय सूची

- | | | | |
|----|---|----|---|
| ६ | २५ वर्ष अघिको सत्प्रयास
- अरुण सिंह बस्नेत | 20 | Empowering Health and Transforming Lives: The Impact of Help Nepa I Network
- Dr. Lata Ghimire |
| ८ | परोपकारलाई लोकप्रिय बनाउने काममा
हेल्प नेपाल नेटवर्कको ठूलो योगदान छ
- रवीन्द्र मिश्र | 23 | Reflections on My Journey with Help Nepal Network: A Story of Unity and Resilience
- By Niket Paudel |
| ११ | अरुण सिंह बस्नेत, हेल्प नेपाल र म
- राजेश खनाल | 26 | Financial Sustainability and Way Forward for Help Nepal Network
- Dila Kharel |
| १३ | परदेशबाट पुस्तक बिक्री गरेर
परोपकार कर्म
- नवराज आचाय | 28 | Giving - the Nepa li Way
- By Bhagirath Yogi |
| १४ | हेल्प नेपाल बालगृह: विगत र वर्तमान
- पूर्णबहादुर कार्की | 30 | HeNN Global – An Inclusive, Sustainable, Philanthropic organisation
- Dr. Raju Adhikari |
| १६ | मैले नजन्माएका छोरीहरू
- पुण्यवती घले | 32 | From Chalkboards to Keyboards: Transforming Schools in Nepal
- Er. Roshendra Dhoj Khadka |
| १७ | १० करोडको परोपकारी
अक्षयकोष पुरा गरौं
- डिला खरेल | 33 | Disaster and Relief Project Details |
| 18 | HeNN Australia – A Passage of Time
- Harsa Gautam | 43 | Help Nepal Network Photographic |
| | | 52 | Ncell Foundation: Because we are all connected |

२५ वर्ष अधिको सत्प्रयास



अरुण सिंह बस्नेत
अध्यक्ष, हेल्प नेपाल नेटवर्क

समय बितेको पत्तै नहुने रहेछ । हिजै जस्तो लाग्छ सन् १९९८ को अन्ततिर मेरो सानोदेखिको साथी रबिन्द्र मिश्रको बेलायतबाट फोन आयो “नेपालमा परोपकारी कार्य गर्ने केहि सोचहरु बनाएकोछु, तिमिले नेपालमा सहयोग गर्न सक्छौ भने म मेरो सोचलाई अगाडि बढाउँछु भन्न फोन गरेको” रबिन्द्रको यो कुरा सुनेर मैले पनि परोपकारी काम हो भनेर “हुन्छ” भनिदिएं । त्यसपछि फोनमा निरन्तर कुरा हुन थाल्यो । त्यस समयमा विदेशमा रहेका नेपालीहरुबाट महिनामा एक पाउण्ड वा एक डलर संकलन गर्ने र नेपालमा परोपकारी कार्य गर्ने सोच रहेछ रबिन्द्रको, जुन सोच मलाई पनि एकदमै मनपऱ्यो । यता नेपालमा पनि बिचार मिल्ने साथीहरुसंग निरन्तर सरसल्लाह हुदैगयो भने उता बेलायतमा पनि रबिन्द्रले जितोड मेहेनत गरेर सन् १९९९ अक्टोबरमा One Pound a Month Fund for Nepal को अभियान सहित HELP NEPAL Network स्थापना भयो । डोल्पाको दुनै स्थित सरस्वती उच्च मा.वि. मा एउटा लाईब्रेरी भवन बनाउन बेलायतबाट आएको ६० हजार र काठमाडौंमा रहेका डोल्पावासीबाट उठाएको ७ हजार गरि जम्मा ६७ हजार भयो र सन् २००० को सुरुमै काठमाडौंमा एउटा कार्यक्रम आयोजना गरि उक्त विद्यालयका प्रधानाध्यापकलाई हस्तान्तरण गरियो । यो हेल्प नेपालको पहिलो प्रोजेक्ट थियो र हेल्प नेपाल नेटवर्कको भविष्य पनि यहि प्रोजेक्टसंग गासिएको थियो । यदि यो प्रोजेक्ट सफल नभएको भए सायद हेल्प नेपाल नेटवर्कले निरन्तरता नपाउन सक्थ्यो । यसका लागि मेरा मित्र कर्ण बहादुर बुढा सधै धन्यवादका पात्र रहिरहने छन ।

यसरी सुरु भएको यात्रा साढे दुई दशक भैसकेको छ । हामीले गरेको कामहरु नियालेर हेर्दा हामी हाम्रो उद्देश्यमा हिँड्न धेरै हदसम्म सफल भएको अनुभूत हुन्छ ।

२५ वर्ष अगाडी नेपाली नेपाली बिच समन्वय गरि महिनाकोएक डलर वा एक पाउण्ड उठाएर नेपालमा सहयोग गर्ने जुन अवधारणा थियो विशेषगरी शिक्षा एवम् स्वास्थ्यका क्षेत्रमा यसले आज मूर्तरुप पाएको छ ।

यहाँ एउटा कुरो भन्नै पर्छ, यस संस्थाको शुरुआत गर्दा हामीले आफ्नो नियमित आय आर्जनमा समय खर्च गरेर बाँकी रहेको समय र पैसालाई सदुपयोग गर्दै व्यवहारिक परोपकार सुरु गरेका थियौं । यो एउटा महत्वपूर्ण पक्ष थियो, हेल्प नेपाल नेटवर्क स्थापनाका सन्दर्भमा ।

त्यसैले पनि सामान्यरूपमा हेर्दा हामीले धेरै काम गरेको जस्तो लाग्दैन । यद्यपी कहिले काही कामको चापाचाप नभएको भने होइन । यो २५ वर्षको अवधिमा धेरै ‘इफोर्ट’ नलगाइकनै कामहरु हुँदै गए । अहिले आएर हेर्दा २५ वर्षमा हामीले विशेष गरी विकट ठाउँमा सेवा पुऱ्यायौं, ती चाहे स्कुलका भवनहरु हुन् वा हेल्थ क्याम्पहरु, हजारौं मोतियाबिन्दुको अपरेशन होस् अथवा बदलिँदो समय अनुसार स्कुलहरुमा इ-लाइब्रेरीको स्थापना, प्राकृतिक प्रकोप-जस्तै बाढी, पहिरो, आगलागी, भूकम्पका बेलामा गरिएका सेवा कार्यहरु हेर्दा मानिसले थोरै बचेको समयमा पनि मनलगाएर काम गर्नु भने धेरै कामहरु गर्न सकिँदोरहेछ भन्नेकुरा स्थापित भएको छ ।

कुनै पनि काम सजिलो हुँदैन । अभै समुदायसंग जोडिएका कामहरु भनै कठिन हुन्छन । जस्तो अप्ठ्यारो आईपरे पनि हामीले काम गर्नु, त्यसले गर्दा विदेशमा यसको सञ्जाल फैलिँदै गयो र हामीले गरेको कामले संस्थाप्रतिको विश्वास बढ्दै गयो । समष्टिगतरूपमा यो परोपकारी संस्थाले २५ वर्षमा गरेका कामहरु हेर्दा हेल्प नेपाल नेटवर्कमा लाग्ने साथीहरुले गर्व गर्नसक्ने अवस्था रहेको छ ।

पछिल्लो समयमा हामीले विभिन्न स्कुलका ठूलठूला भवन बनाइरहेका छौं । विशेष गरी २०७२ वैशाखको भूकम्प पछि ६-७ वटा स्कुलका भवनहरुको निर्माण गरिसकेका छौं । त्यसैगरी ५० भन्दा बढी इ-लाइब्रेरी बनाइसकेका छौं ।

सन् २००६ को अन्त्यमा तयारी गरेर २००७ को प्रारम्भ ताका नै हामीले पहिलो बिद्यालय स्तरको इ-लाइब्रेरीको स्थापना गरेका थियौं । यसरी हेर्दा इ-लाइब्रेरीको स्थापनामा हेल्प नेपाल सफल भएको छ र त्यसको प्रयोगमा पनि विद्यार्थीहरुले चासो दिएको पाएका छौं । यही नै हाम्रो सफलताको स्रोतक हो । गत वर्ष जाजरकोट, पश्चिम रुकुम र बझाङमा गएको भूकम्पमा पनि उन्लेखनिय सहयोग गर्नु । यसपटकको बाढि पहिरोमा पनि प्रभावित जिल्लामा हाम्रो क्षमता अनुसारको सहयोग गर्नु । आज

विश्वमा रहेका च्याप्टरहरुमा नयाँ उत्साह आएको छ । हेल्प नेपाल अष्ट्रेलियाले यस वर्ष युवा महिला संतोषी गौतमको नेतृत्व पाएको छ । नोभेम्बर १६ मा क्यानबेरा मा आयोजना गरिएको २५औँ वार्षिकोत्सवको सफलताले उहाँको कार्यक्षमता र दक्षता प्रमाणित गरिसकेको छ । त्यसै गरि सन् २०२५ जनवरिमा बेलायतमा आयोजना गरिन लागेको २५औँ वार्षिकोत्सवले भन्ने उत्साह थपिने छ ।

यसरी हेर्दा हामीले २५ वर्षमा धेरै काम गरिसकेका रहेछौं । कतिपय सन्दर्भमा काम गर्दै जाँदा तनाव नहुने होइन । दुःख नपाइने होइन । तथापि समयमा नै काम सक्याउनु पर्ने वाध्यता आइपर्दा पनि हामीले त्यसलाई सहजरूपमा सल्टाउने प्रयास गर्छौं । कहिले रमाइलो गर्दै अथवा भेटघाटको वातावरण तयार गर्दै समाधानको बाटो पहिल्याउँदै गर्छौं ।

हेल्प नेपाल नेटवर्कले आजसम्म ५० भन्दा बढी साना ठूला स्कूल भवनको निर्माणमा सहयोग गरिसकेको छ । यस सम्पूर्ण कार्यका लागि हामीले मात्र पुरा रकम दिएका होइनौं, त्यसका लागि स्थानीय स्रोत र साधनसमेत परिचालन गर्छौं । त्यसका लागि स्थानीय जनता पनि परिचालित भए । यसले निर्मित स्कूल भवनप्रति समुदायमा पनि अपनत्वको भावना जागृत हुने गरेको हामीले पाएका छौं ।

यी सबै कार्यहरु गर्ने जुन हाम्रो प्रारम्भिक सोच थियो, त्यसले वृहतता पाएको छ । जसले हामीलाई गौरवान्वित बनाएको छ । तथापि, यो वृहत् भनेर अन्य एनजीओ वा गैरसरकारी संस्था जस्तो नहुन सक्ला तर पनि स्वयमसेवीको रूपमा 'धेरै समय नदिएरै पनि यति धेरै काम गर्न सकिँदो रहेछ', र 'गरे के हुँदैन' भन्ने सन्देश प्रवाह गर्न हामि सफल भएका छौं ।

हाम्रो अभियान, हाम्रो सोच र दृष्टिकोणलाई साथ दिने विद्वान व्यक्तित्व, लब्धप्रतिष्ठित व्यक्ति, गन्यमान्य साहु महाजनदेखि लिएर सबैको साथ समयक्रम अनुरूप बेलाबखतमा पाउँदै आएका छौं । राम्रो उद्देश्य राखेर काम गर्दा साथ र सहयोग पनि पाइने रहेछ भन्ने कुरा पनि प्रमाणित भएको छ । त्यसै कारण, एउटा सकारात्मक सोच राखेर कुनै पनि काम सुरु गर्दा त्यसले परिणाम राम्रो दिन्छ र साथ पनि राम्रो पाइन्छ भन्ने यसले देखाएको छ ।

म आफैँ पनि प्रारम्भका दिनदेखि नै यो संस्थासँग जोडिन पाएको छु । अहिले आएर बितेको २५ वर्षको समयलाई हेर्दा यसको नतिजा देखेर साँच्चि नै आफू पनि गौरवान्वित भएको अनुभव हुँदै आएको छ । अहिले पनि हामीले ठूलाठूला काम गरिरहेका छौं । अहिले भन्नु हाम्रो सक्रियता बढेको छ । सन् २०१९ मा २०औँ वार्षिकोत्सवमा वाङ्मय शताब्दी पुरुष सत्यमोहन जोशीज्यूको प्रमुख आतिथ्यतामा मनाएका थियौं भने यसपटक २०८१ पौष १३ गते विश्वविख्यात नेत्र विशषज्ञ डा. सन्दुक रुईतज्यूको प्रमुख आतिथ्यतामा राष्ट्रीय सभागृहमा मनाउँदै छौं ।

यस कार्यक्रममा विश्वका विभिन्न मुलुकबाट हाम्रा साथीहरूले प्रतिनिधित्व गर्दै हुनुहुन्छ । यसपछि हाम्रो परोपकारी कार्यमा भन्ने उर्जा थपिने छ ।

यसैबीच हामीले गरेका कामहरू, साथीभाइ, मिडियाबीच राम्रोसँग पुऱ्याउन सक्नेछौं । यसले साह्रै राम्रो प्रभावकारी नतिजा दिने कुरामा हामी आशावादी छौं । अझै पनि यस्तै गरि सबैलाई समेट्न सक्यौं र आ-आफ्नो क्षेत्रबाट सबैले परोपकारी काम गरिदिने हो भने सरकारको मुखमात्र ताक्नु पर्दैन । आफ्नो ठाउँबाट स-सानो प्रयास गर्ने हो भने पनि सानासाना खुशी नेपाली समाजमा दिन सकिन्छ ।

हामीले यतिमात्रै नभएर बिगतमा विभिन्न स्कूलका विद्यार्थी माझ सहयोगको चेतना जगाउने, सहयोगको भावना उत्प्रेरित गराउने अभियान पनि गरेका थियौं । त्यो बेलाका साना बालबालिका अहिले ठूलो भएर हामीसँगै स्वयंसेवकको रूपमा काम गरिरहेका छन् । यस्तै सानो र राम्रो नतिजाले ठूलो खुशी हेल्प नेपालका साथीहरूलाई दिएको छ ।

समष्टिगत रूपमा हाम्रो सानो प्रयासले जीवनमा केही गरेछौं भन्ने अनुभूति भएको छ । त्यो अनुभूतिले मन अत्यन्त प्रसन्न बनाएको छ । यो सेवाभावमा लाग्ने साथीहरूलाई हामीले केही प्रेरणा दिन सकेका छौं । मिलेर काम गर्न सकेका छौं । २५ वर्ष अगाडि हामीले जुन प्रयास सुरु गरेका थियौं २५ वर्षको कालखण्डमा सबैले गर्व गर्न सक्ने काम भएका छन् ।

‘परोपकारलाई लोकप्रिय बनाउने काममा हेल्प नेपाल नेटवर्कको ठूलो योगदान छ’



रवीन्द्र मिश्र
संस्थापक अध्यक्ष, हेल्प नेपाल नेटवर्क यूके

बीबीसी नेपाली सेवाको लन्डनस्थित मुख्यालयमा काम गर्दै रहँदा आफ्नो मातृभूमिका लागि केही गर्नु पर्छ भन्ने हुटहुटिले रवीन्द्र मिश्रले सन् १९९९ को अन्त्यतिर साथीहरूसँग मिलेर हेल्प नेपाल नेटवर्क स्थापना गरे। अहिले संसारका विभिन्न मुलुकमा त्यसका शाखा छन्। नेपाल बाहिर संस्थागत रूपमा परोपकारी अभियान थाल्ने अग्रणी संस्था हेल्प नेपाल नेटवर्क कसरी शुरू गरियो, यसबारे जान्न हामीले नेटवर्कका संस्थापक रवीन्द्र मिश्रसँग कुराकानी गरेका थियौं। प्रस्तुत छ उक्त कुराकानीको सम्पादित अंश:

हेल्प नेपाल नेटवर्क स्थापना गर्ने सोचाई तपाईंलाई कसरी आयो ?

अहिले फर्केर हेर्दा यस्तो रहेछ, ममा बाल्यकालदेखि नै परोपकारी सोच रहेछ। जस्तो मलाई याद छ, कलेज पढ्ने बेलामा पनि बौद्ध (काठमाडौं) मा मेरो घर, त्यहाँबाट कलेज जाँदाखेरि त्यतिघेरै पैसा हुन्थेन। खाजा खानका लागि दिएको पैसा बचाएर माग्न बसेका असहायलाई पैसा दिने गर्ने रहेछ। ब्याचलर पढ्दाखेरि मर्निङ कलेज थियो। मिनिबस स्टपमा एक जना अपांगता भएको व्यक्ति आइराख्नुहुन्थ्यो। उहाँलाई मैले सधैं चियाखाने पैसा दिन्थे त्यो पनि आफ्नो खाजा खर्च बचाएर।

सन् १९९१ मा छात्रवृत्ति प्राप्त गरेर दोस्रो पत्रकारितामा स्नातकोत्तर गर्न पाकिस्तान गएपछि पनि मेरो त्यो बानी रहिरह्यो। पाकिस्तानमा मलाई अर्को प्रभाव परेको कुरा के हो भने, त्यहाँ असाध्यै न्यून आय भएका सामान्य व्यक्तिहरूले मात्रै माइक्रोबस चढ्दछन्। नत्र सामान्य मध्यम वर्गको परिवारसँग पनि मोटर हुन्छ। त्यहाँ विश्वविद्यालय जाँदा वा काममा जाँदा म माइक्रोबस चढ्दथे। माइक्रो बसमा चढ्ने प्रायः सबै विपन्न जस्ता देखिन्थे। हरेक बस स्टपमा तीन चार जना बच्चा बोकेका असाध्यै गरिब महिलाले मोटरभित्र हात थापेर पैसा माग्थे। जति विपन्न भए पनि माइक्रोमा चढ्ने कयौंले एक दुई रुपैयाँ दिन्थे। त्यो प्रभाव पनि मेरो मनमा गढेर बसेको थियो होला।

साथै हामी जस्ता अलिकति पढेलेखेको, देखेको, बुझेको भनिएको म जस्तो नेपाली चाँही सकभर मिलेसम्म नेपाल फर्कनु पर्छ र नेपालकै लागि केही गर्नु पर्छ भन्ने भावना थियो। त्यही अनुसार म सन् १९९४ मा लन्डनस्थित बीबीसीको मुख्यालयमा गए पनि सन् १९९८ मै एउटा खबर पत्रिका निकाल्ने योजना लिएर झण्डै झण्डै

म नेपाल फर्कि सकेको थिएँ तर विभिन्न कारणले त्यो संभव भएन। त्यसपछि सन् १९९९ मा नेपालको लागि केही न केही त गर्नु पर्छ र अहिले गर्न सक्ने भनेको च्यारिटी नै हो भन्ने लाग्यो। यसरी हेल्प नेपाल नेटवर्क स्थापना गर्ने सोच आयो।

यसको स्थापना गर्दा शुरुमा को को साथीले सघाउनु भयो ?

