



Helambu Education & Livelihood Partnership(HELP)

Annual Report





Primary Must
Not Be Secondary



Acknowledgement

While some may perceive the NGO world as straightforward work, we, as a grassroots organization, understand the challenges of survival. It is often difficult to sustain our mission and continue our work. However, we also experience the joy of pursuing our beliefs and making a meaningful impact. After reaching the milestone of 15 years in the nonprofit sector, we truly appreciate this journey and wish to express our gratitude to everyone who has supported us through the ups and downs.

We extend our heartfelt thanks to all our partners—both local and international—supporters, staff, board members, volunteers, and well-wishers. A special acknowledgment goes to our funding partners: Mondo Foundation, School in a Bag, Interhands Foundation, ITA, GoGlobal VT, and the many volunteers who generously contributed their time and effort this past year. We are also grateful to the leadership at the local government offices of Paanchpokhari Rural Municipality and Tripurasundari Rural Municipality, Sindhupalchowk, and AanbooKhaireni Rural Municipality for their commitment to championing education in their communities. Our Saathi Teachers Programme would not be possible without the dedication and hard work of our Saathi teachers, as well as the trust and belief in our mission from our alumni.

Finally, we would like to acknowledge all the dedicated and hardworking staff members at HELP, both current and former. HELP reflects your commitment to education and social justice.

Thank you all for your continued support. We welcome your feedback, and together, we look forward to making an even greater impact in the coming year.

Executive note by Jimmy Lama, the Chair of HELP



Jimmy Lama

At the end of each fiscal year, we eagerly engage in crafting our annual report—a time for reflection on our activities and an assessment of our achievements. We are excited to share the numerous initiatives we have undertaken, made possible by our incredible partners, our hardworking team, and our trusting funders. Our focus remains on continuing and innovating the best ways to serve our partners and communities in education and livelihood. By prioritizing community needs, maximizing our limited resources, maintaining accountability to our funders, and caring for the people we work with, we strive to fulfill our mission. Our mission is to ensure that every child has access to quality education.

Our key initiatives include the Saathi Teachers Programme and the Scholarship Programme. Thanks to the dedication of our Saathi teachers, the support of trusted funders, and the cooperation of local government partners, we have successfully continued the Saathi Programme in three municipalities. Currently, we have 26 Saathi teachers working across 13 schools in two districts. In the Scholarship Programme, we are pleased to report that we supported 52 additional students this year, bringing our total scholarship recipients to 605. Additionally, we distributed 1,765 school bags across 21 schools and added 10 new greenhouses to support farmers affected by monsoon floods and the COVID-19 pandemic. We are grateful to the 15 volunteers, including 11 from CU HELP, who dedicated 4-6 weeks teaching in rural schools alongside our Saathi teachers.

In our partnership work with GoGlobal Vermont, towards the end of the academic year, we facilitated an international partnership between Shree Thangpal Valley School and U-32, a school based in Vermont, USA. Further, in addition to regular training for Saathi teachers, we offered two professional development sessions for Nepalese educators: one focusing on reflective practice for 30 educators from Nepal and the US, and another for all teachers at Shree Bhotenamlang School, Sindhupalchowk one of our longest-standing partner schools.

We are also proud to establish the Anthony Lunch Memorial Scholarship, which aims to support two students pursuing postgraduate studies in Nepal with support from Mondo Foundation and the Lunch family. Similarly, we continue to assist two students benefiting from the Robin Needham Memorial Trust. The Bharosa Scholarships have continued for a second year, supporting 10 students who lost their breadwinners during the COVID-19 pandemic. As an extension of our efforts, we reached out to earthquake victims in Jajarkot to support students who had missed classes.

This year, our total income reached Rs. 30,074,316, with nearly 45% of funding coming from our esteemed partner, Mondo Foundation. Local government partners contributed 25% towards the stipends of Saathi teachers as part of our agreements. Donations from School in a Bag, one of our longest-serving partners, accounted for 15%, while Interhands Norway contributed 9.5% to our scholarship and emergency support initiatives. The remaining funds came from other supporters, including GoGlobal Vermont-USA, Dish Home (a Nepali company), and various individual donors. We are pleased to report that we have kept our administrative costs low, at just 8.5% (Rs. 2,555,918) of our total budget.

Overview to our impact

What makes us feel proud?



Current Saathi Teachers: 26
Saathi Alumni: 31



Bags distributed in this year: 1767
Total distributed bags till this year: 22000+



This year scholarship students: 72
Total Scholarship students till this
year: 605+



School Reconstructed

1 new school building of the total 15

Volunteering Programme

This year volunteer: 14
Total volunteer till this year: 400+





School Resources.

3 ECD, 30 desks and benches and laptops etc.

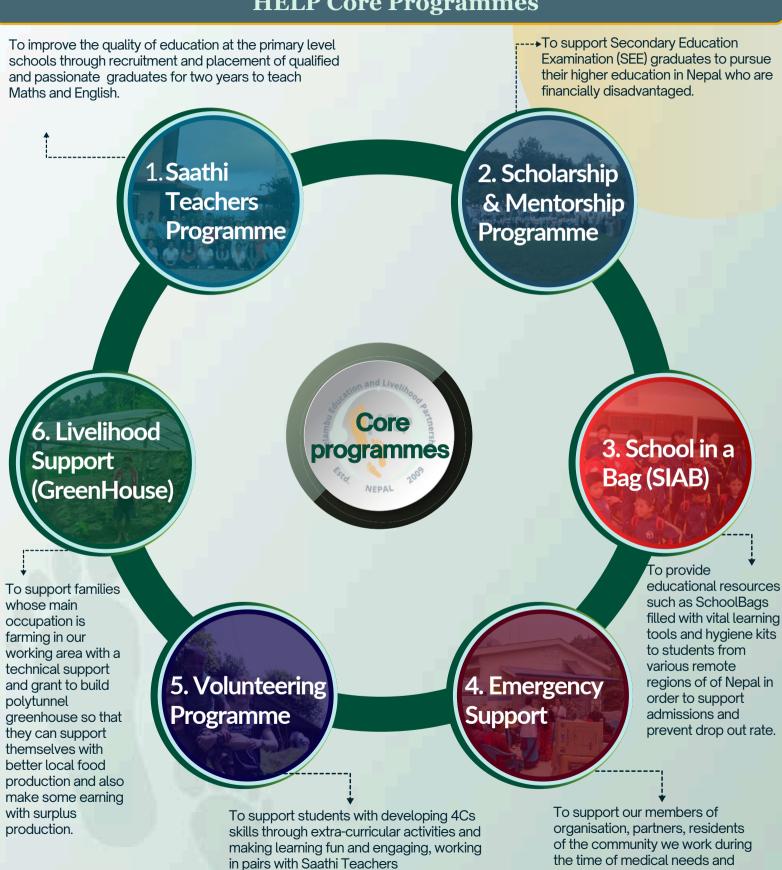


Families for Green Houses
15+
Of the total 50+



Bharosa Scholarship, Health Support and Partnerships

HELP Core Programmes



emergencies.

Primary Must Not Be Secondary



Saathi Teachers Programme

Saathi Teachers Programme is a dedicated initiative of HELP, with the aim of strengthening the quality of education in primary level schools in rural Nepal. Saathi Teachers Programme believes that teachers should be friendlier with their learners in order to create an enabling and effective learning environment. It offers paired and paid teaching placements for qualified and driven individuals to teach at basic-level schools (class 1 to 5).

