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HELP NEPAL NETWORK NEWSLETTER

APRIL / 2025



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EDITOR'S NOTE

Dear All,

First of all, we would like to wish a Happy New Year 2082 BS to all our supporters, members, and well-wishers. We would like to take this opportunity to extend our sincere thanks and appreciation to all our valued supporters and well-wishers. Your belief in our mission has motivated us to support our community in need.

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

In this newsletter, we share details about our short-term and long-term projects from December 2024 - March 2025. Your generous support has played a huge role in making these efforts successful, and we're excited to inform you about the impact of your contribution.

As we share these updates, we look forward to your valuable comments and suggestions as always. You may write to us at help_nepal@helpnepal.net.

Thank you all once again.

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

LONG TERM PROJECTS

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

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

At the heart of this initiative is a commitment to education and skill development. The home is not just a place of residence but a center for holistic development. The girls receive education tailored to their needs and potential, with a focus on both academic and life skills. This comprehensive approach ensures that

they are well-prepared for the future, equipped with the knowledge and abilities to make informed decisions, live independently, and contribute effectively to their communities.

The educational program at Dhulikhel Children’s Home is intensive and well-structured. Students are engaged in academic and extracurricular activities throughout the day, from early morning until evening. The extended tuition hours from 6am to 8pm reflect a dedication to maximizing the children’s learning opportunities.

During this period, we continued our commitment to providing our girls with diverse opportunities by holding regular extracurricular activities to support their development across multiple sectors. General classes were consistently conducted to reinforce academic skills and understanding, alongside regular taekwondo practices. These diverse programs kept

them actively involved and fostered their skill development, making it a highly productive month of learning. On December 6, 2024 Mr. Arun Singh Basnet, Mr. Rabi Kumar Manandhar, and Mr. Laxman Sharma, from the HELP NEPAL Nepal team visited our HeNN Children’s Home in Dhulikhel. Their visit aimed to observe the progress of the girl’s education and other activities at the home. During their time at the Children’s Home, they had the pleasure of presenting gifts sent from Australia by our regular donor, Mr. Oz Bayldon of Events4GreaterGood, to the girls. The girls were happy to receive their gifts.



Happy faces after receiving their gifts

LONG TERM PROJECTS

On December 12, 2024, our bright and talented girls from HELP NEPAL Network Children's Home, Ranjita Chepang and Sapana Praja, both currently in Grade 10 studying Commerce at Shree Sanjeevani Model Secondary School, set off on a two-day educational tour to Chitlang. We're so proud of their dedication as they embark on this exciting journey.



Ranjita and Sapana are getting blessings from Ma'am for their tour

Samiskhya Giri, birthday at the Children's Home by cutting a cake. She was very happy and glad about it.



Birthday Celebration of Samikshya Giri at HELP NEPAL Network Children's Home

On December 13, 2024 students from Kathmandu University visited HELP NEPAL Network Children's Home as part of their learning experience to volunteer and engage with the children. During the visit, they brought gifts related to indoor games, such as Carrom-boards, Ludo, and Chess for girls so they could enjoy and play during their leisure time.



Gifts from Kathmandu University (KU) students to our girls

LONG TERM PROJECTS

January has been an exciting month of continued growth and well-being for children at Dhulikhel Children's Home. As the new year began, girls started the month with fresh minds and renewed energy. Meditation sessions provide the children with a peaceful space for self-reflection and relaxation. Taekwondo training is also ongoing, helping to build their physical strength, flexibility, and coordination through structured exercises and routines.

On January 5, 2025 Pooja (prayer ceremony) was conducted at HELP NEPAL Network Children's Home. It is a Hindu religious practice that involves offerings, prayers, and rituals conducted to seek blessings for well-being, and prosperity. The ceremony aimed to create a positive and nurturing environment for the children and staff, fostering peace and goodwill in the Children's home.



Glimpses of prayer ceremony at HELP NEPAL Network Children's Home

On January 11, 2025 girls at HELP NEPAL Network Children's Home in Dhulikhel had the joy of celebrating birthdays of Jenson and Riya, who are currently in the United States for their higher studies. Jenson and Riya were former students at Kathmandu University (KU), and they used to celebrate their birthdays with the girls at HELP NEPAL Network Children's Home. The celebration was filled with warmth

and happiness as the children came together to send heartfelt birthday wishes and blessings. They expressed their love and best wishes for Jenson and Riya's continued happiness, health, and success, creating a memorable and joyful occasion for everyone involved.





