

NEWSLETTER

April-June, 2025



Welcome to the HELP Quarterly Newsletter

At HELP, our core programmes, Saathi Teachers Programme and the Scholarship Programme, remain at the heart of everything we do. Complementing these is our School in a Bag initiative, which ensures every student has access to the essential tools they need to thrive in the classroom.

In this edition, we invite you to explore the inspiring work of the Saathi Teachers, passionate young educators who teach English and Math in under-resourced rural schools. You'll also read about our rigorous selection process for this year's scholarship recipients and how we're supporting their journeys toward higher education.

Join us as we share the stories, milestones, upcoming plans and some exciting news.



Saathi Teachers Programme

This quarter, the Saathi Teachers Programme entered an exciting new phase with the placement of its 6th cohort of passionate young educators across rural municipalities in Panchpokhari, Tripurasundari, and Aanbookhaireni. While these new Saathi Teachers arrived amidst a nationwide teachers' strike that temporarily halted classroom activities, their presence was immediately felt. They began by engaging with students, distributing textbooks, and building early bonds with communities, laying the foundation for the transformative work ahead.



At the same time, our 5th cohort stepped into their second year, bringing with them deeper relationships, clearer intentions, and a stronger understanding of their role not just as teachers, but as changemakers.

Among them is Nisha Tamang, now in her second year at Shree Nandaladevi Basic School in Tripurasundari. In the early days of the programme, she was quietly observant, learning her way through the rhythm of rural classrooms. Today, she stands with quiet confidence - leading, listening, and growing alongside her students.



Nisha Tamang
5th Cohort Saathi Teacher
Shree Nandaladevi Basic School
Tripurasundari RM

"I joined Saathi Teachers Programme because I strongly believe that every child, regardless of their background, deserves access to quality education. Being part of this mission allows me to not only support students in foundational learning, especially in mathematics, which I'm passionate about, but also to grow as an educator and leader. Year 2 of this journey has been incredibly fulfilling and rewarding. I've developed stronger confidence in classroom practices, built meaningful relationships with my students, and witnessed their confidence and curiosity bloom for math. Each day brings new challenges and rewards, and I feel proud to be part of a program that's creating real impact at the grassroots level. As a young educator, I look forward to teaching and learning in my remaining time as a Saathi teacher."

Nisha was one of the hosts of the first Tune Up Build Up (TuBu) meeting held in Tripurasundari, a reflective space where Saathi Teachers came together to share, listen, and grow. Her leadership and empathy were visible as she helped create a warm environment for her peers to pause and reflect.

As the Saathi Teachers Programme continues to evolve, stories like Nisha's remind us why we do this work: to nurture confident, compassionate educators who don't just teach from the front of the classroom, but walk alongside students and communities in their learning journey.



This quarter also saw a pivotal Strategic Workshop gathering, where past Saathi teachers, coordinators, alumni, and leadership came together to reflect on the programme's successes and future direction. This reflective process reinforced Saathi's commitment to placing students at the center, strengthening teacher training, fostering community, and expanding impact thoughtfully and sustainably.

The final vision and mission statements are as follows:



Vision Statement:

A Nepal where, through strengthened primary education, all children complete a strong foundational education and grow into empowered citizens capable of contributing to an equitable global society.

Mission Statements:

- To place, train, and empower qualified and motivated teachers in order to increase foundational literacy and numeracy, enhance 4C skills, and create a joyful and safe learning environment in the underserved rural communities.
- To form collaborations and partnerships with governmental, non-governmental organizations, educators, and enablers from across Nepal and the globe in order to address the pressing needs of primary education.



With this renewed sense of purpose and unity, the Saathi Teachers Programme steps forward — stronger, more focused, and more determined to make meaningful, lasting change. There's much to be done, and we're excited to walk this path together.

Scholarship Programme

Our Scholarship Programme continues to open doors for aspiring students from across rural schools in Nepal who have completed their Secondary Education Examination (School Level Examination) and wish to pursue their studies at the Plus 2 level (Equivalent to post GCSE education). By supporting these motivated young people at a critical transition in their educational journey, the programme is helping to ensure that financial barriers do not stand in the way of their academic and personal growth.

This year, we set out with a goal to support 75 needy and deserving students and we're well on our way. So far, 65 bright and resilient young minds from 15 districts across Nepal have been selected, including 35 girls and 30 boys. The response to our application call was truly overwhelming, with 172 applications received, each one telling a story of determination, hope, and immense potential.

HELP SEE Scholarship-

2025

Scholarship applications

172
applications received

24
districts

93 girls **79** boys

Scholarship recipients so far

65
scholarship recipients

15
districts

35 girls **30** boys



We have also opened this year's Mentorship Programme, inviting both alumni and professionals to guide, support, and inspire the next generation of changemakers. We're excited to share that 19 enthusiastic past scholarship recipients have already committed to this role, bringing their lived experiences and insights full circle.

Last year, we awarded scholarships to 71 students - among them was Prasanna Karki, who shares her journey with the HELP Scholarship.

Prasanna Karki - 2024 Scholarship Recipient



"I was sitting in my room and preparing for my entrance exam after my SEE. My friend sent me the post posted by HELP. I got curious about it and went to the page. At first, I was hesitant. I didn't think I would stand a chance, but the more I read about HELP's mission to support driven, capable students from rural backgrounds, the more I felt encouraged to apply.

