

Newsletter

HELP NEPAL Network Quarterly Newsletter

August / 2026



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EDITOR'S NOTE

Dear All,

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 April 2026 - July 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 150 pieces of Mosquito Nets for Dengue prevention in Kavrepalanchok

HELP NEPAL Network, in collaboration with the Indrawoti Community Service Centre, distributed 150 pieces of mosquito nets in Ward No. 6 of Mandandeupur Municipality, Kavrepalanchok District, as part of its dengue prevention initiative. The distribution aimed to support vulnerable households and help protect community members from mosquito-borne diseases during the high-risk

summer season. With rising temperatures increasing the risk of dengue transmission in Kavrepalanchok, many families in Ward No. 6 lack adequate protection against mosquito bites. Recognizing this urgent need, HELP NEPAL Network coordinated with the Indrawoti Community Service Centre to ensure that mosquito nets were distributed to households most at risk.



Mosquito Nets Distribution for Dengue Prevention in Kavrepalanchok

II. HELP NEPAL Network handover blankets to cold wave victims in Saptari

HELP NEPAL Network handed over 50 blankets to the cold wave victims in Saptari in collaboration with Shri Dharmi Halfa Women Development Club. The initiative was organized to provide relief and support to vulnerable community members during the harsh winter season.

During the blanket distribution program in Saptari, the election period was underway, and due to

certain circumstances, the blankets could not be distributed to the intended beneficiaries. As summer began shortly after the election, Shri Dharmi Halfa Women Development Club informed HeNN that the blankets should be distributed during the cold weather when victims would be most needed. Therefore, Dharmi Halfa informed HeNN to distribute the blankets during the upcoming winter season.

ONGOING PROJECTS

I. HELP NEPAL Network (HeNN) signed an agreement with Rajhiti Society for supporting Shree Rajkuleshwor Basic School, Dolakha

HELP NEPAL Network (HeNN) has officially signed an agreement with Rajhiti Society, a local NGO located in Ward No. 2 of Bhimeshwor Municipality, to provide financial support to Shree Rajkuleshwor Basic School, located in Ward No. 2 of Bhimeshwor Municipality. The school provides education to children from Montessori level (Nursery, LKG, and UKG) through Classes 1 to 8. This year, HeNN is supporting the school by providing financial assistance for the salaries of

one English teacher (for Class LKG to 5) and one Science teacher (for Class 1 to 8) for the next 12 months.

The agreement was signed in the presence of Mr. Arun Shrestha, Education Coordinator of HELP NEPAL Network, Mr. Bikram Malla, President of Rajhiti Society, and Mr. Krishna Prashad Dahal, Principal of Shree Rajkuleshwor Basic School and other representatives.



Agreement with Rajhiti Society, Dolakha

II. HELP NEPAL Network (HeNN) signed an agreement with Shree Panchakanya Secondary School, Dhulikhel

On 1st July, 2026 HELP NEPAL Network (HeNN) signed a Memorandum of Understanding (MoU) with Shree Panchakanya Secondary School, located at Dhulikhel Municipality Ward No. 3 Cholaamath, Kavrepalanchok, Nepal. Shree Panchakanya Secondary School provides a learning environment for 222 students from ECD to class 9 in English medium, and classes 1 to 3 through the Multi-Grade Multi-Level (MGML) method. HeNN has been providing financial

support towards salaries of four English-medium teachers (teaching classes KG and Grades 4 to 8), Additional Course Books and Stationery Items at Shree Panchakanya Basic School every year.

This year, HeNN continued this support and signed an agreement in the presence of Mr. Arun Shrestha, Education Coordinator of HeNN, Mr. Prakash Humagain, Principal and Mr. Rishi Ram Sapkota, Vice Principal of Shree Panchakanya Secondary School, Dhulikhel.



Agreement with Shree Panchakanya Secondary School, Dhulikhel

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.

April has been a productive month for all girls. After completing their final examinations, they traveled to their village for refreshment and relaxation. It is also the beginning of a new academic session, and the children are enthusiastic about learning new things and embarking on a new journey. Students have been promoted to higher classes.

May month marks the beginning of a new academic session according to the Nepali calendar, the girls are excited about learning new things on a new educational journey. They have been promoted to higher classes. The girls continue going to school regularly and are making steady progress in their studies. With the start of the new academic session, they have been promoted to higher classes and are motivated to learn new subjects, develop their skills, and work toward a brighter future through education.