Sending birthday wishes to Jenson and Riya from Help Nepal Children's Home

Our girls were excited to learn about the 'Swasthani Vrat Katha' a revered text that narrates the story of Lord Shiva and Goddess Parvati. This story is part of the Skanda Purana, one of the major Hindu scriptures. The 'Swasthani Book' also includes guidelines on the do's and don'ts to be followed during the

month-long Swasthani Vrat, a fasting ritual that has been practiced for centuries. The Swasthani Vrat Katha begins on Poush 29 (January 13) and continues for one month. Listening to this story helps inspire and brings a sense of peace and motivation.



Girls getting excited to explore the Swasthani Book

LONG TERM PROJECTS

On January 25, 2025 our talented girls from HELP NEPAL Network Children's Home participated in a heartfelt dance performance during a special gathering held at the Dhulikhel Sunrise Resort. The event was a wonderful opportunity for them to showcase their skills, and their performance was met with enthusiastic applause. As a token of appreciation for their outstanding presentation, the girls were awarded NRs.

5,000. In addition, Mr. Ram Prasad Shrestha, the coordinator of HELP NEPAL Children's Home, and Mr. Prahlad Bhakta Devju, a resident of Dhulikhel, kindly donated NRs. 15,250 to provide 10 sets of jewelry necessary for the dance. In this month we received a donation of Nrs. 12000 from Mr. Rajib Poudel for our Children's Home.



HELP NEPAL Network Children's Home girls performing at Dhulikhel Sunrise Resort

This month, regular general classes were conducted along with a variety of extracurricular activities. Taekwondo practices were held consistently to build their physical strength, flexibility, and coordination through structured exercises and routines. Meditation sessions provided children with a peaceful space for self-reflection and relaxation. These programs actively engaged the girls and supported their overall development.

well-being and encourage a positive mindset. A total of 24 girls from HELP NEPAL Network Children’s Home participated in the event to reinforce and expand their knowledge into maintaining a healthy mental attitude in both their personal and academic lives. The session focused on overcoming challenges in everyday life, aimed to help attendees develop a more positive outlook, enhance self-awareness, and improve their emotional health.

On February 2, 2025 Dhulikhel Municipality organized a “Positive Thinking” program for adults to promote mental



Glimpses from Positive Thinking Program

LONG TERM PROJECTS

On February 10, 2025 Ms. Srijana Dhinangju and Mr. Rameshwar Dhinangju, residents of Dhulikhel Ward No. 7, generously donated ready-to-wear clothes to all 24 girls at HELP NEPAL Network Children's Home. We would like to extend our sincere

gratitude to Mr. and Mrs. Dhinangju for their thoughtful support and contribution to our girls by providing the clothing



Support from Mr and Mrs. Dhinangju for our girls

Our inspiring girls from HELP NEPAL Network Children's Home in Dhulikhel are excited to read the Swasthani book by themselves. This revered text narrates the story of Lord Shiva and Goddess Parvati and is one of the major Hindu scriptures. Their

active participation in reading this important piece of cultural heritage demonstrates their respect for tradition. It's heartening to witness their curiosity and eagerness to learn.



Our girls reading the Swasthani Book

On February 19, 2025 Mr. Rajan Shrestha and Mrs. Krishna Mila Shrestha, residents of Dhulikhel Ward No. 7, celebrated their wedding anniversary at our HELP NEPAL Network Children’s Home. On the same day, their son, Mr. Ronik Shrestha, also celebrated

his birthday. On this special occasion, he distributed stationery items to the girls. Our girls expressed their love and best wishes for their continued happiness, health, and success, making it a memorable and joyful occasion.



Mr. and Mrs. Rajan Shrestha’s wedding anniversary and Mr. Ronik Shrestha’s birthday were marked at the children’s home.

Mr. Ram Prashad Shrestha, co-coordinator of the HELPNEPALNetworkChildren’s Home Support Committee, has committed to contribute Nrs. 1000 monthly to the Children’s Home Endowment Fund and will continue doing so for lifetime.

Mr. Khaiba Lama, a resident of Dhulikhel Municipality Ward No. 4, has committed to contribute Nrs. 500 monthly to the Children’s Home Endowment Fund.

LONG TERM PROJECTS

On March 5, 2025 girls had the pleasure of meeting Mr. Rajan Koirala from Australia at the HELP NEPAL Network Children's Home in Dhulikhel. He shared his valuable insights and offered guidance on improving overall care and education



for the children. We appreciate his time and thoughtful suggestions, which will help us continue providing a better environment and opportunities for the children in our care.