What motivated me most was the desire to pursue an education that not only challenged me academically but also helped me grow as a person. I was that kid who believed in the power of confidence and education. I knew that with the right support, I could go further than my circumstances would normally allow.

Receiving the HELP scholarship has been life-changing. Financially, it removed the burden that my family and I would not have been able to carry. Academically, it has allowed me to focus on my goals without worrying about how to access resources. Emotionally, the support network and encouragement from the HELP community have made me feel like I truly belong somewhere, and that I am capable of doing something meaningful with my life.

As I have already mentioned, I was a kid with that curious mind. When one of my seniors got into United World Colleges, I started dreaming about UWC and researching it. Researching about it opened my eyes to a new kind of education, one that values global citizenship, critical thinking, and diversity. I was drawn to UWC because it wasn't about textbooks and exams; it was about learning how to live in the world, how to work across cultures, and make a difference worldwide.

When I found out I had been selected for UWC Tanzania, I was overwhelmed with emotion. I couldn't believe it. I cried, laughed, and hugged my friends and sisters. It felt like the start of a new chapter, one full of growth, opportunity, and hope. It was a dream come true, and a moment I will never forget.

As I prepare for UWC Tanzania, I am most looking forward to the community. I want to engage in deep conversations, challenge my own perspectives, and learn from the diverse experiences of my peers. I am also excited to explore the beautiful environment of Tanzania and to take part in service projects that give back to the local community. Most of all, I'm looking forward to becoming part of something bigger than myself."

Anthony Lunch Memorial Scholarship: Now Open

Applications are now open for the Anthony Lunch Memorial Scholarship. We have two bright young candidates from last year and we look forward to supporting more promising students through this special opportunity.

Please scan here to apply.



This quarter, we are proud to spotlight Sharmila Tamang, a current ALMS recipient from Lalitpur, who is pursuing her MBA with a focus on nonprofit management. With a background in Finance and experience working with grassroots organizations, Sharmila is determined to use her education to design and lead impactful programs for rural communities. Reflecting on her journey, she shares:



"Receiving the Anthony Lunch Memorial Scholarship has played a crucial role in both my academic and personal growth. It provided essential financial support, easing the burden of educational expenses and allowing me to focus wholeheartedly on my studies. More importantly, it gave me the confidence and encouragement to pursue my passion for nonprofit leadership. Through this scholarship, I have been able to strengthen my knowledge, refine my skills, and build the leadership capacity needed to make a meaningful impact in the development sector. Being recognized as an ALMS scholar reassured me that I am on the right path and that my dreams are valid. It has encouraged me to aim higher, stay committed, and believe in my ability to contribute to positive change. I am deeply grateful for the scholarship, and I look forward to paying it forward by creating opportunities for others in the future."

Sharmila's experience is a powerful reminder of how the Anthony Lunch Memorial Scholarship not only supports academic ambitions but also inspires recipients to become leaders and changemakers in their communities.

School in a Bag at Shree Kalika Secondary School



In partnership with School in a Bag and with support from the Rotary Club of Cheltenham North, HELP continues to ensure that no child is held back due to a lack of basic educational tools.

This May, our team traveled to Shree Kalika Secondary School in Tripurasundari Rural Municipality, where we delivered 20 thoughtfully prepared school bags to students in need. Each bag included essential learning materials, exercise books, pens, pencils, along with a hygiene kit to promote well-being in and outside the classroom. In total, 60 students were supported through this effort.



To date, HELP has reached over 23,000 students across Nepal with school bags. This September, our team is preparing for a new journey to Humla, in the far west, where we aim to distribute at least 300 more school bags, continuing our commitment to accessible and inclusive education, one child at a time.

Meet the New Faces of HELP

We're excited to introduce Sujit Rai as our new Programme Coordinator of Saathi Teachers Programme. Sujit brings with him a strong background as a trainer, along with a deep passion for education and community development.



We also welcome Tejaswi Karki as the new Scholarship Programme Coordinator. With a background in teaching and a Bachelor's degree in Social Sciences, she brings both academic insight and a deep understanding of student needs, making her a valuable addition to the HELP team.

Team Bonding Trip to Helambu



On 15 June, the HELP Team returned to Helambu – the place where our journey first began. For our new team members, it was more than just a visit; it was an opportunity to connect deeply with HELP's origins, understand the community we serve, and reflect on the purpose that drives our work.



Surrounded by lush hills and familiar trails, for the visit was a powerful moment of reconnection with our roots, our purpose, and each other. Through life map reflections, we explored personal journeys and deepened our understanding of responsibility and leadership. Strolling through the village paths, tasting fresh plums and peaches, we were reminded of the beauty in simplicity. The calm and welcoming setting of Yangrima Eco-Lodge provided the perfect backdrop for reflection, grounding us for the road ahead with renewed clarity and commitment.

Cambridge Volunteers:

We are excited to welcome back the Cambridge University (CU) HELP volunteers, who will be placed alongside several of our Saathi Teachers across different schools.

To our generous donors, dedicated local government partners, and everyone who believes in HELP's vision and mission - your support, trust, and collaboration make every milestone possible. Together, we are building something lasting. We invite you to stay connected, share your ideas, and join us as we write the next chapter - one shaped by hope, action, and collective impact.



Thank you for being part of this journey!

#Primary Must Not Be Secondary

Current Local Government Partners



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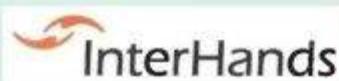


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