Saathi teachers are passionate teachers committed to improving students' numerical and literacy skills and focusing on developing 4Cs (Creativity, Critical thinking, Communication, and Collaboration) of 21stcentury skills in the primary classroom in a child-friendly way through applications of various extracurricular activities, the arts, and cultural activities. Saathi Teachers Programme work in collaboration with the partner local governments and the schools to assist the overall growth of the school and the students. Currently, we have 26 Saathi teachers working in three different Municipalities: Panchpokhari (Sindhupalchowk), Rural Municipality Tripurasundari Rural Municipality (Sindhupalchowk), and Aanbookhaireni Rural Municipality (Tanahun).



Saathi Teachers Programme, its progress in the year

Saathi Quarterly training at King's College Nepal:

The first quarterly meeting of 2023 for Saathi teachers was held at the King's College. The session went for 3 days. We had Dr. Bidyanath Koirala, DilliRam Subedi and Meenakshi Dahal and Dr. Swarnim Wagle as the trainers and the guest speakers.



Head Teachers Workshop:

We organized a Headteachers workshop at GAN Research and Learning Center, between the 13-14 September. The programme was mainly facilitated by Sutra for Leaders and it was titled "Fostering Positive Learning Environments in Schools."



Hirsh and Gill Cashdan Visit to Nepal:

We had the first visit to our Saathi Programme from Mondo Foundation by its then Chairperson, Hirsh Cashdan and his wife, Gill Cashdan. Hirsh and Gill visited the schools located in Paanchpokhari and Aanbookhaireni Rural Municipality. They also had interaction with scholarship students at Jay Multiple College. Towards the end of their visit, there was a gathering with Saathi teachers.





Tihar Celebration with Saathi Teachers:

We helped Saathi teachers organize a Tihar deusi bhailo programme. They raised some funds to support their initiatives. Several of our HELP's board members and advisors also invited them to present their performance.

Mid Year Training at GAN and Chitlang:

The mid year training for Saathi teachers from all clusters was held from the 24-26 December at GAN and Chitlang. The training covered different aspects of professional and personal development, classroom support, community involvement, skills development and well-being. It resulted in intense discussion and Saathis provided feedback for the programme.



• King's College Scholarship:

We are delighted to announce a partnership with the King's College Nepal for the establishment of King's College Public Service Scholarship for the alumni of Saathi Teachers Programme who have completed two years of teaching journey. The scholarship will aim to take in as many as 5 alumni on an annual basis with full tuition waiver but exams fees.

The scholarship is aimed at supporting and facilitating the alumni of Saathi Teachers Programme in further developing their academics, leadership skills, experience and network necessary to bring their ideas of social change into action post Saathi journey and enabling them to contribute to the country as leaders and changemakers. We are grateful to King's College Nepal family and its President, Mr. Narottam Aryal for this exciting partnership. We have recommended Mr. Karan Tamang for the first scholarship who has received the place.

5th Cohort Saathi Recruitment completion:

The recruitment for the Saathi teachers were completed in early March, which was followed by potluck gathering and parents' event.

The recruitment process for this cohort began as early as September 2023 and concluded in January 2024. We conducted five information sessions at various colleges, which resulted in 240 applications.





After an initial screening, we conducted phone interviews with 149 applicants and invited 72 candidates for a full day of Assessment of Saathi Candidates (ASCs) over five rounds.

Following this rigorous selection process, 15 candidates were accepted into Saathi School, where 14 graduated, and 13 have now been placed in our partner schools in three municipalities of two districts.

Our fifth cohort, named 'Ek,' is our most diverse yet, with 13 exceptional Saathis coming from 10 different districts, representing an almost equal balance of males and females.

Saathi School for 5th cohort:

Before being placed in schools, the 5th cohort of Saathi teachers attended a 21-day residential pre-service training called Saathi School. This year, the Saathi School started from the 18th of March until the 7th of April 2024. Saathi School is designed to equip teachers with the skills needed to cultivate 21st-century competencies through engaging activities and collaboration with local communities, reflecting a strong commitment to transforming classrooms and improving educational outcomes over the course of two years.



The training covered essential themes such as National Education Goals, Child Psychology, Curriculum and Assessment, planning and execution, Subject sessions, Knowing Your Community, Self-Management as a Teacher. Led by experts and practitioners, the sessions involved a mix of theory, discussions, group work, activities, and reflections.

The open sessions in the evening provided additional opportunities for networking and personal growth. In its 6th year, STP enrolled 15 candidates in the latest Saathi School, consisting of 8 females and 7 males from 10 different districts. After successfully completing the training, 14 Saathis were placed across 13 schools in 3 rural municipalities of two districts, bringing the total number of Saathis for the academic year 2024/25 to 26.



Graduation of 3rd cohort:

On April 7th, 2024, the Saathi Teachers Programme reached another significant milestone as we celebrated the graduation of our third cohort 'Sarathi' of 16 Saathi teachers. It was a day filled with pride, reflection, and gratitude as we honored the incredible journey of these dedicated educators and leaders. Over the past two years, they have worked tirelessly to create positive change in the lives of students, schools, and communities across Nepal. With them, we now have a community of 31 alumni who are working as a driving force in various capacities in the education sector and beyond.



Saathi Placement across 13 schools with 26 Saathis:

After selecting a local government, we identify schools with high student enrollment, fewer teachers, supportive leadership, and space for Saathi teachers. We visit and evaluate these schools, then submit our findings to the education department for approval. Once approved, Saathi teachers were placed in 13 schools across three rural municipalities: Aanbookhaireni in Tanahun, and Tripurasundari and Panchpokhari Thangpal in Sindhupalchowk.

Classroom observation and Tune Up Build UP (TuBu Meeting):

Fach month. Teachers Development Coordinators (TDCs) visit Saathi classrooms to observe and assess how teachers and students are doing. The TDC keeps track of these observations and compares them with future visits. TDCs also give feedback to Saathi teachers and help them with any challenges they face in the classroom, including checking progress. students' The classroom observation is followed by a TuBu meeting. The Tune Up Build Up (TuBu) meeting is a monthly gathering organized by the Saathi

Programme for clusters of schools within the

cluster.



Led by the cluster's TDC, the meeting brings together Saathi Teachers and interested school staff for half a day to a full day of sharing and discussion. We have conducted one classroom observation followed by one TuBu meeting in the month of May in all three municipalities. The TuBu meeting aims to improve classroom functioning, reflect on recent observations, and foster personal and professional growth among teachers. It also helps build bonds within the cluster, share experiences, address challenges, and provide updates and assignments from the organization, all while promoting the Saathi Programme and child-centered teaching.





· Saathi Quarterly Meeting:

The Saathi quarterly meeting was held at GAN Research and Learning Centre for three days between the 13-15 July 2024. The quarterly training session is a pivotal event designed to support and enhance the professional development of Saathi Teachers from various cohorts. This training aims to foster professional growth, strengthen community bonds, and facilitate the sharing of experiences among teachers from different rural municipalities.

Through a structured agenda of interactive sessions, group discussions, and presentations, the training addresses teaching practices, classroom management, and understanding student behaviors. It also emphasizes self-awareness and mindfulness to create a positive learning environment. By bringing together Saathi Teachers, the training promotes collaboration and knowledge sharing, ultimately contributing to improved teaching practices and stronger community connections.



· Farewell to Ranjana Gautam:

We bid farewell to our Saathi Programme Coordinator, Ms. Ranjana Gautam who left for Finland on 9th November at Dakoida Restaurant who had served at HELP for over 2.5 years. With this, we are also glad to have her on our board as an Executive Member. Ranjana's involvement as an executive member reflects her continued commitment to our mission. We look forward to her guidance and insights and support for our programme.