शुरुमा यो संस्थाको स्थापना पछाडीको दर्शनबारे छोटो चर्चा गरौं। सन् १९९९ देखि २००० तिर पनि नेपालको सम्भवतः आधाजति बजेट विदेशी ऋण र अनुदानमा आधारित थियो। नेपालका दशौं हजार गैर सरकारी संस्थाहरू विदेशी पैसाले नै चल्ने अनि त्यो नेपाल बनाउ भनेर सरकारलाई र गैर सरकारी संस्थालाई दिएको पैसा हिनामिना गर्ने पनि हामी नेपाली, अनि देश बनेन भनेर गाली गर्ने पनि हामी नेपाली, अनि पाँचतारे होटेलमा कसरी देश बनाउनुपर्छ भनेर कार्यशाला गोष्ठी गर्ने पनि हामी नेपाली।

मैले नेपालमा अरुण सिंह बस्नेतसँग कुरा गरें। अरुणलाई मैले स्कूलदेखि नै चिनेको र १६-१७ वर्षको उमेरमा ‘युथ एगोस्ट ड्रग्स’ भनेर त्यतिबेला चावहिल क्षेत्रमा अभियानमा लागेको मैले देखेको थिएँ। अरुणको पारिवारिक र व्यक्तिगत इमानसँग पनि म परिचित थिएँ। अरुणको बुवा २०१२ सालमा अंग्रेजी विषयमा स्नातक गरेको मान्छे, त्यतिबेला उहाँलाई सानैदेखि दरबारसम्म जहाँ जान पनि बाटो खुला थियो तर उहाँले शिक्षाको ज्योति फैलाउनुपर्छ भनेर धुलीखेलको सञ्जीवनी मा:वि:मा २५ वर्ष प्रधानाध्यापक भएर रिटायर्ड हुनु भएको थियो। उहाँलाई धुलीखेलमा स्थानीयवासीले देवताजस्तै सम्भनछन्। अरुण पनि त्यस्तै इमान भएको मान्छे, मैले कुरा गरे पछि अरुण तयार भयो। त्यसपछि लन्डनमा विभिन्न साथीहरूसँग छलफल भयो। धेरै राउण्डमा मिटिङ भयो। कैयौं साथीहरू सक्रिय हुनुभयो। सुरुवातका ती साथीहरूको नाम हाम्रो वेबसाइटमा उपलब्ध छ तर नेपालमा अरुण र अन्य साथीहरूको इमानदारीता र निस्वार्थ सक्रियता नभएको भए हामी केही पनि गर्न सक्दैन थियौं।

हेल्प नेपालको मूल प्रेरणा के थियो भने, सबैभन्दा पहिले नेपाल बनाउनका लागि नेपालीहरूमै देश बनाउने भावना विकशित हुनुपर्छ। त्यो काम नेपाली, नेपाली मिलेर गर्नु पर्छ। त्यसैले हामीले “नेपालका लागि नेपालीले गरौं” भन्ने नारा पनि बनायौं। हामी सबै पढेलेखेका मानिस संलग्न थियौं। चाहेको भए विदेशी संस्थाबाट दशौं लाख डलर सहयोग लिन सक्थौं तर हामीले विदेशीसँग सकभर सहयोग नलिने र नेपालीले गरेको ठाउँमा कोही विदेशी सघाउन आयो भने ठिकै छ भन्ने नीति अख्तियार गर्यौं।

संसारभरीका नेपालीलाई हामीले भन्थौं, ठिक छ, तपाईंको जीवन जस्तो चलेको छ, त्यस्तै चल्न दिनुस्, रमाइलो गर्नुपर्छ, भोज गर्नुपर्छ,

नाचु र गाउनुपनि पर्छ तर एउटा के नविसौं भने, हामीले छोडेर आएको देश र हामीले छोडेर आएका गाउँठाउँहरू जस्ताका त्यस्तै छन्, हामीले महिनामा १ पाउण्ड अथवा १ डलर मात्रै बचाएर एउटा बास्केटमा राख्यौं र त्यो गाउँमा पठाएर एउटा परोपकारी काम गरे पनि धेरै सहयोग हुन्छ ।

त्यतिबेला परोपकारी गतिविधिहरू अहिलेको जस्तो लोकप्रिय थिएन । सामाजिक सञ्जाल पनि थिएन । त्यसैले हाम्रो प्रयासबारे धेरैलाई थाहा नहुनु स्वभाविक थियो । सुरुवाती समयमा एकदमै गाह्रो भयो । हामीले आफ्नो पनि पैसा राखेर डोल्पामा पुस्तकालय बनाउने, मुगुको मुर्मांमा हेल्थपोस्ट बनाउने जस्ता कामहरू गर्नुपर्छ । अनि विस्तारै मानिसहरूले हामीलाई विश्वास गर्दै गए ।

नेपाल र बेलायतपछि अरु कुन कुन देशमा शाखाहरू खोल्नुभयो ? बताईदिनुस् न ।

त्यतिबेला अहिलेको जस्तो सामाजिक सञ्जाल थिएन । नेपालमा त एक कल फोन गर्नु पर्दा १ पाउण्ड लाग्थ्यो । अन्य देशमा फोन गर्दा पनि धेरै पैसा लाग्थ्यो । फोनमा मात्र कति पैसा खर्च भयो, भयो कुरा गरिसाध्य छैन । ती सबै पैसा व्यक्तिगत रूपमा खर्च गर्नुपर्थ्यो, किनभने हामीले परोपकारी कोषबाट एक पैसा पनि अन्य काममा खर्च नगर्ने भन्ने नीति बनाएका थियौं तर पनि हामीले अमेरिका, अष्ट्रेलियामा च्याप्टर सुरु गर्नुपर्छ । नेपालमा हाम्रो टिम छुट्टै थियो । रसियाबाट डा उपेन्द्र महतो, जीवा लामिछाने जस्ता व्यक्तिहरूले सुरुको चरणमा सहयोग गर्नुभयो । त्यसपछि न्युजिल्याण्ड, क्यानडा, बेल्जियम जस्ता ठाउँमा पनि च्याप्टर स्थापना गर्नुपर्छ तर कतिपय ठाउँहरूमा सुरु भएर राम्रोसँग काम अगाडि बढ्न नसकेपछि हामीले बन्द गरेको पनि इतिहास छ तर अहिले पनि हामीसँग १२-१४ वटा च्याप्टरहरू छन् । ती च्याप्टरहरू कतिपय अलि राम्रोसँग चलेका छन्, कतिपय सुस्तरूपमा काम गरिराखेका छन् ।

हेल्प नेपाल प्रशासनिक अक्षय कोष स्थापना गर्ने सोचाई कसरी आयो? यसका मुख्य दाताहरू को को हुनुहुन्छ ?

हामीले मुगुमा हेल्थपोस्ट, डोल्पामा लाइब्रेरी खोलेपछि हामीलाई सहयोग गर्ने नेपालीहरूको संख्या बढ्यो र हामीसँग काम पनि बढ्यो तर आफ्नै कार्यालय थिएन । एकदमै अप्ठ्यारो हुन थाल्यो । परोपकारका लागि दिएको पैसाबाट प्रशासनिक काम गर्ने अनि कर्मचारीले तलब खाने गरियो भने त्यो परोपकारी संस्था हैन, गैर सरकारी संस्था हुन्छ । परोपकारी संस्थाबाट एक पैसा पनि नलिने हाम्रो दृढता थियो । त्यसैले एउटा साँच के निकालियो भने, हेल्प नेपाल प्रशासनिक कोष स्थापना गर्ने र त्यो कोषका लागि विश्वमा बस्ने २५ जना नेपालीबाट ४-४ हजार डलर माग्ने र त्यो १ लाख डलरबाट काठमाडौंमा एउटा सानो अफिस खोलेर काम गर्ने । दर्जनौंलाई फोन गर्दा बल्ल एक, दुई जनाले ४ हजार डलर (त्यतिबेला लगभग रू ३ लाख ५० हजार) दिन तयार हुन्थे । त्यसमा सामान्य मानिसदेखि नेपालका सम्पन्न व्यक्तिहरू गरेर २५ जना पुग्यौं । डाक्टर सुन्दरमणि दीक्षितले चाँही अष्ट्रेलियामा बस्ने छोरीमार्फत ८ हजार डलर दिनुभयो । सबैले दिएको पैसा संकलन गरेर फ्रन्ड्स रू ९० लाख हाराहारीको अक्षयकोष स्थापना गर्नुपर्छ । त्यसबाट अफिस स्थापना गर्नुपर्छ र एक जना स्टाफ पनि राख्यौं ।

त्यसरी काम थालेपछि काम अझ बढ्यो । सन् २००९ मा म नेपाल आएपछि संस्थाको काम बढेको तर स्टाफ कम भएको साथीहरूले बताउनु भयो । यस बीचमा घरभाडा, कर्मचारीको तलब आदि बढेको थियो ।

पहिले २५ जनाबाट एक लाख डलर संकलन गर्न मैले कति हण्डर खानु परेको थियो, त्यो ताजै थियो । त्यसैले मैले सोचें, यति राम्रो काम गरिरहेका छौं, एकैचोटी रू एक करोड दिने एकजना मानिस कसो ननिस्किएला ! त्यसैले अब ठूलो दाता खोज्नु भन्ने लाग्यो । त्यसपछि मैले लण्डनमा पहिलो पटक भेट्दा मबाट उहाँ पनि र उहाँबाट म पनि असाध्यै प्रभावित भएको व्यावसायी सिद्धार्थ राणालाई एउटा इमेल लेखें, परोपकारी काम गर्न होइन, परोपकारी काम गर्नका लागि कार्यालय सञ्चालन गर्न रू एक करोड सहयोग गर्न सक्नुहुन्छ कि भनेर । त्यसपछि हामीले भेटेर कुराकानी पनि गर्नुपर्छ । उहाँले मलाई १ हप्ता पर्खनुस्, म बुवासँग छलफल गर्छु र तपाईंलाई खबर गर्छु भन्नुभयो । एक हप्ता पछि रू एक करोड दिनुभयो । यसरी फ्रन्ड्स रू २ करोड बराबरको प्रशासनिक अक्षय कोष भयो । त्यति भएपछि हामीलाई काम गर्न निकै सहज भयो ।

फेरि तपाईंले रू १० करोडको हेल्प नेपाल अक्षय कोष स्थापना गर्ने अभियान चलाउनु भयो । त्यसबारे पनि बताई दिनुस् न ।

परोपकारलाई लोकप्रिय बनाउने काममा हेल्प नेपाल नेटवर्कको ठूलो योगदान छ । हामीले हेल्प नेपाल नेटवर्क शुरू गर्दा परोपकार अहिलेजस्तो लोकप्रिय थिएन । हामीले भन्थौं, एक हातले दिएको अर्को हातले थाहा पाउनु हुँदैन भन्ने सोच नै गलत छ, किन भने, नराम्रो समाचार र घटना हावा भै फैंलिन समाजमा राम्रो कामका बारे चाहिँ चर्चे नहुनु ठिक होइन । नराम्रो कुरा र कामले नराम्रो तरङ्ग र राम्रो कुरा र कामले राम्रो तरङ्ग फैलाउँछ भन्ने हाम्रो मान्यता थियो । राम्रो कामले अरूलाई पनि राम्रो काम गर्न प्रेरित गर्छ किनभने चोरले पनि चोर्नु राम्रो हो भन्दैन । त्यसैले हामीले परोपकारी गतिविधिलाई एकदमै लोकप्रिय बनायौं । हाम्रो कामको दायरा एकदमै बढेर पनि गयो । देश भरिबाट सहयोगको लागि अनुरोध आउन थाल्यो तर हामी मूलतः नेपाली, नेपालीबाट सानोसानो सहयोगमा चल्ने हुनाले धेरै काम गर्न कठिन हुनथाल्यो । त्यसपछि ससाना नियमित काम गर्न रू १० करोडको परोपकारी अक्षय कोष स्थापना गर्ने सोच आयो र त्यसै अनुरूप अभियान शुरू गर्नुपर्छ । सो अभियान एकदमै राम्रोसँग अगाडि बढ्यो । विश्वभरीका धेरै नेपालीले हामीलाई सहयोग गरे तर सन् २०१७ मा मैले बीबीसी नेपाली सेवाको सम्पादक पदबाट राजीनामा दिएर सकृय राजनीति शुरू गर्ने निर्णय गरें । धेरै राजनीतिकर्मीहरू परोपकारी संस्थालाई आफैसँग राखेर त्यसलाई पनि राजनीतिक फाइदाका लागि प्रयोग गर्न चाहन्छन् । तर म कुनै हालतमा त्यसो गर्ने पक्षमा थिइन । जो साथीहरूले गर्दा त्यति राम्रो काम र त्यति राम्रो छवि बनेको थियो, म त्यसलाई बिगार्न चाहान्दैन । त्यसैले मैले राजनीति गर्ने घोषणा गरेर बीबीसीबाट राजीनामा दिएकै दिन हेल्प नेपाल नेटवर्कबाट पनि अलग भएको सार्वजनिक घोषणा गरें । त्यतिबेला सम्म रू ६ करोड संकलन भइसकेको थियो । त्यसपछि त्यो त्यतिमै रोकियो । त्यो अभियानलाई निरन्तरता दिन म साथीहरूलाई अनुरोध गर्न चाहन्छु ।

अहिले प्रवासमा धेरै संस्थाहरू छन् विभिन्न क्षेत्रीय

जातीय, राजनीतिक संस्थाहरू छन, सबैले च्यारटीका काम गरिराखेकै हुन्छन, हेल्प नेपाललाई नै किन मद्दत गर्ने ?

हेल्प नेपाल अहिले पनि नेपाली, नेपाली मिलेर सञ्चालन भएको नेपाली, नेपालीको योगदानबाट चलेको सम्भवतः सबैभन्दा ठूलो परोपकारी संस्था हो। गत २५ वर्षमा हामीले इमान र विश्वसनीयता कायम राखेर काम गरेका छौं। चार, पाँच महिना अगाडिको मात्र कुरा हो। मेरो पहिलो भेटमै असाधारण परोपकारी गतिविधिमा संलग्न राजी राणाले हाम्रो धुलीखेलको बाल गृहको लागि १ करोड सहयोग गर्नुभयो। त्यो सानो विश्वसनीयताले पाइने कुरा होइना डिल्लीबजारमा एक जना ६०-६२ वर्षको महिला हुनुहुन्थ्यो, उहाँले युट्युवमा मेरो अन्तर्वार्ता र भाषण हेर्नु भएछ, नम्बर खोजेर घरमा बोलाएर हेल्प नेपालको लागि भनेर रु १० लाख दिनुभएको म कहिल्यै विर्सन्न। आज सम्म त्यो पैसा के गरिस् भनेर उहाँले सोधखोज गर्नुभएको छैन। सानो, ठूलो सहयोग गर्ने त्यस्ता हजारौं नेपाली हुनुहुन्छ। उहाँहरूको विश्वास हामीले कहिल्यै तोडेनौं। अर्को उदाहरण दिउँ - सन् २०१५ मा महाभूकम्प गएपछि हाम्रो यहाँ काम गर्ने कोही साथीको आफन्त वित्नुभयो, अरुण सिंह बस्नेत स्वयंको खुट्टा भाँचियो। त्यो बेलामा हामीले राम्रोसँग अपिल गर्न पनि पाएका थिएनौं, तर हाम्रो खातामा ८ हप्तामा ८ करोड रुपियाँ जम्मा भयो र १६ हप्तामा हाम्रो खातामा १० करोड जम्मा भएको थियो। संसारभरका नेपालीहरूले दिएको सहयोगबाट त्यतिबेला हामीले यति धेरै राहत र उद्धारको काम गर्नु कि कुरा गरि साध्य छैन। त्यसमध्येको सबैभन्दा राम्रो र ठूलो नमुना प्रोजेक्ट दोलखास्थित राजकुलेश्वर विद्यालयलाई नेवा वास्तुकलामा भव्य रूपले बनाएका छौं। त्यसमा अहिले महाबीर पुनले पनि विभिन्न सहयोग गर्नुभएको छ। हामीले ई-लाइब्रेरी राखेका छौं। बच्चाहरू खेल्ने ठाउँ छ। त्यसमा संसारभर बसेका नेपालीहरूको योगदान छ। नेपालमा अरुणसहितको टिम छ, संसारभरी मनकारी नेपालीहरू छन्। ती सबैप्रति म नतमस्तक छु। ती सबै नभइदिएको भए हामी कसैले यो काम गर्न सक्दैनथ्यौं। हेल्प नेपाल नेपालको टिम त हाम्रो मेरूदण्ड नै हो। आशीर्वाद भन्ने कुरा साँच्चै रहेछ भने ती सहयोग पाउनेहरूको आत्माको आशीर्वाद हामी सबैलाई लाग्नेछ।

अन्त्यमा, अब आगामी दिनमा हेल्प नेपाल कसरी अगाडि बढ्नु पर्ला, तपाईंको सुझाव के छ ?

म आफू एक जना संस्थापक भएकोले म राजनीतिमा भए पनि मैले मौका परेको बेलामा हेल्प नेपालका विभिन्न गतिविधिमा सहयोग गर्ने काम गरि नै रहन्छु। म औपचारिक रूपमा संलग्न छैन। अस्ति धुलिखेलस्थित हेल्प नेपाल बाल गृहमा केही छोरीलाई ल्यापटप चाहियो। मैले फेसबुकमा रिक्वेस्ट गरेँ, एक जनाले तीन वटा ल्यापटप सहयोग गरिदिनु भयो। हार्मोनियम चाहियो भनेर अर्को रिक्वेस्ट गरे, एक जनाले हार्मोनियम किनिदिनुभयो।

हामीले सारा विश्वभर बस्ने नेपालीमात्र परोपकारलाई लोकप्रिय बनायौं। आफ्नो पेशागत सिमाभन्दा बाहिर गएर गर्नुपर्छ भन्ने कुरालाई प्रेरित गर्नुपर्छ। सँगसँगै हामीले एउटा शब्दावली पनि सिर्जना गर्नुपर्छ। त्यसलाई हामीले 'व्यवहारिक परोपकार' अथवा 'प्राक्टिकल फिलन्थ्रोपी' भन्ने गर्छौं। त्यो भन्नुको अर्थ के हो भने, संसारमा सबै समय परोपकारमा लगाउने धेरै थोरै हुन्छन्। उनीहरू

त जीवित देउता नै हुन्। जस्तो नेपालमा रामजी अधिकारी, महाविर पुनले गरिरहनु भएको छ। सबैलाई त्यही स्तरको परोपकार गर भन्न मिल्दैन। त्यो संभव हुँदैन।

तर हामी के चाहिँ आग्रह गर्छौं भने, तिमी आफ्नो जीवन मज्जाले चलाउ। जे जे गर्नुपर्छ गरौं। यदृपी तिम्रो सानो सहयोगले नेपालको गाउँ गाउँमा ठूलो सहयोगको आभास दिन सक्छ। धेरैको जीवन बचाउन सक्छ। धेरैको पीडामा मल्हम लगाउन सक्छ। त्यसैले, आफ्नो नियमित जीवनमा असर नपर्ने गरी आफ्नो पेशागत दायराभन्दा अलिकति बाहिर गएर असाहाय, असक्त, विपन्नहरूका लागि सोच्ने र सानै भए पनि केही सहयोग गर्ने काम चाहिँ गरिदिऊँ। त्यसले गर्नेको जीवनमा कुनै असर पार्दैन तर उसको जीवनलाई पूर्ण चाहिँ बनाउँछ। त्यसलाई हामीले व्यावहारिक परोपकारको सङ्ज्ञा दिएका छौं। जस्तो मुगुको मुर्मासा स्थापना गरेको हेल्पपोस्ट एकदमै सामान्य छ तर त्यसले कयौं गर्भवती महिला, वृद्ध नागरिकहरू, कयौं बालबच्चाको ज्यान बचाई सक्थे। त्यहाँ डाक्टर भगवान कोइराला लगायत गएर हेल्प क्याम्प गर्नु भएको छ। तिलगंगाबाट गएर डा. सन्दुक रुइतका साथीहरूले हेल्प क्याम्प गर्नु भएको छ।

हामी सबै व्यस्त छौं। अहिलेको समयमा विभिन्न काम गर्नुपर्छ। छोरा छोरी हुर्काउनु पर्छ। मैले कर्णाली, सुदूरपश्चिम र मधेश लगायत नेपालका लगभग सबै क्षेत्र घुमेको छु। अहिले पनि ती क्षेत्रका कयौं बालबालिकाहरू दाल किन्ने पैसा नभएर पानी र भात मुखेर खान्छन्। मधेशमा शीतलहरमा कठ्याग्रिएर एउटा तातो ओढ्ने नहुनाले मान्छे मर्छन्। त्यो कस्तो स्थिति होला ? अहिले पनि सुदूरपश्चिममा साना पाँच छ वर्षका बच्चाहरू तीन, साढे तीन घण्टा हिँडेर विद्यालय जाने गर्दछन्। कालिकोट, जाजरकोट आदि जिल्लामा बच्चाहरू कुपोषित छन्। तिनीहरूलाई उपचार गर्न घन्टौं बोकेर लानु पर्छ। हामीले जतिसुकै दुःख गरे पनि देश विदेशमा रहने हामी धेरै भाग्यमानी नेपाली हौं। यस्तो सौभाग्य सबै नेपालीले पाएका छैनन्। ती विपन्न, असाहाय, अशक्तलाई सहयोग गर्नको लागि सानो, सानो सहयोग हेल्प नेपालको बास्केटमा हाल्दिनुस्। हामी छातीमा हात राखेर भन्न सक्छौं, त्यसमा एक पैसा तलमाथि हुन दिने छैनौं। जम्मा भएको पैसाबाट हामी राम्रा काम गर्छौं। त्यस्ता कामबाट फाइदा भएका मान्छेसँग हाम्रो कुनै सम्पर्क हुँदैन तर ती उपचार पाएका ज्यान बचाएका, पढ्न पाएका मान्छेले मन मनै दिएको आशिर्वाद हामी थोरै थोरै योगदान गर्ने सबैलाई लाग्छ। त्यो नै ठूलो धर्म हो भन्ने विश्वास मलाई छ। त्यसै हुनाले सारा संसारभरमा बस्ने नेपालीहरूलाई अनुनय विनय गर्छु, थोरै थोरै रकम छुट्याएर हेल्प नेपालको बास्केटमा राखिदिनुस् र यो राम्रो सन्देश सबै साथीहरूलाई फैलाइदिनुहोस्।



अरुण सिंह बस्नेत, हेल्प नेपाल र म



राजेश खनाल

चावहिल चोकमा पुगेपछि म सधैं टक्क अडिन्छु। त्यसरी अडिनुको कारण हो पूर्वस्मृति। जहिल्यै पुग्छु नोस्टाल्जिक हुन्छु र सोच्छु जतिखेर कुनै भीडभाड थिएन, कुनै भागदौड थिएन, त्यसबखत म यही चोकको कुनै घरको तेस्रो तलामा बस्थेँ, बाआमासँग।

केही साथीभाइ थिए, जोसँग पीच नगरिएको सडकमा गुच्चा खेल्थे, रमाउँथे र त्यो किशोरवयलाई सेलिब्रेट गर्थे। आज त्यही सडकलाई वारपार गर्न आकासेपुलको सहारा लिनुपर्छ।

त्यसबेलाका साथीहरूमध्येका एक अरुणसिंह बस्नेत अहिले धेरैका लागि सहारा बनेका छन्, त्यही आकासेपुलभै। जो एकनास अविश्रान्त सेवाभाव अंगालेर निरन्तर हिँडिरहेका छन्।

अरुणसँगको स्मृति अनेक छन् तर आज त्यो पूर्वस्मृति भन्दा उनको कर्मशीलताको चर्चा आवश्यक छ, जसले मलाई पनि जानि नजानि हेल्प नेपाल नेटवर्कसँग जोडेको छ।

पैतीस वर्षपछि फेरि भेट हुँदा अरुणसिंह बस्नेतले हेल्प नेपाल नेटवर्कको बागडोर आफ्नो काँधमा बोकिसकेका थिए। त्यो भेट भन्दा अघि मैले अरुणसँग इमेज न्युज एफएमको एउटा कार्यक्रममा हेल्प नेपाल र त्यसले गर्दै आएका कामहरूका विषयमा कुराकानी गरेको थिएँ। त्यसबेलासम्म पनि मलाई थाहा थिएन, यी उनै अरुण हुन् जोसँग म चावहिल बस्दा खेल्थेँ।

