

Helambu Education & Livelihood
Partnership

NEWSLETTER

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शुभकामना

Happy

Nepali New Year

2082



Continuing our journey, one child, one school, one community at a time.

As we reflect on the first few months of the year 2025, we're reminded once again of the power of consistent presence and shared purpose. At HELP, we don't just run programmes—we stay rooted in the valleys and villages we serve, building connections that grow stronger with time. From the classrooms guided by Saathi Teachers to the dreams nurtured for our scholarship recipients to the fresh promise sprouting in our greenhouses to the smiles exuding through the delivery of the school bags filled with resources, every step forward is a collective one—made possible by our ever-supportive community of friends, partners, and changemakers like you.

Saathi Teachers Programme

“Primary Must Not Be Secondary”

This is not just a theme—it's a movement.

At the heart of the Saathi Teachers Programme, our flagship initiative under the Helambu Education and Livelihood Partnership (HELP), lies a deep belief: every child deserves joyful, quality learning in their formative years. Through an intensive two-year, supervised teaching journey, Saathi Teachers are placed in rural classrooms to teach English and Math—and much more. They nurture essential 21st-century skills: Creativity, Critical Thinking, Communication, and Collaboration (4Cs), transforming traditional learning into an experience full of curiosity, growth, and inspiration.

Today, the programme is active in three rural municipalities—Panchpokhari Thangpal and Tripurasundari in Sindhupalchowk, and Aanbookhaireni in Tanahun. It's in these communities that young changemakers like Kabita are stepping forward, defying expectations, and leading by example.

Two Years in Lekharka: Kabita's Journey of Purpose, Perseverance, and Love



Kabita Karki

4th Cohort Saathi Teacher

Shree Bachchhalamai Basic School
Panchpokhari Thangpal RM, Sindhupalchowk

When Kabita Karki first arrived in Lekharka, a remote and rugged village nestled in the folds of Panchpokhari Thangpal Rural Municipality, she wasn't just stepping into a new place—she was stepping into a whole new chapter of life.

Assigned as a Saathi Teacher at Shree Bachchhalamai Basic School, Kabita was ready, but she had little idea just how much this place, its people, and most importantly, its students, would change her. Over the next two years, what began as a teaching assignment turned into a deeply personal journey filled with courage, discovery, and transformation.

Lekharka, with its breathtaking landscapes and geographic challenges, posed more than just logistical hurdles. Yet, Kabita never saw obstacles—she saw opportunities. In every difficulty, she searched for solutions. In every hardship, she found purpose. Her resolve was simple: to focus on what can be done, rather than dwell on what cannot.

Every day, she walked into the classroom not just as a teacher, but as a mentor, a friend, and a learner herself. Her students—bright-eyed, curious, and full of untapped potential—were the heart of her journey. They were her strength on days when teaching felt tough, and her soft spot on days when saying goodbye after class felt even tougher.

“These students were both my strength and my weakness,” she says, with a smile that holds a thousand memories. “They inspired me every single day.”



‘अनौठो’ ‘अद्भुत’ That’s how Kabita describes her experience in Lekharka—unique, special, and unforgettable. By the end of her Saathi Teacher journey, Kabita was no longer the same person who had first arrived in Lekharka. She had grown—personally, professionally, and emotionally. Today, she proudly stands as a government teacher, a role she believes she was shaped for during those two unforgettable years.

Lekharka gave her more than a job. It gave her a purpose.



And in return, Kabita gave Lekharka something just as valuable—a heart full of love, a mind full of hope, and hands that tirelessly worked to ignite the light of knowledge in every curious young soul she met.

Kabita is not alone. She is one of 12 incredible Saathi Teachers who have now graduated from the Saathi Teachers programme. Together, they’ve spent two years walking through challenges, nurturing young minds, and building classrooms full of hope.



As we bid farewell to one cohort, we're thrilled to welcome 16 new Saathi Teachers into our 6th Cohort—each bringing their unique stories, aspirations, and passion for teaching.

A Collective Effort

We are immensely proud to now have 30 Saathi Teachers across 15 schools, each one a beacon of hope and a builder of dreams.

From selection to graduation, from classroom to community, the success of Saathi Teachers Programme is made possible by the unwavering support of our local governments, partner schools, families, and donors. We extend our heartfelt gratitude for your continued trust and support.