Help Nepal Network handed over 105 notebooks to the girls of Help Nepal Network Children's Home, Dhulikhel. The notebooks were generously donated by Mr. Shiva Neupane of Melbourne, Australia, using funds raised through the sale of recycled materials. The notebooks were received by Mr. Purna Bahadur Karki, In-charge of the Help Nepal Children's Home, and Ms. Radha Mandal, a student from the Children's Home.



105 Pieces of Notebooks for the girls of HELP NEPAL Network Children's Home

Our bright young girl, Ms. Radha Kumari Mandal from HELP NEPAL Network Children's Home, has successfully passed her Grade 10 Secondary Education Examination (SEE) by

scoring a GPA of 2.94. She received a "B+" grade, and her success has made us truly happy and proud. These results show their hard work, dedication, and bright future ahead of them.



A proud Moment of Ms. Radha Kumari Mandal

HELP NEPAL Network Children's Home held a heartfelt farewell program for Ms. Sarita Praja, who successfully completed her Grade 12 board exam. Sarita'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. We sincerely thank Sarita for trusting HELP NEPAL Network and for the beautiful memories she created during her time with us. We wish her love, comfort, and happiness in the days ahead.



Farewell to Ms. Sarita Praja

During the month of June, our bright and talented girls from HELP NEPAL Network Children's Home achieved outstanding results in their Basic Level Examination (BLE). Ms. Anjali Kumari Dhimi secured the highest GPA of 3.97 in Grade 8 and received an award along with NPR 5,000 as a token of appreciation for her excellent performance.

Following her achievement, Ms. Rina Praja secured the second-highest GPA of 3.82. Ms.

Sanjita Giri and Ms. Santoshi Kumari Mandal achieved GPAs of 3.75 and 3.65, respectively, ranking third and fourth among the students. In recognition of their hard work and academic success, they were also presented with tokens of appreciation by their school during the Annual Day celebration.

We are proud of their accomplishments and wish them continued success in their educational journey.



A Proud Achievement for the Girls of HeNN Children's Home

Our bright young girl, Ms. Sarita Praja from the HELP NEPAL Network Children's Home, has successfully passed the Grade 12 National

Examination Board (NEB) examination with a GPA of 2.91, earning a B+ grade. Her achievement has made us truly happy and proud.



A proud Moment of Ms. Sarita Praja

Our energetic girl Dikshya Jaisi, who is just 10 years old, is learning how to make Mohi - a traditional Nepali buttermilk drink. She is developing valuable life skills by learning the preparation process. Activities like these help build confidence, encourage independence, and preserve our rich cultural traditions. We are proud to see her embracing new skills with such enthusiasm and dedication.



Girl enjoying Mohi making process

Our girls are attending their morning tuition classes regularly, where they receive additional academic support, guidance, and encouragement to improve their learning outcomes.



Some glimpses from morning tuition class of our girls

On 29th June, 2026, Budol Samudayik Bachat Tatha Rin Sahakari Sanstha Limited, located in Dhulikhel Ward No. 6, honored Ms. Radha Kumari Mandal

from the HELP NEPAL Network Children's Home who who passed her SEE examinations with a B+ Grade. The organization awarded her certificate in recognition of her achievement.



Budol Samudayik Bachat Tatha Rin Sahakari Sanstha honored Ms. Radha Kumari Mandal

LONG TERM PROJECTS

On 29th June 2026, the day is also marked as 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. Dahi Chiura was joyfully distributed to all the girls at the HELP NEPAL Network Children’s Home. The event was filled with smiles, laughter, and a sense of togetherness, making it a memorable day for everyone involved.



Girls enjoying Dahi Chiura on Asar 15

Ed Mashek and Sofi recently visited HELP NEPAL Network Children’s Home in Dhulikhel, where they spent a wonderful and memorable day with the girls. Their visit brought immense joy and excitement, creating lasting memories for everyone. They generously gifted the girls clothes and chocolates, which were received with great happiness and gratitude.



Ed Mashek and Sofi gifting cloths and chocolate to childrens



The girls thoroughly enjoyed spending time with Ed and Sofi, participating in a variety of fun and engaging activities throughout the day. Together, they played different indoor and outdoor games, shared laughter, and built meaningful connections. They took part in various extracurricular activities that encouraged teamwork, creativity, and confidence.



Girls enjoying games engaging activities with ED

The visit also included a special birthday celebration for Ms. Amshu Sadery, during which everyone gathered to cut a birthday cake and celebrate together. The girls enthusiastically joined the celebration, making the occasion even more joyful and memorable for all.



