

Newsletter

HELP NEPAL Network Quarterly Newsletter

April / 2026



1

**SHORT TERM COMPLETED
PROJECTS**

2

LONG TERM PROJECTS

EDITOR'S NOTE

Dear All,

First of all, we would like to wish a Happy New Year 2083 B.S. 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. It is with great pleasure that we present you the latest edition of HELP NEPAL Network Bulletin.

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 2025 - March 2026. 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

SHORT TERM COMPLETED PROJECTS

I. HELP NEPAL Network distributes tracksuits to students in Kalikot

HELP NEPAL Network distributed 53 sets of tracksuits to students of Shree Khaparmasta Madhyamik Vidyalaya from ECD to Grade 5, located in Kalikot District, Sanni Triveni Rural Municipality,

Ward No. 5. This initiative was carried out to help students stay warm during the cold season and to promote their overall well-being, comfort, and motivation toward education.



Tracksuit Distribution at Shree Khaparmasta Madhyamik Vidyalaya, Kalikot

LONG TERM PROJECTS

I. HELP NEPAL Network Children's Home, Dhulikhel Municipality, Ward No 3, Kavre

HELP NEPAL Network Children's Home is one of the most significant initiatives undertaken by HELP NEPAL Network (HeNN). HELP NEPAL Network

Children's Home which is located at Dhulikhel, provides a safe environment and education for 22 girls of all ages and backgrounds. HeNN has been providing them with education, skills, and secure accommodation to help them develop into independent women. This includes enhancing their ability to make decisions, live independently, and acquire valuable skills, 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.

At the Children's Home, the girls follow a balanced routine filled with academic learning and meaningful extracurricular engagement. The

educational program at Dhulikhel Children's Home is well-organized and supportive, ensuring that each child receives quality instruction and the attention they need to grow academically.

Beyond formal education, the girls are encouraged to explore and participate in a wide range of extracurricular activities based on their interests and strengths. These include games and sports, dance, Taekwondo, music, and various forms of creative arts. Such activities help build confidence, discipline, teamwork, and self-expression. To further support their physical and mental well-being, we also provide yoga classes, which help the girls develop mindfulness, flexibility, and emotional balance.

On 6th December, 2025 a representative from Dhulikhel Hospital visited Help Nepal Children's Home to conduct an interactive session on gender-based violence. During the visit, they discussed important topics such as safety, awareness, and ways to seek help in harmful situations. The session was informative and supportive, helping the girls better understand their rights and personal well-being. The team also distributed notebooks to all the girls as a gesture of encouragement for their studies.



Awareness session and notebook distribution by Dhulikhel Hospital

On 30th December 2025, Sanchita GuruAma, the yoga teacher of our girls, visited HELP NEPAL Network Children's Home along with her students. She has been conducting yoga classes for the girls every Saturday morning for one hour from 7 to 8 am.

The girls spent a wonderful time together with her and celebrated her birthday. They meditated for

some time and marked the occasion by cutting a cake. The meeting was joyful and filled with warmth and happiness, as the children came together to share heartfelt birthday wishes and blessings. The girls expressed their love and best wishes to their GuruAma for continued happiness, good health, and success, making the occasion truly memorable for everyone involved.



Birthday Celebration of Sanchita GuruAma at Children's Home, Dhulikhel

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. Listening to this story helps inspire and brings a

sense of peace and motivation. Our Head In-charge at Children's Home, Ms. Punyabati Ghale, is so passionate about preserving our culture and traditions. 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.

LONG TERM PROJECTS



Our girls reading the Swasthani Book

Our girls are attending their morning tuition classes regularly, where they receive additional academic support, guidance, and encouragement to improve their learning outcomes. These sessions provide them with the extra support they need to

overcome academic challenges and build confidence in their abilities. With dedicated guidance and encouragement, they are steadily progressing in their studies and moving closer to their dreams.