एक दिन विमल होडासँगै चोकमै रहेको हेल्प नेपालको कार्यालयमा पुगेपछि हामीबीच सम्बन्धको पुनरावृत्ति भयो। त्यहीं रवि मानन्धर र अरुणसँग कुरा गर्दागर्दै हामी २०३०-३१ सालको समयमा पुग्यौं। हामी त्यसैबेलादेखिको साथी भएको कुरा खुल्यो। अनि, पुराना दिन सम्झेर हामी हाँस्यौं। रमायौं।

हेल्प नेपालले सामाजिक क्षेत्रमा, शिक्षा, स्वास्थ्य र विपद्मा पुऱ्याउँदै आएको मानवीय सेवाबारे रेडियोमा कुराकानी गर्दा नै थाहा भइसकेको थियो। त्यस दिनको भेटमा मैले आफ्नो तर्फबाट गर्नसक्ने सहयोगबारे बताएँ।

तथापि काम गाह्रो थियो। म तिनताक रेडियो पत्रकारितामा अधिक सक्रिय थिएँ। साप्ताहिक पत्रपत्रिकासँग सामान्य रूपमा मात्र आबद्ध थिएँ। त्यै पनि हेल्प नेपालका लागि केही गर्न सकिन्छ कि भन्ने मनमा थियो।

एक पटक अचानक अर्घाखाँचीसम्म जाने मेलोमेसो जुट्यो। अर्घाखाँची नरपानीस्थित एक विद्यालयमा कक्षा कोठा थप्न हेल्प नेपाल नेटवर्कले सहयोग रकम उपलब्ध गराउँदै थियो। डा. विमलकुमार शर्मा, नारायण थापासहितको एउटा समूह नरपानी जाने तयारीमा थियो।

हेल्प नेपालबाट पनि कोही प्रतिनिधिको उपस्थिति भए सुनमा सुगन्ध हुने कुरा नरपानीकै मित्र नारायणले कुरा उठाए। म पनि जाँदै थिएँ। अरुणले सिधै भने, 'राजेशजी जाँदै हुनुहुन्छ। हेल्प नेपालको पत्र तपाइले नै हस्तान्तरण गर्नुहोस।'

यसरी हठात् म हेल्प नेपालसँग जोडिएँ। विश्वव्यापी रूपमा फैलिएको यो संस्थासँग यसरी म पनि जोडिँउंला भन्ने मैले थोरै पनि सोचेको थिइनँ। किनभने समाजसेवा गाह्रो काम भएको र म आफ्नै जीवनसंघर्षको मार्गमा दौडिरहने भएकाले यस्तो कठिन काममा हात हाल्ने आँट ममा थिएन।

परन्तु, अरुणले भनिसकेपछि मैले नाई भन्ने अवस्था पनि रहेन। मैले टाउको हल्लाएर सहमति जनाउनु बाहेक अरू केही गर्न सकिनँ। यो वार्तापछिको केही दिनमा हामी नरपानीको विद्यालयमा थियौं।

त्यस दिन कार्यक्रममा हेल्प नेपालका प्रतिनिधि भनेर मेरो नाम बोलाइयो। हेल्प नेपालले दिएको सहयोग राशिको चेक र पत्र प्रधानाध्यापकलाई बुझाएँ। पत्र वाचन पनि गर्नुपऱ्यो, गरें।

यी सबै प्रसंग सायद विस्मृतिमा थियो। आज हेल्प नेपालका बारेमा केही लेख्नु पऱ्यो भन्ने लागेपछि अर्घाखाँची नरपानीको त्यो प्रसंग सम्झना भयो।

किशोरावस्थादेखि नै समाज सेवा

समाजसेवी त अरुण हुन्, जो किशोरावस्थादेखि नै सामाजिक कार्यमा लागिरेका छन्। उनी त स्कूलमा पढ्दा नै समाज सेवातर्फ आकर्षित थिए। यस्तो सेवा भाव सायद कमैमा मात्र पाइन्छ। उनी किशोरावस्थामै सेवा गर्न जुमुराउँथे। कसैलाई सहयोग गर्नुपऱ्यो भने उनी अगाडि सरिहाल्थे। साथीभाइ कहाँ कुनै अष्टेरो परेका बेला गएर सहयोग गर्नु उनको दिनचर्या

नै भइसकेको थियो । त्यो उमेरमा पनि उनी बिरामी कुर्नु परे कुरिदिन्थे, केही काम गर्नु पन्थो, गरिदिन्थे, सेवा गर्न उनलाई कसैले सिकाउनु नै परेन । अरुणको यो सेवा भावप्रति उनको परिवारको सदा सर्वदा सहयोग नै रह्यो ।

परोपकारी भावनाले प्रेरित अरुणले चावहिल क्षेत्रमै सामाजिक कामको थालनी गरे । युवा उमेरमा मानिस सिनेमा हेर्न पुग्छन्, खेलकुदमा रमाउँछन् तर अरुणले अरू कसैले नगरेको काम आफ्नो भागमा रोजे र समाज सेवालाई आफ्नो अभीष्ट बनाए ।

अरुणले केही साथीहरूको समूह तयार पारेर सागर क्लबको स्थापना गरे ०३५ सालतिरै । त्यो क्लबले वृक्षरोपणदेखि लागू पदार्थका विरुद्धमा अनेक काम गर्दै गयो ।

समाज सेवाका क्षेत्रमा मनैदेखि काम गर्ने अरुण र उनका साथीहरूको सक्रियताले आज विस्तारित रूप पाइसकेको छ । किशोरावस्थामा स्थापित सागर समूहपछि 'याद' र 'आह्वान'

समूहको गठन गर्दै अरुणले सामाजिक, साहित्यिक र सांस्कृतिक क्रियाकलापमा आफू र आफ्ना साथीलाई क्रियाशील बनाउँदै लगे । आज पनि अरुणसँग कुराकानी हुँदा पुराना संस्था र तिनमा गरेको कामलाई उनी स्मरण गर्छन् ।

आज उनै अरुण, हेल्प नेपाल नेटवर्कको नेतृत्व पक्तिमा छन् । हेल्प नेपाल नेटवर्कको सेवाकर्मलाई अभै अगाडि कसरी बढाउने भन्ने विषयमा उनी जतिखेर चिन्तनशील छन् ।

शिक्षा, स्वास्थ्यसँगै दैवीप्रकोप र विपद्का बखत छिटोभन्दा छिटो पीडितहरूको सेवामा कसरी पुग्न भन्ने भावनाले अरुणलाई अहिले पनि दौडाइरहेको छ तर, उनको अनुहारमा थकानको रेसा पनि देखिन्न ।

मलाई लाग्छ, अरुण सेवामै शान्ति भेट्छन् । अरुणले गरेको सेवाको शून्य एक प्रतिशत मात्रै पनि मैले गर्न सक्ने हो भने मैले आफूलाई धन्य ठान्नेछु ।



परदेशबाट पुस्तक बिक्री गरेर परोपकार कर्म



नवराज आचार्य

थुप्रै नेपाली युवा विभिन्न परिस्थितिको परिबन्दमा परि परदेश लागे भैं म पनि सन् २००७ मा मध्यपूर्व इजरायल पुगें । रहरले त को जान्छ र परदेश, कुनै न कुनै बाध्यतामा परेर नै हो ।

सुविधा र हेर्ने समान दृष्टिकोणका आधारमा भन्नुपर्दा इजरायल अन्य देशको तुलनामा निकै राम्रो हो । काम त केयर गिभर नै हो हामी जस्ताले गर्ने तर कामका प्रकृति फरक हुन्छन् । संयोगले मेरो काम लिभ-आउट थियो अर्थात बिहान जानुपर्ने र बेलुकी डियुटी सकेर आफ्नो अपार्टमेन्ट फर्कनुपर्ने, यसर्थ अरुभन्दा मलाइ अलि समय मिल्दथ्यो साथीभाईहरूलाई सरसहयोग गर्न परे वा कुनै कार्यक्रम आयोजना गर्न परेमा । म अघि गएका भन्दा म पछि आएका नेपाली दाजुभाइ दिदीबहिनीहरू धेरै थिए । सन् २००८ को अन्त्यतिर इजरायलले नेपाली केयर गिभर/कामदार लान बन्द ग-यो । त्यतिखेर इजरायलमा नेपाली केयर गिभरमा जाने र केही विद्यार्थी गरि करिब बीस हजार हाराहारीमा थिए । यस्तैमा बिस्तारै नेपालका विभिन्न ठाउँबाट इजरायल पुगेका हामी जुट्दै गरौं र मन मिल्ने मित्रहरूसँग कुराकानीको क्रममा त्यहाँ नेपाली पत्रिका निकाल्ने प्रथम प्रयास भयो । सन् २०१० तिर यो हामी सबै नेपालीका निम्ति गौरवको कुरा थियो, परदेशमा नेपाली पत्रिका निकलनु । हामीले गरेको प्रयासमा धेरैले साथ पनि दिनुभयो । उक्त मासिक पत्रिकाको नाम 'नेपाल चौतारी' राखिएको थियो ।

यतिखेर म सम्भन चाहन्छु 'नेपाल चौतारी' का सम्पादक /गीतकार मित्र सुनिल सङ्गमलाई, सुन्दर गजल/कथा, कविता लेख्न माहिर कृष्णपक्ष थापा लगायत सबैलाई सम्भन चाहन्छु । विदेशमा नेपाली पत्रिका देख्दा गद्गद भएको थियो हाम्रो । कति इजरायलीहरू पनि निकै चाख मान्थे । यसरी काम गर्दै जाँदा सामाजसेवामा पनि केही गर्न पाए हुन्थ्यो भन्ने विचार अंकुरित भयो । यसै क्रममा कान्तिपुर दैनिकमा प्रकाशित एक फोटोले औघी मन छोयो । शारीरिक रुपमा अपाङ्ग, बैसाखी टेकेर विद्यालय जाँदै गरेकी पर्वत कुशमाकी आशा सोनी उनको नाम थियो । सन् २०११ को अन्त्यतिर अनलाइनमा प्रकाशित उक्त फोटोलाई पच्छ्याउदै सम्बन्धित व्यक्तिसम्म पुग्यौं र हामीले एक सहयोग अभियान चलायौं सामाजिक सञ्जाल फेसबुकमा । अभियानमा म संगै जगन कार्की, श्याम सुवेदी, दिपकिरण, सन्तोष शिवाकोटी र सुनिता राई कन्दङ्वा जोडिनु भएको थियो । सञ्जालमा सहयोगका लागि राखिएको स्टेटसले रू तीस हजार उठ्यो र हामीले तुरुन्त पठायौं । ती कक्षा ७ पढ्ने नानीलाई पढ्न सहज होस् भन्ने हेतुले ।

सहयोग अभियान यात्रा यहीबाट सुरु भएको थियो । यसरी अशक्त, दुखि, पीडितका लागि केही गरौं भन्ने भावना अफ्र बलियो भएर आयो र मैले नेपालबाट पुस्तक मगाएर इजरायलमा बिक्री गर्न थालें र त्यहाँबाट आएको रकम परोपकारी कर्ममा जोडें ।

पुस्तक बिक्रीलाई परोपकारमा जोडेपछि त्यस्ता धेरै सघंसंस्थाहरूसँग चिनजान हुँदै गयो र सकेको सहयोग गर्दै गएँ । यसै क्रममा बीबीसी नेपाली सेवा लण्डनका वरिष्ठ सञ्चारकर्मी, समाजसेवी हेल्प नेपाल नेटवर्कका संस्थापक रबिन्द्र मिश्रसँग भेट हुन पुग्यो । परोपकारी संस्था हेल्प नेपाल नेटवर्कले गर्दै आएको सामाजिक कार्य निकै राम्रो र उदाहरणीय लाग्यो । यसैले सकेको सहयोग गर्ने भनि अभियान थालियो । यसमा धेरैले साथ सहयोग गर्नुभयो । हेल्प नेपाल नेटवर्कका लागि हामीले सोचेभन्दा राम्रो सहयोग अनुदान उठ्यो । सन् २०१४ फेब्रुअरी १४ तारिखमा रबिन्द्र मिश्र इजरायल आउनुभयो । फ्रन्डै रू ६० लाख सहयोग संकलन भयो । हामीले एक कार्यक्रम आयोजना गरौं सङ्कलित सहयोग रकम हस्तान्तरण गर्न । इजरायलका लागि नेपाली राजदूत प्रल्हाद कुमार प्रसाईको प्रमुख आतिथ्यमा । उक्त कार्यक्रममा रबिन्द्र मिश्रले छोटो तर प्रभावकारी मन्तव्य दिनु भयो । हेल्प नेपाल नेटवर्कले गर्दै गरेको परोपकारी गतिविधिका बारेमा । हेल्प नेपाल नेटवर्कले कक्षा कोठा निर्माण, ठाउँ-ठाउँमा पुस्तकालय र प्राकृतिक प्रकोपको घडीमा पीडितहरूका निम्ति सारथी बन्दै आएको उदाहरणीय कुराहरू राख्नु भयो । हामीले दिनमा ५ कप चिया पिउछौं भने त्यसलाई घटाएर ४ कप पिउने गरौं बाँकी एक कप परोपकारका लागि छुट्याउन सकिन्छ भन्दै निकै सुन्दर अभिव्यक्ति राख्नुभयो मिश्रले । हेल्प नेपाल नेटवर्कको परोपकार गतिविधि गाउँ केन्द्रित भएको र सन् २०१४ सम्म आइपुग्दा ५० भन्दा बढी साना स्कुल र कक्षाकोठा निर्माण गरिसकेको, ४० भन्दा बढी पुस्तकालय निर्माण गरिसकेको बताइरहनु हुँदा सभा कक्षा गुन्जीएको थियो तालीले ।

थुप्रै स्रष्टा, सर्जकहरूको हजार बढी पुस्तक इजरायल पुऱ्याएर, बिक्री गरेर परोपकार कार्यमा जुट्न त्यति सहज थिएन तर चाहे गर्न सकिने रहेछ । करिब रु अठ्ठाइस लाख सङ्कलन गर्न सफल भएको थिएँ पुस्तक बिक्रीबाट । यसरी पुस्तक बिक्रीलाई परोपकारसँग जोड्न सफल भएकोमा मलाइ गर्व महसुस भै रहन्छ । हेल्प नेपाल नेटवर्कसँग आबद्ध सबै मित्रहरूमा शुभकामना । तपाईंहरूको सत्कार्य जारी रहोस् ।

(नेपाल फर्किए पछि पनि आचार्य सामाजिक सेवामा सक्रिय छन् । सं.)



हेल्प नेपाल बालगृहः विगत र वर्तमान



पूर्णबहादुर कार्की
संयोजक
हेल्प नेपाल नेटवर्क
काभ्रेपलाञ्चोक, जिल्ला शाखा धुलिखेल

२०६१ सालतिरको कुरा हो । एकदिन मेरो मोबाइलको घण्टी बज्यो । हेर्छु त हेल्प नेपाल नेटवर्क नेपालका अध्यक्ष अरुणसिंह बस्नेतको रहेछ । मोबाइल उठाएँ, कुराकानी भयो । उहाँले भन्नुभयो, “दाइ धुलिखेलमा पाएक पर्ने ठाउँमा जग्गा उपलब्ध भयो भने भवन बनाई बालगृह सञ्चालन गर्ने योजना हेल्प नेपालको छ, जग्गा खोज्नु पन्थो ।” मैले भने, म प्रयास गर्छु । यतिकैमा कुरा टुङ्गियो । प्रयास गर्छु त भने, कस्ताई भन्ने, कोसँग कुरा गर्ने, म बिलखबन्धनमा परे । जग्गा खोज्न यताउति भौतारिएँ । घुलीखेल .न. पा. ४ बखुण्डोलमा केही सार्वजनिक पर्ती जग्गा थियो । त्यहाँका केही गन्यमान्य प्रतिष्ठित मानिसहरूसंग कुरा चलाएँ । सकारात्मक आश्वासन पाइएन । एकदिन बेलुकी बाँसघारीको होटेलमा चिया गफको सिलसिलामा पञ्चकन्या स्कुलका संस्थापक मध्ये एक चन्द्रबहादुर अधिकारीसँग कुरा भयो । उहाँले, राम्रो काम रहेछ जग्गा हामी दिन्छौँ, पञ्चकन्या स्कुलको जग्गा छ । त्यहा भवन बनाएर बालगृह खोल्नुहोस भन्नु भयो । पञ्चकन्या स्कुलको अरनिको राजमार्गमा जोडिएको ८/९ रोपनी जग्गा रहेछ । धुलिखेल नगरपालिकाका विद्यालयहरुको अचल सम्पत्तिका दृष्टिले हेर्दा सञ्जवनी नमुना मा.वि. पछि, पञ्चकन्या स्कुल धनाढ्य स्कुल रहेछ । व्यवस्थापनको कमीकमजोरीले विद्यालयमा विद्यार्थी साह्रै न्यून र शैक्षिक स्तर पनि फितलो रहेछ । यदि हेल्प नेपाल नेटवर्क नेपालसंग विद्यालयलाई जोड्न सके विद्यालयको शैक्षिक स्तर तथा भौतिक प्रगति हुन सक्ला कि भन्ने आशा पनि रह्यो ।

पटक पटकको बैठक र भेला पश्चात हेल्प नेपाललाई बालगृह भवन बनाउन विद्यालयले सशर्त जग्गा उपलब्ध गराउने सर्वसम्मत निर्णय भयो र मिति २०६२/११/२६ गते हेल्प नेपाल नेटवर्क र विद्यालय बिच सम्झौता भयो । २०६२ सालमा बालगृह भवन बनाउन सुरु भयो । भवन निर्माण सुरु भए पनि सम्पन्न हुन भन्दा ८/९ वर्ष लाग्यो । यसै समय विश्व बजारमा आएको आर्थिक मन्दीका कारण भवन निर्माणले गति लिन सकेन । लामो समय पर्खनु पन्थो । एक दिन बेलुकी धुलिखेल नगरपालिकाका संस्थापक मेयर वेलप्रसाद श्रेष्ठले उहाँको होटल होराइजनमा आउनु भएका एकजना स्वीस नागरीकले बालगृह भवन निर्माणमा सहयोग दिने मनसाय राख्नु भएको र भोलि विहान ८:०० बजेभित्र अरुणसिंह बस्नेतलाई उहाँसंग भेटन

बोलाई दिनु भन्नुभयो । मैले तुरुन्तै खबर गरें । भोलिपल्ट बिहान रवीन्द्र मिश्र र अरुणसिंह बस्नेत आउनु भयो र कुराकानी गर्नु भयो । ति विदेशीले तीस लाख रुपैयाँ उपलब्ध गराउनु भयो र बालगृह भवनको बाँकी कार्य पूरा भई निर्माण कार्य सम्पन्न भयो । यसरी बालगृह भवनले पूर्णता पाउन धुलिखेल नगरपालिकाका संस्थापक मेयर वेलप्रसाद श्रेष्ठको ठूलो सहयोग रह्यो र यसको श्रेय पनि उहाँलाई नै जान्छ ।

भवन निर्माण सम्पन्न भए पनि सञ्चालनको लागि आवश्यक अन्य सामग्रीहरु, खाट, ओढ्ने ओछ्याउने, भाँडाकुँडा, मनोरञ्जनका सामान, अफिस सामान, प्राथमिक उपचारका सामान, फर्निचर, शैक्षिक सामग्री, खेलकुदका सरसामान आदिको व्यवस्थापनमा पनि समय लाग्यो । बालगृह सञ्चालन गर्न तत्कालिन जिल्ला बालकल्याण समितिबाट स्वीकृति लिने प्रक्रिया अघि बढाइयो । हेल्प नेपाल नेटवर्क नेपाल जिल्ला प्रशासन कार्यालय काठमाडौँमा दर्ता भएकोले यस काभ्रेपलाञ्चोक जिल्लामा कार्यक्रम सञ्चालन गर्न जिल्ला शाखाबाट स्वीकृत लिनु पर्ने, हेल्प नेपालको विधान संशोधन गरिनु पर्ने, विधानको उद्देश्यमा बालगृह सञ्चालन गर्ने उल्लेख हुनुपर्ने, कम्तीमा ३ वर्षको लागि सञ्चालन खर्चको बैंक ग्यारेन्टी हुनुपर्ने, सुरुमा बालगृहमा १० जना बालबालिका भर्ना गरिनु पर्ने, बालबालिकाको अनुपातमा कर्मचारीहरुको व्यवस्था हुनुपर्ने आदि बालगृह सञ्चालन मापदण्ड २०६८ मा रहेको प्रावधान अनुसारको व्यवस्थापन गर्न पनि समय लाग्यो । मिति २०७०/११/०४ गते (३७४५/२०७०/७१) जिल्ला प्रशासन कार्यालय काभ्रेपलाञ्चोक बाट स्वीकृत गरियो । माथि उल्लेखित प्रावधान पूरा गरिएपछि मिति २०७१/०२/२७ गते (४८/०७०/७१) जिल्ला बालकल्याण समिति काभ्रेपलाञ्चोकबाट बालगृह सञ्चालन अनुमति प्राप्त भयो । अब भने बालबालिकाहरु भर्ना गरी बालगृह सञ्चालन गर्न बाटो खुल्यो ।