Birthday Celebration of Amshu Sadery at HeNN Children's Home

LONG TERM PROJECTS

The girls from HELP NEPAL Network Children's Home enjoyed a memorable visit to Namo Buddha in Dhulikhel with ED, one of Nepal's most revered Buddhist pilgrimage sites. The visit was a beautiful reminder that acts of kindness,

compassion, and shared experiences can create lasting memories. We sincerely thank Ed Mashek and Sofi for their generosity, friendship, and for making the day so special for the girls at the HELP NEPAL Network Children's Home.



Girls enjoying their visit to Namo Buddha in Dhulikhel with ED.

On 31st July 2026, which coincided with Shrawan 15 in the Nepali calendar, girls at the HELP NEPAL Network Children's Home joyfully celebrated Kheer Khane Din (Rice Pudding Day), a cherished cultural tradition in Nepal. Kheer Khane Din marks the beginning of the rice planting season and is observed by families across the country by preparing and sharing kheer, a delicious sweet rice

pudding made with milk, rice, sugar, and dry fruits. The day symbolizes gratitude, prosperity, and the hope for a successful harvest.

Kheer was joyfully distributed to all the girls at HELP NEPAL Network Children's Home. The event was filled with smiles, laughter, and a sense of togetherness, making it a memorable day for everyone involved.



Girls enjoying Kheer on Shrawan 15

Mr. Ram Prasad Shrestha, Co-ordinator of HELP NEPAL Network Children's Home Support Committee, celebrated the birthday of his grandson, Mr. Ronish Shrestha at the HELP NEPAL Network Children's Home who is currently studying in Australia. Ronish marked his special day by sharing a celebration with the girls at the Children's Home.

The celebration was filled with joy as the girls joined in wishing Ronish a very happy birthday. The HELP NEPAL Network Children's Home family extends its heartfelt gratitude to the Shrestha family for making the occasion special and wishes Ronish good health, happiness, a long life, and continued success in the years to come.



Birthday Celebration of Mr. Ronish Shrestha at HeNN Children's Home

Children visited Shiva Temple to worship Lord Shiva in the month of Shrawan. As in Nepal, Shrawan month is one of the most holy months for Hindus all over the world and it is dedicated to Lord Shiva. It typically falls during the monsoon season in between July and August. This period is considered extremely auspicious for worship and religious activities, and it holds special importance for the followers of Shiva.



Girls visiting a temple to worship Lord Shiva

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.

General Checkup for patients at HELP NEPAL Health Post, Mugu

The Help Nepal Health Post continued to provide essential healthcare services to patients suffering from a wide range of illnesses and minor health conditions. People from surrounding villages visited the health post for the treatment of common ailments such as the common cold, cough, fever, pneumonia, skin rashes, and other illnesses. The health post also provided prompt treatment for

minor injuries, including cuts, bruises, and other wounds. The health post conducted routine health check-ups for community members. These included blood pressure monitoring, body temperature measurement, weight assessment, and general physical examinations. Patients also received medical consultations, health education, and counseling on disease prevention, personal hygiene, nutrition, and healthy lifestyle practices.



Blood pressure monitoring at HELP NEPAL Health Post, Mugu

Treating Injuries and Timely Medical Support in Murma Village

The HELP Nepal Health Post provided treatment to two patients who sustained injuries while carrying out their daily activities. One patient, a man, suffered a deep cut to his cheek, while a woman presented with a swollen hand caused by an infection. The man's wound was thoroughly cleaned, and sutures were administered to close the cut. Health Post

staff delivered immediate first aid, wound cleaning, dressing, suturing where necessary, and appropriate medications to prevent infection and support a speedy recovery. Both patients received appropriate medication and were advised to return for follow-up care after one week to monitor their recovery.



Treatment and Care for Injured Patients

Providing Daily Healthcare Services at HELP NEPAL Health Post, Mugu

The HELP NEPAL Health Post in Mugu continued to provide essential healthcare services to community members, local residents, and visitors throughout the period. Every day, the health post served as a reliable source of primary healthcare, ensuring that people had access to timely medical attention close to their homes.



Daily Healthcare Services at Mugu Health Post

Chair of Help Nepal Network UK, Sachin Shrestha, and Harihar Upadhyay completed the London Marathon to support HeNN Children's Home at Dhulikhel.

