

Newsletter

HELP NEPAL Network Quarterly Newsletter

December / 2025



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EDITOR'S NOTE

Dear All,

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

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

ONGOING PROJECT

Building Temporary Shelter for the Flood and Landslide Victims in Ilam

Landslides and floods triggered by continuous rainfall on October 4 and 5, 2025 in Ilam district in eastern Nepal resulted in huge loss of life and property. Upon request from the local community, in collaboration with local volunteers a total of six

temporary shelters are being constructed in Ilam Municipality including 4 shelters in Ward No. 6 and 2 in Ward No. 5. These houses are being built using zinc sheets and bamboo to provide safe, temporary shelter for displaced people.



Constructing shelters in Ward 5 and 6 to displaced people in Ilam

SHORT TERM COMPLETED PROJECTS

i. Emergency Relief Support for Flood And Landslide Victims in Ilam

The devastating floods and landslides in October 2025 severely affected several parts of Nepal, especially Ilam, leaving many families displaced and in urgent need of support. In response, HELP NEPAL

Network (HeNN) provided 15 pieces of tarpaulins in Ward 6,7,8 of Ilam Municipality as immediate emergency relief to affected families on the ground.



Tarpaulins distribution to displaced people in Ilam

ii. Temporary shelters built for Flood and Landslide Victims in Ilam

HELP NEPAL Network successfully constructed 10 temporary shelters in Ward No. 10 of Ilam Municipality, using zinc sheets and bamboo. These shelters were part of our relief initiative to build a total of 19 temporary shelters across Wards 10, 6, and 5 to support families affected by the floods and landslides in the region.

The built shelters are already providing safety, comfort, and a sense of stability to displaced families who lost their homes in the disaster. This initiative has been made possible through the generous support of our donors and well-wishers, NRNA UK chapter and tireless efforts of the Nepal Army, local communities, and our dedicated volunteers.





Temporary shelters built in Ilam Municipality

iii. Distributed Zinc Sheet for Flood and Landslide Victims in Ilam

HELP NEPAL Network (HeNN) distributed a total of 340 pieces of zinc sheets in Ilam Municipality to support families affected by recent floods and landslides. Out of these, 136 sheets were provided to displaced families in Ward No. 5 and 204 sheets in Ward No. 6. The support aims

to help the affected families rebuild temporary shelters and protect themselves from the cold weather conditions. The distribution was carried out in coordination with the local authorities, Nepal Army, and community volunteers, ensuring that the materials reached those in urgent need.



Zinc sheet distribution to displaced people in Ilam

iv. Supervision and Survey at Shree Rajkhuleaswor Basic School, Dolakha

Volunteers from Kathmandu University (KU) visited Shree Rajkhuleswor Basic School, Dolakha, to carry out a supervision and survey on how Hi-Tech Lab is performing. This project was implemented by HELP NEPAL Network, in collaboration with the National Innovation Center (NIC), led by Mr. Mahabir Pun.

During their visit, the volunteers not only monitored the functioning of the digital classroom but also conducted a detailed survey of the school's overall learning environment. They checked whether the laptops and digital equipment were in good condition, interacted with students and teachers, and held a meeting to understand progress, challenges, and future needs of the school.



Survey at Shree Rajkhuleaswor Basic School, Dolakha

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 supporting them 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

On August 2, 2025, Budol Samudayik Bachat Tatha Rin Sahakari Sanstha Limited, located at Dhulikhel Ward No. 6, honored four girls from the HELP NEPAL Network Children's Home who passed their SEE exams with an A Grade. The organization awarded them certificates in recognition of their achievement.



A Proud Moment for Our Girls

Miss. Sita Singh, a bright student from the HELP NEPAL Network Children's Home, Dhulikhel, has passed her Grade 12 exams from Sanjivani Secondary School with a GPA of 3.24 (A Grade). We are so proud of her achievement. Her hard work and dedication are truly inspiring. It's wonderful to see girls from our Children's Home doing well and working toward a bright future. We wish Sita all the best in her next steps and continued success ahead.