२०७१ भाद्र ०८ गतेदेखि बालगृह सञ्चालन गरियो र बालगृहमा समस्याग्रस्त बालिकाहरु मात्र भर्ना गर्ने निर्णय भयो । सुरुमा १० जना बालिकाहरु भर्ना गरी विधिवत रूपमा बालगृह सञ्चालन गरियो । बालगृह सञ्चालन निर्देशिका निर्माण गरियो । बालगृह व्यवस्थाकमा धुलिखेल नगरपालिका वडा नं. ४ निवासी लामो समयसम्म शिक्षण पेशामा संलग्न, दृष्टिविहीन बालबालिकाको विशेष शिक्षा स्रोत शिक्षकको रूपमा काम गरिसक्नु भएकी सामाजिक सेवामा सक्रिय व्यक्तित्व पुण्यवती घलेलाई Paid Volunteer मा नियुक्ति गरी बालगृह सञ्चालनको जिम्मेवारी दिइयो । उहाँको कुशल नेतृत्वमा बालगृह सञ्चालन भइरहेको छ । उहाँले बालिकाहरुलाई मातृत्व प्रदान गरिरहनु भएको छ । उहाँ सबै बालिकाहरुको आमाका रूप परिचित हुनुहुन्छ । सबैले आमा भनेर सम्बोधन गर्छन् ।

२०७१ भाद्र ८ गते देखि संचालनमा आएको बालगृहको विधिवत समुद्घाटन भने २०७१ कार्तिक १९ गते समाजसेवी CNN HERO पुष्पा बस्नेतबाट सम्पन्न भयो ।

१० जना बालिकाबाट सुरु गरिएको यस बालगृहमा २०८०/८१ मा हुम्ला, बाजुरा, चितवन, बारा, सर्लाही, सप्तरी, मोरङ, झापा, दोलखा, सिन्धुपाल्चोक जिल्लाका २४ जना बालिकाहरू रहेका छन् । उनीहरूमध्ये १६ जना पञ्चकन्या आधारभूत विद्यालयमा, ८ जना सञ्जीवनी नमुना माध्यामिक विद्यालयमा अध्ययनरत छन् । ती मध्ये ३ जना प्राविधिकधार अन्तर्गत सिभिल इन्जिनियर विषयका छन् । काभ्रेपलाञ्चोक जिल्लाका २ जना बालिकाहरू उच्च मा.वि .(ग्रेड १२) उत्तीर्ण गरी बालगृहबाट बिदाई भइसकेका छन् । उनीहरू कमाउदै पढ्दै उच्च शिक्षा हाँसिल गरिरहेका छन् । विद्यालय लामो समय बिदा भएका बखत बालिकाहरूलाई उनीहरूको रुची र क्षमता अनुसार सिलाई तालिम, ब्यूटिपार्लर, सेफ, सेफ्टी प्याड, धूप, साबुन, अचार बनाउने तालिम दिइदै आएको छ । समय समयमा विभिन्न संघसंस्था, काठमाण्डौ विश्वविद्यालय, धुलिखेल अस्पताल, स्वास्थ्यकर्मी, मानव आधिकारीवादी, बाल अधिकारका क्षेत्रमा काम गर्ने सङ्घसंस्था, व्यक्तिहरूले विविध विषयमा बालिकाहरूलाई प्रशिक्षण दिने गरिएको छ । यस बालगृहका बालिकाहरूलाई विद्यालयबाट आयोजना गरेका शैक्षिक भ्रमण, अध्ययन अवलोकनमा, पठाइने गरिएको छ भने बालगृहबाट देशका विभिन्न भागमा अध्ययन

भ्रमण, पिकनिक लाने गरिएको छ । अष्ट्रेलियाबाट सञ्चिता कोइराला र बेलायतबाट Louise Worsfold ले अनलाईन पढाउने गर्नुभएको छ ।

हेल्प नेपाल बालगृह पारदर्शीरूपमा सञ्चालनमा रहेको छ । प्राप्त सहयोग रकम बैंक खातामा जम्मा गरिएको छ । प्रत्येक वर्ष सरोकारवालाहरू र स्थानीय महानुभावहरूको उपस्थितिमा सामाजिक लेखापरीक्षण सम्पन्न गरिदै आएको छ । लेखापरीक्षणको प्रतिवेदन, बालगृहको प्रतिवेदन समयमै सम्बन्धित निकायमा पठाइने गरिएको छ ।

हामीलाई लाग्छ हेल्प नेपाल बालगृह नमुना बालगृहको रूपमा सञ्चालित छ । बालगृह नमुनाको रूपमा सञ्चालन गर्न कार्यरत कर्मचारी, बालगृह सहयोग सञ्चालक समिति, हेल्प नेपाल नेटवर्क नेपालका संस्थापक अध्यक्ष रविन्द्र मिश्र, केन्द्रीय अध्यक्ष अरुणसिंह बस्नेत लगायत पदाधिकारी तथा सदस्यहरू, अष्ट्रेलियाका OZ Bayldon को महत्वपूर्ण सहयोग र सद्भाव रहनुका साथ साथै समितिको सक्रियता, सुभावा सल्लाह, सहयोगले नमुना बालगृह सञ्चालन हुन सकेको हो । उहाँहरू सबै घन्यवादका पात्र हुनुहुन्छ । हाल बालगृह सहयोग सञ्चालन समितिमा ९ जना सदस्यहरू र सल्लाहकार समितिमा ६ जना महानुभावहरू रहनु भएको छ ।



Students of Rajkhuleshowr Lower Secondary School, Dolakha



HELP NEPAL Network Children's Home, Dhulikhel



Relief Materials for Flood Victims



Girls Playing at the Children's Home, Dhulikhel

मैले नजन्माएका छोरीहरू



पुण्यवती घले
व्यवस्थापक
हेल्प नेपाल बाल गृह, धुलिखेल

म अविवाहित महिला हुँ। म लामो समयसम्म शिक्षण पेशामा आबद्ध रहें। शिक्षण पेशामा रहँदा गुरुहरू पूर्णमान सिंह बस्नेत, दुर्गाप्रसाद शास्त्री, वेदप्रसाद कोजु लगायत गुरुहरूको मार्ग निर्देशनमा नेपाल रेडक्रस सोसाइटी, नेपाल स्काउट, नेपाल दृष्टिविहीन कल्याण संघ, लगायतका दर्जनौं सामाजिक संघ संस्थाहरूमा सहभागी भई सेवा गर्ने सुअवसर पाएँ। शिक्षण पेशामा रहँदा सञ्जीवनी नमुना मा.वि. धुलिखेलमा दृष्टिविहीनहरूको विशेष शिक्षामा स्रोत शिक्षक भई बालबालिकाको क्षेत्रमा काम गर्ने अवसर मिल्यो। विद्यालयको छात्रावासमा रहेर दृष्टिविहीन छात्र, छात्राहरूसँग घुलमिल गर्ने, उनीहरूलाई ब्रेल लिपि पढाउने, उनीहरूको शारीरिक, मानसिक र शैक्षिक अध्ययनमा काम गर्ने। दृष्टिविहीन बालबालिकाहरूलाई मातृवासल्य प्रदान गर्नु मेरो दायित्व भित्र पर्छ्यो। यस मामलामा मैले कुनै कसर बाँकी राखिन। सञ्जीवनी नमुना मा.वि.बाट एस.एल.सी. उत्तीर्ण भई उच्च शिक्षा हासिल गरी ती छात्र छात्राहरू विविध क्षेत्रमा कार्यरत छन्। उच्च शिक्षा हासिल गरी विविध क्षेत्रमा कार्यरत रहँदा पनि मातातीर्थ औंशी लगायत चाडपर्वमा उनीहरूले सम्झँदा, भेट्न आउँदा ज्यादै गर्वको अनुभूति हुन्छ।

अर्को सुअवसर मलाई २०७१ सालमा मिल्यो। हेल्प नेपाल नेटवर्क नेपालले धुलिखेल नगरपालिका वडा नम्बर ३ मा सञ्चालन गरेको बालगृहमा व्यवस्थापकको भूमिकामा रही बालगृह सञ्चालन गर्न मलाई जिम्मेवारी दिईयो। यस बाल गृहमा आवसीय रुपमा छोरीहरू मात्र राखिएको छ। उनीहरू बालगृहमा बसेर नजिकैको पञ्चकन्या आधारभूत विद्यालयमा अध्ययन गर्छन्। अष्टम कक्षा उत्तीर्ण भएपछि धुलिखेल न.पा. ७ स्थित सञ्जीवनी नमुना माध्यमिक विद्यालयमा कक्षा १२ सम्म अध्ययन गर्छन्। कक्षा १२ पछि उनीहरू बालगृहबाट विदाई हुन्छन्। यसरी विदाई भएका दुईजना छोरीहरू आय आर्जन गर्दै पढ्दै गरी उच्च शिक्षा हासिल गरिरहेका छन्। हाल बालगृहमा देशका विभिन्न जिल्लाबाट आएका २४ जना छोरीहरू आश्रित छन्। कति छोरीहरू सानैमा मातृ वासल्यबाट वञ्चित भएका छन्। उनीहरूलाई मातृ वासल्यता प्रदान गर्नु मेरो दायित्व हो। बालिकाहरू र मेरो सम्बन्ध आमा छोरीको रहेको छ। उनीहरू मलाई आमा भनेर सम्बोधन गर्छन्, म छोरी भनेर त्यत्तिकै माया गर्छु। हामीमा आमाछोरी जस्तै नड र मासुको सम्बन्ध रहेको छ। आमा शब्दले म आह्लादित हुन्छु। आमा छोरीको सम्बन्ध प्रघाढ रहेको छ। मेरो नियति यस्तै रहेछ, सायद ईश्वरले मलाई कुनै न कुनै रुपमा समाजबाट अपहेलित नियतिले ठगेका बालबालिकाहरूको सेवा सुरक्षामा खटाएछु क्यारे। बाल गृहमा कतिन्जेल सेवा दिन सक्छु, कति नयाँ नयाँ छोरीहरू आउलान्, उनीहरूको आमा बन्ने अवसर मलाई नै प्राप्त हुनेछ। यसमा म खुसी छु। आनन्दित छु। मैले विवाह नगरेर छोराछोरी नजन्माएर के भो र मेरो लागि हुँदैछन् पछि पनि हुनेछन् मैले नजन्माएका छोरीहरू।



Children's Home, Dhulikhel



Children Celebrating Mother's Day

१० करोडको परोपकारी अक्षयकोष पुरा गरौं



डिला खरेल

हेल्प नेपाल नेटवर्क 'नेपालीहरुद्वारा नेपालीका लागि' भनेर स्थापना गरिएको विश्वव्यापी परोपकारी संस्था हो ।

यस संस्थाले विगत २५ वर्ष देखि नेपालका विशेषतः दुर्गम क्षेत्रहरुमा शिक्षा र स्वास्थ्यका क्षेत्रमा धेरै काम गरेको छ र परोपकारी कामहरु निरन्तर गर्दै आइरहेको छ । यस्तै परोपकारी कामहरुको निरन्तरताका लागि र तत्काल आवश्यक पर्ने रकम समयमै उपलब्ध होस् र कुनै समस्या परे पछि चन्दा र आर्थिक संकलन गर्न नपरोस् भन्ने हेतुले स्थापना गरिएको संयन्त्र हो - रु १० करोडको परोपकारी अक्षय कोष । विश्वभर छरिएर रहेका नेपालीहरुले, संस्थाले शुरु गरेको १० करोडको अक्षय कोषका लागि सहयोग गर्नु भयो, जसप्रति हामी कृतज्ञ छौं । उक्त कोषमा अहिलेसम्ममा करिब रु ६ करोड भन्दा बढी रकम जम्मा भएको छ र संस्थाले सोही कोषबाट आर्जित व्याज मार्फत नेपालका दुर्गम क्षेत्रमा शिक्षा, स्वास्थ्य र प्राकृतिक प्रकोपको क्षेत्रमा धेरै काम गर्दै आइरहेको छ । अबको चुनौती भनेको हामीले कसरी हाम्रो लक्ष्य प्राप्त गर्ने भन्ने हो र हामी सबै हेल्प नेपाल नेटवर्कका स्वयंसेवी साथीहरुले अब केही थोरै मेहनत गरौं र विशेष कार्यक्रम र योजना मार्फत १० करोडको अक्षय कोष निर्माण सन् २०२५ भित्र पुरा गरौं । म यस कार्यका लागि पूर्णरूपमा लाग्ने प्रतिबद्धता व्यक्त गर्दछु ।

“नेपालीको लागि नेपालीले नै गरौं” भन्ने हेल्प नेपालको पवित्र उद्देश्यबाट प्रभावित भएर म सन् २००८ देखि हेल्प नेपाल नेटवर्कमा आबद्ध भएको हुँ । १० करोडको अक्षय कोष स्थापना गर्ने अभियान, चितवनको विकट क्षेत्रमा विपन्न परिवारहरुलाई सघाउने अभियान लगायत हेल्प नेपाल अष्ट्रेलियाले संचालन गर्दै आएका विभिन्न परोपकारी अभियानहरुमा सघाउन पाउँदा म निकै खुसी छु ।

वास्तवमा निस्वार्थ ढंगले स्वयंसेवीरूपमा काम गर्दा जुन आत्मसन्तुष्टि मिल्दो रहेछ, त्यो अन्यत्र बाट मिल्दैन । त्यसैले आउनुहोस्, हातेमालो गरौं । हेल्प नेपाल अभियान मार्फत मातृभूमिको सेवामा जुटौं ।

(खरेल हेल्प नेपाल नेटवर्क अष्ट्रेलियाका Fundraising Coordinator हुन् ।)



Saraswoti Primary School,
Salyan- Before Construction



Saraswoti Primary School, Salyan- After Construction

HENN AUSTRALIA – A PASSAGE OF TIME



Harsa Gautam
HeNN-Australia

Born out of a simple thought process of a patriot Nepali Mr Rabindra Mishra, the idea that a small personal donation from the people who can afford can make a huge difference in the lives of the less fortunate people back home. This idea gave birth to “Help Nepal Network” with a motto of “One Dollar a Month Fund for Nepal.”

That idea led to the formation of Help Nepal Network in the UK and Nepal simultaneously in late 1999. Soon after it was expanded to other countries including Australia.

In Australia this network was registered in 2002 in Melbourne under the initiative of Dr Raju Adhikari and other friends who are still actively involved in the network’s activities and policy formulation. Soon after a team led by Dr Raju Adhikari from Victoria travelled to Sydney and made a short presentation in a small room of Paramatta library. Inspired by the presentation and the objectives of the network, few enthusiastic volunteers like Tara Shrestha and Harsha Gautam came forward to form a committee under the stewardship of Indra Ban and Narayan Pradhan. The Sydney chapter of the network was thus born. HeNN Australia was first of its kind organisation in Australia.

First HeNN Australia meeting in Canberra was held on March 2007 at the Australian National University (ANU). Member from Melbourne, Sydney and Canberra including high ranking official from the Embassy of Nepal did participate the event. In 2013 its new chapter was opened in Canberra by prominent members of Nepalese community.

HeNN Australia has played a very significant role in every aspect of this global network. In Australia, Melbourne, Sydney, and Canberra were actively working to promote the objectives of HeNN with a particular emphasis on developing a habit of giving and encouraging Nepalese diasporas to contribute in building schools and health care facilities in remote areas of Nepal.

The activities of HeNN Australia were very successful in raising awareness among Nepalese communities in Australia. It was a first charity organisation in Australia, completely free from politics and run solely by the dedicated volunteers.

After establishment of three chapters in Australia, Initially, HeNN Austria tried to establish similar chapters in all states and territories of Australia but it was not very successful. This may be due to low population base of Nepalese diasporas in other states. After the amendment of HeNN Australia constitution in 2010 that allowed first time to transfer the leadership role to various states on a rotation basis. In 2022, the leadership role was transferred to Brisbane, Queensland and after two years in 2024, it went to Adelaide, South Australia, where it is at present.

Sydney organised its first fund raising event in Ashfield Library on 2004. Since then, organising a fund-raising event has become an annual event. Initially all the fund raised went to support to build a health post in Mugu district where there was no health care facility. It was a signature project of Help Nepal Network which is still running today and is providing health care services to the people in Mugu and its three neighbouring districts.

The annual events were celebrated by the attendance of State Government ministers, Council General and Nepalese community leaders and volunteers. The most successful events were.

- ◆ 2004 – First community meeting in Ashfield Library
- ◆ 2005 – Screening of Daughters of Everest by Sapana Sakya and Ramayata Limbu
- ◆ 2006 – HeNN Australia Tour by a group of artists and musicians from Nepal and Australia
- ◆ 2007 – The Australia-Nepal Friendship Society in Canberra hosted a meeting
- ◆ 2008 – East meets West - a Musical fusion night led by Tabla virtuoso Dheeraj Shrestha,
- ◆ 2013 – Celebration of 10th anniversary of HeNN Australia – Visit by its founder president Mr Rabindra Mishra as part of his campaign to raise NRS100 million Endowment Fund
- ◆ 2015 – Nepal Earthquake Appeal in Parramatta Library, attended by the State MP

- ◆ 2020 – Celebration of 20th anniversary HeNN – Visit by Its president Arun Singh Basnet
- ◆ 2022 – Leadership role passed on to Brisbane and fund-raising event was organised in 2023
- ◆ 2024 - Leadership role passed on to Adelaide
- ◆ 2024 – 25th anniversary celebration in Canberra attended by ACT minister and local MPs

These were very remarkable and memorable events for HeNN Australia, which, generated enormous awareness among the Nepalese communities in Australia. This also raised its profile as a genuine charity organisation and its commitments to make a difference in the lives of ordinary people of Nepal.

The visit by its founder president Mr Rabintra Mishra in 2013 was a highly successful event. Large number Nepalese community members turned up to listen him. He travelled to different states of Australia. The tour helped to raise \$80,000 dollars towards the Endowment fund.

The annual events were part of the celebration of HeNN’s achievements and an opportunity to bring the Nepalese communities together. It was marked by the attendance of State ministers, Nepalese Council General, Nepalese Ambassador to Australia and community members.

The fund thus raised were contributed to support the ongoing projects like Children’s Centre in Dhulikhel and Mugu Health Post on a continuous basis and funding new projects such as e-libraries and school buildings.

Outbreak of COVID-19 in 2020 disrupted the normal life of the people everywhere around the world and Help Nepal Network also could not remain untouched from this outbreak. Its annual fund-raising event was also disrupted only to be revived in 2023.

The network despite its difficulties after COVID-19 outbreak has managed to keep the candle alight. This was only possible because the network has been able to win the trust of Nepalese community in Australia.

Future

Help Nepal Network is currently at the crossroad. Things cannot remain the same and are constantly evolving. Society has become more fractured and complex due to the existence of mass communication particularly due to the presence of social media platforms. Traditional way of fund-raising methods also needs to change in this changing environment.

Now a new era has begun for HeNN Australia. Leadership role has been passed on to the younger generation. There is hope and enthusiasm that the legacy of HeNN will continue and reach to a new level.

HeNN Australia celebrated its 25th anniversary in Canberra on 16th November 2024. The event was highly successful. All the credit goes to Its current president Ms Santoshi Gautam and its prominent member from Canberra Dr Krishna Hamal.

Finally, I will like to thank to all the founding presidents, members, volunteers, and friends who played an active role, supported the network, and worked tirelessly to make every fundraising event a success through out these years. Now it is time to pass the leadership role to the young generation of Nepalis who are motivated and love this beautiful country and her people.

This year it has reached 25 years and it is a time to celebrate and highlight its achievements over the last twenty-five years. We also have many milestones to celebrate.



Covid Centre Set up at the Bir Hospital, Kathmandu



Free Health Camp, Kavre

EMPOWERING HEALTH AND TRANSFORMING LIVES: THE IMPACT OF HELP NEPAL NETWORK



Dr. Lata Ghimire
Health Coordinator
HELP NEPAL Network

Help Nepal Network (HeNN) has been a beacon of hope for many remote and underserved communities across Nepal, particularly in the health sector. Since its beginning, HeNN has focused on improving healthcare access, raising awareness, and empowering local communities. The organization's initiatives are wide-ranging, targeting several key areas to address the health disparities faced by rural populations. Through its efforts, HeNN has made significant paces in enhancing health outcomes, particularly in regions such as Mugu, Bardiya, Sarlahi, Gorkha and beyond.

Holistic Health Initiatives for Community Empowerment

1. Establishment and Operation of Health Post

One of HeNN's flagship initiatives has been the establishment and operation of health post in remote district Mugu. The health post serves as the primary healthcare facility for communities that would otherwise have no access to medical services. The health post is staffed with trained personnel who provide essential healthcare services, from general check-ups to maternal and child health services.

In addition to basic healthcare, the health post play a vital role in health education, promoting preventive healthcare practices, and referring patients to higher-level medical facilities when necessary. HeNN has also worked on improving the infrastructure of these health posts to ensure that they are better equipped to handle both everyday medical needs and emergency situations.

2. Mobile Clinics for Remote Areas

Given Nepal's difficult terrain, many rural and remote communities remain isolated from healthcare facilities. To bridge this gap, HeNN has implemented mobile clinics that travel to these remote areas, bringing medical care directly to



the communities. These mobile clinics provide health check-ups, distribute medicines, and offer treatments to people who otherwise might not have access to healthcare. Through these clinics, HeNN has been able to reach underserved populations, offering services such as vaccinations, health screenings, and maternal care.

3. Health Camps and Specialized Services

HeNN regularly organizes health camps in various regions, offering specialized medical services that are often not available locally. These health camps provide free medical consultations, screenings, free medicine distribution and surgeries in areas like dental care, general health check-ups, cataract screenings, and eye surgeries. The organization partners with healthcare professionals to deliver these services, significantly improving access to specialized care.



4. Sanitation and Hygiene Campaigns

Addressing hygiene and sanitation is another crucial area where HeNN has made a significant impact. In rural Nepal, inadequate sanitation facilities and poor hygiene practices contribute to the spread of waterborne diseases and malnutrition. HeNN's initiatives to improve sanitation include the construction of pit toilets in remote areas, along with hygiene education programs.