Youth Scholarship and Mentorship Programme; Igniting Hope.

Our Scholarship Programme is more than just financial assistance—it's a commitment to supporting young people as they take one of the most important steps in their academic journey. Designed for students who have successfully completed their Secondary Education Examination (SEE) in Nepal, this scholarship provides a fixed amount to help cover tuition fees as they pursue their +2 studies (Grades 11 and 12) at a college of their choice. But beyond the monetary support, the programme represents belief, encouragement, and the power of community standing behind a student's dreams. It's a way of saying: we see your potential, and we're here to walk beside you.

Annual Gathering for Scholarship Students and Mentors



On April 12th, the vast ground of Jarsing Pauwa buzzed with energy, curiosity, and purpose as we hosted our much-anticipated Annual Gathering for scholarship students and mentors. This vibrant event brought together nearly 75 students, both present and past scholarship recipients, and 10 dedicated mentors, creating a space where stories were shared, aspirations voiced, and connections deepened.

To ensure that the day ran smoothly and that every student had a voice, participants were divided into four dynamic teams, each with a unique role in shaping the gathering:

- Leadership and Participation Team
- Norms and Values Team
- Recreation and Entertainment Team
- Sanitation and Wellbeing Team



Together, these teams made the Annual Gathering not just a one-day event, but a powerful student-led experience—thoughtful, purposeful, and full of heart. From fostering leadership and creating a respectful space to ensuring fun, wellness, and support, each team played a key role in making the event meaningful and memorable. This structure not only enhanced participation but also gave students a chance to lead and collaborate meaningfully.

Along with all the fun, the students also took part in group discussions that gave them a chance to express their thoughts on issues that directly affect their lives. These discussions were important not just for sharing ideas, but also for listening to one another, building understanding, and realizing that each voice matters. Here's a glimpse into the thought-provoking group discussions that took place:

- **Challenges in Pursuing Education in Urban Cities like Kathmandu:** Students opened up about the ups and downs of studying away from home—talking about everything from academic pressure and housing struggles to mental health and the fast-paced city life.
- **Politics of Today and Its Impact on Youth:** This topic sparked some honest conversations about how politics affects our daily lives, our opportunities, and why many young people feel disconnected from the system. There were opinions, frustrations, hopes—and lots to reflect on.
- **Youth and Migration:** Students shared their thoughts on the increasing number of young people leaving Nepal in search of better opportunities abroad. They pointed to the lack of employment options, limited access to quality education, and the ongoing political instability in the country as major push factors. The group reflected on how these challenges often leave youth feeling like they have no choice but to seek a future elsewhere.

- **Use of Social Media for Career and Personal Growth:** Students reflected on how social media has become an integral part of everyday life—far beyond just entertainment. The group discussed how platforms like LinkedIn, Instagram, and even TikTok are now being used for personal branding, networking, and even starting online businesses. They shared how social media allows them to voice their ideas and opinions to a global audience with just one click.
- **Experiencing Quality Education:** The discussion around quality education brought out some great insights from students. They shared that truly quality education means more than just textbooks—it's about having student-friendly teaching methods, qualified and experienced teachers, and access to tech-friendly, up-to-date learning environments. They emphasized the need for practical and vocational learning rather than rote memorization, pointing out that education should prepare them for real-life challenges, not just exams.
- **Youth-Led Solutions to Climate Crisis and Air Pollution:** Considering how polluted Kathmandu has become, this discussion was super relevant. Students shared ideas on what we can do as individuals and as a community to fight climate change and reduce pollution. They emphasized the importance of afforestation, spreading awareness, and making small, consistent lifestyle changes that can add up to a big impact.
- **Primary Must Not Be Secondary – Rethinking Primary Education in Nepal:** Students expressed that, just like building a strong house requires a solid foundation, primary education must be strong to ensure a successful future for students. They shared ideas on how we can make primary education more impactful and effective for future generations.



The remarkable energy and participation of the students during the group discussions was truly amazing to witness. They didn't just listen—they leaned in, asked thoughtful questions, challenged each other respectfully, and brought their lived experiences into every discussion. The conversations were heartfelt and thought-provoking, often spilling over the allocated time as students found their voices and the courage to express what mattered to them.