New Programme Coordinator:

We welcomed Ms. Sadhana Shrestha as the new Programme Coordinator at Saathi Teachers Programme starting January 2024.

Local Champions of Saathi Teachers Programme

We would like to acknowledge our local champions without whom Saathi Teachers programme cannot be as successful as it is being run.

Mr. Tasi Lama:

Mr. Lama has been a continuous supporter of our work ever since the inception of Saathi Teachers Programme from Panchpokhari Thangpal Rural Municipality in 2019, in his capacity as the Chairperson of the Rural Municipality. He firmly believes that strengthening primary education lays a solid foundation for lifelong learning in students.





Mr. Bhakta Raj Bohora:

Mr. Bohora has been a driving force of our work in Tripurasundari Rural Municipality since the start of partnership of Saathi Teachers Programme in 2021. Mr. Bohora believes that education is an empowering force that enables individuals to achieve their full potential and drives progress within communities.

Mr. Sukra Chuman:

Mr. Chuman has been a supporter of our work in Aanbookhaireni Rural Municipality since the start of partnership of Saathi Teachers Programme in 2022. Mr. Chuman advocates for the need to invest largely in education to build a strong foundation for future generations and thus, enhance their opportunities in life.



National Guides for Saathi Teachers Programme.

Our National Guides provide us with their valuable insights, suggestions, feedback and offer us a lens to see Saathi Teachers Programme, its effectiveness and what more it can achieve.

We are forever grateful for the guidance and wisdom, and helping us to navigate through the challenges, celebrating the successes, and pushing us to continuously strive for improvement.



Dr. Bidya Nath Koirala Educationist



Hon. Gagan Kumar Thapa Member of Parliament



Hon. Shisir Khanal Member of Parliament



Dr. Meenakshi Dahal Child Psychologist



Medin Lamichhane
Educator/Principal, Ullens School

Scholarship and Mentorship Programme

The Scholarship Programme was established in 2010 with the objective of encouraging students to pursue higher studies after their Secondary Education Examination (SEE). With the motto of 'Nurturing Dreams, Empowering Dreamers', the programme provides a scholarship cash amount in part to support the academic expenses of students.



The Scholarship programme aims to provide funding as well as leadership development opportunities, problem-solving skills, networking, and consolidated constant support system through mentorship. Currently, we have 605 students from different backgrounds who have been awarded scholarships by HELP to pursue studies in diverse fields such as science, management, education, humanities, and CTEVT courses.

The scholarship programme follows a due process from opening of application where the students have to fill out a through form to initial screening done by the screening committee. Then there are interviews with a separate selection committee from which final selection is made. The selection is made on the basis of a rubric consisting of academic merit, aspiration, community involvement and leadership, and financial need.





With the aim of providing guidance and having a constant support system for the students to navigate through changes in their life, from this year, we are integrating a strengthened and structured mentorship into the scholarship programme. Especially for the students of 16-17 years, transitioning from rural villages to cities for their high school education, the transition can be challenging as they navigate new environments, form new friendships, and adapt to life away from their parents.

These students often feel frightened, helpless, emotionally unstable, mentally stressed, and unmotivated. The mentors will support the students through virtual or meeting in person and guide them with academics, well-being and skills development by leading through their own lived experiences.

Scholarship Programme Progress 2023-2024

HELP Scholarship 2023:

The scholarship application was opened in mid May, 2023, which remained open for two months. After the meticulous process of screening and selection of scholarship awardees through essay review and interviews, their achievement was celebrated in the scholarship awards ceremony that took place in September 2023. A total of 162 applications were received from 46 schools. After a rigorous selection process, 50 students from 25 schools were chosen as recipients with 35 are female and 15 are male students. A multitude of individuals and organizations support the scholarship program. Mondo Foundation and Interhands are the two major supporters of HELP's Scholarship and Leadership Programme.



Scholarship Awards ceremony:

After the scholarship selection, an award ceremony was held on 2nd of September at Grand Norling Hotel to celebrate this achievement and to provide further orientation on the scholarship and mentorship programme. We supported 52 students of which 45 were on full scholarship list and 7 were one-off. The guests of honor were Hon. Shisir Khanal, Ms. Keki Adhikari, Hon. Dilliram Subedi and Mr. Manoj Bhatta. The scholarship awardees were also presented with a certificate and letter of appreciation.



Mentorship Programme:

From this year, we have added mentorship component to our scholarship programme where we have called for application for mentors.

Bharosa Scholarship:

The Bharosa Scholarships have continued for a second year, supporting 10 students who lost their breadwinners during the COVID-19 pandemic. A few meetings have been held with its board that include Hon. Gagan Thapa, Hon Manish Jha, Charu Chadda, Sudeep Acharya and Jimmy Lama.



Robin Needham Scholarship

The Robin Needham Fund is a memorial fund created in honour of the late Robin Needham. As part of its charitable efforts, the Fund has generously donated a sum of Rs 13,75,000 to HELP. The designated purpose of the donation is for it to be held in a fixed deposit, with interest earned being utilized towards the Scholarship and Saathi Teacher programmes offered by HELP.

The scholarship programme aims to provide financial assistance to children who are facing hardships in continuing their education due to their families' financial constraints. Such children may have lost a parent, or both parents or their families may be facing financial difficulties, making it challenging to fund their education. The Robin Needham Fund's contribution will go a long way in ensuring that these children receive the necessary support to continue their studies and build a better future for themselves. In addition to this, a portion of the interest generated from the Robin Needham Memorial Fund is used towards the Saathi teacher training programme and providing support to the Saathi teacher community.

By donating this substantial amount, the Robin Needham Fund aims to contribute to the educational opportunities provided by HELP. The funds will be safeguarded and invested in a fixed deposit, ensuring that the principal amount remains intact. The interest earned on the fixed deposit will then be directed towards funding the Scholarship and Saathi Teacher programmes.



Robin Needham Scholarship Awardees

Tashi Dolma Hyolmo is a 6-year-old child residing in the Helambu Rural Municipality. Coming from a financially disadvantaged family. Tragedy struck her life when she was just 4 years old, as her mother passed away due to health-related complications. Despite her family's efforts and her mother's treatment spanning over 25 days in the hospital, they were unable to save her.

Following the heartbreaking loss of her mother, Tashi Dolma found solace and support from her uncle, who took on the responsibility of caring for her. Acting as her guardian, he ensures she receives the love, attention, and guidance necessary for her well-being. Tashi Dolma is currently enrolled in the UKG (Upper Kindergarten) level of education, where she is pursuing her early academic journey. However, due to her family's impoverished economic condition, they struggle to meet the financial requirements of her education. HELP provides her with daily meals and covers her stationery fees, amounting to monthly support of RS 2000 through the Robin Needham Scholarship.

Similarly, we are also supporting Serap Dolma Hyolmo, from Helambu-1, Sindhupalchowk after learning about the financial need for her education.

We are also supporting Ranju Rajthala, who studies in grade 9 at Galaxy School with an annual contribution of Rs. 60,000.