A Proud Moment for Sita Singh

LONG TERM PROJECTS

A significant event this month was the Social Audit, Public Hearing and Review Meeting program hosted on 22nd August, 2025 at Help Nepal Network Children's Home, Dhulikhel. The Social Audit serves as an important tool to evaluate the social and ethical performance of our organization, emphasizing inclusivity and participation. This program was instrumental in fostering transparency and accountability with our community members, local officials, and stakeholders.

In the presence of HELP NEPAL Network (HeNN) Team Members, we had our honorable guests Mr. Ashok Kumar Byanju (Shrestha), Mayor of Dhulikhel Municipality, Mr. Nirajan Jangam, Deputy Mayor of Dhulikhel Municipality and other representatives, Mr. Chuniya Lal Makaju, Founder of Dhulikhel High School, Mr. Madhav

Acharya, Advisor of Dhulikhel Municipality-4, Mr. Ganesh Acharya, Ward Chairperson of Dhulikhel Municipality-3, Mr. Krishna Bhusan Khoju, President of Dhulikhel Khanepani Udhog Sanstha, Representatives of Sahara Home Children's Home and Siddhartha Children's Home and other surrounding Children's Home, Representatives from Sanjivini Secondary School and Panchakanya Basic School, and Local communities from Dhulikhel Municipality Ward No-3,4,5,7,8,9,10.

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





Glimpses from Social Audit, Public Hearing & Review Meeting Program

On the same day, HELP NEPAL Network Children's Home held a heartfelt farewell program for Miss Sita Singh, who successfully completed her Grade 12 board exams with outstanding results. Sita's journey with the Children's Home has been filled with countless memories, valuable experiences, and moments that helped shape her into a confident young woman.



Farewell program To Miss Singh

During the month of August, we were fortunate to receive generous donations for our Children's Home from several kind-hearted individuals. We received NRs. 3,000 from Mr. Ram Prasad Shrestha of Dhulikhel Municipality-7, NRs. 20,000 from Mr. Rojan Tamang of Dhulikhel Municipality-5, NRs. 7,000 from Mr. Man Bahadur Karki of Dhulikhel Municipality-7, NRs. 5,000 from Mrs. Pabitra Basnet of Dhulikhel Municipality-4, and NRs. 1,500 from Mr. Chyangba Lama of Dhulikhel Municipality-4. We are deeply grateful to all our donors for their continued support and generosity. Their contributions play a vital role in ensuring the well-being, education, and care of the children at our Home.

In the month of October, students completed their first-term exams. Following the completion of their exams, they received a month-long vacation to celebrate Dashain and Tihar. October is a significant month for the Nepalese community, as it marks the biggest festivals in Nepal. Their school remained closed during the festival. All the girls returned home to celebrate Dashain and Tihar with their families, allowing them to refresh and spend quality time with their loved ones.

We were also fortunate to receive generous donations of NRs. 5000 from Mrs. Gyani Maya Takhachea from Dhulikhel Municipality-7. We are deeply grateful to all our donors for their continued support and generosity.

On 1st November 2025, the girls at the Children's Home participated in the Ekadashi Pooja, a sacred Hindu ritual. Ekadashi is considered an auspicious day dedicated to Lord Vishnu. On this day, devotees often observe fasting, engage in prayers, and take part in religious rituals to purify the

mind and soul. The observance is believed to promote self-discipline, spiritual growth, and good health, while helping devotees seek divine blessings and inner peace. The pooja provided a meaningful opportunity for the girls to learn about cultural values, spirituality, and the importance of faith in daily life.



Celebrating Ekadashi with hearts full of faith

On 17th November 2025, HELP NEPAL Network Children's Home, Dhulikhel organized a heartfelt farewell program for Miss Bipana Praja. Due to her health condition and learning disabilities, Bipana faced challenges in continuing her formal studies. Despite continuous support and efforts from our team, she was unable to progress in reading and writing. In coordination with her parents, we

mutually agreed for her to return home, where she will receive the care she needs.

