



Helambu Education and Livelihood Partnership (HELP)

Enhancing Education, Empowering Communities!

NEWSLETTER

April – July 2026

Sadikshya Never Stopped Walking her Dream...



Sadikshya is one of 73 recipients of the HELP Scholarship 2026.

Having recently passed her Grade 10 examinations, she will pursue her 10+2 studies in Kathmandu, a destination that once seemed as distant as the city lights she could not see from her village.

Her story began to unfold long before she was old enough to know it. HELP's founder, Jimmy Lama, was invited to visit Shree Saraswoti Basic School in the village of Lapse by the then School Management Committee head, 82-year-old Nurbu Meme, in 2014. Soon after, the school was destroyed by the 2015 earthquake. **HELP** supported its rebuilding. When the Saathi Teachers Programme was launched in 2019, Shree Saraswoti was among the very first five schools selected. Sadikshya Tamang was barely four years old at the time and sat in an Early Childhood Development class.

Young Sadikshya was taught by the **Saathi Teachers Programme's** first cohort, Kavita Miss and Karchung Miss, who helped her lay foundational learning.

After completing Grade 5, she started walking to the nearest secondary school that required an hour walk each way, uphill on the return, every school day for five years. Perhaps also with the **SchoolBags** we delivered to her. At her secondary school, she encountered **Teach For Nepal** fellows, teachers who brought both competence and genuine commitment into the classroom. Their influence only deepened her resolve.

She dared to imagine a life beyond her village. Not as an escape from it, but as a pursuit of something she had always known she was capable of. Upon completing her 10th grade, she applied to both **HELP** and **Samantaa Foundation's** scholarship programmes, earning her place entirely on her own merit: writing essays that gave an honest voice to her motivation and her ambitions, and attending an interview where she spoke confidently for herself. **HELP** and **Samantaa Foundation** subsequently joined hands to support her education together. Her dream is now coming true.

We have known Sadikshya since she was four years old. Watching her cross this threshold fills us with immense pride, not because we gave her this opportunity, but because she earned it, and we were fortunate enough to be part of the community that walked alongside her.



Sadikshya's story is, first and foremost, a story about herself; her talent, her refusal to give up, and a dream she kept walking towards. But it is also a story about what becomes possible when schools, families, teachers, and organisations choose to show up consistently and collectively.

We at **HELP** are a small example of those who played our role. All the best to Sadikshya and the scholars she represents. Carrying inspiring stories of effort and perseverance, may your journey ahead bring full fruition to your dedication and hard work!

Inside the newsletter:

1. Saathi Teachers Programme' stories
2. HELP Scholarship 2026 and stories.
3. School in a Bag for 1,233 children.
4. Greenhouses for schools.
5. Volunteers with Saathi Teachers

A snapshot of HELP's work from

April to July 2026

Every number tells the story of a child, a teacher or a community.

SAATHI TEACHERS

2

Enhanced Support

Saathi Teacher programme launches Grade Teaching to strengthen foundational learning in two schools

11

New Saathi Teachers

Our seventh cohort entered classrooms after completing intensive residential training.

29

Active Saathi Teachers

supporting foundational learning across three municipalities including expansion to Bandipur.

434

Students assessed

Conducted baseline and mid-line surveys that will guide teaching and measure progress over the next two years.

SCHOOL IN A BAG

1,233

School bags distributed

Helping children across Nepal begin the school year equipped with essential learning materials and hygiene supplies.

19

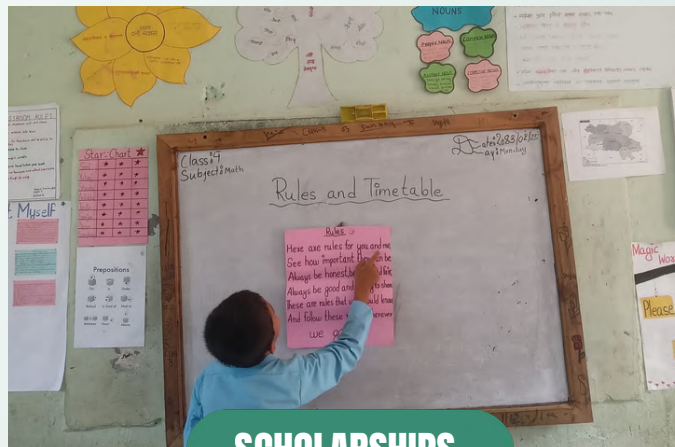
Public schools reached

Across some of Nepal's most underserved communities.

11

Districts covered

Extending educational support to children where it is needed most.