School In a Bag (SIAB)

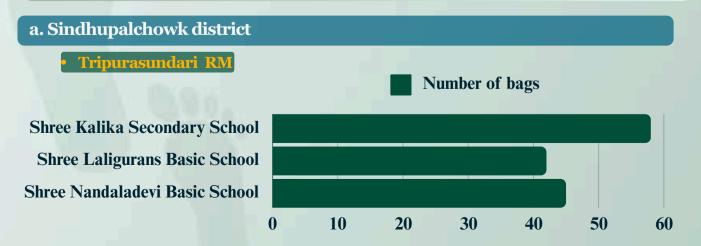
School in a Bag is a UK-based charity that sends and funds school bags filled with educational resources to marginalised young people facing war, famine, natural disaster, famine and poverty worldwide. Each school bag is filled with stationeries and resources that will enable a child to write, draw, colour, calculate, express themselves and learn. HELP partnered with School In a Bag in 2012 and since then has distributed over 22000+ School Bags up to the end of July 2024.

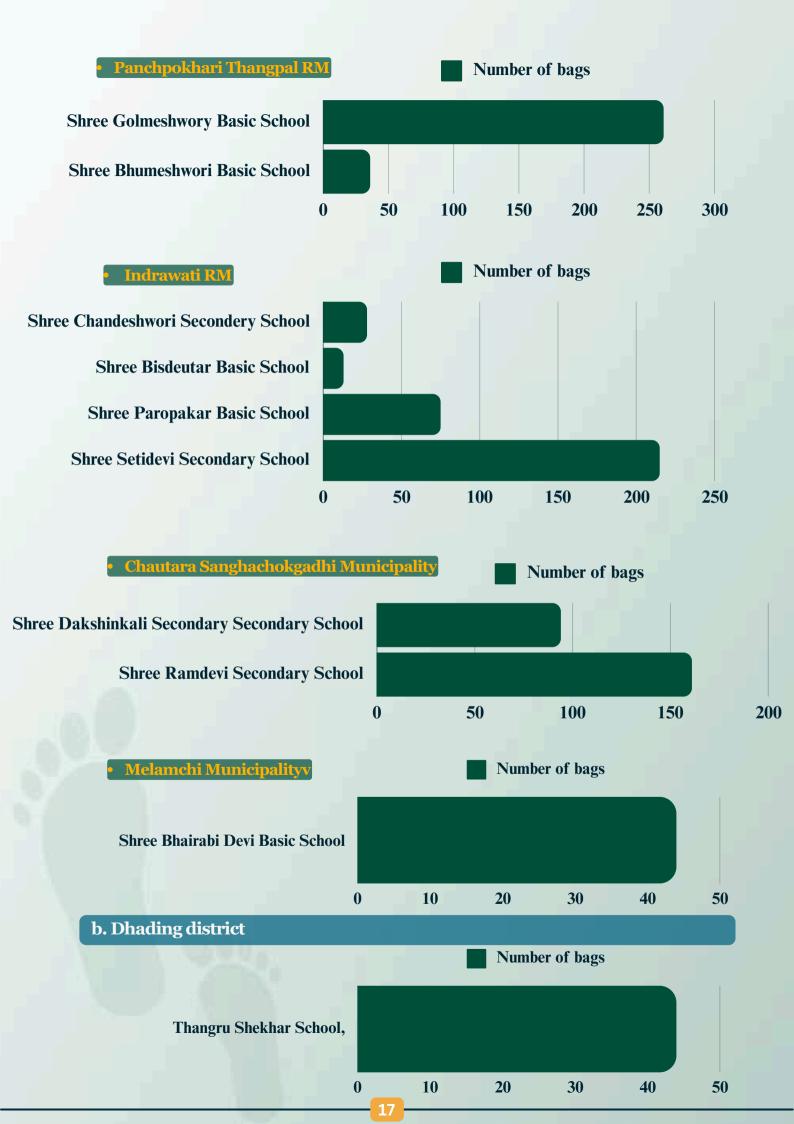


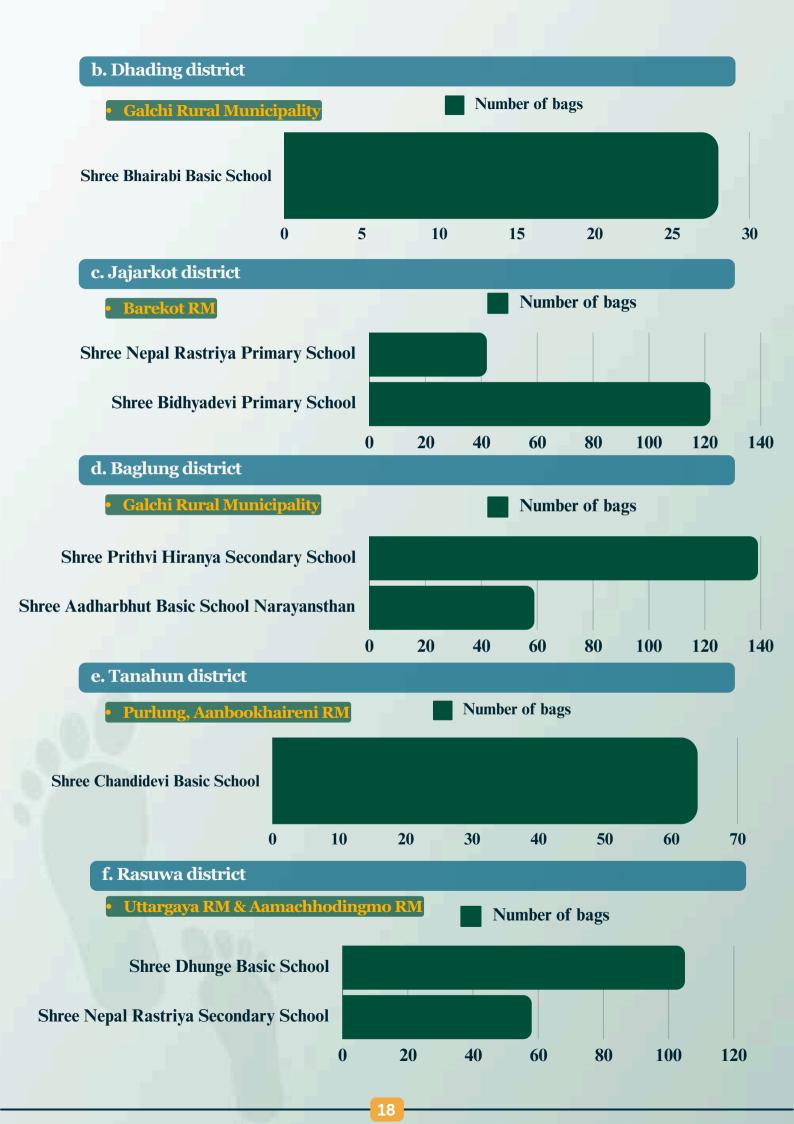
The School In a Bag Programme, distributed by Helambu Education and Livelihood Partnership, aims to provide educational resources and support to underprivileged students in Nepal. This programme is targeted to the most underprivileged and marginalised children with the aim to help enroll them to the school, retain them at the school and prevent possible drop out. Each student receives a School Bag filled with copies, drawing copy, colors, pen, pencil, geometry box, water bottle and lunch box (where needed) and a hygiene kit consisting of soap, toothpaste, toothbrush, nail cutter and comb, packed into a zipped sanitary bag.

SIAB Progress 2023-2024

We distributed 1765 school bags across 21 schools of 7 districts. With the last distribution in June 2024, we have so far distributed school bags to more than 22000+ school children across 22 districts of Nepal.







Volunteering Programme

Our volunteering programme operates in conjunction with the Saathi teachers Programme where our volunteers collaborate closely with our Saathi teachers to offer complementary support to them and the students to broaden their exposure, provide skills and create a meaningful learning experience for the students. This joint effort not only supports the students in their learning but also is mutually benefitting for the volunteers and our Saathi teachers to exchange knowledge, learning and culture.