HeNN also distributes essential hygiene products such as soap, water purifiers, sanitary pads, and nail cutters, educating local communities on their importance. These efforts have been instrumental in reducing the incidence of preventable diseases like diarrhea and respiratory infections, which are common in areas with poor sanitation.

5. Capacity Building and Training Local Health Workers

Sustainability is key to HeNN's health programs, with capacity building being a primary focus. HeNN runs training programs for local healthcare workers, including Training of Trainers (TOT) workshops, to equip them with skills in maternal health, nutrition, hygiene, and basic medical care. By empowering local health leaders, HeNN ensures that health interventions are community-driven and sustainable. These trained individuals continue to promote better health practices, ensuring long-term impact even after the program ends.

6. Health Awareness Campaigns

HeNN's health awareness campaigns educate communities on key issues like childcare, maternal health, nutrition, sanitation, disease prevention, and reproductive health. They focus on proper care during pregnancy, safe childbirth, and nutrition to prevent malnutrition. The campaigns also highlight the importance of clean water, hygiene, and sanitation in preventing illnesses. Through workshops and community programs, HeNN raises awareness about HIV prevention, testing, and treatment while promoting support for affected individuals. Reproductive health education helps people make informed choices about family planning, STDs, and safe practices, improving health awareness and reducing discrimination and stigma.

7. Nutritional Support and Maternal Health Programs

HeNN focuses on improving maternal and child health through initiatives like maternal nutrition, prenatal care, and safe childbirth practices. The organization provides education, nutritional supplements, and healthcare services to pregnant women. In areas like Bardiya, HeNN has established birthing centers with trained staff to ensure safe deliveries. These efforts have helped reduce maternal and infant mortality rates in the regions served.

8. Dhulikhel Children’s Home: A Pillar of Health and Well-Being

In addition to its initiatives in rural healthcare, HeNN has also made a lasting impact in urban settings like Dhulikhel. The organization established a children’s home in Dhulikhel, which provides a safe, nurturing environment for 24 girls. Beyond offering shelter, education, and emotional support, the home is an integral part of HeNN’s health initiatives.

The children’s home is equipped with necessary health facilities to ensure that the girls receive regular health check-ups, vaccinations, and nutritional support. HeNN’s healthcare programs are integrated into the daily routines of the children, ensuring that they grow up with a strong foundation in hygiene, nutrition, and overall well-being. The home also serves as a model of care for other similar institutions, where the importance of health and hygiene is emphasized through training and education.

9. Strategic Partnerships and Community Engagement

HeNN’s success can be attributed not only to its direct interventions but also to its ability to form strategic partnerships with local governments, NGOs, and other stakeholders. By working together with these entities, HeNN has been able to amplify its impact and create a more comprehensive healthcare ecosystem in the regions it serves.

Furthermore, HeNN emphasizes the importance of community involvement in its projects. The organization actively engages with local leaders and community members to foster a sense of ownership and ensure that health interventions are embraced and sustained. This collaborative approach has been key to the success of HeNN’s health programs.

Challenges and the Way Forward

Despite the impressive progress made, HeNN faces several challenges, including the geographical remoteness of its target areas, the shortage of skilled healthcare professionals, and the limited resources available for sustained health interventions. To overcome these challenges, HeNN continues to seek innovative solutions, increase funding, and strengthen its partnerships with local communities and international organizations.

Looking ahead, HeNN is committed to scaling up its programs, improving healthcare infrastructure, and ensuring that its health interventions are both sustainable and adaptable to the changing needs of the communities it serves. Through capacity building, awareness campaigns, and strategic partnerships, HeNN has empowered communities to take control of their own health and well-being. The Dhulikhel Children’s Home further exemplifies the organization’s holistic approach to health, nurturing the future generation while promoting essential health practices. As the organization continues to expand its reach and impact, its work remains a evidence to the power of collective action in transforming lives and building a healthier future for Nepal.



Clothes Donation to Hatemalo Foundation



MOU Signed with Panchanyakanya Primary School, Kavre

REFLECTIONS ON MY JOURNEY WITH HELP NEPAL NETWORK: A STORY OF UNITY AND RESILIENCE



By Niket Paudel

In 2015, Nepal was shaken to its core. The magnitude 7.8 earthquake that struck on April 25 left thousands of families devastated, their lives disrupted in an instant. As the ground trembled and buildings crumbled, a nation found itself confronting the painful realities of loss and displacement. But amidst the destruction, one thing became clear: Nepal's strength was in its people. It was during this turbulent time that I, a 17-year-old, had the opportunity to work with Help Nepal Network (HeNN) and witness firsthand how communities could come together to rebuild what was lost.

A Call to Action

I still remember the chaos and confusion after the earthquake. My hometown of Kathmandu, like so many other places, was left in ruins. Schools, temples, homes—all reduced to rubble. For me, as a young teenager, the earthquake was both a personal loss and a collective tragedy. But rather than being paralyzed by fear or helplessness, I found a sense of purpose in the midst of the devastation.

I decided to reach out to Help Nepal Network, an organization that was already well-known for its work in empowering Nepali communities and providing critical support during crises. With a deep sense of responsibility to my people, I joined hands with HeNN, eager to make a difference.

One of HeNN's first priorities was mobilizing resources to provide essential supplies. They coordinated with local and international partners, ensuring that food, clean drinking water, medical supplies, and emergency shelter were delivered swiftly to those who had lost everything. Their teams worked around the clock, navigating through damaged roads and difficult terrain to ensure aid reached the most vulnerable populations—those who had no

access to basic necessities or healthcare.

In addition to their relief efforts, HeNN set up temporary shelters, medical camps, and safe zones for families who had been displaced. They worked to restore a sense of normalcy as quickly as possible, ensuring that children could return to education and people could access medical care. HeNN's swift and comprehensive response helped mitigate the worst effects of the disaster, offering a lifeline to those in the most desperate circumstances. Their efforts were a shining example of compassion and efficiency in the face of unimaginable destruction.

A Personal Journey of Service

As a volunteer, my role was to help coordinate relief efforts in some of the most devastated areas. I travelled to remote villages, where roads had been destroyed and access was limited. It was a humbling experience, one that forever altered my perception of community and solidarity.

During these months, Help Nepal Network focused on not just providing immediate relief but also on ensuring long-term rehabilitation. They worked tirelessly to rebuild schools, health posts, and homes. I had the privilege of being a part of the rebuilding process, working alongside local villagers to restore what was lost.

Education: The Foundation of Change

One of the most notable aspects of Help Nepal Network's efforts is their emphasis on education. Even in the face of disaster, they understood that rebuilding Nepal meant investing in its future—its children. As part of HeNN's education initiatives, we worked to ensure that children returned to school as soon as possible. The earthquake had forced many schools to close, and the disruption of education was a major concern. But with the support of HeNN, temporary classrooms were set up in tents and other safe spaces, allowing children to continue their studies in a safe environment.

In the years following the earthquake, Help Nepal Network continued its work in education, establishing scholarship programs for underprivileged students, providing school supplies, and even rebuilding schools

that had been completely destroyed. The belief that education is the key to lifting communities out of poverty and disaster was a driving force behind everything HeNN did.

Healthcare and Community Support

Another cornerstone of HeNN's work was its unwavering commitment to healthcare, particularly in the aftermath of the 2015 earthquake. The destruction of health facilities, combined with a severe shortage of medical supplies and personnel, created an urgent healthcare crisis in the affected regions. Many communities, especially in rural and remote areas, were left without access to life-saving medical services. Recognizing the gravity of the situation, HeNN immediately mobilized healthcare professionals and volunteers from various regions to provide emergency medical care. These teams worked tirelessly, offering critical treatments to those injured in the earthquake, as well as preventing the spread of diseases that often follow disasters, such as waterborne illnesses and infections.

One significant example of this ongoing effort is the health post in Mugu, a remote district in Nepal where healthcare access has always been limited. HeNN took the initiative to build and maintain this health post, which has become a vital healthcare hub for surrounding communities. In an area where medical facilities are scarce and people often have to travel days to reach the nearest health center, the Mugu health post has been a lifeline, offering essential medical services, including maternal care, vaccinations, and emergency treatments.

The Spark That Led to a Career in Social Work

As I worked alongside HeNN in the wake of the earthquake, I saw how a community's collective strength could overcome the most unimaginable hardships. It was in the eyes of the survivors, who despite losing their homes and loved ones, still held onto hope. It was in the hands of the volunteers who worked tirelessly, without expecting anything in return, simply because they knew it was the right thing to do. These moments of selfless service, these gestures of compassion, left an indelible mark on me. I realized that the work I was doing with HeNN wasn't just about providing immediate relief—it was about restoring dignity, empowering people to rebuild their lives, and helping them regain a sense of purpose and belonging.

With that clarity in mind, I made the decision to pursue a degree in social work. I was determined to build the

skills, knowledge, and expertise needed to make a larger, lasting impact on the lives of vulnerable people. It wasn't just a career choice—it felt like a natural extension of the values I had internalized during my time with HeNN.

It is because of HeNN that I found my calling, and it is because of their work that I strive every day to carry forward the lessons they taught me—to empower, to serve, and to never forget the power of compassion.

Returning to Help Nepal Network: Full Circle

While studying my Bachelor's in Social Work, I had the privilege of returning to Help Nepal Network, this time as a full-time staff member. It was an opportunity I had always dreamed of—returning to the organization that had given me so much inspiration and purpose in my youth. Over the next few years, I worked alongside the incredible team at HNN, contributing to various projects that ranged from disaster relief to education and community development.

However, life has a way of guiding us toward new opportunities. After several rewarding years working with HeNN, I made the difficult decision to move to Australia to further my education and professional growth. But even as I stepped onto a new path, my connection to Help Nepal Network remained strong. The lessons learned, the relationships forged, and the spirit of service that HNN instilled in me continue to guide me in all that I do.

Who I Am Today: The Influence of Help Nepal Network on My Journey in Social Work

Motivated by my experiences with HeNN, I decided to pursue a degree in social work. It became clear to me that I wanted to dedicate my career to making a meaningful impact, not just on an individual level, but in addressing systemic issues that affect entire communities.

After completing my bachelor's degree, I made the difficult decision to move to Australia to further my education and broaden my professional horizons. It was a leap into the unknown, but it was a step I felt compelled to take in order to deepen my understanding of social work in a global context. Even though I was leaving Nepal, my connection to HeNN remained strong. The values and lessons I learned from the organization continue to guide me in everything I do.

In Australia, I completed my Master's in Social Work and began working in the social work space. Over the next three and a half years, I focused on leadership and community development, gaining new insights into social systems and practices in a different cultural context. Working with diverse communities in Australia, I drew on the foundational principles of empathy and empowerment that HeNN had instilled in me. I learned that, no matter where in the world you are, the need for compassionate, community-focused social work is universal.

Today, I am preparing to start my PhD in social work, and I am currently working as a lecturer in social work at an educational institution in

Australia. Reflecting on my path from Nepal to Australia, from a young volunteer to an educator and researcher, I am filled with gratitude for the journey that HeNN set me on. Although I didn't return to HeNN after my bachelor's, the work I did with the organization during my studies—combined with the values it instilled in me—has been a constant source of inspiration and guidance.

The lessons I learned from HeNN, the relationships I built with colleagues and communities, and the spirit of service that the organization embodies continue to shape my work. It's because of HeNN that I chose social work as my profession, and it's because of HeNN that I now have the privilege of teaching the next generation of social workers. As I embark

on the next phase of my academic journey with my PhD, I carry with me the same passion and commitment to social justice, empowerment, and community-driven change that HeNN has always embodied.

I am deeply thankful for the time I spent with HeNN. The impact the organization had on my life is immeasurable, and its influence continues to guide me as I work to create meaningful, lasting change in the social work field, in Nepal, Australia and globally.

A Help Nepal volunteer, Niket lives in Australia and is pursuing Ph D in social work.

सानिमा सुनौलो बचत खाता



सानिमा बैंक

निःशुल्क सुविधाहरू*

-  डेबिट कार्ड
-  मोबाइल बैकिङ्ग
-  डिम्याट खाता
-  मेरो शेयर
-  eCard जारी (पहिलो वर्षका लागि निःशुल्क टप अप)

*पहिलो वर्षका लागि

अन्य विशेषताहरू

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बीमा सुविधाहरू

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बीमा प्रदायक

 सिद्धार्थ प्रिमियर इन्स्युरेन्स लि.
Siddhartha Premier Insurance Ltd.

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FINANCIAL SUSTAINABILITY AND WAY FORWARD FOR HELP NEPAL NETWORK



Dila Kharel
Member
HeNN Global Committee

Help Nepal Network is the largest Nepali not-for-profit charity organisation of Nepalis around the globe. The aim of the Network is to encourage Nepalis and those who love Nepal around the world to extend support to rural communities in Nepal in the fields of health, education, and disaster relief, among others.

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.

The launch of HELP NEPAL Network (HeNN) was an attempt to demonstrate how the collective efforts of Nepalis and others interested in the country's wellbeing could make a difference in the lives of many in a country like Nepal. Many non-Nepalese were engaged in philanthropic activities in Nepal and virtually all Non-Governmental Organisations in the country were being financed by foreign donors. In such a situation we thought that it would be appropriate to encourage the large and resourceful pool of expatriate Nepalis, as well as those living in Nepal, to contribute to Nepal as much as they could. Hence, Nepalis are at the center of the Network's activities, though we warmly welcome any help and donations from other communities.

Help Nepal Network has established a fund to run the day-to-day administration of the organisation. As a charity organisation, HeNN strictly abides by law of the land and relevant rules and regulations. The organisation has planned its financial sustainability in a transparent way.

Financial sustainability is the ability of any organization to manage its finances to ensure long-term stability and to fulfill its mission. A charity organisation like Help Nepal Network has to struggle a lot, but as its leadership team,

associated volunteer and different committees were very concerned and sincere about its financial sustainability, they launched an ambitious Endowment fund of "Rs 100 Million" - Rs 10 KAROD KO PAROPAKARI AKSHAY KOSH - and we all are working to achieve it's mission by 2030.

The Challenges we see on Financial Sustainability of HeNN

Not for Profit and Charity Organisation Like Help Nepal Network are often driven by a passion for creating positive change and support the needy specially when government is poor and not able to meet the minimum social benchmark of peoples and societies' life at large, at it's own countries, periphery or with in the geographical boundaries, where Nepal Network is contributing a lot in Nepal, in the world, many organisation like Help Nepal network are working Likewise. But more than this, on our global observations One of the primary challenges they face is financial stability.

In General, relying on wider well-wishers, it's members and volunteer's donations or small amount of grants and support can contribute its life but at the same time it's really challenging for the sustainability and way forward.

Charity, Like Help Nepal Network must continuously evaluate and adjust their strategies to remain appropriate and practical.

Way Forward for Help Nepal Networks' Financial Sustainability

Fundraising: -

Help Nepal Network's major strength has been fundraising successfully from the wider community and its international chapters, yet we need to diversify and develop. We specifically need to make plan to collect and address Individual donations, Corporate House Donation, Partnership with Businesses and government grants etc. We need to explore more avenues rather depending on few sources.

Partnering & Collaborating: -

Help Nepal Network has already established many partnerships and collaboration around the globe through international Chapters. HeNN still needs to build long term and strategic partnerships and relationship beyond the fundraising and monetary support. HeNN has to develop partnership and collaboration with other agencies, donors, corporate houses and businesses to ensure sustainable funding.

Endowment Funds: -

Help Nepal Network has been very clear since its inception that that public donations should not be used to run the office and for its administrative purposes. Hence, HeNN set up an Administrative Endowment fund. It has also set up a separate endowment fund to finance its projects.

Effective Communication: -

Help Nepal Network does not believe in cheap popularity and unnecessary advertisements. But it is quite important to update its donors and wellwishers about the progress of various projects and how their donation is being utilised in Nepal. We need to mobilise social media as well as legacy media to reach out to our potential supporters and win their trust.

Capacity Building: -

Help Nepal Network has its own Administrative Office and dedicated Staff besides an army of volunteers. We organise training for our staff and help them to learn new skills while at work.

Long term strategic plan:

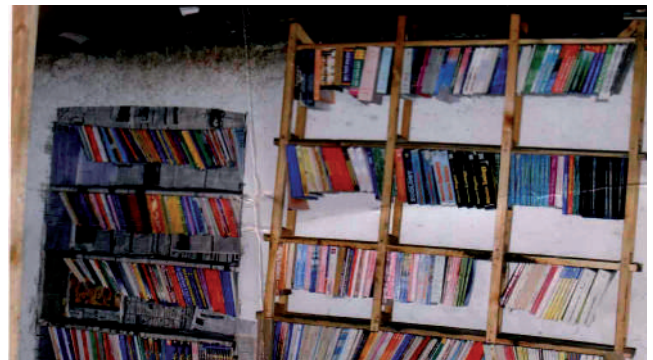
The Strategic Plan of HeNN outlines its long-term goals, objectives, and key performance indicators (KPIs). Help Nepal Network's strategic plan is close enough to address the evolving needs on the basis of Nepal's socio economic context.

In order to become a trusted Charity, Help Nepal Network must adopt best practices. It should leverage new IT techniques to identify new sources of funding and becoming more transparent. Trust is at the core of what we do. Financial transparency, accountability and planning are, hence, at the core of our activities.

A member of the Help Nepal Network global coordinating committee, Mr Kharel is a Professional Tax Accountant & Lecturer, Certified Mortgage Consultant and Business Advisor. He lives in Sydney along with his family.



Maha Jodi & Rabindra Mishra at Charity Event



First Project of Help Nepal Network Saraswoti H.S School, Dolpa.



Relief material distribution to Bhojpur fire victims by HeNN



Flood Relief Package Distribution in Jhapa

GIVING - THE NEPALI WAY



By Bhagirath Yogi

Charities need to utilise the potential of social media and make their activities transparent. Trust is the most important asset for any charity

Gyan Singh Tharu, who worked as a peon at the Mahendra Multiple Campus at Bharatpur, Dang, decided to donate over Rs one lakh (approx. US\$ 770) to construct a new building at the Padmodaya Public Model Higher Secondary School in Dang where he had his initial schooling. The school (where I also studied) invited Pundit Dinbandhu Pokhrel to conduct Srimad Bhagavad Mahayagya in January 2017 to raise funds to construct a new building to launch vocational courses for its students. Thanks to donors like Tharu, the school was able to raise Rs 35 million, mostly from local donors, incumbent and former teachers, staff and students.

Pundit Dinbandhu, son of late Pundit Narayan Prasad Pokhrel, has conducted numerous Mahayagyas, elaborate religious ceremoniwa based on Hindu scriptures, to raise funds for many social causes.

While reciting from holy texts, he highlights the virtue of 'daan' (donation) and motivates local community to donate for good causes. His late father (who was killed during the Maoist insurgency) and Pundit Dinbandhu have thus collected millions of rupees by conducting 'mahayagyas' in different parts of the country.

Though Nepal is passing through rapid political, economic and social changes, the society by and large still remains deeply rooted in its centuries-old socio-cultural norms. While such norms, at times, are blamed for discrimination based on gender, caste and race, the positive aspect is that they seem to promote strong family values as witnessed during the large outflow of people from Kathmandu valley to meet their parents in the districts during the Dashain festival. The same spirit encourages people to make donations to various social causes.

As millions of Nepali youths are working abroad, a number of NGOs and charities are trying to tap their potential. The Non-Resident Nepali Association (NRNA), which has chapters in over 70 countries around the world, has asked all of its chapters to carry out at least one charity work every year. There are over 200 organisations of expatriate Nepalis in the UK alone and they usually organise summer barbecue or charity dinner to raise funds to support local schools, health posts or buy an ambulance to send to Nepal.

Power of social media

Back home, young generation of Nepalis are experimenting with social media to generate funds as well as volunteers. In the aftermath of the devastating 2015 earthquakes that killed nearly 9,000 people, many NGOs and voluntary organisations collected relief materials at short notice and distributed them among quake-affected communities in central and western Nepal. While many INGOs have been criticised for spending more in overheads and training and counselling sessions, local volunteers played a crucial role in reaching out to affected communities and helping them in whatever way possible.

Mobilising volunteers and resources during a disaster like an earthquake is one thing, but generating resources locally and deploying them in a sustainable manner for specific purposes is a different matter. It warrants both strategic planning and clarity of purpose to organise such activities.

More important will be to know what resources the community already possesses and how to mobilise them for a common, public good. And, there are individual traits also.

In his book Give and Take, Adam Grant discusses three types of people: givers, takers and matchers. According to Grant, givers prefer to give more than they get while takers like to get more than they give. Matchers, for their part, strive to preserve an equal balance of giving and getting. So how could givers be distinguished from the rest? "(Giving) just involves a focus on acting in the interests of others, such as by giving help, providing mentoring, sharing credit, or making connections for others," says Grant. In this dog-eat-dog world, many believe that you have to strive to move ahead at the cost of others. But Grant insists that

givers can get to the top of their organisation or institution by helping out others.

Osho, the Indian spiritual leader, once declared, “The more you give, the more you get; that’s the law of the nature.” But how could we be a ‘giver’? In his book “Giving: How each of us can change the world,” former US President Bill Clinton suggests that gifts of time, skills, things and ideas are as important as contributions of money. “There’s so much to be done, down the street and around the world. It’s never too late or too early to start,” he adds.

In the Nepali community, the act of giving has always been considered super sacred. When you are giving away something your hands are always above the hands of the takers, and the belief is that giver is always superior.

But to be entirely superior, the act of giving has to be selfless and without any hopes of return—except perhaps the reward of happiness it generates. Being selfless is not an easy option. One has to overcome all sorts of self-interests to reach such a state of being.