HELP NEPAL Network remains committed to Bipana's well-being and will provide necessary support for her future development. We sincerely thank Bipana for trusting HELP NEPAL Network and for the beautiful memories she created during her time with us. We wish her the very best future ahead.



Farewell to Miss Bipana Praja

During the month of November, we were fortunate to receive generous donations for our Children's Home from several kind-hearted individuals. We received NRs. 8,000 from Mrs. Anusha Koirala from

Pokahra, NRs. 1500 from Mr. Cyangba Lama of Dhulikhel Municipality-4. We are deeply grateful to all our donors for their continued support and generosity.

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 as they 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.

Providing Treatment in Gadekhola, Khatyad Rural Municipality–Ward No. 1

On 11th August, 2025 under the monthly village home outreach campaign, the Help Nepal Health Post team in Mugu assisted two community members in Gadekhola, Khatyad Rural Municipality–Ward No. 1. An 18-year-old boy had developed severe allergic reaction, which caused painful wounds on his face. The Health

Post team reached the village, gave him primary treatment, and referred him to the District Health Hospital at Gamgadhi for further care. In the same village, another person suffered a leg injury that resulted in the loss of a toe. The team cleaned and stitched the wound, applied first aid, and advised him on how to use ointment and care for the injury to prevent infection.



Treating injuries at Gadekhola, Khatyad Rural Municipality

Monthly Village Outreach Program by HELP NEPAL Health Post, Mugu

On 6th September 2025, under the Village Outreach Program, HELP NEPAL Health Post, Mugu collaborated with Dr. Bali Bahadur Budha, Health Coordinator of Mugum Karmarong Rural Municipality. Mr. Budha is a dedicated health worker, widely known in the community as the “Saturday Doctor.” Since his work aligns

closely with the objectives of the Monthly Village Outreach Program, HeNN Health Post coordinated with him on 6th September, visiting the location and successfully conducting the program. The initiative included providing essential health services as well as health-related consultations to the local people.



Dr. Bali Bahadur Budha providing health services in Mugu

Vaccination Camp in Chhayanath Rara Municipality, Ward No. 9

On 9th October 2025, as part of the Monthly Village Outreach Program of Help Nepal Health Post, Rara, Mugu, the regular monthly immunization vaccination program was carried out at the Basic Health Center in Chhayanath Rara Municipality, Ward No. 9. Since the health center staff were unavailable due to the Dashain holidays, Help Nepal Health Post, Rara, Mugu, coordinated with the municipality to set up a temporary vaccination center within the community. Vaccines were administered to children in the area according to the official schedule. A total of 32 children received vaccinations during the campaign, including 18 males and 14 females.





राष्ट्रिय खोप-तालिका		
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२	६ महिना	DTaP, Polio, Hib, JE, Measles, Rubella
३	१० महिना	DTaP, Polio, Hib, JE, Measles, Rubella
४	१४ महिना	DTaP, Polio, Hib, JE, Measles, Rubella
५	१८ महिना	DTaP, Polio, Hib, JE, Measles, Rubella
६	२४ महिना	DTaP, Polio, Hib, JE, Measles, Rubella
७	३६ महिना	DTaP, Polio, Hib, JE, Measles, Rubella

खोप ल्याएदा पनि सधैं सरकारीबाट सबै व्यवहारहरूको पालना गर्नु ।

Vaccines for Children in Mugu

Distribution of Vitamin A capsule and Deworming medicine to the children

Under the Monthly Village Outreach Program of Help Nepal Health Post Rara, Mugu, a deworming and Vitamin A Capsule program was conducted on November 6 & 7, 2025. In coordination with the Basic Health Center and Female Community Health Volunteers, a total of

32 children (15 boys and 17 girls), aged 6–59 months, from Ward No. 9 of Chhayanth Rara Municipality received Vitamin A capsules and deworming tablets. The program was held at Nepal National Secondary School with active participation of local health workers, volunteers staff of Help Nepal Health Post Rara, Mugu.