CU HELP Volunteers Orientation, Placement and Mid-placement gathering and debriefing:

Starting August, we had a series of volunteers arriving from Cambridge University. We 10 volunteers were placed across Lapse, Taar, Tekanpur, and Samastipur village. Amongst them was the son of the current British Ambassador to Nepal. The month of August was occupied with orientation, placement, mid-placement meeting and debriefing with volunteers. Following were the volunteers.

- 1. Alex Fenn and Charlie Oscar at Taar, Sindhupalchowk.
- 2. Mudith Lee and Kieth Tulsiniya at Lapse, Sindhupalchowk.
- 3. Elysia at Lapse, Sindhupalchowk.
- 4. Holly Jones and Qinyi Hung at Samastipur, Tanahun.
- 5. Emily Simpson and Victoria Mol at Tekanpur, Sindhupalchowk.

Apart from these, other volunteers have also been a part of the programme:

- 1.Emily Turner from the UK spent four weeks of teaching at Shree Golmeshowry School at Taar.
- 2. Simon Kroyer from Denmark was placed to volunteer with our Saathi teachers Kavita Karki and Karan Tamang for four weeks.







Livelihood Support Programme

Greenhouse Support

HELP provides essential materials and training to deserving families, empowering them to build greenhouses that will transform their lives. These families, who previously struggled to meet basic needs, can now cultivate a variety of vegetables year-round.



The Greenhouse Support Programme is about more than just growing vegetables; it's about fostering self-sufficiency, economic stability, and a brighter future. These families now have consistent access to fresh produce, improved nutrition, and a new source of income from selling surplus vegetables. It is hoped that these families enjoy consistent access to fresh produce, improved nutrition, and a source of income from surplus vegetables to support themselves.

School Construction: Langarche School Building completion

We have completed the construction of four classrooms, complete with furniture, at Shree Langarche Secondary School in collaboration with Panchpokhari Rural Municipality and with the support of our partner, Mondo Foundation. We also provided facilities and equipment to enhance classroom experience of students in ECD to grade 3, installed a play area for younger children, and upgraded the science lab for grades 9 and 10. This marked the completion of our school construction projects in the municipality. Moving forward from here, we will be focusing on working with the teachers and the students to improve the teaching and learning experience.



Medical Equipment for Hagam and Paanchpokhari Primary Hospital:

It was delight to support the work of one of our past scholarship students, Ms. Susmita Tamang, who is now working as the in-charge of the Hagam Health Clinic situated in a remote village of Bishingkhar at Jugal Rural Municipality, Sindhupalchowk. We provided nearly all the essential equipment the clinic needed, including a baby warmer, an autoclave machine, thermometers, and delivery beds, among 20 other vital medical equipment and assets. Susmita is also excited to have received a laptop, which she says will significantly improve her efficiency at work. We also delivered medical equipment for Paanchpokhari Health Post at Tipeni. This was made possible through a fundraising effort led by our partner organization Goglobal Vermont in collaboration with Sigma Nursing Association. We extend our gratitude to the Jugal Municipality office and local ward for their crucial support in making this happen.





Desks and Benches distribution:

We delivered 15 sets of Desks and benches for Shree Satkanya Secondary School, Gunsa, Sindhupalchowk and we helped set up an ECD facility for Shree Chandika Secondary School, Baruwa, Sindhupalchowk.

CU HELP Books Delivered:

We received a donation of at least 500 books from CU HELP volunteers funded by Clifford Foundation. They are delivered to several of our Saathi partner schools as well as other schools upon request.



Jajarkot Earthquake Relief Support: HELP organized some relief support for the
earthquake victims of Jajarkot where over 500 students were supported with School
Bags and winter clothes. We also initiated as part of Bharosa Scholarship Programme
to put 100 students from Naalgad for extra coaching classes in preparation of their
SEE exam.

Teachers Training

Reflective Practice Teaching Workshop

The training on 'The 7 Intention of Belonging: Reflective Practice for Teachers and Educators' took place from April 24-26th, 2024, in collaboration with Go Global Vermont and Saathi Teacher's Program. It aimed at establishing enduring partnerships with Nepali teachers and educators. The training was facilitated by Denise Russell and Kim Chouinard, Ms. Denise Russell, with over a decade of educational leadership experience working with teachers implementing the principles of Universal Design for Learning (UDL), currently serves as the principal of Northfield Elementary School in Vermont. Kim Chouinard, a veteran special educator with 30 years of experience, is known for her dedication to creating inclusive and strengths-based educational environments at Northfield Elementary School. Eight educators from Vermont participated with 17 Nepali Educators, five participants being Saathi alumni, three current Saathi teachers, and nine educators from public and private schools in Nepal.





The seven intentions revolved around belonging, the purpose of educators, cultural influences, systemic barriers, systemic change, obstacles in learning, and sustainability in teaching. They explored how culture shapes perceptions, the evolving purpose of educators, systemic barriers in education, envisioning inclusive classrooms, overcoming obstacles to learning, and maintaining. Overall, the training was a meaningful exchange of ideas and experiences, strengthening bonds between educators and paving the way for continued collaboration to improve education opportunities and outcomes in both Vermont and Nepal.

• Bhotenamlang School Vision Setting and Team Building Workshop:

The workshop was held from May 23-25, 2024 at Balthali and GAN Research and Learning Center, and the main objective of the workshop was to build a stronger team among the teachers, work on setting its vision, and come up with two to five years of actionable plan.



The participants have created and developed their own short and long-term action plans. They have together worked to recognize the strengths and opportunities of the school, shared their personal stories and challenges, and recognized the role of each person in contributing to the change they have envisioned.



We are grateful to the entire team of Gyanodaya Secondary School, Bafal, Kathmandu for offering a space for the school visit and shared learning and to its former Head Teacher Mr. Dhananjay Sharma for sharing his experience in building the school, and team building. We are also thankful to Mr. Bijaya Mani Paudel from Sutra for Leaders for co-designing and co-leading the workshop. Finally, we would like to extend our gratitude to our funding partner, Go Global Vermont for supporting us and our work.



U-32 partnership with Thangpal Valley

In March 2024, we facilitated a sister-school partnership between Thangpal Valley School—a merger of Shree Raithane Secondary School, Shree Chilaune Secondary School, and Shree Taltuleshwori Basic School in Panchpokhari Thangpal Rural Municipality, Sindhupalchowk—and U-32, a middle and high school in Montpellier, Vermont, USA.



The two schools signed an MoU to exchange practices, share resources, and support each other through future faculty and student exchange programs. This sister-school relationship aims to enhance global learning, deepen understanding of global and local issues, and foster a multidisciplinary environment.



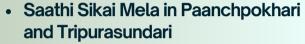
We sincerely thank Go Global Vermont for donating 21 laptops, which will greatly enhance digital literacy for students and educators. We are also equally grateful to the U-32 team for successfully leading the 'Learning Targets and Assessments' workshop, benefiting educators in Thangpal Valley and Kathmandu. We appreciate the knowledge and inspiration you've shared with our community.



Events Participated

BRANGO Conference

Jimmy Lama and Ranjana Gautam presented Saathi Programme at the BRANGGO (Britain and Nepal NGO) at the British Embassy on the 22nd November, 2023.