SCHOLARSHIPS

73

Scholarships to be awarded

More than financial support, each scholar joins a community of mentorship, learning and opportunity.

3E

Camp Launch

The 3E (Engage, Explore, and Emerge) camp officiating for the 2026 scholar cohort.

**3RD
COHORT**

AJL Scholarship

Call for applications begins for the Anthony Lunch Memorial (AJL) Scholarship's incoming cohort



Saathi Teachers Programme

Primary Must Not Be Secondary.

What drives our Saathi Teachers?

Samita Tokhara (7th Cohort, Bhotenamlang)

"In my classroom, struggling learners no longer slip through the gaps between subject-wise teacher rotations."

I am Samita Thokar, a 7th Cohort Saathi Teacher at Bhotenamlang Community School.

For each student I teach, I try to recognise their individuality and potential and support them to move forward. This is especially important in the early years of education, where the right support can help turn learning into confidence and hope.

To strengthen my teaching practice, I recently participated in Grade Teaching Training organised by HELP, alongside our Saathi School training. A trainer from the Centre for Education and Human Resource Development (CEHRD) guided nine of us involved in grade teaching, together with local teachers from Shree Satkanyamati and Shree Bhotenamlang Secondary Schools.

Teaching more than 50 students in a classroom is challenging. But reaching every learner takes more than new teaching methods; it requires personal commitment, patience, and the willingness to adapt to what each child needs.

That is what being a Saathi Teacher means to me: standing where we are needed most, just as generations of Saathi Teachers before us have done, and continuing to learn, grow, and make a difference in the classroom.



© Saathi Teachers Programme - Classroom Observation 2026

Priya Karki

Saathi Teacher, 6th Cohort (Grades 1 to 5)

"I was born, raised, and educated in Kathmandu. Like many of my peers, I spent years looking at my country through a lens of frustration. I was largely out of touch with the reality beyond the capital and had begun to believe that our only opportunities lay overseas."

Then Priya discovered a different possibility through the Saathi Teachers Programme.

"I realised that I could contribute to creating new possibilities by joining the Saathi Teachers Programme. I am now doing my part with renewed hope that my presence in one classroom can also make a difference."

"I came here to teach," Priya says, "but these children taught me what it truly means to stay and build."

"The moment I picked up the marker, my cynicism evaporated. I realised we spend so much time complaining about what Nepal lacks, without ever stepping up to build what is missing."

The Call to the Classroom

Everything changed when Priya came across a recruitment flyer for the Saathi Teachers Programme. Looking for a sense of purpose beyond her daily routine, she decided to take a leap and apply.

Following a competitive selection process and an intensive 24-day residential Saathi School, Priya was placed in a remote community school in Aanbukhaireni Rural Municipality, where she would spend the next two years teaching foundational English.

Within a year, Priya had begun turning her students' curiosity into confidence. Her primary students now step forward to tell stories in English, read the feature boxes in their textbooks, and spell complex words letter by letter.

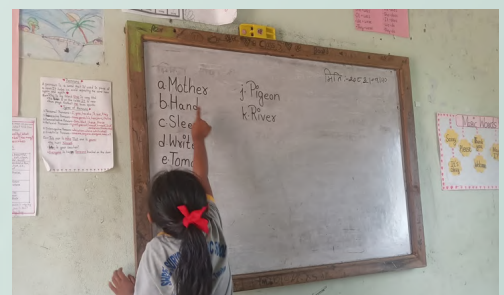
As she continues her two-year journey in Aanbukhaireni, Priya aspires to grow into a professional and caring English teacher, one who can create a lasting impact on the lives and learning of rural students.



The Reality Check:

Walking into her rural classroom for the first time, the contrast was immediate: multigrade classrooms, limited learning materials, and yet eyes filled with curiosity and a desire to learn.

"The issue wasn't a lack of potential in Nepal," she reflects. "It was a gap in presence and commitment."



Key Updates from this Quarter at Saathi Teachers Programme



© Saathi Teachers Programme - The 7th Cohort "Nischal Deluwa"

The 7th Cohort's Saathi School & Placement

Following an intensive 24-day residential training, HELP's latest cohort of Saathi Teachers—the 7th Cohort, named Nischal Deluwa, began their placements across partner schools in April. They join 18 Saathi Teachers from previous cohorts already working in Paanchpokhari Thangpal and Aanbukhareni, alongside four teachers expanding our reach into Bandipur Rural Municipality in Tanahun District.