Chair of Help Nepal Network UK, Sachin Shrestha, and Harihar Upadhyay completed the London Marathon to support HeNN Children's Home at Dhulikhel. The marathon was held on 26 April 2026. Sachin completed the marathon in 4 hours and 33 minutes while 66-year-old Upadhyay completed the marathon in 4 hours 54 minutes. "While the marathon itself is a personal achievement for me, my real motivation comes from a cause that is very close to my heart—supporting the Help Nepal Network Children's Home in Dhulikhel," said Upadhyay. Sachin and Upadhyay covered all expenses related to the marathon themselves, ensuring that 100 percent of the support received goes directly to Help Nepal Network's charitable projects.

Harihar Upadhyaya raised £1,962 (NRs 4,07,076)

and all of that donations received goes to Help Nepal Network's Children's Home in Kavre. Sachin Shrestha raised £7,556 (NRs 15,57,718) and this will be split equally among Children's Home in Kavre and Help Nepal Network's Health Post in Mugu.

The funds raised through the marathon will contribute towards education, food, clothing, accommodation and overall well-being of the girls living at the Children's Home and in running the Health Post in Mugu ensuring that the people in the remote area of Nepal gets the essential primary healthcare close to their homes. HeNN UK Chair, Sachin Shrestha, thanked all supporters for their generous contributions and said that their encouragement keeps motivating volunteers like himself and Harihar.



London Marathon to support HeNN Children's Home at Dhulikhel

17 NCC UK members complete 'London to Paris' charity cycle ride

17 members of the Nepalese Cycling Club UK (NCC UK) have successfully completed a charity cycle ride from London to Paris to raise funds for Help Nepal Children's Home in Dhulikhel.

The three-day cycling challenge began on Friday, 5 June, with the 17 riders covering approximately 350 kilometres from London to Paris.

The cyclists completed the challenging journey despite steep climbs, adverse weather conditions and physical exhaustion. The cycle ride was organised to raise funds to support the education, food, clothing and accommodation of 22 girls living at the Help Nepal Children's Home. During this campaign, the cyclists raised £6,553 for the Help Nepal Network's Children's Home in Kavre.

The charity ride was coordinated by club member and Director of Tax Platform, Ravi Rimal. The participants included Jalendra Tamrakar, Sulabh Pant, Shiva Sainju, Harry Gurung, Kaustubh Paudyal, Sameer Pyakurel, Aamod Pradhan, Harihar Upadhyay, Narayan Adhikari, Anmol Rana, Sudhir Bajimay, Laxman Gurung, Nick T, Pragati Ojha, Prasadha Pradhan and Sudhir

Shrestha.

"Although cycling 350 kilometres was challenging, the humanitarian purpose behind the campaign kept us motivated throughout the journey," said cyclist Harry Gurung.

The cycle ride was organised to raise funds to support the education, food, clothing and accommodation of 22 girls living at the Help Nepal Children's Home.

"A donation of £5 can provide one girl with a day's food, while £50 can contribute towards a month of her education," said Sachin Shrestha, President of Help Nepal Network UK. He expressed his heartfelt gratitude to all the cyclists who took part in the humanitarian campaign.

Prasidha Pradhan, one of the coordinators of the cycling initiative, said the funds raised would be used to provide the girls at the children's home with nutritious food, full-time education, healthcare, emotional support and a safe environment, as well as opportunities to participate in music, art, dance and sports activities.



NCC UK Members Complete London-to-Paris Charity Cycle Ride

Some Glimpses from Giving Initiative Program At Australia



Trustees from HeNN Chapters visit HELP NEPAL Network Office



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. Support for Shree Panchakanya Secondary School
HeNN USA: NPR. 410,472
2. Support for Dengue Victims in Kavre
HeNN USA: NPR. 85,000
3. Local Donation:
Mr. Dila Kharel, HeNN Australia: NPR. 5,000
Mr. Shashank Kadel: NPR. 5,000
Anonymous: NPR. 2,000

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>

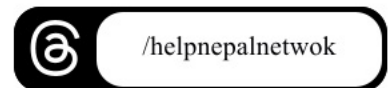
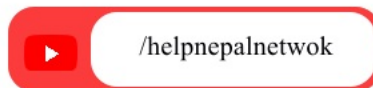
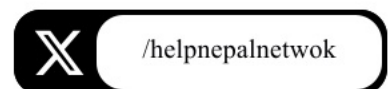
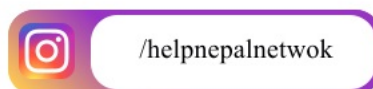
Join Us

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.

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Thank you!