Our Saathi teachers co-led and organized two Learning Fairs (Sikai Mela) Panchpokhari Municipality Rural and Tripurasundari Rural Municipality. Panchpokahri, this was the fifth time that such an event has been organised under the Panchpokhari banner of Sikai Mela sponsored by the Rural Municipality itself and with Teach For Nepal Fellows.



Similarly, for the first time ever, the Learning Fair at Tripurasundari Rural Municipality was led by our Saathi Teachers at Tripurasundari Cluster and supported by Tripurasundari Rural Municipality, where 18 schools of the RM participated. All the school participants and schools exhibited varieties of talents across interdisciplinary themes.





This fair is also an excellent platform for the students to practice their 4Cs skills-Communication, Collaboration, Creativity, and Critical Thinking-while engaging in co-learning experiences. From thinking creatively and critically about things to present at the fair, collaborating with peers, and then presenting their work to the guests and answering their questions, the students have come a long way and our Saathis have been nothing but proud of their students.



Events Hosted by HELP

Saathi Programme Review Meetings:

We held annual review meetings in all of our three rural municipalities-Panchpokhari Thangpal RM, Tripurasundari RM and Aanbookhaireni RM with all our stakeholders of the rural municipality, ward, and schools between 15-30 March. During the meeting, all the participants reflected upon the initial expectations and achieved outcomes of the programmes.



The discussions further delved into the review of individual roles of kev stakeholders, such as local government principals, Saathi teachers, authorities, administrators, and community members, to identify areas of strength and improvement. Finally, the meeting concluded with a focus on planning the future direction of the program, ensuring it continues to evolve and effectively support its goals.

Social Welfare Council Evaluation

We had two rounds of evaluation and monitoring from the Social Welfare Council on August 15 and they were conducted in two phases. One was led by Sadhuram Khadka and another by Arun Kandel.



HELP Board Strategic meeting at Kulekhani: The board of HELP went to Kulekhani for the annual strategic meeting.



Visit from Himalayan Hilfe Germany:

We had the chairman of Himalayan Hilfe Germany, Mr. Thomas, who visited us and went around Paanchpokhari and Melchaur for greenhouse observation and assessment.

Talk programme with Ada Humphry: We organized a talk programme with our former volunteer, Ada Humphry at Utpala Cafe on the 13th of August on remote Health Services.

Budget and Finance

HELP primarily receives funding for the Saathi Teachers Programme, the Scholarship Programme, and the SchoolBags programme, along with occasional grants and donations for projects such as building, greenhouse efforts, and emergency responses.

For the Saathi Teachers Programme, we have two main funding sources. First, the local government, with whom we have an agreement to implement the programme, covers the full stipend or the majority of the monthly stipend for Saathi teachers. Secondly, we receive funding from our donors to support training, ongoing assistance, and administrative costs. Our primary funding partner, Mondo Foundation in the UK, finances all non-Saathi stipend costs for two municipalities. To secure additional funds, HELP and Mondo Foundation collaborate year-round to write grants for private charities, trusts, and corporate sponsors.

We also appeal to individual donors and present funding pitches to regular supporters and volunteers, strengthening our partnership and keeping everyone updated on the programme. Additionally, we receive partial funding from Interhands to support a third municipality where the Saathi Programme operates, along with support from the International Teachers Association and GoGlobal Vermont.

For our Scholarship Programme, Interhands and Mondo Foundation are our two major partners. The SchoolBags initiative in Nepal relies entirely on funding from School in a Bag and its generous donors.

For the fiscal year ending 31st Ashad 2081, our total income was Rs. 30,043,316, while total expenditures amounted to Rs. 30,892,511. The higher expenditure was primarily due to payables carried over from the previous fiscal year. Mondo Foundation remains our largest funding partner, contributing nearly 45% of our total funding this year, while local government partners cover 25% of the stipend costs for Saathi teachers. Donations from School in a Bag accounted for 15% of our funding for sourcing, packing, and delivering bags, and Interhands Foundation contributed 9.5% towards scholarships and emergency support.

The remaining funds came from other supporters, including GoGlobal Vermont-USA, Dish Home (a Nepali company), and several individual donors.

The Saathi Teachers Programme constitutes our largest expenditure at 51%. The School in a Bag and Scholarship programmes account for 15% and 10% of our programmes respectively. We have managed to maintain our administrative costs at a low 8.5%, totaling Rs. 2,555,918. All programmes reported in this annual report have been approved by the Social Welfare Council.

We are immensely grateful to each of our supporters for their confidence in our capacity and commitment to fulfilling our promises.





Budget and Finance

A	INCOME	AMOUNT	
1	Donation & Grants	30074316.02	

В	Expenditure	AMOUNT	Percentage
1	Saathi Teachers Programme	15,745,570.33	51%
2	School In a Bag	4,066,499	13.2%
3	Scholarships and Sponsorship Programme	4,010,734	13%
4	PaanchPokhari Education Resources & School Construction Programme	3,148,950	10.2%
5	Community Development & Emergency Support	1,081,705	3.5%
6	Organization Development & Evaluations	283,135.02	0.9%
7	Administrative Expenses	2,555,918.62	8.3%
	Total	30,892,511.97	100%



Message from our partners:





Dear HELP,

It's been a real pleasure and privilege to work with Jimmy and his team, in partnership, in 2024, our 20th Anniversary Year, and see the impact of their hard work and commitment to making a difference in the lives of the children, young people, teachers and schools that they serve in Nepal. The Saathi Teacher Programme has been a real success and continues to improve the educational standards attained in rural Primary Schools whilst training up the next generation of Teachers, in modern pedagogy.

This has been complemented by Scholarships, which allow students from disadvantaged backgrounds to continue their studies in secondary education, and we are excited to announce the launch of 2 special Scholarships, in memory of Mondo's later Founder, Anthony Lunch, which will allow 2 students to progress into Postgraduate Education at Masters Degree level.

Another highlight has been the completion of the Langarche School Facility to modern earthquake resistant standards, which will be a real blessing to the children and their teachers, as well as the establishment of Greenhouses in some local communities to help improve food security for families.

Last but not least, as part of our 20th Anniversary and as a tribute to our Founder and Mondo Legacy, we are delighted to play our part and support the development of the new Teacher Training Centre in Kathmandu, which will hopefully be a key pivot point and sustainable transformational opportunity for Primary Education in Nepal.

Well done HELP Team from all at Mondo!

Kind regards,
Matthew Band
Mondo Foundation | CEO



Message from partners:





Namaste!

This year we celebrate 12 years of working in partnership to fund SchoolBags which HELP brilliantly source, pack and distribute on our behalf. Everyone associated at School in a Bag would like to congratulate and thank HELP for another brilliant year, distributing 1765 SchoolBags to children in 21 schools helping us transform the learning potential for these children.

As a very small team, our working model relies so much on the knowledge, commitment, dedication and professionalism of our 'on the ground' partners to help us reach children. In Jimmy and the HELP family, we have such fortune that they share our vision and go to huge lengths, sometimes in very challenging conditions to deliver our SchoolBags.

It is always a pleasure to work and support your beautiful country and we are forever grateful for the brilliant role that HELP plays in our close working partnership. Thank you.

Warm regards, Luke Simon, Co-founder and CEO at SchoolinaBag





Namaste HELP, Saathi teachers, support staff and all other HELP beneficiaries and supporters.

As a small family foundation based in Norway with limited resources, InterHands is always seeking trusted partners we can cooperate with. We learned to know Jimmy, Founder of HELP and travelled with him in Nepal in the spring of 2023. And from that moment we knew from our hearts that HELP is the kind of organisation we would like to work with.

