

Newsletter

HELP NEPAL NETWORK NEWSLETTER

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EDITOR'S NOTE

Dear All,

It is with great pleasure that we present you the latest edition of HELP NEPAL Network Bulletin.

It gives us an opportunity to inform you about the activities being carried out by HELP NEPAL Network (HeNN) in Nepal and remind us how your continued support and encouragement has helped bring about changes in various ways. This newsletter brings you information regarding our completed and on-going projects along with updates on our long-term projects from April 2025 to July 2025.

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

ON GOING PROJECTS

HELP NEPAL Network (HeNN) signed an agreement with Shree Rajkuleshwor Basic School, Dolakha



Agreement with Shree Rajkuleshwor Basic School , Dolakha

HELP NEPAL Network (HeNN) has officially signed an agreement with Shree Rajkuleshwor Basic School located at Ward No. 2 of Bhimeshwor Municipality, Dolakha. This school provides education to children from Montessori (Nursery, LKG, and UKG)

through classes 1 to 8. This year we support Shree Rajkuleshwor Basic School and signed an agreement in the presence of Mr. Arun Shrestha, Education Coordinator of HeNN and Mrs. Kumari Joshi Chakubaji, Principal of Shree Rajkuleshwor Basic School to provide financial support for the salary

of one additional English teacher (for Classes LKG to Class 5) and one caretaker for the Montessori level for the next 12 months. This initiative aims to ensure the continued delivery of quality education at the school.

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 late evening. The extended tuition hours from 6 am to 8 pm reflect a dedication to maximizing the children's learning opportunities.

In April 2025, all 24 girls went on a four-day trip to Pokhara, Lumbini, Sunauli, and Palpa. On the way, they also visited many beautiful temples. They had a great time exploring new places, learning about local culture, and enjoying each other's company. It was a fun and exciting month full of happy memories for the girls.



Some glimpses from the trip of our girls from HELP NEPAL Network Children's Home



On 8th April, 2025 KU (Kathmandu University) students visited HELP NEPAL Network Children's Home to celebrate their birthday with our girls. They handed over some chocolates to our girls.

On April 27, our girls celebrated Mother's Day at the HELP NEPAL Network Children's Home. Our girls are not just growing up, they are being nurtured, cherished, and guided with the same unconditional love a mother gives. We are incredibly proud to see the warmth, happiness, and emotional strength in these young souls.



Celebrating Mother's Day



On 30th April 2025, Mr. Binod Bhattarai, a resident of Dhulikhel Municipality, kindly donated several essential items to HELP NEPAL Network Children's Home. We are sincerely grateful to Mr. Bhattarai for his thoughtful support for our Children's Home.



Sita Singh taking blessings from Ma'am before her National Board Examination (NEB)

Girls are continuing their regular classes. On 14th June, 2025 Mr. Rabi Rimal from HELP NEPAL Network and his family members visited HELP NEPAL Network Children's Home to look after the girls and to spend some time with them.



Sarita Praja taking blessing from Ma'am before her 1st Terminal Exam of grade 12



Rabi Rimal Sir and His family in Our Children's Home

Our four bright young girls from the HELP NEPAL Network Children's Home, including three from the marginalised Chepang community have successfully passed their Grade 10 Secondary Education Examination (SEE) with great results. Ranjita Chepang scored a GPA of 3.20, Sapana Praja got 3.23, Pratika Praja achieved 3.43, and Amshu Sodari scored 3.32. All of them received an "A" grade, and their success has made us truly happy and proud. These results show their hard work, dedication, and the bright future ahead of them.



Our proud SEE graduates from HELP NEPAL Network Children's Home

On June 28th, 2025 Captain Suraj Thapa and his family visited HELP NEPAL Children's Home in Dhulikhel. They spent time with children, talked with them, and shared love and encouragement. During their visit, they also congratulated the girls who passed their SEE exams with "A" grade. As a gift, they kindly

handed some money to four girls to celebrate their success. This made children very happy and motivated them to keep working hard in their studies.



Captain Suraj Thapa and family sharing joyful moments with our girls at HELP NEPAL Children's Home.

LONG TERM PROJECTS

On June 29, 2025, respected social worker Dr. Keshav Khulal K.C., a resident of Dhulikhel Municipality-4, graciously celebrated his birthday with the girls at Help Nepal Children's Home. This day also marks Asar 15 in the Nepali calendar, which is traditionally celebrated as the beginning of the rice planting season in Nepal. On this occasion, people enjoy a special meal of "dahi chiura" (curd and beaten rice), a beloved traditional dish associated with this festival. With Dr. K.C.'s generous support, dahi chiura

was joyfully distributed to all the children. The event was filled with smiles, laughter, and a sense of togetherness, making it a memorable day for everyone involved.

The entire Help Nepal Children's Home family extends heartfelt thanks to Dr. Keshav Khulal K.C. for his kindness and continued support. Girls also wish him good health, happiness, and a long life.