Photos with Mr. Rajan Koirala at HeNN Children's Home

On March 7, 2025 five representatives from Dhulikhel Hospital visited HELP NEPAL Network Children's Home, Dhulikhel to conduct a Teeth Awareness Program for girls. The team taught the girls about the importance of brushing their teeth and how to take care of their dental health.

They explained the right way to brush teeth and why it's important to do so regularly. To help the girls start taking care of their teeth, Dhulikhel Hospital kindly gave each of them a toothbrush and toothpaste.



Glimpse from Teeth Awareness Campaign

On March 9, 2025 the Bagmati Province Inter-School CHITF Taekwondo Championship 2081 took place at Lord Buddha Secondary School at Madhyapur Thimi-8, Bhaktapur. The event was organized by the Bhaktapur CHITF Taekwondo Association and sponsored by Lord Buddha Secondary School

We are proud to share that 10 girls from HELP NEPAL Network Children’s Home, Dhulikhel participated in this competition. Among them, 5 girls: Rima Bhandari, Rita Bhandari, Shristika Chepang, Kabita Thapa, and Rachana Praja won the championship with the 1st, 2nd & 3rd categories. They were awarded certificates and medals.



Five champions from HELP NEPAL Network Children’s Home at the Bagmati Province Taekwondo Championship 2081

On March 11, 2025 Mr. Abhishek Gautam, a resident of Dhulikhel, Banepa, had the pleasure of celebrating his birthday at HELP NEPAL Network Children’s Home in Dhulikhel. In a heartwarming gesture of kindness, Mr. Gautam marked his special day by providing a generous

meal service for all the girls at the Children’s Home.

The event was filled with joy and gratitude as the children enjoyed a delicious meal together. Our children wish him continuous progress and success in all his future endeavors.



Heartfelt meal service for the girls at HELP NEPAL Children’s Home by Mr. Abhishek Gautam



Our girls Celebrating Holi

Our 4 girls from HELP NEPAL Network Children's Home attended their SEE Examination that started from 20th March, 2025. They had been working

hard in their studies, and Children's Home extended every possible help and support to them as they approached this important milestone in their academic journey.



Our girls getting ready for their SEE Examination

On March 22, 2025 a group of dental doctors from Dhulikhel Hospital visited the HELP NEPAL Network Children's Home to conduct oral checkups for the girls. The doctors checked their

teeth and provided necessary dental care to ensure the girl's oral health was in good condition.



Glimpses of Dental Checkups at Children's Home

Help Nepal Health Post, Chhayanath Rara Municipality, Ward No 9, Majhaghat Rara, Mugu

The HELP NEPAL Health Post in Murma, Mugu—one of the remotest districts in the country, was established in June 2004. Over the last two decades, the Health Post has had a discernibly positive impact on the lives of not just the locals but also those from surrounding villages. Common ailments like pain, fever, and gastrointestinal and seasonal diseases can now be treated locally. There has been a significant improvement in the quality of life and villagers don't have to walk two and a half hours to reach the government-run hospital at Gamgadhi.

More than 85,000 people have been treated to date by the health post. Help Nepal Health Post has been providing health facilities and regular checkups to patients who

were facing various health issues such as common cold, cough, fever, stomach pain, joint pain, PNC/ANC check up for pregnant women, and skin diseases. The health post has been providing basic health facilities with necessary checkups and treatments to local residents and trekkers who pass along that route. Additionally, the health post has provided the local citizens with significant relief packages for its residents. The Health Post was instrumental in raising awareness and provided hand sanitisers and masks to local residents there during the Covid pandemic. Importantly, the health post has been providing necessary checkups and treatment for local and foreign tourists as per their needs.

One-Day Health Program for Disabled Persons and Teenagers at Help Nepal Health Post, Mugu

Help Nepal Health Post, Mugu has been conducting a monthly village home clinic program. On December 6, 2024 Help Nepal Health Post, Mugu, in collaboration with Dardro Nepal, organized a one-day health-related program specifically for disabled individuals and teenagers. The program aimed to raise awareness on various important topics, including

disability identification, appropriate ways to interact with disabled persons, and the services provided by intensive care institutions and the Nepal government for disabled individuals. Additionally, the program addressed key health concerns related to both disabled persons and adolescents, as well as the importance of menstrual hygiene management for girls with disabilities.