The distribution of resources and opportunities in the world is not fair. Many people are not granted the possibilities for a decent life on their own terms, a life we all deserve. InterHand would like to support a global change for more fair and equal societies. All true change starts with action. We strongly believe in the saying: "Be the change you would like to see".

InterHands is focusing on supporting a few projects in a small number of countries. Nepal with its young, kind and ambitious people, is one of our primary focus areas. A main factor for global change is quality education. We believe in education and granting all persons, boys and girls, equal opportunities to quality teaching. It is imperative that education is based on quality standards. This is an area we see HELP is special and is making a real difference.

We are pleased to see the results HELP has achieved as well as the plans for further expansion in the field of providing quality education in Nepal. We will continue to support HELP in these tasks and the work for change. But the most important factor for change is you. In the strive for a better and more fair tomorrow, we encourage you all to be the change you would like to see.

All the best, stay calm and keep up the good work.

InterHands Foundation Norway:

"Enabling quality education - allowing each person to be the change you would like to see."





While separated by continents, Go Global VT and our education partners in Vermont, USA are fortunate for the closeness and partnership we have found in Nepal with HELP. Shared values and a commitment to improving the quality of education for rural students have served as common ground for our organizations and have enabled us to bring together educators and communities a world apart in the spirit of learning and collaboration. I am writing this ahead of seeing the HELP annual report, but I have no doubt this document illustrates an overall high quality of program, carried out with creativity, compassion, integrity and a vision for the future of Nepal. The dedication your team operates with is commendable. For GGVTs small part, in 2024, together our organizations:

- facilitated 30 professional educators from 12 public schools, one university and three education organizations in Vermont, USA traveling to Nepal on specific projects including two graduate level professional development courses
- established one new sister-school partnership
- carried out two, multi-day, residential workshops on reflective practice and school visioning
- offered one workshop on setting learning targets and evaluation methods
- fundraised \$5000 and provided medical equipment to two medical facilities in Sindhuplachok
- distributed 25 laptops to rural educators

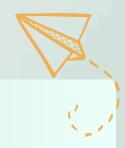
While these humble accomplishments are measurable, they are an incomplete story, and the true impact of our work lies in the relationships we have built together and the opportunities they will create. I look forward to seeing the relational seeds we've planted grow to bear fruit and what we can do together in 2025 and beyond. Congratulations on another year of service!

Best, Sam Hagen Executive Director Go Global VT



Message from partners:





Appreciation from International Teacher Association - ITA

ITA was founded in Denmark by Frank Krøyer in 1982

The association's purpose is to develop an international educational network and by this build bridges across borders and cultures in order to promote peace, human rights and democracy. We also want to explore appropriate teaching methods to foster peace in changing times and cultures.

We publish "ITA-post" edited by an international editorial board. The magazine is edited in Denmark. It is published online (sent by mail) two times a year to all members of the "ITA" in many countries.

ITA has been supporting schools in Nepal since 1998. In the beginning we supported two village schools in Helambu, which made it possible for them to hire an extra teacher to improve learning opportunities – with a special emphasis on improving education for girls.

At the moment we are very happy to support the Saathi teachers programme towards the cost of one teacher. The idea about improving primary education through the placement of Saathi teachers is very exciting, and we believe that the Saathi teachers are also providing additional support for students to be more self-confident in the classroom and proactively engaging in their community. We can say this from our experience of meeting some of the Saathi teachers and it was a great pleasure to see their big commitment in the work with children in the rural area.

We thank our partner in Nepal, HELP, for also giving Danish volunteers the possibility to go in the villages and help Saathi teachers to assist in teaching children in the schools. They are very grateful about the hospitality they meet from the villagers and they learn a lot. We are under the impression that the Danish volunteers learn as much as the Nepali children in this process. They all seem to return with a lifetime experience.

Since 2008 we have had a very fruitful cooperation with Jimmy Lama of HELP and we look forward to continuing the collaboration as the organization grows from strength to strength. We want to thank the Saathi teachers, Jimmy Lama and the rest of the team of HELP for the great work you do for the children in Helambu.

Jytte Svendsen

ITA Denmark



Message from local partners:









Panchpokhari Thangpal Rural Municipality, located in the northern Himalayan region of Nepal, is renowned for its rich cultural heritage and religious significance. Since 2019, HELP has been dedicated to enhancing the quality education and through its various programs, supported the rebuilding of schools, provided scholarships to the students, and Saathi Teachers among others.

I extend my heartfelt wishes for the continued success of this initiative and look forward to further support and collaboration to advance the quality of education in the region through mutual coordination in the future.

Tasi Lama
Chairperson
Panchpokhari Thangpal Rural Municipality
Sindhupalchowk, Bagmati Province









The efforts of HELP are commendable in improving the quality of education in community schools in Sindhupalchowk district. Through the Saathi Teachers movement, schools in rural areas are directly benefiting in terms of enhancing the quality of basic education and providing standard education. This organization has also been a great help to Tripurasundari Rural Municipality by evaluating the educational standards and helping develop appropriate educational plans. HELP has played a vital role in increasing the trust in schools within the municipality and in spreading effective teaching-learning practices to other schools. I express my gratitude to HELP and wish the organization continued progress.

Bhaktadhwaj Bohara Chairperson Tripurasundari Rural Municipality Sindhupalchowk, Bagmati Province





Message from our national adviser







The quality and credibility of our public education system are indeed concerning. The question we face is whether to remain worried or to systematically work toward improvement. It is crucial that we provide an action-oriented answer to this challenge.

To enhance and improve the quality of public education, Aabukhaireni Rural Municipality has undertaken various initiatives such as school mergers, strengthening school infrastructure, mobilizing volunteer teachers, enhancing teacher capacities, operating early childhood education classes, providing school transportation, and collaborating with organizations delivering exemplary work. Since 2022, we have been in partnership with HELP, and through its Saathi Teachers Programme, we have volunteer teachers known as Saathi teachers who are working to improve the quality of primary education through innovative efforts, which have been both effective and commendable.

I believe that Saathi Teacher Programme will impart a positive message and hope in societal transformation, not only by encouraging youths into community service and improving primary education but also by inspiring the search for solutions to our society's problems, challenges, and opportunities and aiding in the preparation of skilled future leaders,

This annual report will provide more insight into HELP and the Saathi Teacher Programme. I am confident that our partnership will continue to strengthen public education and I wish the success of this annual report.

Shukra Chuman Chairperson Aanbookhaireni Rural Municipality Tanahun, Gandaki Province





Message from National Advisor





I am glad to learn of yet another year of accomplishment HELP has made and here are my best wishes for the Saathi Programme that I am involved in supporting some aspects of it. In my reading, Saathi Teachers are the Saathis of students as they encourage them to learn anywhere, anytime and importantly for the work they do at the basic level. They also act as the Saathis of the local teachers as complementing forces for their intergenerational learning. They are also the friends of the parents who are encouraged to have a more active role for their children's destiny because of the Saathi teachers community activities. In this respect, I am delighted to have witnessed the passion and commitment with which the Saathi teachers are making contributions no matter wherever they work within their professional mindset. Their keen interest in digging out peoples' experience, examining their connections with the community context, and the mainstream subjects such as teaching Maths and English are fabulous. Because of these abilities of the Sathi Teachers, I am glad to see their work is widely being recognized as a genuine supporter/friend by the community and

I admire the inquisitiveness and creativity the Saathi teachers apply in their classroom in their effort to transform the local education system. I shall always be with Saathi teachers in person or virtually. I wish Saathi Teachers will be able to create a chain of committed new education forces in Nepal and nurture the narratives that together we can make a difference in education. I wish them all the best of luck!