Every Small Helps

Organisations like HELP NEPAL Network (HeNN) are popularising the concept of ‘practical philanthropy.’ The Network has shown how a small donation of One Pound, One Euro or One Dollar a Month can make meaningful impact upon the lives of thousands of people back home.

By setting up a separate fund to pay for its administrative expenses, the Network has made sure that every penny donated by Nepalis living abroad goes directly to the designated projects benefitting local communities.

“When we started 25 years ago, there was little competition to raise funds. But, now we have to compete with other Nepali community organisations who also want to raise funds to support various charitable activities,” says Sachin Shrestha, Chairman of HELP NEPAL Network UK chapter.

While the competition intensifies, charities need to utilise the potential of social media and make their activities transparent, say experts. Auditing the expenses, informing donors how the dollars they donated were spent and publicising the impact on the ground helps to build trust. And, trust is the most important asset for any charity.

Wherever we are, perhaps the time to be a giver—within our family, community and beyond—is now. And, connection to our roots—as being championed by preachers like Pundit Dinbandhu Pokhrel and followed by people like Gyan Singh Tharu—could sustain such a tradition for generations to come.

A former BBC Nepali journalist, Yogi is a member of HELP NEPAL Network global coordination committee. He is also a founder member of HELP NEPAL Network UK.



Former Miss Nepal Money Handover



Warm Clothes Distribution Program, Kailali



Tracksuit Support to students of Shree Saraswati Basic School, Pyuthan



Support to Shree Singhadevi H.S School, Tehrathum to Complete School Building Construction

HENN GLOBAL – AN INCLUSIVE, SUSTAINABLE, PHILANTHROPIC ORGANISATION



Dr. Raju Adhikari
HeNN-Australia

Most diaspora community-based organizations undertake charitable activities in Nepal due to the sense of belonging and giving something back to their motherland. There are several such organizations, however, Help Nepal Network (HeNN), is the largest charitable network since 1999 advocating the concept of practical philanthropy with slogans “One Dollar a Month Fund for Nepal.” Help Nepal Network (HeNN) focuses mainly on supporting health, education, and disaster relief efforts in Nepal, particularly in rural and underserved areas.

Australia was the first global chapter of HeNN to have joined in 2000 with a contribution of \$1000.00 to HeNN project Saraswati Madhyamik Vidyalaya Library project in Dolpa, West Nepal. The HeNN Australia played a key role in shaping and developing HeNN global policy and networking. In 2002, following consultation with the Victoria Nepalese Community. The HeNN-Australia chapter was formally registered in Victoria in April 2003 under the Australian Incorporation Act 1988 led by Dr Raju Adhikari (2000-2010). There are now 9 global chapters UK, USA, Sweden, Australia, New Zealand, Denmark, Canada, Nepal, Qatar, South Korea. HeNN is a movement supported by Nepalese of all age groups globally.

HENN Australia DR Adhikari handing over \$1000 support to Sarswati Vidyalaya Project, Dolpa, 2000.

Since its inception, as the first founding global chapter, HeNN Australia had worked closely in policy formulation shouldering and project planning. HeNN Australia made significant contributions to many health and educational projects providing direct financial support of \$ 300,000.00 in various health and educational projects and was the architect of e-Library concept. HeNN-Australia constitution was amended to form chapters in various states to include broader community spirit and enable leadership roles to various states. HeNN Australia is now listed as a charitable organization in Australia and seeking a fully tax relief status.



Help Nepal distributing relief materials for COVID impacted families, Recent fold disaster and HENN Flag hoisted by mountaineer Migma Shri Sherpa in Mt Everest to share the messages of practical Philanthropy

Here are some of HeNN's key global charitable activities and achievements:

Key Activities:

Health Support

- ◆ Building and funding health centers in remote villages of Nepal, providing essential healthcare services to communities without easy access to hospitals.
- ◆ Supporting maternal and child health programs, vaccinations, and medical camps in partnership with local health workers.

Educational Support

- ◆ Building and renovating schools in rural areas to improve access to education.
- ◆ Providing scholarships, school supplies, and educational resources to underprivileged students.
- ◆ Setting up libraries in schools and communities to promote literacy and education.

Disaster Relief

- ◆ Providing immediate and long-term support during natural disasters, such as the 2015 Nepal earthquake, by rebuilding schools, homes, and infrastructure.
- ◆ Offering medical aid, food supplies, and temporary shelters in disaster-affected regions.

Technology and Digital Initiatives

- ◆ Establishing e-libraries and digital learning centers to improve access to education in rural Nepal.
- ◆ Supporting telemedicine programs that allow remote healthcare services for people living in hard-to-reach areas.

Through these signatory projects, HeNN has made following notable Achievements:

- ◆ HeNN has funded the construction of over 40 schools and health posts across Nepal, impacting the lives of thousands of children and families in rural areas.
- ◆ During the 2015 earthquake, HeNN mobilized resources globally and provided extensive relief efforts, raising funds to rebuild homes, schools, and health facilities in affected areas.
- ◆ Through its chapters in countries like the UK, USA, and Australia, HeNN has garnered significant international support, raised funds and coordinated volunteers for Nepal.

Educational Support

- ◆ The establishment of more than 39 libraries and computer centers across Nepal has greatly enhanced the educational opportunities for rural communities.

These activities and achievements illustrate HeNN's ongoing commitment to improving health, education, and disaster preparedness in Nepal through global support.

HeNN has established an Endowment Fund (Akshya Kosh) of Rs sixty million with donations from various individuals and organisations. The interest accrued from the endowment fund is spent annually on committed projects. Different global chapters also contribute separately to selected projects from fund raising activities.

The projects are directly selected in consultation with the community. The community then submit the project proposal in the HeNN project template along with supporting documents. The proposal is then reviewed by the HeNN project team which comprises Nepal Executive team and project coordinator from global chapters. If the project meets the evaluation criteria, HeNN team, notify the outcome to the community and further discussion is held about the project implementation plan. The project agreement is then signed by both parties to abide by the guidelines of compliance, fund use and delivery of the project. After the project completion, The community submits a project report with details of work completion. HeNN team later visits the project sites to get first-hand information and the project is officially handed over. Community members who are not able to provide technical details, HeNN team take all the information from them and submit the project proposal online or by hand to HeNN office. All project details are available on the website and project submission is open and can be submitted anytime.

HeNN office is open from 10-5 pm for 6 days and can be contacted. HeNN is grateful to all founding chapters, members and entire diaspora community and donors for their great faith in HeNN activities and for their ongoing support and commitments which has enabled HeNN to be a sustainable charitable organization.

HeNN's 25th year anniversary is a time to reflect on its commitments, legacy and plan for the future and feel pride in its glorious history which will continue to inspire the young generation to connect to Nepal through charity. We wish all our chapters and team a happy 25th anniversary.

Dr Adhikari is a global advisor and founding president of Help Nepal Network Australia and organisations Nepali Association of Victoria (NAV), Federation of Nepalese Association of Australia (FeNCAA), Nepali Hindu Astha Society Victoria (NHASV) and Australia Multicultural Network Organisation (AMON). He is an academic by profession working with CSIRO in Australia and holds Adjunct position at RMIT University and Latrobe University. He serves in the Regional Advisory Council of the Victoria Multicultural Commission (VMC), the New and Emerging Communities Policy Advisory Committee of the Ethnic Community Council Victoria (EECV), Board Member of Eastern Volunteers (ev), Research director of Smart Health Global (SGH) and is Deputy Chair of the Emotional Well-being Institute (EWBI), Geneva.

FROM CHALKBOARDS TO KEYBOARDS: TRANSFORMING SCHOOLS IN NEPAL



Er. Roshendra Dhoj Khadka
Executive Member
E- Library Coordinator

In this digital era, where computers have become synonymous with education, it is a sobering reality that many public schools in Nepal still lack access to this transformative technology. This digital divide is not confined to remote rural areas but extends even to schools near urban hubs. In 2007, students at Sarashwoti Secondary School in Sudal village, Bhaktapur—barely 5 km from Kathmandu's center—had never seen or touched a computer until an eLibrary was established. Similarly, in Patabhar, Bardiya, school-children experienced the marvels of computers for the first time only in 2012.

This profound gap in digital resources became a catalyst for change. Inspired to make a difference, a group of final-year Computer Engineering students from the Institute of Engineering (IOE) dared to act. They forwent the conventional educational trip to India and instead collaborated with Help Nepal Network (HeNN) to propose the genesis of an eLibrary in a Nepali school. Now the shared dream was not just to provide computers but to ignite a revolution in ICT4E (Information and Communication Technology for Education) realm. It was an ambitious step to ensure that Nepal did not remain a bystander in the global digital transformation.

In December 2006, with a modest funding of Rs. 350,000 from HeNN, the team procured reused computers, including five Pentium-1 and three Pentium-IV machines, along with networking equipment. K12 LTSP (Linux Terminal Server Project) distribution and open-source educational content was chosen to deploy Nepal's first school-level eLibrary at Shree Adarsha Madhyamik Vidyalaya in Lalmatiya, Dang. This initiative, under the banner of "One eLibrary per district," aimed to bridge the technological divide and empower schools across the nation with digital educational resources.

The impact has been monumental. Over the years, more than 50 eLibraries have been deployed across Nepal,



bringing the power of technology to thousands of students mainly studying in public schools.

These achievements were made possible through partnerships with organizations like Save the Children, Ncell, UN, OLE, and NIC, as well as generous contributions from individuals in Nepal and abroad. The best part was HeNN's operational model of engaging engineering students from colleges and universities across the country who played a pivotal role, transforming their academic knowledge into meaningful contributions for underserved communities. Their efforts turned the eLibrary initiative from a mere concept into a movement that continues to uplift rural education system.

Beyond installing eLibraries, the project cultivated a spirit of innovation and collaboration. Institutions like Kathmandu University (KU) and Brihaspati Vidyasadan provided research platforms for volunteers to refine and enhance the eLibrary model. Teachers' training programs equipped educators with the skills to integrate digital tools into their classrooms, laying a strong foundation for sustainable digital education. This synergy of technical expertise, community engagement, and institutional support has been key to the program's success.

Perhaps it is time to expand the ecosystem by engaging former volunteers who have now become accomplished professionals in global tech companies, reigniting their passion to support and modernize the program. By leveraging new technologies, they can help enhance its reach and impact. While challenges persist, particularly concerning long-term sustainability, the program remains a powerful testament to determination, collaboration, and the unwavering belief that no child—regardless of their location—should be left behind in the digital revolution. Nepal deserves a future where every child has access to the tools needed to learn, thrive, and succeed in a connected world.

DISASTER AND RELIEF

SUPPORT TO COLD VICTIMS

S.N	PROJECT	LOCATION	PARTNER	COST	DATE
1	Relief to cold victims	Siraha, Dhanusha	HeNN, Sano Paila, Yuva Dalan	Nrs, 3,20,911	Jan 2013
2	Relief to cold victims	Bara, Parsa	HeNN, Sano Paila	Nrs, 2,68,012	Jan 2013
3	Relief Materials to cold victims	Siraha	HeNN	Nrs. 583,294.11	2014
4	Relief Materials to cold victims	Rautahat	HeNN	Nrs. 200,000	2015
5	Relief material distribution to survivors of cold	Saptari	HeNN	Nrs. 739,836.28	2016
6	Relief Materials to cold victims	Saptari	HeNN	Nrs. 6,77,770	2017
7	Relief material distribution to survivors of cold	Jhapa	HeNN	Nrs. 486,695.52	2017
8	Relief Materials to cold victims	Saptari	HeNN	Nrs. 2,24,684.80	2018
9	Blanket support to cold wave victims	Mahadeva, Dhikli, Rupani, Tilathi & Koiladi VDC	Local partner	Nrs 65,000	2018
10	Relief Materials to cold victims	Saptari	HeNN	Nrs. 2,52,199.60	2019
12	Blanket support to cold wave victims	Saptari	Shree Dharmi Halfa Development Club	Nrs. 2,92,461.50	2021

SUPPORT TO FLOOD VICTIMS

S.N	PROJECT	LOCATION	PARTNER	COST	DATE
1	Support to flood victims	Koshi zone	Red cross society	10,609 USD	Sept, 12, 2007
2	Relief to fire and flood victims	Siraha, Kaski	HeNN, NRN association, Nepal Red Cross Society, Kaski, Sano Paila	Nrs, 416,500	July 2012
3	Monsoon Relief Fund 2017	Saptari, Siraha, Rautahat, Sunsari, Bara, Jhapa, Nawalparasi	Dharmi Half Women Development Club, Yuva Dalaan, Shubhalal secondary school Alumni, Nawa Adarsha Nepal, I for change etc	Nrs, 23,64,618.07	2017
4	Relief to flood Survivors, Saptari and Ramechhap	Saptari, Ramechhap	Dharma Halfa Women development, HeNN local partner district disaster relief committee	Nrs, 2,50,100	October 9, 2017
5	Relief material distribution to flood survivors	Bardiya	HeNN, Shrijansil Janasakti Samaj	Nrs. 1,00,000	July 15, 2018
6	Relief material distribution	Lalipati, Saptari	Dharmi Halfa Women Development Club	Nrs. 4,00,000	2018
7	Relief materials distribution to flood survivors	Hanuman Nagar, Kankalini Municipality, Saptari	HeNN, Dharmi Halfa Women Development Club, Rajbiraj	Nrs. 43,404.00	2018
8	Relief materials distribution to flood survivors	Ramechhap, Khimti	HeNN local partner, Ramechhap UNESCO Sangi Shikshya Karyakram	Nrs. 1,73,330.97	16th July, 2017
9	Helambu Flood Relief Program	Helambu	Nepal Red Cross Society, Sindhupalchowk branch.	Nrs. 1,89,460	17th June, 2021
10	Myagdi Disaster Relief Program	Myagdi	HeNN	Nrs. 37,500.00	20 June 2021
11	Kanchanpur Flood Relief Program	Bheemdatta municipality of Kanchanpur district.	HeNN, Bhimdatta Municipality, Kanchanpur	Nrs. 280,300.00	23rd October, 2021
12	Swamikartik Khapar Rural Municipality, Bajura	Swamikartik Khapar Rural Municipality, Bajura	Help Nepal Network	Nrs. 99,500.00	2023
13	Relief Material For flood and landslide victims in Lalitpur, Kavre, Dolakha, Kathmandu & Sindupalchowk	Lalitpur, Kavre, Dolakha & Sindupalchowk	HeNN Australia, HeNN USA	Nrs. 1,395,264.00	2024

SUPPORT TO FIRE VICTIMS

S.N	PROJECT	LOCATION	PARTNER	COST	DATE
1	Support to fire victims	Murma VDC, Mugu district	Help Nepal Health Post, Mugu	361 USD	Dec 2005
2	Support to fire victims, Bhojpur	Bhojpur district	Bhojpur Sewa Samaj	1,125 USD	April 2006
3	Relief material send to Siraha fire victims and Seti victims	Siraha, Kaski	HeNN, NRN association Nepal Red Cross Society, Kaski Sano Paila	Nrs. 416,500	July 2012
4	Relief materials distribution to fire survivors	Saptari	HeNN	Nrs. 318,618.44	2017
5	Relief materials distribution to fire survivors	Siraha	HeNN	Nrs. 318,618.44	2017
6	Relief materials distribution to fire survivors	Bhadrapur, Jhapa	Women and Children Awakening Movement	Nrs. 65,000	May 29, 2018
7	Blanket Support to Fire Victims	Ilam District Hospital Quarter	HeNN	Blankets are received from generous donors	December 11, 2023

8	Relief material for Fire Victims of Khotang	Halesi T u w a c h u n g Municipality, Ward No.9,	HeNN	Nrs. 40,000.00	April 26, 2024,
9	Relief material to Fire Victims of Saptari	Sardar tole -5,	HeNN	Nrs.126,898.00	April 26, 2024,

SUPPORT TO COVID PATIENTS

S.N	PROJECT	LOCATION	PARTNER	COST	DATE
1	COVID-19 Relief Package and Awareness Program 2021	Sindupalchowk, Tanahun, Kavre, Dolakha, Ramechhap and Achham	'Alliance For Peace', 'Red Cross Society', 'Yes to Change', 'Nepal Manab Sewa Samiti' 'Ramechhap Business and Professional Women' and 'Support In Nepal	Nrs. 1,547,383.82	2020-2021

SUPPORT TO EARTHQUAKE SURVIVORS

S.N	PROJECT	LOCATION	PARTNER	COST	DATE
1	Relief Materials distribution to support the Earthquake survivors of Bajhang	Bajhang	Nanda Krishna Joshi	Nrs.496,885.00	2023
2	Relief Materials support to earthquake survivors of Jajarkot and West Rukum	Jajarkot and West Rukum	Collaborated with the local government	Nrs. 3,644,800.7	2023-2024
3	Relief Materials, Reconstruction, Constructed Temporary Shelters, Temporary Learning Centers & Latrines, and Conducted Health Camps	Relief materials & Reconstructions in Bhaktapur, Bhojपुर, Dhading, Dolakha, Gorkha, Kavre, Lalitpur, Kathmandu, Lamjung, Nuwakot, Makawanpur, Nuwakot, Okhaldhunga, Rammechhap, Rasuwa, Sindhuli, Shindhupalchowk, and Solukhumbu 2,000 temporary shelters in Dhading, Dolakha, Gorkha, Kavrepalanchowk, Nuwakot, Ramechhap, Rasuwa, and Sindhupalchowk 4 temporary learning centers in Dolakha, Sindhupalchowk, Kavrepalanchowk, and Nuwakot 20 latrines in Dhading, Dolakha, Gorkha, Kathmandu, and Nuwakot. 61 health camps in Baglung, Dhading, Dolakha, Gorkha, Kavrepalchowk, Makwanpur, Nuwakot, Rasuwa, Sindhuli, and Sindhupalchowk.	HeNN partnered with local government offices and more than 100 profit and community organizations	Nrs. 4,70,00,000	September 30, 2015

OTHER SUPPORT

S.N	PROJECT	LOCATION	PARTNER	COST	DATE
1	Donation to Benevolence child welfare organization	Kathmandu	HeNN, Sri Chinmoy Center	Nrs, 12,52,826	February 2011
2	Funds for Amrit public health co-operative limited	Lamatiya-3, Dang	HeNN	Nrs,5,00,000	2011
3	Construction of overhead water storage tank	Dhulikhel	HeNN, a local consumer group	2514.25 euro	2012
4	Clothes donations to conflict victims society	Pathardeha VDC Kapilvastu	HeNN, conflict victim society for justice-Nepal	Nrs, 5,90,865	March 2012
5	Clothes distribution campaign	Rautahat, mahottari	HeNN, ECS media, Shikhar shoe company Sano Paila	Nrs,6,37,777	Jan, 2012
6	Financial support to Bal Sarathi	Tilgnga, Kathmandu	Bal Sarathi	Nrs,4,51,700	2014
7	Mission Kanda with Miteree Foundation	Bharatpur-10, Chitwan	Miteree Foundation Nepal	Nrs.10,71,570	2013
8	Fund for Sajha Sahayatri Nepal	Imadol, Lalitpur	HeNN	Nrs.30,000	9th October, 2024

EDUCATION SUPPORT

S.N	PROJECT	LOCATION	PARTNER	COST	DATE
1	Reconstruction of Sararawati Primary School	Bijaynagar, Pyuthan district	The school and the local community	1400 euro	2001
2	Support to Shakti school library	Prithivi Narayan municipalit-3,Patechaur, Gorkha district	Shakti higher secondary school	4,225 USD	2005
3	Equipment support at Kanti Children hospital	Kathmandu, Nepal	Kanti children hospital	3,000 USD	2006
4	Support to light up Humla campaign	Humla district	Kathmandu-based renowned social worker and senior journalist, Bhirab Risal, and Humla-based social worker, Jivan Shahi, the initiators of the light up Humla campaign	5,600 USD	2006
5	Establishment of the education training center	Brihaspati Vidhya Sadan	HeNN, Foss Nepal, Brihaspati Vidya Sadan, Naxal Kathmandu	5,555 USD	2008
6	Bhai-Bahini sponsorship program	Dhulikhel	HeNN chapters	1,200 USD	2006