Photos from the Awareness Program

Help Nepal Health Post Assists Pema Lama in Rowa Village, Mugu

On January 1, 2025 during the outreach program, Help Nepal Health Post, Mugu, provided medical assistance to 56-year-old Pema Lama, an unmarried woman from Rowa village, Ward No. 11 of Chhayanath Municipality. Pema Lama was suffering from cold, cough, and asthma. Due to lack of nearby healthcare facilities and the 5-6 hour

journey to the district hospital, along with her inability to walk, local representatives reached out to Help Nepal Health Post for assistance. As part of the monthly village clinic program, staff from Help Nepal Health Post Rara, Mugu, provided necessary treatment and medication to support her health.



Help Nepal Health Post aids Pema Lama in Rowa village, Mugu

Help Nepal Health Post, Mugu conducted the H.P.V vaccination Campaign

The Nepal Government carried out an important HPV Vaccination Campaign from February 4 to 18, 2025, aiming to prevent cervical cancer by protecting against HPV infections.

In collaboration with the District Health Office Mugu, Help Nepal Health Post conducted a targeted vaccination drive in Rara

Municipality, Ward No. 9, specifically in Murma Village. As part of the initiative, students from Rashtriya Madhyamik Vidyalaya in Mugu, including those in grades 6 to 10, along with children aged 10 to 14, were given the vaccination. On February 7, a total of 22 girls were vaccinated, marking a significant step in reducing risks associated with HPV.





कक्षा ६ देखि १० सम्मका छात्राहरू र विद्यालय नजाने १० देखि १४ वर्ष उमेरका किशोरीहरूलाई मुख्यतः विद्यालय केन्द्रित खोप केन्द्रहरूबाट एच.पि.भी. खोप दिईदैछ ।

थप जानकारीका लागि स्वास्थ्य तथा जनसंख्या मन्त्रालयको पैसा नलाग्ने हेल्लो हेल्थ कल सेन्टर १११५ वा नजिकैको स्वास्थ्य संस्थामा सम्पर्क गर्नुहोस् ।

Students from Rashtriya Madhyamik Vidyalaya getting HPV vaccination

HPV Vaccination Drive in Nepal Karnali Madhyamik Vidyalaya, Mugu

The Nepal Government launched an HPV Vaccination Campaign from February 4 to 18, 2025, to help prevent cervical cancer. In partnership with the District Health Office Mugu, Help Nepal Health Post, Mugu held a vaccination drive in Rara Municipality, Ward No. 7, Tolpa Village. On February 18, students from Nepal Karnali

Madhyamik Vidyalaya (grades 6-10) and children aged 10-14 received the vaccine. A total of 45 girls were vaccinated, helping reduce the risk of HPV infections.





Students from Nepal Karnali Madhyamik Vidyalaya getting HPV vaccination

SILVER JUBILEE ANNIVERSARY CELEBRATIONS

HELP NEPAL Network celebrated the 25th anniversary of its establishment and HELP NEPAL Network Global Meet on December 28, 2024. The programme was organized at Rastriya Sabha Griha, Bhrikutimandap, Kathmandu. The ceremony brought together numerous distinguished guests, including representatives from various chapters.

We were honored to have Dr. Sanduk Ruit as our Chief Guest at the ceremony. He praised the work done by Help Nepal Network. He expressed his happiness saying that the organization has brought together the global community into a garland, and said that “Today Nepalis are in every corner of the world. They are intellectual property for Nepal. So let them come and teach us what they have learned”.



At the programme Dr. Sanduk Ruit felicitated Dr. Bhagwan Koirala who is a senior cardiologist and dedicated to the construction campaign of Children’s Heart Hospital. Also Dr. Ruit felicitated Ramji Adhikari and Sushila (Rupa) KC social workers of Manav Seva Ashram, and Savita Upreti, founder and social worker of Special School and Rehabilitation Center (SSDRC) dedicated to serving children with autism. Honourable personalities Dr. Bhagwan Koirala, Sabita Upreti and Ramji Adhikari said that this felicitation gave them more motivation and energy to work.

Siddharth Rana, Dr. Rudra Pandey, Dr. Upendra Mahato, Jiva Lamichhane, Mahanta Shrestha, Alison Magyrea, Manoj Basnet, Bhandari Brothers, Dr Swarnim Wagle, Sarika Mishra, Rabindra Mishra, Anil Thapa, Dr. Sundarmani Dixit, Chandra Yonjan, Birendra Bahadur Basnyat, Purnaman Singh Basnet, Subin Baral, Shraddha Tandan, Badriprasad Pandey, Dr. Pranav Gyawali, Shambhu Dahal, Shiv Saiju, Roshan Sapkota, Chiranjeevi Dhakal, Uddhav Bhattarai, who donated USD 4000 each to set up an administrative fund for HELP NEPAL Network, were honoured during the event.