Some glimpses from morning tuition class of our girls

On 14th February 2026, Ms. Deepa Pokharel, a student of Thames International College pursuing her studies in Psychology and Social Work, visited HELP NEPAL Network Children's Home in Dhulikhel to conduct research on the topic "Psychological Wellbeing of Orphanage Children."

During her visit, she interacted with our girls and

collected relevant information as part of her academic research. The session created a safe and supportive environment where the girls could openly express their thoughts, feelings, and personal experiences. It also encouraged them to reflect on their emotions, strengths, challenges, and future goals, helping to build self-awareness and confidence.



Ms. Pokharel with our Girls in Children's Home

On 15th February 2026, the girls from our Children's Home actively participated in a rally organized by the devotees of "Om Shanti." Om Shanti is a religious group that promotes meditation, moral values, self-realization, and peaceful living.

The rally was conducted with the objective of

spreading messages of peace, harmony, and spiritual awareness within the community. During the program, our girls joined the devotees in walking together while carrying banners and placards promoting unity, positivity, and moral values.



Girls Participating in the rally organised by Om Shanti

LONG TERM PROJECTS

On 2nd March 2026, the girls at HeNN Children's Home joyfully celebrated the festival of Holi within the children's home premises. "Holi" is known as the festival of colors, bringing a cheerful and lively environment to the home.



The girls celebrated by applying colors to each other, sharing smiles, and enjoying the festive spirit. The celebration was filled with colors, laughter, and happiness & provided a wonderful opportunity for the children to relax, have fun, and create joyful memories together.



Our girls celebrating Holi at HELP NEPAL Children's Home

On 8th March 2026, on the occasion of International Women's Day, volunteers from the Leo Club of Kathmandu Sky visited HeNN Children's Home to organize a small interactive session titled "Smash Stereotypes, Not Dreams."

The session aimed to inspire and encourage the girls to believe in themselves and follow their dreams without being limited by social stereotypes. During the program, the volunteers

shared simple stories and examples about how girls can achieve their goals if they work hard and stay confident.

The discussion also focused on equality, self-belief, and respecting everyone's dreams and abilities. The children actively participated by sharing their thoughts, asking questions, and expressing their own dreams for the future. The session was engaging and meaningful, leaving the children motivated.



Interactive session on "Smash Stereotypes, Not Dreams" at HeNN Children's Home

On 7th March 2026, Mr. Tek Bahadur Khatri and Mrs. Sushila Khatri, currently residing at Dhulikhel-3, visited HeNN Children's Home in Dhulikhel. During their visit, they spent some quality time with the girls, interacting warmly and sharing conversations. The visit created a friendly

and joyful environment as the girls had the opportunity to connect with the guests. As a kind gesture, Mr. and Mrs. Khatri also provided snacks and homemade food for the girls. The children were very happy and grateful for their thoughtful support and care.



Mr and Mrs Khatri visit Children's Home



Birthday Celebration of Sangita Sharma

LONG TERM PROJECTS

On 13th March 2026, representatives from Atal Panchkunda Savings & Credit Cooperative Limited, Dhulikhel-4 Municipality, visited HELP NEPAL Network Children's Home. During their visit, they kindly distributed stationery items to support the educational needs of the children.

The children were delighted to receive the stationery materials, which will greatly assist them in their daily studies and learning activities. HELP NEPAL Network would like to express its sincere appreciation to Atal Panchkunda Savings & Credit Cooperative Limited for their kind support and thoughtful contribution towards the education and well-being of the children.



Stationery Support for Children at HELP NEPAL Network Children's Home

II. HELP NEPAL Health Post, Chhayanath Rara Municipality, Ward No 9, Majhaghat Rara, Mugu

HELP NEPAL Health Post was established in June 2004 in Murma village, located in Chhayanath Rara Municipality-9, Majhaghat Rara (Murma), Mugu—one of the most remote regions of Nepal. The Health Post was founded with the aim of providing essential healthcare services to the local community of Murma and its surrounding areas. Since its establishment, the Health Post has been providing basic but vital health services, including routine checkups and treatment for common illnesses such as cold, cough, fever, stomach pain, joint pain, skin diseases, and other general health issues. It also offers maternal health services, including ANC/PNC checkups for pregnant women.