Baseline Survey 2026: 434 Primary Students Assessed

To better understand where support and interventions are most needed, HELP conducted baseline surveys across four schools in Bandipur Rural Municipality and two schools in Paanchpokhari Thangpal Rural Municipality between May and June, under the leadership of Evaluation & Impact Officer Raj Karki. The surveys assessed students' socio-demographic circumstances, as well as their literacy and numeracy levels. The findings will be presented in greater detail in our Saathi Teachers Newsletter, to be published this quarter.



Baseline Survey 2026 @ Saathi Teachers Programme



© Saathi Teachers Programme - First Classroom Observation 2026

Regular Classroom Observations and TuBu (Tune-Up & Build-Up)

Throughout the first quarter of this academic year, our Saathi Teacher Development Coordinators regularly visited classrooms across partner municipalities. They observed lessons, provided feedback, and worked alongside Saathi Teachers to strengthen teaching approaches and classroom practices.

Meanwhile, 17 Saathi Teachers from the Lungdaar Cluster in Paanchpokhari Thangpal came together for the first TuBu session of 2083. As a professional learning platform, TuBu uses the SLP (Sharing, Learning, Planning) model to help teachers share challenges, learn from one another, and plan for the coming quarter. It also provides an important space for teachers to reconnect, reflect, and rejuvenate.



© Saathi Teachers Programme - First TuBu in Paanchpokhari for 2026

HELP's Ongoing Commitment to Professional Development

7 June | Session on Continuous Assessment Systems (CAS)

Three core members of the Saathi team undertook specialised training on progressive assessment systems. The training will strengthen HELP's internal capacity to train, mentor, and support Saathi Teachers across all programme clusters.

8 June | "Empowering Classrooms" Session

Four of our Saathi Teachers participated in an "Empowering Classrooms" session held in Kathmandu. The session provided an opportunity to refine their teaching methods, explore new ideas, and strengthen how they support their students every day.

By investing continuously in teacher development, HELP aims to ensure that Saathi Teachers are equipped not only to teach, but to create classrooms where foundational literacy and numeracy can thrive.



© Saathi Teachers Programme - Core Staff attending session



© Saathi Teachers Programme - Saathi Teachers attending sessions



Community Action Project 2026 - Sewing Training by Mr Indra Paliyar © STP 2026

Aasha Ko Dhaago (Thread of Hope)

With hope, Saathi Teachers Joshana Bhanjankar and Diya Tamang are helping weave a new future for the women in the communities where they are spending their two-year teaching journey.

As part of their **Community Action Project** supported by AMF via Adventure Aid, they launched a six-month sewing training programme, Aasha Ko Dhaago (Thread of Hope), on 11 June, bringing together 15 local mothers and guardians selected to participate.

Upon completing the six-month course, each participant will receive a sewing machine to help support her long-term economic independence and livelihood. Thank you to our generous donors for making this initiative possible and helping turn the threads of learning into opportunities for the future.

3-Day Residential Quarterly Meet-Up

From 17–19 July, 29 Saathi Teachers from across the programme gathered at the GAN Learning Centre for the first quarterly meet-up of 2026.

The three-day residential event provided a valuable platform for Saathi Teachers to share challenges, celebrate achievements from their classrooms and communities, learn new teaching techniques, and receive training from certified trainers.

An insightful visit to the Mathematics Lab at Hilltown School, Kirtipur, also allowed the teachers to explore new approaches to experiential learning and consider how similar methods could be adapted to their own classrooms.

The meet-up supported not only their professional development but also their personal growth, helping Saathi Teachers strengthen their confidence, relationships, and ability to thrive within the communities where they serve.

The sessions concluded on a lighter note with a fun football trivia quiz, bringing the group together in celebration of the excitement surrounding the 2026 FIFA World Cup.



© Saathi Teachers Programme 2026 - Visit to Maths Lab at Hilltown School



© Saathi Teachers Programme 2026 - Quarterly Meet-up: Sharing Session

HELP Scholarship 2026: Welcoming the 16th cohort.

Nurturing Dreams, Empowering Dreamers

Every Application Carries a Dream

Behind every form submitted is a young person hoping to continue their education despite financial barriers. Some dream of becoming teachers, nurses, or engineers. Others simply want the opportunity to keep learning and create a different future for themselves and their communities.

Out of more than **200 applications** this year, **126 students** advanced to our competitive interview stage. Following a rigorous selection process, **73 scholars** were selected for the Post-SEE Scholarship. With this new cohort, the HELP Scholar family has **grown to 820 strong!**

Every application was reviewed through a rigorous selection process that looked beyond academic performance to understand each student's aspirations, commitment, and potential to create positive change.