Prof. Bidya Nath Koirala, Ph. D.

the local government.

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People at HELP

Following are the people whose contributions help envision, shape, direct and implement our programmes.

Executive Board Members

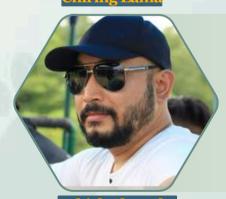


Jimmy a graduate of Institute of Development Studies is originally from Helambu where he grew up and was educated for his early schooling. His time attending school in Helambu helped shape his world view. In 2008, Jimmy worked in the UK at Mondo Challenge Foundation, fine-tuning various organisational and fundraising skills. This vital experience enabled to cofound HELP later on.



hiring Lama

Chiring is a founding HELP member and has been actively involved since its inception. Whilst working as Operations Manager, he worked to recruit teachers, oversee building development, supply school materials and manage volunteers. He currently serves as the treasurer of the board.



hish Shrestha

HELP Ashish worked at Finance as Procurement Officer and managed all of HELP's finances, including all donations and scholarships granted by HELP. He joined the organisation in 2015. Soon after he joined the Ministry of Health Procurement Department and has now moved to the World Bank.



Saru comes from Bhotenamlang and finished her schooling at Shree Bhotenamlang Secondary School. She qualified for Mondo-HELP Scholarship in 2015 and two years later joined HELP as a staff member. She worked as a key member of HELP as Correspondence Officer and Assistant Programme Officer.



Prakash Shrestha

Prakash worked at HELP being in charge of our Education Quality Improvement Program (EQuIP) for 2 years. His experience and expertise are crucial to developing HELP's Saathi programme. He now works as Prime Minister Employment Coordinator in Gorkha.



Ranjana is a former teacher and an IT graduate who has been working in education since 2016. She worked as a Programme Coordinator at Saathi Teachers Programme for 2.5 years, during which she contributed largely to shaping the programme.

Ranjana Gautan



Sameer has a career background in Architecture and has assisted with designing schools for HELP since 2015. He oversaw the construction of most of the schools which the organization is helping to rebuild.

Sameer Ratna Bairacharva



Sushmita Tamang

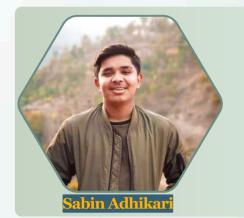
Sushmita comes from Bhotang and finished her schooling in Bhotang. She qualified for Mondo-HELP Scholarship in 2015 and studied PCL Nursing. She is now an in-charge at Hagam Health Post in Jugal Rural Municipality. Five years later she joined HELP as a board member.



Kuber Bomjan Lama

Kuber Bomjan Lama is one of the first cohort Saathi teacher. He taught Math at Shree Satkanya Basic School, Sindhupalchowk. He is currenlty working a permanent Math teacher at Shree Ganesh Secondary School, Gorkha. He has recently joined HELP as one of its board.

General Members





Arjun Prasad Chaulagain









HELP Team



Sadhana Shrestha Programme Coordinator



Kavita Tamang
Teachers Development
Coordinator



Kishor Raj Sing Finance and Admin Officer



Ramhari Sapkota Scholarship Coordinator



Sadikshya Pandey
Teachers Development
Coordinator



Melina Shrestha
Teachers Development
Coordinator



Amulya Shrestha
Teachers Development
Coordinator



Aruna Shrestha Karki Teachers Development Coordinator



Amrit Tiwari
School in a Bag Coordinator



Karan Tamang
Social Media Manager/
Graphic Designer



Tulsi Lama Logistics Officer



Ishwori Baiju Office Helper



ANNOUNCING

ANTHONY LUNCH MEMORIAL SCHOLARSHIP



FOR POSTGRADUATES STUDIES IN NEPAL

In memory of our dearest friend and supporter late Anthony Lunch!

"Anthony Lunch Memorial Scholarship for Postgraduates Studies in Nepal" is a scholarship set up to honour the work and legacy of Anthony Lunch, the founder of Mondo Foundation. Anthony dedicated three decades of his life to create opportunities for disadvantaged children and young people to receive a quality education.

He strongly believed that young people, through academic achievement, can be motivated and empowered to stay in their country and through their careers make an impact on their local community. His contribution to the field of International Development through projects in three continents, began in Nepal, Nepal is arguably where his work had the strongest impact, benefiting thousands of Nepalese children.

Anthony's family and friends felt it would be most fitting to continue his legacy through "Anthony Lunch Memorial Scholarship for Postgraduates Studies in Nepal" which is targeting Nepali youth who have a strong desire to continue Masters Level education in Nepal, but are facing obstacles such as economic hardship.

Who is the Scholarship for?

The scholarship aims to support two students one boy and one girl from Nepal- once every two years who belong to marginalized and underprivileged communities having financial difficulties. The scholarship is specifically targeted to benefit students coming from the schools and community Mondo and HELP have worked all across Nepal including the larger teachers and the students community. The priority will be given to candidates from the regions of Helambu, PaanchPokhari, and Melamchi Region of Sindhupalchowk district where Anthony was most known. The scholarship will be awarded to students willing to achieve higher education at Master's Level and stay in the country. Each scholarship would carry a cash prize of Nrs. 160,000 for two years that the students can use towards their academic costs to study in Nepal. The scholarship will be open to study any academic discipline in Nepal, however, a strong case and a plan for chosen subject must be presented in the application and interview phases.

What is the selection criteria?

The scholarship recipients will be selected by a selection committee formed at HELP in Nepal with Mondo's oversight. The qualifying and interested candidate can make an inquiry at info@mondofoundation.org or info@help.org.np. The application will be open in early April during the Scholarship year except for the year that the scholarship will be launched when it will be announced in July 2024. The candidate will have to fill in a standard application form at the given link and appear for an interview if shortlisted. The top four to six shortlisted candidates will be reviewed and approved by the Trustees of Mondo Foundation and the Lunch family. The finalist will be announced no later than late August of the scholarship year.

Once selected, the applicant will have to attend an orientation session and sign an agreement. The scholarship application process can begin regardless of the candidate having secured a place, however, the final scholarship offer will be contingent upon the candidate's ability to secure a place in his/her desired course and place of study. This scholarship cannot be used for studying outside of Nepal. The renewal of the scholarship for the year two will be dependent on the students satisfactory performance in their year 1 and showing all indications that they will be able to complete the course. A successful candidate must have demonstrated a firm commitment to benefit their community and society using their knowledge and qualification.

The selection committee will not be involved in recommending or suggesting the place of study, which has to be decided by the applicants themselves. The scholarship will be offered mainly based on the applicants' strong motivation to further their education, previous academic track-record, future career goals, their overall financial circumstances, demonstration of leadership attributes, and commitment towards their local community. We also expect the successful scholarship recipient to be willing to join the Mondo and HELP community as its ambassador and supporter, which in the minimum could be representing and/or presenting on behalf of "Anthony Lunch Memorial Scholarship"!

Each scholarship would carry a cash prize of Nrs. 160,000 for two years that the students can use towards their academic costs to study in Nepal. The scholarship will be open to study any academic discipline in Nepal, however, a strong case and a plan for chosen subject must be presented in the application and interview phases.

Please scan here to apply





Helambu Education and Livelihood Partnership (HELP)

- info@help.org.np
- 014917209
- www.help.org.np
- Os, Kathmandu