Over the past two decades, HELP NEPAL Health Post has had a significant and positive impact not only on the residents of Murma village but also on people from nearby settlements. The facility has played an important role in improving access to healthcare in this remote region. During emergencies, including the recent pandemic, the Health Post has continued to serve the community with dedication and has also provided relief packages to support local families. In addition to serving local citizens, the Health Post offers necessary medical checkups and treatment to both domestic and international tourists visiting the Rara region, ensuring their safety and well-being during their stay. Help Nepal Health Post has been continuously helping the people of Murma to improve their quality of life by providing them easy access to healthcare facilities.

The Health Post was established with the primary aim of providing essential healthcare services to one of Nepal's most remote and underserved regions. Murma is a beautiful village, but its residents faced significant challenges due to limited infrastructure, difficult terrain, and the absence of nearby medical facilities. Before the establishment of HELP NEPAL Health Post, villagers had to walk more than two and a half hours to reach the government hospital in Gamgadhi—a journey particularly difficult for pregnant women, elderly people, sick children, and those with urgent medical needs. Seasonal illnesses, minor injuries, and treatable infections often became serious because timely care was unavailable. Recognizing these challenges, the Help Nepal Network, with the strong support and in-kind contributions of the Murma community, founded the Health Post to provide basic and lifesaving healthcare within the village itself. Today, it stands as a vital institution for Murma and surrounding settlements, ensuring that essential health checkups, treatments, maternal care, and emergency support are available close to home. Its establishment has significantly improved the quality of life for residents, eliminating the need to travel long distances for basic medical care.

Treatment of seasonal health problems through a health camp in Chimath Village, Mugu

As Mugu district lies in a Himalayan region, cold increases significantly during the time of November/December. Due to this, there has been a high number of patients suffering from common cold and cough, viral fever, headache, asthma, diarrhea, and pneumonia in children, causing increased pressure on health institutions.

Under the monthly village home outreach campaign, Help Nepal Health Post coordinated with the Health Section of Karmarong Rural Municipality & conducted health camps in different villages focusing on cold health problems

such as common cold, cough, and viral fever. A health camp was conducted on Friday, 5th of December, 2025, at Chimath village of Karmarong Rural Municipality.

The health camp was conducted with the participation of one doctor, several other health workers, and two health workers from Help Nepal Health Post. Most of the patients attending the camp were suffering from common cold and cough, fever, and asthma. A total of 68 patients received treatment, including 37 males and 31 females.



Treating cold-related seasonal diseases in Chimath Village, Mugu

One-Day Health Camps conducted across all 14 wards of Chhayanath Rara Municipality, Mugu

Under the monthly village outreach program of Help Nepal Health Post, Rara, Mugu, coordinated with the Health Section of Karmarong Rural Municipality, and conducted health camps in various villages. Similarly, in the month of January, Chhayanath Rara Municipality organized one-day health camps in each ward, covering all 14 wards of the municipality from 21st December to 3rd January.

As Help Nepal Health Post is located in Ward No. 9, Murma, a health camp was organized on 1st

January, 2026 in collaboration with the Health Section of Chhayanath Rara Municipality. The camp focused on treating patients with common cold, viral fever, asthma, and other seasonal illnesses. The camp was conducted with the participation of one doctor, several other health workers, and staff from Help Nepal Health Post.

Most of the patients treated in the camp were suffering from common cold, fever, and asthma. A total of 50 patients received treatment, including 23 males and 27 females.