HELP Post-SEE Scholarship Finalists 2026



Introducing a Two-Tier Support Structure

HELP is introducing a two-tier scholarship support structure designed to respond to different levels of financial need while providing every scholar with meaningful support beyond financial assistance.

- **Tier 1:** Higher financial grants, combined with two years of leadership, skills, and wellbeing support.
- **Tier 2:** Targeted enabling grants to help address immediate financial barriers, alongside the same non-financial support provided to Tier 1 scholars.



2026 Post-SEE Scholarship Cohort's Demographics:

61.4%

Female Scholars

73%

From marginalised Communities

50%

From Sindhupalchowk District



Launching the 3E Camp and More

HELP is launching the 3E Camp, a fully funded, two-day residential gathering designed to support scholars as they transition into higher education. Its three core pillars are Engage, Explore, and Emerge.

Beyond financial grants, the Scholarship and Mentorship Programme provides:

- Monthly Check-ins & Goal Setting
- Academic Mentorship & Tutoring
- Leadership & Skills Development
- Educational Trips
- Career Counselling
- Annual Review & Gathering

And perhaps most importantly, a community that believes in them—a community they can trust, belong to, and rely on throughout their journey.

Rojita Kumari Rawal
Khaptadchanna, Bajhang, Nepal | Age: 16

A Dream Within Reach

"I passed my SEE with top grades. I dreamt of big cities, pursuing Science, and having a real chance at a career. Where I come from, though, I didn't know how to bridge the gap to reach those aspirations."

For Rojita, growing up in a remote village in Bajhang meant that her academic talent needed the right support to open the doors to higher education.

The Turning Point

"Everything shifted when representatives from HELP arrived directly in my village to promote their Post-SEE Scholarship Programme."

"When they announced that I was selected, it proved to me that my hard work actually mattered. This scholarship didn't just open a door; it showed me that opportunities exist and taught me how to grab them."



The Process

Rojita submitted her application, wrote her essays, and advanced through the competitive interview rounds alongside 126 candidates.

The Breakthrough

She was awarded the Post-SEE Scholarship. Now studying Grade 11 Science at Laboratory Secondary School in Kirtipur, Rojita is building the future she once hoped for.

Annual Review and Gathering 2026

On 12 May, more than 40 scholars gathered for **the Annual Review and Gathering 2026** in Dhoksan, Nagarkot, creating a space for reflection, peer learning, and connection across the 14th and 15th cohorts.

"The gathering reminded me that I am not alone in this journey. We are all carrying dreams, and we are all helping each other reach them."

Samarpan Sanjel— Scholar, 15th Cohort

Graduating scholars shared their experiences with younger recipients. As part of the wider cohort, they helped shape the future of the programme by offering honest feedback on what had supported them most and where HELP could continue to improve.



A Bag full of learning.

A future full of possibilities

School in a Bag reaches more children across Nepal

Kamala Bohara

Lungri, Rolpa District, Nepal

Age: 10

Ten-year-old Kamala lives in remote Rolpa District, where she walks long distances across hilly terrain to attend school each day.

Kamala is at the top of her class in mathematics. To her, numbers are not simply a classroom exercise but a countdown to a brighter future.

Yet her determination was running on empty. After her long walk home from school, she helps her family gather and carry firewood, working to save every rupee to afford even one extra notebook. On one occasion, she told us, she erased her previous work to make room for new lessons. Her ambition was limitless, but the cost of paper continually placed a limit on her education.

"I don't mind the long walk," Kamala says, looking out over the valley. "I just want to see how far I can go."

Now, Kamala's work can stay on the page, a permanent record of her progress.



THIS QUARTER

1,233

Children received SchoolBags.

19

public schools were supported.

11

districts were reached through partnerships with schools and local communities.



ACKNOWLEDGEMENT



HELP provides SchoolBags in partnership with a UK based charity School in a Bag (UK).



School In a Bag Distribution in Sarlahi - Packing the materials © HELP 2026

Livelihood Programme: Greenhouses for Two Schools in Panchpokhari Thangpal RM



Livelihood Programme 2026 © HELP - Greenhouses for community schools



Livelihood Programme 2026 © HELP - Greenhouses for community schools

This quarter, HELP partnered with Paanchpokhari Thangpal Rural Municipality on a 50:50 cost-sharing basis to build greenhouses at two schools. Co-funded by our supporter Tom Wagner, the initiative supports hands-on agricultural education while helping schools provide fresh produce for their daily midday meals.

The greenhouses are to be established at:

1. Shree Satkanyamati Secondary School, Gunsa
2. Shree Chandika Secondary School, Baruwā

2

Greenhouses
this quarter

60

Greenhouses
built to date

CU-HELP Volunteers Programme

Over the past 16 years, HELP has hosted over 400 Cambridge University students and graduates as part of the CU-HELP Volunteering Programme. These volunteers not only raise funds but also work alongside our Saathi teachers in the communities.