And among these voices was one that quietly but powerfully stood out—Pushpa's.
Pushpa's Voice: A Story of Strength, Reflection, and the Will to Change



Under a clear sky on a bright, sunlit day, among the circle of vibrant, hopeful scholarship students sat Pushpa Syangbo Tamang—a young woman with quiet strength and a powerful determination to rewrite the story of her future.

The day was filled with team sessions and group discussions centered around timely and thought-provoking themes that resonate deeply with the lives and aspirations of today's youth. When given a choice between seven topics, Pushpa gravitated toward one that resonated deeply with her own lived experience: *"How the politics of today impacts the youth."*

When it was her turn to speak, Pushpa didn't hesitate. With clarity and courage, she shared a story that was both deeply personal and painfully familiar to many others in the group.

She spoke about her 93-year-old grandmother—frail, tired, and yet carried forcefully to vote for a political party with which she had no connection. She spoke about the quiet powerlessness of everyday life, where even basic needs—education, access, opportunities—are held hostage by political strings.

Pushpa, however, does not want to be a silent observer of this reality. "I want to change this," she said. "I want to be part of the politics that doesn't exploit but empowers. I want to shape a future where we don't have to plead for dignity or opportunities."

Her words didn't just echo in that space—they stayed with us. Pushpa reminded us that real change begins when young people are not only given education but also encouraged to question, to lead, and to reimagine the world they want to live in.

Applications Now Open for HELP Scholarship 2082

We are excited to announce that the HELP Scholarship 2082 is now open for the coming academic year!

This scholarship is for students who have just completed their SEE (10th Grade examination) and are looking to apply for their 11th or 12th grade studies. It's a great opportunity to support their educational journey as they take the next step in their academic career.

Help us support students like Pushpa — and 670 more just like her — through scholarships, mentorship, workshops, and leadership opportunities. Because the future she envisions is one worth investing in.

Anthony Lunch Memorial Scholarship for Post Graduate Studies in Nepal!

We are also pleased to announce the Anthony Lunch Memorial Scholarship for Postgraduate Studies in Nepal is open for the second year.

This scholarship honours the enduring legacy of Late Anthony Lunch, who dedicated over three decades of his life to creating educational opportunities for disadvantaged children and young people across the world, including Nepal. His unwavering belief was simple yet powerful: that education has the ability to transform lives, and that through academic achievement, young people can be inspired to stay in their country and contribute meaningfully to their communities.

For those who knew Anthony or were touched by his work, this scholarship is a heartfelt way to ensure that his vision lives on. It represents not only a tribute to his life but also a continuation of his mission to empower future generations through education.

By supporting dedicated students in their pursuit of higher education, the Anthony Lunch Memorial Scholarship is helping build a more hopeful and equitable future—one that Anthony himself worked tirelessly to make possible.

Greenhouse Initiative: Empowering Local Farmers Through Sustainable Practices

As part of our commitment to promoting sustainable livelihoods, HELP has supported eleven farmers from Wards 4 and 6 of Panchpokhari Thangpal Rural Municipality in establishing their own greenhouses. Each farmer received targeted financial assistance, enabling them to take a significant step towards more resilient and productive farming.



This initiative operates on a shared contribution model, where HELP only provides partial financial assistance. This collaborative approach not only encourages ownership but also strengthens local commitment to sustainable agricultural practices.

In addition to financial support, greenhouse tools have been distributed to all participating farmers to aid in the construction and day-to-day operation of their greenhouses.

While the majority of grants have already been disbursed, two farmers from Panchpokhari and one from Anbookhaireni Rural Municipality are currently on hold, with their funds scheduled for release in the near future.

This programme represents a meaningful step toward climate-resilient farming and local food security, helping rural farmers build more stable and sustainable futures. Among those benefiting from this initiative is Ngima Nagarkoti, whose personal journey beautifully illustrates the programme's impact.

From India to Thangpalkot: Ngima's Greenhouse Dream



In the quiet hills of Panchpokhari Thangpal Rural Municipality, Ward No. 4, a new chapter is unfolding for Ngima Nagarkoti—a farmer who returned to his roots with a renewed purpose. After spending many years working in India, Ngima came back to Nepal three years ago with one clear goal: to build a future on his own land through agriculture.