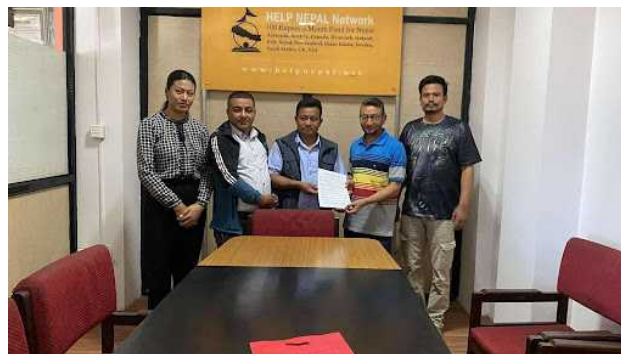


Vitamin A capsule and Deworming medicine to the children in Mugu

HELP NEPAL Network (HeNN) signs an MOU with Shree Panchakanya Basic School , Kavre

HELP NEPAL Network (HeNN) signed a Memorandum of Understanding (MoU) with Shree Panchakanya Basic School, located at Dhulikhel Municipality Ward No. 3, Cholaamath, Kavrepalanchowk, on 18th August 2025. HeNN has been providing financial support towards salaries of four English-medium teachers (teaching classes KG and Grades 4 to 8) at Shree

Panchakanya Basic School every year. In addition, HeNN has been providing additional course books for students for the past few years. This year, we continued this support and signed an agreement in the presence of Mr. Arun Shrestha, Education Coordinator of HeNN, and Mr. Prakash Humagain, Principal of Shree Panchakanya Basic School.



MOU Signed with Shree Panchakanya Basic School, Dhulikhel

Trustees from HeNN Chapters visit HELP NEPAL Network Office



Funds Received from Generous Donors

1. HeNN Australia : Nrs. 6,00,000
2. Local donations: Nrs. 1,25,500

HOW TO HELP AND BE PART OF NEPALESE GLOBAL CHARITY ORGANIZATION

Banking Details of Help Nepal Network Chapters:

Only those living in Nepal can directly transfer to this account:

Bank Name: Sanima Bank Limited, Chuchhepati, Kathmandu

Account Name: Help Nepal Network Nepal

Account Number: 009011170000871

Account Type: Savings

Swift code: SNMANPKA

For those living in Australia,

we request that you transfer to the Australian account:

Bank Name: CBA - Commonwealth Bank of Australia

Account Name: Help Nepal Network, CBA

Account Number: 11660078

BSB: 062000

For those living in the US,

we request that you transfer to the US account:

Bank Name: Chase

Account Name: HELP NEPAL NETWORK US INC

Account Number: 974935116

Routing number: 021000021

For those living in UK,

we request that you transfer to the UK account:

Bank Name: Barclays Bank

Account Name: Help Nepal Network UK

Account Number: 80162302

Sort code: 202941

Nepalese living abroad, pls donate via the link below:

<https://helpnepal.net/donate>

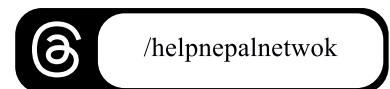
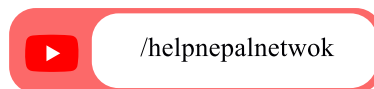
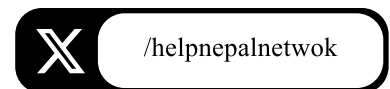
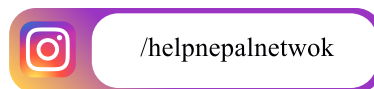
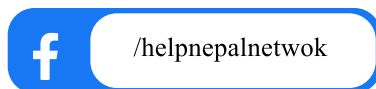
Join Us

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!