7	Children book donation	Sindhuli	Donation of children's book	Nrs.4,275.00	2010
8	Establishment of an E-library and traditional library at Sunkhosi campus	Ratmata, Sundhuli	NRN association, Australia Sunkhosi campus management committee	Nrs. 283,111.00	2009
9	Computer donation to Sanskrit Sadan secondary school	Duradanda-6, Lamjung	HeNN	1098.17 USD	2011
10	Support to Sakhu Palubari Community School	Sankhu	HeNN, Host Hayes,	1,534.03 USD	2011
11	Support to RBF for teaching –learning pedagogy workshop	Kavre district	HeNN, Rato Bangala Foundation, Local school	Nrs,4,94,460	2011
12	Science lab equipment for Manthali HS school	Manthali, VDC, Ramechhap	HeNN	Nrs.435,884.50	2011
13	Computer donation to Samal Sundar school	Bhaktapur	HeNN, United Nation	Nrs,71,460	2012
14	Computer donation to Adarsha HS school	Lalmatiya, Dang	HeNN, Foss Nepal	Nrs.125,000.00	2012
15	Two computer donations to students for change to establish a library in Shree Jana Jeevan school	Mama VDC, Kalikot	HeNN	Nrs,56,000	2013
16	Financial support to Bal Sarathi	Tilganga, Kathmandu	Bal Sarathi	Nrs,451,700	2014
17	Traditional library at Rara campus	Karkibada VDC-9,Mugu	HeNN, USA	Nrs,140,000	2013
18	Library support for CDCA	Kapan-1, Kathamdu	HeNN	Nrs,71,462	2013
19	Support to Shiksha Nepal Euta Kitab literacy campaign	New Baneshore, Kathmandu	HeNN	Nrs,1,75,000	2014
20	Computer support to Naya Kiran Secondary School	Chitwan	HeNN	Nrs,2,72,152	2014
21	LCT Centre at Naya Kiran Secondary School	Bharatpur-11, Chitwan district	HeNN	Nrs,5,00,000	2015
22	Furniture support to Shree Lower Secondary School	Pithuwa-7, Madhavpur, Chitwan	HeNN	Nrs,5,60,000	2016
23	Library at Bom Bhadur Ghale Lower Secondary School	Lwang Ghalel-5, Kaski	HeNN	Nrs. 351,627.04	2016
24	Furniture support to Dhawalagire Birendra secondary school	Baglung, ward no 3	HeNN	Nrs,600,000	April 2018
25	HeNN supports to Panchakanya basic school	Kavrepalanchok	HeNN	Nrs,702,000	July 2018
26	HeNN supports English books at Pancha Kanya Basic School	Kavrepalanchok	HeNN	NRs 84,407.00	July 2018
27	Establishment of science lab Prithivi Higher Secondary School	Baglung	HeNN	Nrs 3,16,400	2018
28	Built of classrooms at Shree Little Buddha Primary School	Kavre	Nepalese Community Nagoya (NCN), Japan	Nrs.350,000.00	2018
29	Built of new classes Juke Secondary School	Dolakha	Whisky Exchange, UK	Nrs.30,00,000	Jan, 2018
30	Dhaulagiri Birendra Secondary School,	Baglung	HeNN AUSTRIA	NRs 3,00,000	2018
31	Shree Saraswati Madhyamik School, shankatar	Sindhuli	HeNN, Sindhuli Samaj Nepal	Nrs. 114,930.00	June 10, 2019
32	Bag Support to Shree Tripura Secondary School, Tripurasundari-01, Dolpa	Tripurasundari-01, Dolpa	HeNN	Nrs. 49,780.00	2022
33	Panchakanya Basic School	Gokulganga Rural Municipality-02, Dorje, Ramechhap	HeNN	Nrs. 97,500.00	2022
34	Financial support to set ICT classroom at Shree Siddheswari Secondary School, along with 720pcs of sanitizers	Kamalbari, Tanahun	HeNN	NRs. 198,252.00	24th August 2022
35	Distribution program of HeNN educational support to Women Community Service Society Orphanage Shelter Home	Tripurasundari-01, Dolpa	Women Community Service Society Orphanage Shelter, HeNN, National Innovation Center (NIC)	NRs 434,000	13th Nov 2022

36	Distribution program of HeNN educational support to Women Community Service Society Orphanage Shelter Home	Tripura-01, Dolpa	HeNN Austrila	NRs 434,000 and NRs. 3,40,295 was utilized for school dress, normal clothes, school shoes, stationary materials, health check-ups, and hygiene materials for the children	2023
37	Warm clothes distribution program for children	Ghorahi, Dang	Nepal Women's Community Service Center (NWCSC) *Financial help was from Help Nepal Network, UK	NRs. 270,000	26th & 27th of Dec 2022
38	Tracksuit Support at Shree Saraswati Primary School	Pyuthan	HeNN	Nrs.1,00,000	May 19, 2023,
39	Bag distribution at Shree Kedar Secondary School,	Joroyal-06, Doti	Lions Club of Kathmandu	Nrs.73.370.00	July 2023
40	Warm clothes distribution program for children	Ghorahi, Dang	HeNN	Nrs.1,80,000	2024
41	School Bag Support to Shree Kedar Secondary School,	Joroyal-06,	HeNN	Nrs. 2,02,400	17th Jan 2024
42	Warm Clothes Distribution to marginalized children	Shukla Gandaki Municipality-5, Tanahun	Lions Club of Pokhara Phewa Beganas Chautari	Nrs. 85,000	10th Feb 2024
44	Nepal Women Community Service Center for Warm clothes distribution to marginalized student	Ghorahi Sub-Metropolitan City, Dang	HeNN UK	Nrs. 180,000	3rd March 2024

SUPPORT TO RECONSTRUCTION OF SCHOOLS

S.N	PROJECT	LOCATION	PARTNER	COST	DATE
1	Reconstruction of Saraswati Primary School, Pyuthan	Bijaypur, Pyuthan district	The school and the local community	1400 euro	2001
2	Reconstruction of Durga Bhawani primary school, dang	Lalmatiya, Dang	Durga Bhawani School and the local community	1700 euro	2001
3	Construction and stocking of a library at Saraswati High School, Dolpa	Dunai, Dolpa district	Local people government organizations and Dolpa people living in Kathmandu, Nepali association in Victoria, Australia	1100 euro	2001
4	Reconstruction of Chanaute School, Parbat	Lunkhugharedi Danda, Parbat	The school and the local volunteer	2,065 euro	2002
5	Reconstruction of Kamala Primary School	Simpani Subedi village, Lamjung	Annapurna Conservation Trust, Kamala Primary School and local villager	5,500 euro	2002
6	Classroom roofing Renukals school	Dipsung VDC, Khotang district	Sri Renukals school	5,150 USD	2003
7	Construction of Ranadevi Primary School	Panchkanya village development committee, ward no-1, Sunsari District, Koshi zone	Panchakanya village development community local villager, chances for children, UK-based charity	10,428 USD	2006
8	Construction of Buddha Primary School, Lalitpur	Chhampi village, Lalitpur	Buddha primary school	4,200 USD	2004
9	Support to Rameshwore HS School, Sankhuwasabha	Mamling-6 Sankhuwasabha district	Rameshwore Higher Secondary School	10,208 USD	2005
10	Support to Shakti Higher Secondary School library	Prithvi Narayan municipality-3 Patechaur	Shakti higher secondary school	4,225 USD	2005
11	Roofing of Saraswati Secondary School	Sudal Village, Bhaktapur	District Development Committee, Bhaktapur, VDC, Sudal, earthquake resistant society Nepal & the Saraswati school	2,300 USD	2005
12	Roofing of Janashakti Secondary School, Rautahat	Gaidatar, Rautahat	Janashakti secondary school, district development committee	1,480 USD	2006
13	Construction of Saraswati Primary School, Salyan	Local villager	Ghanjharipal villager development committee-8 Salyan	4,276 USD	2006
14	Reconstruction of Jalapa school	Pipaldanda, Khotang district	VDC, DCC, DEC, local community and the internal resource of the school	10,735 USD	2008
15	Classroom construction of Kalikadevi school	Palung VDC, Makwanpur district	School management committee	5,263.15 USD	2008
16	Reconstruction of Baghbhairav school, Lalitpur	Chaughare village district committee, Ward no-8 Liltpur district	Baghbhairav school management committee and the community including local youths, students, and teacher	2,900 USD	2007

17	Reconstruction of Gogandada school, Dolakha	Jafe village district committee, ward -6 dolakha	Dolkha DDC, Jafe village district committee, community forest users group, youth clubs, and the locals	4,286 USD	2007
18	Building construction of Jeevan Jyoti LS school, Gorkha	Hansapur-5, Kaphaldanda, Gorkha	School management committee, Hansapur village development committee	6,496.59 USD	2010
19	Roofing of Ganesh Secondary School	Narayansthan-5, Baglung district	VDC, local community, internal resource of school	7,107.14 USD	2009
20	Establishment of Lstp training center	Brihaspati Vidya Sadan, Kathmandu	Help Nepal network Foss Nepal Brihaspati Vidya Sadan Naxal, Kathmandu	5,555 USD	2008
21	Reconstruction of Kanyadevi school, Nuwakot	Kalyanpur, Nuwakot	Help Nepal network school management committee,	6,667 USD	2008
22	Classroom construction at lower secondary school	Srikot, Chitwan district	Shree lower secondary school	4,615 USD	2008
23	Children book donation	Sindhuli	HeNN, Sunkoshi Community Library	Nrs 1,37,957	2010
24	Building construction of Janatahs school	Bharatpur, mahottari	HeNN, School Management Committee, VDC	4225.35 USD	2012
25	Building construction of a library building for Shree Jagadamba Higher Secondary School	Bardia	HeNN	5,625.35 USD	2010-2012
26	Building construction of Thokarpa Secondary School	Thokarpa VDC ward no-6, Sndupalchowk	HeNN, run for change, school management committee, district education office, VDC teacher and guardians	10,726.83 USD	2010-2012
27	Building construction of Shree Mugu Primary School, Morang	Kerabari VDC, Morang	Help Nepal network, run for change, school management committee, construction committee, teacher and parents	8,450.71 USD	2010-2012
28	Building construction of Devi Primary School	Bahundagi, Jhapa	School management committee, Bahundagi VDC, community forest	10,300 USD	2010
29	Roofing of Mahakali Primary School,	Woksa-8, Okhaldhunga	HeNN	Nrs 1,37,957	2010
30	Building construction of Janasiddha Secondary School	Chittre VDC ward number 4, Parbat	HeNN, NRN Australia	8345.87 USD	2011-2013
31	Painting auction for Adarsha Secondary School	Jhamshikhel, Argakhanchi	HeNN, ECS Nepal	Nrs 150,000	2012
32	Classroom construction of Gorakh Sharatananath School	Ghorahi municipality ward no-4, Dang	HeNN, school of management committee	5932.21 euro	2011-2012
33	Computer donation to Shree Adarsha Higher Secondary School	Lalmatiya, Dang	HeNN, Foss Nepal	2221.93 USD	2011
34	Support to RBF for teaching –learning pedagogy workshop	Kavre district	HeNN, Rato Bangla Foundation, local school	Nrs,4,94,460	2011
35	Science lab equipment for Manthalihs school, Ramechhap	Manthi VDC, Ramechhap	HeNN	6,152.22 USD	2011
36	Renovation of Sarswotihs school	Johange VDC -7 Gulmi	HeNN	Nrs 400,000	2012
37	Renovation of Manakotls school, Bajura	Manakot VDC, Bajura	HeNN, run for change, school management committee, VDC, teacher and guardian	12,465.53 USD	2010-2012
38	Painting auction for Adarsha secondary school, Argakhanchi	Mokshbar, Jhamshikhel	HeNN, kapil Manidixit, ECS Nepal	Nrs 226000	2011
39	Reconstruction of Adarsha Secondary School	Khachikot VDC-1, Argakhanchi	HeNN, NRN Australia	1,500,000	2012
40	Building and female-friendly toilet Construction at Bishu Secondary School	Garimudi VDC-2, Dolakha	HeNN, local community	Nrs,10,55,662.92	2012
41	Building construction of Janta Secondary School	Mawadin-1, Sankhuwasabha	HeNN, youth club network, VDC, local community	Nrs,484,745	2014-2015
42	Library at Janajeevan school, Kalikot	Manma VDC, Kalikot	HeNN, student for change	Nrs 56,000	2013
43	Expansion of Gorak Sharatananath Secondary School	Ghorahi, municipality, ward-4, Dang district	HeNN, local community	Nrs,458,976	2014-2015
44	Building construction of Tribhuwanrshwori HS school	Chhatara-5, Bajura	HeNN, local community	Nrs,4,13,900	2015
45	Classroom construction at Parbati Secondary School	Chatara-8, Bajura	HeNN	Nrs,6,00,000	2014
46	Room and toilet construction at Kalidevihs school	Mirage-4, Dolakha	HeNN, local community	Nrs,5,12,000	2016
47	Building construction of Singhadevi HS school	Mangalbare sungnam-3, Terathum	HeNN	Nrs,4,35,000	2016
48	Building construction of Tibhuwan HS school	Argali-1, Palpa	HeNN	Nrs,10,00,000	2015

49	Building construction of Dudhpokharis school	Tamchet-5, Dudhpokhari, Dolakha	HeNN	8,95,488.21	2016
50	Renovation and furniture support to Janajagriti LS school	Chapakot-8, Syangja	HeNN	Nrs. 350,000.00	2016
51	Classroom reconstruction of Annapurna Secondary School	Khari-7, Ghaledanda, Dhading	HeNN	Nrs,15,00,000	2016
52	Building construction of Parbati Secondary School	Chatara-8, Bajura	HeNN, local community	Nrs. 709.101.00	2016
53	Classroom renovation of Malika Secondary School	Paisara chapre-9, Surket	HeNN	Nrs,4,00,000	2016
54	Construction of Nepal Pestalozzi village	Kaski	HeNN	Nrs,3,00,000	2016
55	Classroom reconstruction at Shree Juke Secondary School	Bhedpu-8, Dolakha	HeNN, local community	Nrs. 28,00.000	2016
56	Rebuilding Bhimodaya Primary School	Ghyalchok-9, Gorkha	HeNN	Nrs,49,89,406	2017-2018
57	Building construction of little Buddha Primary School	Majhifeda-1, Kavre	HeNN	Nrs,12,00,000	2016
58	Classroom construction at Thokarpa multiple campus	Thokarpa-4, Sindhupchowk	HeNN	Nrs. 7,00,000	2016-2017
59	Tribhuvan Higher Secondary School Reconstruct Damaged by Earthquake	Nuwakot	HeNN, Department of Education	Nrs.926,930.00	2016
60	HeNN support to Pannchakanya Basic School	Kavre	HeNN	Nrs. 709.101.00	2016
61	Reconstruction of Shree ma Bhagawati Rashtriya Prathamic Vidyalaya	Saptari	HeNN, local community	Nrs,10,49,591	2018/19
62	Rebuilding Thokarpa Secondary School	Sindhupalchowk	Madan Krishna Shrestha and Hari Bansha Acharya	NRs, 7,280,447.46	Mar 2017
63	Reconstruction Rajkuleshwor Lower Secondary School	Bhimeshwor-2, Dolakha	HELP NEPAL Network, Rotary Club of Patan Durbar Square, Nepalese Society of Texas and several generous donors	NRs, 5,75,78,256.16	2017
64	Rebuilding Bhimodaya Primary School	Gorkha	HeNN UK	NRs. 33,27,194.00	Feb 16, 2017
65	Building construction of Dudhpokhari Lower Secondary School	Dolakha	HeNN Sweden	NRs. 350,000.00	Mar 2017
66	Safety panels at the emergency exit staircase of Rajkuleswor Basic School	Bhimeshwor, Municipality 02, Dolakha'	HeNN USA	Nrs. 464,331.66	July 2023
67	Construction of Temporary Learning Center (TLC) at Indradhanush Primary School,	Indradhanush Primary School, Jajarkot	HeNN	NRs 6,79,850	2022
68	Shree Sipatinghare Sanskrit School Library building construction	Indrawati-6, Sindhupalchowk,	HeNN Australia	Nrs.13,08,397.25	2024

SUPPORT TO CONSTRUCTION OF E-LIBRARIES

S.N	PROJECT	LOCATION	PARTNER	COST	DATE
1	Establishment of an E-library education training center	Dhulikhel, Kavre district	HeNN, FOSS Nepal, education training center	\$2,532	2008
2	E-library in Saraswati Secondary School	Sudal, VDC, Bhaktapur	Sri Bhaktapur Secondary School	\$1,422	2007
3	Establishment of an E-library in Sri Adarsha School	Lalmatiya, Dang	Sri Adarsha school	\$5,228	2007
4	E-library in Himanchalhs school	Nangi, Myagdi district	FOSS Nepal	\$1,666.66	2008
5	E-library in Tikot Secondary School	Histan VDC, myagdi district	Henn, Nepal library foundation Canada, Nepal wireless network, Foss Nepal	1,666.67 USD	2008
6	Establishment of an E-library in Shree Koldong Devi Madhyamik Vidyalaya	Sindhupalchowk	Ncell, Save the Children Norway, FOSS-Nepal, Koldung school	Nrs.2,50,000	Jan, 2008
7	E-library at Simpanihs school	Simpani -7, Khotang	HeNN, School management committee	3,836 USD	2009
8	E-library at Bhola Secondary School	Ganjbhawanipur-2, Bara	HeNN, Shree Bhola Secondary School	3,247 USD	2009
9	E-library in Everest boarding school	Miwache, Bhaktapur district	Foss Nepal, Everest boarding school	3,262.22 us	2009
10	Establishment of E-library in Rauta higher secondary school	Murkuchi,Rauta-9, Udayapur district	SCNN	Nrs. 234,880.83.	Jan 15, 2009
11	Establishment of E-library in Shree Sanskrit Sadan Secondary School	Duradanda, Archalyani, Lamjung	FOSS Nepal, Shree Sanskriti Sadan secondary school	2,701.69 USD	2009

12	E-library In Sunkoshi Campus	Ratmata, Sindhuli	NRN Association, Australia, HeNN	US 8,993	Nov 13, 2009
13	E-library at Aadarsha Madhyamik Vidhalaya	Dibyanagar, Chitwan	FOSS Nepal, Shree Adarsha Secondary School	Nrs.5,42,000	2008
14	E-library at Janata Manuna Madhyamik Vidhyalaya	Shankarpur, birtanagar	FOSS Nepal	Nrs. 345.585.00	May, 2008
15	E-library training at the bus	Kathmandu	HeNN, NCELL, Save the Children	Nrs,5,19,391.18	2011
16	E-library at Sri Nepal Rastriya Secondary School	Birgunj, Parsa	HeNN, Ncell, Save the Children	Nrs.5,69,712.42	2011
17	Establishment of E-library at Shree Darakh Higher Secondary School	Harinagar, VDC, Kailali	NCELL, Save the Children, Backward Society Education, HeNN	Nrs,5,19,391.18	2011
18	Establishment of an E-library at the Janata Domi Chaudhary Higher Secondary School	Pokharibinda, VDC, Siraha	NCELL, Save the Children, Bhawani Integrated Development Center, HeNN	Nrs. 5,19,391.18	2011
19	Establishment of an E-library at Taltuleshwore Lower Secondary School	Thangpalkot, VDC, Sindhupalchowk	NCELL, Save the Children, Mahila Aatmanirvar Takandra, HeNN	Nrs. 5,19,391.18	2011
20	E-library at Janakayan HS school	Bouddha, Mahankal, Kathamandu	Food and agriculture organization, WFP, school management committee	Nrs.37,290.00	2011
21	Establishment of an E-library at Buddha Secondary School	Baglung	Buddha Secondary School, HeNN	Nrs. 98,360.00	2011
22	Establishment of E-library y at the Jana Kalyan Rastriya primary school	Dhaubadi, VDC, Nawalparasi	NCELL, Save the Children, Backward Eradication Nepal, school management committee, HeNN	Nrs,5,19,391.18	2011
23	Establishment of an E-library at Lekhani Higher Secondary School	Lekhani VDC, Baglung	NCELL, Save the Children, Gaja youth club, school management committee, HeNN	Nrs,5,19,391.18	2011
24	Establishment of an E-library in EK Priya Higher Secondary School	Bardiya	HeNN, NCELL, Save the Children, lead by Aadesh Neupane and Deepak Shah 3rd year student from Kathmandu University	Nrs. 7,22,658	2012
25	Establishment of an E-library in Shree Ganesh Higher Secondary School	Kavre	HeNN, Save the Children International(SCI)	Nrs. 6,43,773	2012
26	Establishment of an E-library in the Shreepuraj Community Development Center (SCDC)	Saptari	HeNN, Save the Children International(SCI), Ncell	Nrs. 6,86,558	2012
27	Establishment of an E-library in Shree Saraswati Secondary School	Itahari, Sunsari	HeNN, Save the Children International(SCI), Ncell	Nrs. 7,11,573	2012
28	Establishment of an E-library in Sri Raithane Secondary School	Thangpalkot-4, Sindhupalchowk,	HeNN, Save the Children International(SCI), Ncell	Nrs. 7,35,538	2012
29	Establishment of an E-library in Anrar Jyoti Model Higher Secondary School	Surkhet Nepal	HeNN, Save the Children International(SCI), Ncell	Nrs. 7,36,765	2012
30	Establishment of an E-library in Shree Secondary School Bhorle	VDC Jalpa chilaune-6, Udyapur	HeNN, Save the Children International(SCI), Ncell	Nrs. 6,74,199	2012
31	E-library at Shree Jwala Higher Secondary School	Pagnath VDC-1, Dailekh	HeNN, NCELL, Save the Children and KU	Nrs. 4,48,281.00	2013
32	E-library at Dashrath Higher Secondary School	Kailali	Chase Foundation, HeNN, HeNN USA Inc	Nrs. 6,37,531	2015
33	E-library at Nepal Rastriya Higher Secondary School	Salyan	Chase Foundation, HeNN, HeNN USA Inc	Nrs, 6,63,120	2015
34	E-library at Shree Tulodaya Secondary School	Parbat	Chase Foundation, HeNN USA Inc, HeNN	Nrs. 5,15,141	2015
35	E-library at Shree Nauline Secondary School	Kathmandu	Chase Foundation, HeNN USA Inc, HeNN	Nrs,5,150,415	2015
36	E-library at Buddha Secondary School	Lalitpur	Chase Foundation, HeNN USA Inc, HeNN	Nrs.5,55,626	2015
37	E-library at Shree Malika Higher Secondary School	Bajura	Chase Foundation, HeNN USA Inc, HeNN	Nrs, 7,62,841	2015
38	E-library at Higher secondary school	Rautahat	Chase Foundation, HeNN USA Inc, HeNN	Nrs. 4,98,555	2015
39	E-library at Nepal Rastriya Sarbodaya Higher Secondary School	Gulmi	Chase Foundation, HeNN USA Inc, HeNN	Nrs. 5,30,846	2015
40	E-library at Brahmapura Secondary School	Kaski	Chase Foundation, HeNN USA Inc, HeNN	Nrs. 6,66,278	2015
41	E-library at Bhagwati Higher Secondary School	Morang	Chase Foundation, HeNN USA Inc, HeNN	Nrs. 6,44,611	2015
42	E-library at Changresthan Higher Secondary School	Solukhumbu	Chase Foundation, HeNN USA Inc, HeNN	Nrs. 4,94,231	2015
43	E-library at Saraswoti Higher Secondary School, Pyuthan	Pyuthan	Chase Foundation, HeNN USA Inc, HeNN	Nrs. 51,0,650	2015
44	E-library setup at Shree Sarwajanikhs school	Syangjai-1 Malunga	HeNN	Nrs. 400,000	2017
45	E-library at Shree Damaitar Basic School	Damaitar, Godawari	NCHL Volunteers: Kathmandu University (KU) Anurag Adhikari Anil Kumar Shrestha		Jan 11, 2019
46	High Tech Classrooms at Rajkhuleshowr School	Dolakha	National Innovation Centre (NIC), HeNN	NRs. 2,360,400	2022