Settled in Thangpalkot with his wife, two sons, and a daughter, Ngima has always believed in the value of hard work. Although he struggled to find formal employment upon his return, his experience and dedication to farming never wavered. When the rural municipality announced support for greenhouse farming, Ngima was selected as one of the recipients—a turning point in his journey.

“I didn’t have a job, but I had the experience. I just needed the right support to continue,” he shared.

Initially, his farming relied on traditional methods and bamboo structures, but he knew they wouldn’t last. The harsh winds and unpredictable weather made it difficult to sustain crops. That’s when the introduction of a metal greenhouse—a more sustainable, durable, and environment-friendly structure—offered a real solution. With the new setup, Ngima began cultivating tomatoes and is already planning to diversify with more crops in the near future. What makes this initiative unique is the partnership model behind it. Rather than offering full subsidies, the programme encouraged co-investment—requiring farmers like Ngima to contribute alongside the support they received. This approach created a strong sense of ownership and accountability.

Today, Ngima’s greenhouse stands as more than just a farming structure. It’s a symbol of resilience, self-reliance, and the power of meaningful collaboration between local government and community members. Through shared responsibility and smart support, a returnee migrant is now a thriving farmer—and an inspiration for many others like him.

School in a Bag: Small Tools, Big Impact



At Shree Janata Basic School in Chandranagar Rural Municipality-07, Sarlahi, 130 students received a small but meaningful package—a school bag filled with essential learning and hygiene materials. The programme, called School in a Bag, aims to support students in government schools by providing the basic tools they need to focus on their education.

The day before distribution, the team delivered the bags to the school so everything would be ready. Early the next morning, they arrived and were warmly welcomed by the school's principal, Mr. Suresh Kumar Raya. A short meeting was also held with representatives from the Municipality, where they discussed the scholarship process, admission conditions, and ways to work together in the future.

Each bag contained exercise books, a geometry box, pens, pencils, colored pencils, a sketch copy, and a hygiene kit that included a toothbrush, toothpaste, soap, comb, and nail cutter. These items might seem small, but for many students, they make a big difference in their daily school life.

By providing basic educational and hygiene materials, School in a Bag helps reduce the everyday barriers that many students face—whether it's not having a notebook to write in or the tools to stay clean and healthy. At the heart of this programme are the students—each with their own story, challenges, and dreams. By making sure they have what they need to learn, we're not just helping them attend school—we're helping them stay in school, focus, and grow with confidence.

Reunion With Past Volunteers

In February, HELP's Co-founder and Director, Jimmy Lama, visited the UK and had a heartwarming reunion with our former volunteers. It was a meaningful opportunity to reconnect, reflect, and reimagine the path forward together.

Jimmy shared updates on HELP's ongoing initiatives and upcoming projects, with a special focus on the growing impact of the Saathi Teachers Programme. The gathering reaffirmed the power of community, shared purpose, and long-lasting bonds built through service. A heartfelt thank you to everyone who attended and continues to support HELP's mission. Your commitment and enthusiasm inspire us every step of the way.



Join the HELP UK Support Network

We're excited to share that a support network has been formed in the UK to bring together past volunteers and supporters of HELP. If you've been a part of HELP's journey and now live in the UK, we'd love to reconnect with you!

Whether you volunteered in the past or supported our work in other ways, this is a great opportunity to stay involved and contribute to ongoing impact.

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Thank you for your support!

As we move forward into a new year, we remain deeply grateful for the ongoing support that helps us bring our vision to life. A heartfelt thank you to our partners and friends at and of Mondo Foundation who have stood with us through thick and thin of our times. We are also grateful to our partners Interhands, GoGlobal Vermont, International Teachers Association, and Himalayan Hilfe Germany for their continued support and belief in our mission. Your continued belief enables us to carry out transformative programmes that empower individuals and communities. Together, we are creating opportunities and changing lives for the better.

A special thank you to all our local supporters, well-wishers, and the vibrant community that surrounds us. Your belief in our work, your encouragement, and your continued support make all the difference. Whether through sharing our mission, offering your time, or simply cheering us on, you are an essential part of our success.

Let's stay connected, inspired, and continue building a community of growth, opportunity, and impact together.