Girls enjoying dahi chiura on Asar 15

On 1st July 2025, Chief Attorney of Kavre district, along with other authorized officials, visited HELP NEPAL Network Children's Home in Dhulikhel. During the visit, they conducted an informative session aimed at enhancing legal awareness of the girls residing in the shelter. The program focused on educating children about their legal rights, justice system, laws that protect children, and what to do in case of legal problems. The girls listened with interest and also asked questions.

This program helped our girls understand the law better and encouraged them to speak up for their rights. It was a good step towards supporting and protecting children through legal knowledge.



Legal awareness session at HELP NEPAL Network Children's Home

Sarita Praja actively participated in the five-day training session on making “Pote Mala” (traditional Nepali bead necklaces), held at Budol Samudayik Bachat Tatha Rin Sahakari Sanstha Limited, Dhulikhel Ward No. 6.

Through the training, she learned cultural crafting skills and expressed her creativity by designing her own bead necklaces. The training aimed to preserve traditional arts

while encouraging self-expression and skill development among girls. Upon successful completion of the training, she was awarded a certificate recognizing her participation and achievement.



Sarita Praja completes Pote Mala training program

On 5th July 2025, reporters from Nepal News Bank - a Kathmandu-based news agency- visited HELP NEPAL Network Children’s Home in Dhulikhel to cover its activities. The girls welcomed them with

a traditional dance, showing enthusiasm and confidence. The visit ended with friendly interactions and media coverage, helping raise public awareness and support for the shelter’s mission.



Reporters from Nepal News Bank in our Children’s Home, Dhulikhel

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

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

More than 85,000 people have been treated to date by the health post. Help Nepal Health Post 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.

Free Dental Camp conducted at Murma Village, Mugu

On 1st April 2025, under monthly outreach program, Help Nepal Health Post, Mugu, in collaboration with Dhulikhel Hospital, organized a Free Dental Camp at Nepal Rastriya Madhyamik Vidyalaya, located in Rara Nagarpalika Ward No. 9, Murma Village. The camp provided services such as tooth

extraction, teeth cleaning, and oral health counseling. A total of 45 people from the village and surrounding areas participated in the camp. The dental camp was successfully conducted with the joint effort of Dental Specialists from Dhulikhel Hospital and the Health Team from Help Nepal Health Post, Mugu.



Photos of Dental Camp in Mugu

Vitamin A and Deworming Medicine Program conducted in Chhayanth Rara Municipality – 9, Mugu

In May 2025, Help Nepal Health Post, Mugu, conducted its monthly village outreach program at Nepal Rastriya Madhyamik Vidyalaya, Rara, in Chhayanth Rara Municipality – Ward 9. The program focused on administering Vitamin A capsules and deworming medicine to children aged 6 to 59 months.

In collaboration with the Basic Health Centre and dedicated Women Health Volunteers of Ward 9, a total of 29 children (including 14 girls and 15 boys) received medication. The event was successfully completed in the presence of health workers from the Basic Health Centre, volunteers, and staff from Help Nepal Health Post.



Distributing Vitamin A Capsules and Deworming Medicines

Monthly Outreach Clinic Program conducted at Pina Health Post, Mugu

As part of a monthly village outreach program a special awareness and counseling session was conducted on the 12th and 13th of June in coordination with the Health Section of Chhayanth Rara Municipality.

The event took place at Pina Health Post, located in Chhayanth Rara Municipality, and specially focused on mothers in the “Sunaulo Hajar Dinka Ama” (a critical

window from pregnancy through the child’s first two years of life). The interactive session provided counseling on essential nutrients and dietary needs during pregnancy and early childhood. The program was successfully completed with the active participation of health workers, Female Community Health Volunteers (FCHVs), and staff from HELP Nepal Health Post, Mugu.



Photos from Awareness Campaign of ‘Sunaulo Hajar Dinka Ama’ in Mugu

Treating Injuries and Timely Medical Support Through Village Outreach in Murma Village

On 5th July 2025, Help Nepal Health Post conducted a successful village outreach clinic in Murma, Ward No. 9 of Chhayanth Rara Municipality. During the program, the team responded to an emergency involving a 22-year-old man who had badly injured his foot while cutting grass, causing one of his toes to be cut off. As soon as HeNN Health Post Staff got the information, their team quickly went to the location to assist. The wound was assessed and found to require

suturing. The injury was cleaned and six stitches (sutures) were administered. The patient was prescribed medication and advised to return for follow-up treatment every two days. Additionally, a child with a fungal infection was provided with Clotrimazole ointment, and the guardian advised to visit the district health office for further treatment.



Treating Injuries in Murma Village

Funds Received from Generous Donors

1. **For HELP NEPAL Network Children's Home, Dhulikhel**
Events4GreaterGood: Nrs.5,35,419.75
2. **For Smarika Publication in 25th Anniversary Celebration**
NCELL: Nrs. 50,000
3. **Local Donation**
Harihar: NRS 25,000
Santosh Shrestha & Dinesh Shrestha: NRS 50,000

Trustees from HeNN Chapters visit HELP NEPAL Network Office



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.
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 Thank you!