47	E-library at Dhulikhel Children's Home	Dhulikhel, Kavre	HeNN Australia and HeNN UK	Nrs.8,03,990	17 Feb, 2020 & 2024
48	E-library at Ajaymeru Rural Municipality Building	Ajaymeru-1, Dadeldhura	Volunteers: Anil Kumar Shrestha , Sajan Mahat, Ashutosh B. Rajan, Aadarsha Dhakal	Nrs. 8,25,658	Dec 10, 2022

HEALTH CAMPS

S.N	PROJECT	LOCATION	PARTNER	COST	DATE
1	Hepatitis B vaccination camp	Sarada Secondary School, Pashupati	Lions club of pagoda city Patan	500 euro	2000-2001
2	One day eye camp	Dhulikhel, Kavre district	Nepal red cross society, B.P. Koirala lions club of ophthalmic study	1,000 USD	2005
3	Pre-warming program for Chepang	Chitwan	Public health concerns trust	500 euro	2000
4	Eye camp	Kapan, Kathmandu	Kathmandu model hospital	500 euro	2002
5	Hepatitis B vaccination camp	Kapan village, KTM	Aawan Samuna, Chabahil	600 euro	2003
6	Five-day eye camp	Haripurva village, Sarlahi district	Yadav Sewa Samiti, Sarlahi, B.P Koirala Ophthalmic Institute, KTM	4,200 USD	2004
7	One day eye camp	Bhaktapur district Gudu village, development committee	Gaura Devi community forest group, B.P Koirala memorial hospital	600 euro	2004
8	One day health camp	Thulakhet, Pame VDC, Kaski district	Nepal junior youth red cross circle, Budhanilkantha school, Manipal medical college	4,735 euro	2005
9	One day dental camp	Budol, Kavre district	Himal Dental Hospital, KTM Red Cross Society, Seti Devi branch	1,450 USD	2006
10	Four-day health camp	Mugu, Western Nepal	Health care Nepal	9,000 USD	2008
11	Four-day health camp	Trishuli /Okhaldhunga	Rural health development, Nepal government	3,000 USD	2010
12	One day eye camp	Dhading, Jeevanpur-5	B.P Koirala lions club of ophthalmic studies, Nepal Manbuki karate Sangh	3,126.91 USD	2001
13	Free surgical eye camp	Narayani VDC-2, Bhandra, Nawalparasi	HeNN Health post	Nrs.4,70,000	2013
14	Saptari eye camp	Rajbiraj, Saptari	HeNN Health post	Nrs. 145,850	2015
15	Health camp with mountain heart Nepal	Health camps in different places	HeNN Health post	Nrs.1,50,847	2017
16	Help Nepal network/Man Mohan cardiovascular, transplant	Health camp at Mugu health post	Manmohan Cardiovascular and Transplant Center	HeNN is supporting for HeNN health Post, Mugu monthly camp	2018, 12-13 October
17	Regular Patient Check-ups, General health camp, awareness programs about safe drinking water, personal health and hygiene, sanitation, family planning, Covid Shield vaccine, Distribution of BioNTech Pfizer, Safe delivery of a child with emergency health assistance and many more types of assistance as per need conducted every month.	Health camp at Mugu Health Post, Mugu	Help Nepal Health Post, Mugu	HeNN is supporting for HeNN health Post, Mugu monthly camp	2019-running

HEALTH SECTOR SUPPORT

S.N	PROJECT	LOCATION	PARTNER	COST	DATE
1	Construction of Help Nepal health post	Haripurva, Sarlahi	Anand, Community Development committee	28,539 USD	2005
2	Support to set up a birthing center at the Bendadawar clinic	Dhanusha	Fulkumari Trust Help Nepal Network	Nrs.5,00,000	2011
3	Construction of blood transfusion center at Bayalpata hospital	Achham	HeNN	6513.00 USD	2012
4	Building construction of ideal health center	Deusa VDC, 8,Solukhumbu	HeNN, Adarsha youth club	USD 3424.65	Nov 2012 March 2013
5	Support to Spinal Injury Rehabilitation Center	Kavre	HeNN, NRN association	Nrs,100,000	March 2012- April 2012

6	Medical equipment distribution	Help Nepal Health Post in Mugu and various other health posts	National hospital trust, London, St George hospital medical school trust, London	4,000 USD	2001
7	Drinking water supply	Gwalindhaha, Lalitpur	Lions club of Lalitpur pagoda city	1,470 USD	2006
8	Support to Helping Hands Health Clinic	Khanigaun-2, Parbat	Helping Hands Community Health Clinic	4,553 USD	2009
9	UNDP HIV Aids prevention program	Sharlahi	HeNN	Nrs.9,979,299.89	2007-2010
10	Stretchers handed over to Mugu health post	Mugu district	HeNN	HeNN is supporting HeNN Health Post, Mugu monthly camp expenses	2018, 12-13 October
11	Funds for Amrit public health co-operative limited	Lamatiya-3 dang	HeNN	Nrs,5,00,00	2011
12	NRN Japan wheelchair donation	Teku, Bharatpur	HeNN, NRN association Japan	Rs,100,000	2012
13	Five-day health camp	Toshi VDC, Achham	HeNN, Shree Tripurasundari Samajik Bikash Kendra universities allied for essential medicines Ayur Polyclinic, Patan	Nrs,7,06,889	2012
14	Donation to Baradiya health camp	Sanoshri Taratal municipality, Bardiya	HeNN	Nrs,31,613	2017
15	Donation to Indrawati Community Hospital	Sindhupchowk.	HeNN	Nrs. 2,00,000	2017
16	Donation to peer foundation	Ilam	Health camp in three different places	Nrs.50,000	2015
17	Medicine handover for Eye Camp	Mahendranagar, Kanchanpur.	Nepal Manav Dharma Sewa Samiti	Six boxes of Medicines	2020
18	Material distribution and two-day Health Awareness Program	Karnali HS School, Nepal Rastriya HS School, Murma and Nepal Rastriya HS School, Jumla	HeNN	soap, toothpaste, exercise books, etc	
19	Laptop and Printer Handover to Help Nepal Health Post	Help Nepal Health Post, Mugu	HeNN	HeNN is supporting for HeNN health Post, Mugu monthly camp expenses	2022
20	Distribution of BioNTech Pfizer	Health Post of Chhayanath Municipality ward no 8	Help Nepal Health Post	Nrs. 3,97,571.57	September 22, 2022
21	Health Post Outreach Clinic	Chayanath Municipality 08, Bamnichaur	Help Nepal Health Post	Nrs. 47,520	2022

HELP NEPAL HEALTH POST PROJECT IMPLEMENTATION EXPENSES RARA, MUGU

S.N	DATE	PARTNER	COST
1	2023/24	HeNN Health Post Executive Community	Nrs.9,89,653.00
2	2022/23	HeNN Health Post Executive Community	Nrs.9,86,645.00
3	2021/22	HeNN Health Post Executive Community	Nrs.1,116,316.00
4	2020/21	HeNN Health Post Executive Community	Nrs.961,355.00
5	2019/20	HeNN Health Post Executive Community	Nrs.9,38,006.00
6	2018/19	HeNN Health Post Executive Community	Nrs.8,61,385.00
7	2017/18	HeNN Health Post Executive Community	Nrs.1,563,503.50
8	2016/17	Murma Top Community Service Centre	Nrs.777,594.00
9	2015/16	Murma Top Community Service Centre	Nrs.958,200.00
10	2014/15	Murma Top Community Service Centre	Nrs.1,023,000
11	2013/14	Murma Top Community Service Centre	Nrs.1,696,436.15
12	2012/13	Murma Top Community Service Centre	Nrs.585,326.10
13	2011/12	Murma Top Community Service Centre	Nrs.892,075
14	2010/11	Murma Top Community Service Centre	Nrs.212,779
15	2009/10	Murma Top Community Service Centre	Nrs.884,775

HELP NEPAL HEALTH POST RARA, MUGU CONSTRUCTION COST

S.N	DATE	COST
1	2007-2010	Nrs. 6,621,599.47

HELP NEPAL NETWORK CHILDREN'S HOME PROJECT IMPLEMENTATION EXPENSES DHULIKHEL, KAVRE

S.N	DATE	PARTNER	COST
1	2023/24	HeNN Children's Home Executive Committee	Nrs.5,064,300.84
2	2022/23	HeNN Children's Home Executive Committee	Nrs.2,490,017.18
3	2021/22	HeNN Children's Home Executive Committee	Nrs.2,655,194.00
4	2020/21	HeNN Children's Home Executive Committee	Nrs.2,150,252.00
5	2019/20	HeNN Children's Home Executive Committee	Nrs.2,200,016.00
6	2018/19	HeNN Children's Home Executive Committee	Nrs.2,526,419.00
7	2017/18	HeNN Children's Home Executive Committee	Nrs.2,945,761.00
8	2016/17	HeNN Children's Home Executive Committee	Nrs.2,516,173.00
9	2015/16	HeNN Children's Home Executive Committee	Nrs.1,854,103.00
10	2014/15	HeNN Children's Home Executive Committee	Nrs.1,358,286.28

HELP NEPAL NETWORK CHILDREN'S HOME DHULIKHEL, KAVRE CONSTRUCTION COST

S.N	DATE	COST
1	2009-2014	Nrs.9,600,013.85

CIC PROJECT EXPENSES

S.N	DATE	COST
1	2007-2012	Nrs.5,701,506.66



Student of Parvati Secondary School, Bajura, During Earthquake



Relief Packages For Saptari and Siraha Fire Victims



NRN Japan Wheelchair Handover



Free Health Checkups During Earthquake in Okharpauwa, Nuwakot

GLIMPSES OF HEALTH SECTOR PROJECTS



8 boxes Medicines worth 1 lakh handover to Sipradian Sahayata Sanstha for free health camp in Terathum



Medical Equipments Supported For BarBardiya Nagar Hospital, Bardiya



Free Eye Camp, Kavre



Free Eye Camp, Dhading



Free Health Camp, Achham



General Health Checkup in Mugu

GLIMPSES OF HELP NEPAL HEALTH POST, MUGU



Awarness program about Child Marriage in Mugu



Cataract Surgeries Conducted at HeNN Health Post, Mugu



Dental Camp at HeNN Health Post, Mugu



Distribution of Vitamin A capsules and Antiworm medicine to the children in Mugu



Laptop & 3in1 printer support to Help Nepal Health Post



Qurantine Setup in HeNN Health Post, Mugu

GLIMPSES OF EDUCATION SECTOR PROJECTS



School Bags and Stationery Distribution in Saraswati Ma. Bi. School, Sankhatar Sindhuli



School dress, Hygiene Materials, Computer Set and Stationery items Supported to Women Community Service Society Orphanage Shelter Home, Dolpa



Health & Safety Awareness camp in Mahendra H.S School, Bajura during earthquake.



School Building renovation in Shree Parvati Secondary School, Bajura



School Bag Donation to 300 students of Shree Nepal Rastriya Basic School, Parsa



Warm clothes distribution to marginalised students of Dang

GLIMPSES OF PEDAL FOR EDUCATION



GLIMPSES OF E-LIBRARY SECTOR PROJECTS



E-library Teachers Training



Hi-Tech Classroom At Rajkhuleashowr Lower Secondary School, Dolakha



Shree Chanresthan Higher Secondary School, Solukhumbu



Shree Dashrath Higher Secondary School, Kailali



Shree Ganesh Secondary School, Kavre



Shree Raithane Secondary School, Sindhupalchowk

GLIMPSES OF DISASTER RELIEF SECTOR PROJECTS



Distribution of Relief Package for flood & Landslides victims in Mandandeupur, Kavre



Distribution of Relief Package for flood & Landslides victims in Konjyosom, Lalitpur



Relief Package distribution for flood and landslide victims in Dolakha



Tampoline distribution for flood and landslide victims in Sindupalchowk



Distribution of Zinc Sheet & Tampoline for Flood Victims in Mandandeupur, Kavre



Tampoline for Flood Victims in Saptrai District



Earthquake Relief For Dhading



Relief Package for Flood & Landslide Victims in Kavre



Distribution of Kitchen Utensil Package in Sankhamul, Kathmandu



Zinc Sheet for Flood & Landslide Victims in Kavre



Earthquake Relief for Dhading Baireni Baltar



Earthquake Relief for Dhading

CHILDREN'S HOME, DHULIKHEL



20th years Anniversary Celebration at HeNN Children's Home



Arko Mukherjee's Heartwarming Performance at Dhulikhel Shelter Home



Girls Practicing Taekwondo



Girls securing 1st & 2nd Position in their Exams



Students of Red Cross Society from Kathmandu University visited Children's Home for Menstruation Awareness



Football Training for Girls

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NCELL FOUNDATION: BECAUSE WE ARE ALL CONNECTED



By Bishakha Lakshmi Khadka

In the modern world, businesses hold a critical responsibility in shaping a sustainable future. For Ncell, Corporate Social Responsibility (CSR) and sustainability are not just obligations—they are integral to its identity. As Nepal's first GSM cellular mobile operator, Ncell has been delivering telecommunications services for nearly two decades, serving over 13 million active subscribers. The company has expanded its services from basic mobile connectivity to advanced 4G technology-based broadband, ensuring that over 90% of Nepal's population has access to reliable services.

When Ncell entered the market in 2005, mobile connectivity was a luxury. Ncell transformed the telecommunications landscape by making communication affordable and accessible to all. This not only enhanced connectivity but also redefined customer service standards with world-class support. Moreover, the company has contributed to socio-economic development by generating employment for approximately 25,000 people nationwide.

The telecommunications sector is inherently transformative, enabling progress across various sectors and contributing significantly to socio-economic growth. Each year, Ncell contributes taxes and fees as one of the largest taxpayers, playing a vital role in public financing to the government. To date, Ncell has paid over NPR 320 billion in taxes and fees, underscoring its role as one of Nepal's largest taxpayers. Today,

mobile services equipped with high-speed broadband have become a necessity, empowering individuals, businesses, and communities alike.

CSR and sustainability at the heart of Ncell

CCSR at Ncell extends far beyond compliance with legal obligations. It represents the company's commitment to fostering innovation, empowering communities, and addressing societal needs. Since its inception, Ncell has contributed over NPR 2 billion to CSR initiatives, directly or indirectly benefiting more than 13 million individuals across the country. These efforts are aligned with the United Nation's Sustainable Development Goals (SDGs) and focus on critical areas such as education, health, environment and disaster preparedness, among others.

Even before CSR became a mandatory requirement under the Industrial Enterprise Act, 2020 and the Industrial Enterprise Rules 2022, Ncell had embraced the philosophy of giving back to society. The company has consistently prioritized impactful social initiatives, recognizing its responsibility to create meaningful change. Ncell's projects are designed to produce measurable results, addressing grassroots-level challenges and fostering sustainable development.

In the past, Ncell has supported numerous initiatives, including 'Adopt a School' program across more than four dozen districts, the Ncell Scholarships and Excellence Awards, and the Ncell App Camp, which nurtures talent and fosters innovation. Healthcare projects such as support to TU Teaching Hospital and Manmohan Cardiothoracic Vascular and Transplant Centre under 'We Care' initiative highlight Ncell's commitment to improving access to quality medical services. These initiatives were implemented before CSR was made legally mandatory for the corporates.

Ncell has also demonstrated a strong commitment to environmental stewardship. Tree plantation initiatives, such as tree plantation in Dhanushadham in Janakpur, showcase the company's efforts to enhance ecological balance. Similarly, 'Greening of Ring Road' project transformed the 10.2 km Koteswor-Kalanki stretch of the Ring Road, contributing to urban beautification and environmental sustainability.

Ncell Foundation: A milestone for impact

Marking its 19th anniversary, Ncell launched the Ncell Foundation, a significant milestone in its CSR journey. The

Foundation aims to foster a more inclusive, connected, and sustainable Nepal while contributing to the SDGs. Its objectives include supporting underserved communities, bridging the digital divide, and fostering a healthier and more sustainable Nepal. The Ncell Foundation unifies the company's social initiatives under one umbrella, enabling better coordination, enhanced impact, and stronger partnerships with stakeholders. For the next five years, Ncell has pledged at least NPR 200 million to social causes. As per this commitment, Ncell has already started its work by implementing '19 for 19' project, which is focused in carrying out 19 projects in all seven provinces, targeting health, education, environment, disaster preparedness and response, and livelihood support, among others.

One of the flagship initiatives under Ncell CSR is Telemedicine and Health Informatics Project, implemented in collaboration with Dhulikhel Hospital. This project has brought healthcare services to underserved communities, benefiting over 100,000 individuals through four outreach centres in Manekharka (Sindhupalchowk), Dorpu (Solukhumbu), Thangsin (Nuwakot), and Bolde (Kavrepalanchowk). By leveraging technology, Ncell has addressed disparities in healthcare access and improved the overall well-being of marginalized populations.

Ncell, Help Nepal Network collaboration and disaster response

Following the devastating earthquake in 2015, Ncell extended its commitment to CSR by collaborating with Help Nepal Network (HENN) on a Post-Disaster Rebuilding Support initiative. This partnership aimed to address immediate rehabilitation needs in the affected areas, focusing on constructing essential infrastructure to address the need of the hour and providing health and awareness services.

Under this collaboration, a total of 120 toilets were constructed to ensure access to proper sanitation facilities, which are critical for maintaining public health and preventing the outbreak of diseases in post-disaster scenarios. Additionally, 500 tunnel houses were built, offering temporary for displaced families,

providing them a sense of security and normalcy amidst challenging times.

In addition to addressing shelter and sanitation needs, five health camps were organized in delivering much-needed medical assistance to affected communities. These camps provided free consultations, medications, and preventive care to individuals who had limited access to healthcare services post-earthquake. To enhance community resilience, two awareness campaigns were conducted, focusing on disaster preparedness, hygiene practices, and health education, empowering local populations with knowledge to mitigate future risks.

This collaborative response during the national crisis exemplifies Ncell's commitment to social responsibility and the welfare of communities in need. By addressing critical needs through sustainable interventions, Ncell not only contributed to rebuilding lives but also fostered hope and resilience in affected regions.

Ncell also supported the government with NPR 100 million to the Prime Minister's Disaster Relief Fund and provided communication support worth NPR 1.6 billion to customers, helping families stay connected during a time of unprecedented distress. Similarly, during the COVID-19 pandemic, Ncell contributed NPR 100 million to support the government's efforts in procuring protective gear and PCR testing kits.

More recently, the Ncell Foundation has been actively involved in disaster response efforts. Following the September 2024 floods and landslides, the Foundation provided relief materials to over 1,000 affected households. These efforts underline Ncell's readiness to support communities during emergencies, reinforcing its role as a dependable corporate citizen.

In response to its contributions to the country and communities with various social projects, Ncell has earned national and international recognitions including awards such as the DRRM & BCM Award, Global Mobile Award, World Communication Award, ASOCIO Award, and WITSA Global ICT Excellence Award, to name a few. These recognitions reflect Ncell's almost two decades of commitment to creating positive social impact at grassroots level within the communities. Ncell's focus is not just on connecting Nepali people through telecom services but also through meaningful and impactful social initiatives.

Vision for future

Giving continuity to its social initiatives, Ncell remains committed to expanding CSR projects and delivering tangible outcomes. Through the Ncell Foundation, the company aims to address pressing social issues, strengthen its partnerships, and contribute to Nepal's progress.

Stories of transformation highlight the tangible impact of Ncell's efforts. For instance, the Modern Digital Lab project has benefited over 30,000 students, many of whom encountered computers for the first time through this initiative. Similarly, Ncell's collaboration with the Department of Hydrology and Meteorology has contributed in saving lives and properties by delivering timely flood risk alerts via SMS.

Looking forward, Ncell envisions a future where businesses and communities work together to build a more inclusive and sustainable society. The company's brand promise, 'Today. Tomorrow. Together,' encapsulates its commitment to driving positive change and empowering communities. With

initiatives like '19 for 19', which provides financial support of NPR 1 million each to 19 social projects, Ncell continues to make a meaningful difference at the community level.

From transformative multi-year projects to smaller community-driven initiatives, Ncell has set a benchmark for CSR in Nepal. By addressing grassroots-level challenges and fostering innovation, Ncell remains a beacon of hope and progress. Together, we can build a brighter future—one that is inclusive, sustainable, and connected.

The author is head of Corporate Communications and CSR, Ncell.



25th year celebration programme in Australia



HELP NEPAL Network

'Joining Hands and Hearts to Serve the Motherland'



HELP NEPAL Network (HeNN)

SBI Bank Building, 3rd Floor
Chuchhepati, Chabahil, Kathmandu-7, Nepal
Tel: 01-4598328
Email: help_nepal@helpnepal.net
www.helpnepal.net