This summer, 10 CU-HELP volunteers will be placed alongside Saathi Teachers bringing global perspectives to rural education, one of whom is Rosie- Sheppard placed in Gunsa.

- Rosie, a medical student at University of Cambridge, UK will spend five weeks in Gunsa working alongside five of our Saathi Teachers. Rosie has committed to teaching keyboard classes to 20 students after school, while also supporting the Saathi Teachers in their classrooms.

Rosie shares:

I have loved my experience in Nepal and Gunsa so far. Spending my days making a difference in these children's lives fills me with so much joy.

I am very excited to teach piano to some of the children. I know the difference music has made in my own life, as well as in the lives of my father and grandfather, both of whom were musicians and music teachers. I feel so motivated to use music as a tool to build children's confidence and allow them to learn something they may never otherwise have had the chance to experience.



CU-HELP Volunteer Programme 2026 - Volunteer Rosie in Gunsa

Her presence is a conspicuous testament to what our volunteer programme is truly about: a space where cross-cultural connection and music allow learning to naturally overflow beyond the classroom walls.

WELCOMING THE NEW CHAIR AT HELP

After years of serving the organisation in different capacities, **Ashish Shrestha** has joined **HELP as Chair of the Board**.

Ashish is a development consultant with extensive experience across Nepal's three tiers of government. He has also worked with leading multilateral development institutions, including the World Bank and the Asian Development Bank (ADB).



"It is a privilege to step into the role of Chair at HELP. My goal is to help HELP remain rooted as a grassroots organisation while continuing to grow, reach more partners and communities, and expand our impact—without losing what HELP stands for."

THANK YOU

To everyone who continues to believe in our work, thank you.

Coming Next

Welcoming Our 2026 Scholars

Following months of applications, interviews, and selection, the newest cohort of HELP Scholars will officially begin their journey through the Scholarship and Mentorship Programme, joining a growing community committed to learning, leadership, and service.

The 3E Camp: The Launch

Designed to empower our new scholars, the 3E Camp (Engage, Explore, Emerge) serves as an immersive residential launch to their scholarship journey.

Through interactive workshops, team-building exercises, and personal reflection, students will engage with core values, explore their potential, and emerge with the confidence and leadership skills needed to navigate their academic and personal goals.

CU HELP Volunteers Placement

This year, ten volunteers will join community schools across Paanchpokhari Thangpal and Aanbukhaireni, working alongside Saathi Teachers to support learning and enrich students' classroom experiences.

Three volunteers have already been placed in their host communities, and we look forward to welcoming the remaining volunteers arriving in the next placement period.

The AJL Postgraduate Scholarship and The Undergraduate Scholarship

Preparations are underway for the next cycle of the Anthony Lunch Memorial Postgraduate Scholarship and our Undergraduate Scholarship, continuing our commitment to supporting exceptional young people from marginalised communities as they pursue higher education.

How would you like to support our work?

HELP delivers its impact across classrooms and communities through five flagship programmes:



SAATHI TEACHERS PROGRAMME:

Recruits and places motivated educators in rural primary classrooms to improve foundational literacy and numeracy while fostering 21st-century 4C Skills.



SCHOLARSHIP PROGRAMME:

Provides financial assistance, mentorship, and residential leadership opportunities (such as the 3E Camp) to promising students from marginalised communities so they can pursue secondary and higher education.



SCHOOL IN A BAG:

Provides essential educational equipment and learning resources in school bags to children in remote communities, ensuring every child has the tools they need to learn.



CU-HELP VOLUNTEER PROGRAMME:

Places skilled international volunteers - students from Cambridge University- in community schools along with Saathi Teachers to enhance foundational literacy, numeracy, confidence and the 21st-century 4C Skills.



LIVELIHOOD PROGRAMME:

Supports rural families and communities through sustainable development initiatives and income-generating opportunities, now expanding to help community schools provide midday meals.



Your Donation

Make Your Donation Here

Your valuable contribution directly empowers rural classrooms and supports sustainable community development.

Partner With Us

If your organisation believes in the power of education, we'd love to hear from you.

Share Our Stories

Follow us on social media and share the stories. Your voice helps us reach more supporters.

OUR GRATITUDE TO



Local Government Partners



पाँचपोखरी थाङपाल
गाउँपालिका



आँबुखैरेनी
गाउँपालिका



बन्दिपुर
गाउँपालिका