Health Education & Child Marriage Awareness Program conducted in Mugu

As part of the Monthly Village Outreach Program, Help Nepal Health Post, Rara, Mugu organized a Health Education and Child Marriage awareness session in February for Grade 9 students of Karnali Madhyamik Vidhyalaya.

Health Post staff delivered comprehensive information on maintaining good health, preventive safety measures, and awareness of communicable and non-communicable diseases.

The session also highlighted the harmful effects of alcohol consumption, smoking, and drug abuse, along with preventive measures to avoid such habits.

Furthermore, students were educated about the legal and appropriate age for marriage and the serious consequences of early marriage on health, education, and overall well-being. The program aimed to raise awareness and encourage students to make informed and healthy life choices.



Awareness Program on Health Education & Child Marriage

Help Nepal Network – Fundamental & Flagship Funds

At Help Nepal Network, we believe in the simple yet powerful idea: “One Dollar, A Fund for Nepal.” This guiding principle reflects our commitment to Practical Philanthropy — where even the smallest contribution, when given with compassion, can create meaningful and lasting change.

For years, our work has reached communities on the ground in Nepal — supporting essential healthcare, education, and disaster relief efforts. Every contribution we receive is treated with care, transparency, and a deep sense of responsibility, ensuring it directly touches the lives of those who need it most.

To strengthen this mission and build a sustainable future, we have established our Fundamental & Flagship Funds.

Our Fundamental & flagship Funds :

1) 10 Crore Paropakari Akshaya Kosh

This is our long-term endowment fund — a vision for lasting impact. By building a sustainable financial foundation, this fund ensures that Help Nepal Network can continue serving communities for generations to come. Your support here is not just a donation; it is a legacy of compassion.

2) Health Fund for Mugu Health Post

In one of Nepal’s most remote and underserved regions, access to basic healthcare can mean the difference between hope and hardship. This fund supports vital health services in Mugu, bringing care, dignity, and life-saving support to vulnerable communities.

3) Funds for Children – Dhulikhel Children’s Home Fund

Every child deserves safety, care, and the opportunity to dream. This fund is dedicated to supporting disadvantaged and orphaned children by providing shelter, education, and a nurturing environment — helping them build brighter, more secure futures.

4) Help Nepal Network Admin Fund – Office Operation & Administration

Behind every successful initiative is careful coordination. This fund supports essential administrative functions for its office in Kathmandu Nepal, ensuring that our volunteer-driven network operates efficiently while keeping overheads minimal and impact maximized.

Together, these funds represent more than programs, they are a collective promise of kindness, accountability, and hope for needy nepalis.

We warmly invite our donors and well-wishers to join us in this journey. Your generosity, no matter the size, becomes a powerful force for change, transforming lives, uplifting communities, and shaping a better future for Nepal.

Funds Received from Generous Donors

1. HeNN Australia: NPR. 300,000
2. HeNN USA: NPR.527,988.16
3. Music4Children-UK: NPR. 589,097.40
4. Local Donation: NPR. 25,000
NPR. 40,000

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>

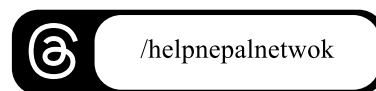
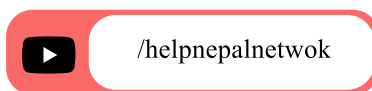
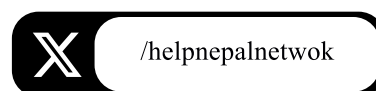
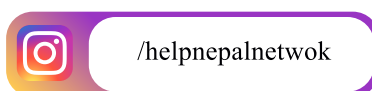
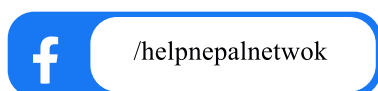
Join Us

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.

For more details, please contact:
Email: help_nepal@helpnepal.net
Tel: 01-4598328

Address: SBI Building 3rd Floor, Chuchhepati, Kathmandu
Thank you!