On the occasion, Volunteer with Help Nepal Health Post, Mugu Birkha Bahadur Rokaya, Karna Bahadur Budha, social worker Dr. Aruna Upreti, Bharat Koirala, Suryanarayan Yadav, Kiran Bhandari, Nandkrishna Joshi and Devendra Basnet were awarded certificates.

Rabindra Mishra, founder of HELP NEPAL Network, recalled how the Network was established to realise the theme of practical philanthropy. In a video message, a member of the Global Coordinating Committee of HELP NEPAL Network, Bhagirath Yogi from the UK said how a small monthly donation from dedicated volunteers around the world had made notable impact in the areas of health, education, and disaster relief in Nepal.

In the program, Dr. Upendra Mahato asserted that if Nepalis resolve to build a country, a country will definitely be built. Former Minister Shankar Prasad Koirala, advisor of the organization, expressed his gratitude to the Nepalis around the world who joined the HELP NEPAL Network.

Dr. Lata Ghimire, Dr. Raju Adhikari, Raghu Tripathi, Harsh Gautam discussed about their association with Help Nepal and the works done by it.

A documentary showcasing the activities of HELP NEPAL Network was screened at the program. Around 400 guests attended the event.

The program was wrapped up with a short speech by Mr. Arun Singh Basnet, president of HELP NEPAL Network

LONG TERM PROJECTS

Nepal, discussing the cooperation and support the organization received over the last 25 years. He promised to continue working at the same speed in the coming days. At the conclusion of the Global Meeting, President Arun Singh Basnet announced the formation of the Global Coordination Committee. The committee's coordinator is Mr. Dila Kharel

from Australia, and its members include Mr. Bhagirath Yogi, Dr. Raju Adhikari, and Er. Rosendra Dhoj Khadka.

Dila Kharel, Global Coordinator, appealed to everyone to continue to support the activities of HELP NEPAL Network in whatever way possible.





Funds Received from Generous Donors

For HELP NEPAL Network Children's Home, Dhulikhel
Mr. Rajib Poudel : Nrs. 12,000

HOW TO HELP AND BE PART OF NEPALESE GLOBAL CHARITY ORGANISATION

Banking Details of Help Nepal Network Chapters:

Help Nepal Network Nepal Banking Detail

Account Name: Help Nepal Network Nepal
Bank Name: Sanima Bank Limited, Chuchhepati, Kathmandu
Account Number: 009011170000871
Account Type: Saving
Swift code: SNMANPKA

HeNN Other Chapters Banking Details :

For Help Nepal Network Australia: Bank Account For Direct Donation.

BSB: 062000
ACCOUNT NUMBER: 11660078
ACCOUNT NAME: Help Nepal Network Australia Inc.
 Commonwealth Bank.

Nepalese living abroad, donate via the link below:

<https://helpnepal.net/donate>

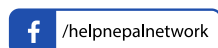
Join Us

The largest charitable network of Nepalis, HELP NEPAL Network: One Dollar a Month Fund for Nepal, is a global charity run on a fully voluntary basis. The running cost of its Kathmandu-based three-member office and other administrative expenses are borne by a separate Endowment Fund (known as a Trust Fund in Nepal) set up by the Network with the help of generous Nepali donors living in various parts of the world. This fund allows the Network to spend every single penny donated directly on the projects it undertakes. All executive committee members and coordinators working in many different chapters are volunteers.

The aim of the Network is to encourage Nepalis and those who love Nepal around the world to provide assistance in the fields of health, education and disaster relief support in rural Nepal. We envision a society where every relatively able individual contributes a small portion of their earnings for the benefit of those who genuinely need support. We have called this 'Practical Philanthropy', an approach which will not hamper an individual's normal life but which will benefit disadvantaged communities. It is estimated that there are 3 million Nepalese staying abroad. The numbers of Nepali institutions alone are in thousands. Some may be able to give more than we expect, some less. But we have seen through our experiences that there are a large number of Nepalese with big hearts.

SOCIAL MEDIA

We invite you to like and follow our Social Media pages for regular updates.



Editor's comment: We hope you found this newsletter useful. Wherever you are you can join and be part of HeNN. For more details, please contact:

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 Thank you!