

NEWSLETTER

July-September, 2025

Dear friends, partners, supporters and members of our community,

As we celebrate Tihar in Nepal, the festival of light, joy, humanity, and togetherness, we extend our heartfelt wishes to all our community members, partners, and supporters. May every life be illuminated by the light of peace, coloured by harmony, and renewed with hope.

Nepal today stands at a critical juncture of transformation; both structurally and in the everyday lives of its people. A new generation is emerging, one that dares to dream differently, aspires for meaningful change, and seeks opportunities that can match their potential.

At HELP, as we move forward, we invite all our supporters, partners, and well-wishers to join us to find greater unity, redefine our shared purpose, and realign our actions to support the needs of a new generation.

As lights shine across Nepal this festival season, we are delighted to bring to you our latest update on what is happening at HELP. Enjoy reading!

**With Gratitude,
HELP Team**



SAATHI TEACHERS PROGRAMME

Primary Must Not Be Secondary

“During Saathi School, I had learned that teaching is not only about delivering lessons but about finding creative ways to connect with students, approaching them with patience and empathy, and creating a safe space where they feel valued.

As soon as I was placed in my school, I began applying what I had internalised at Saathi School. I understood that education cannot be confined to textbooks alone. It is about preparing students to face life beyond the classroom with confidence, resilience, and curiosity.

To make learning meaningful, I use group work, visual presentations, and examples from their daily lives so that lessons feel relevant and easier to understand. I also encourage participation in extracurricular activities, believing that overall development comes from learning by doing.

Even with limited materials, creativity and care can make a classroom come alive. Every small effort—whether it is helping a child pronounce a word correctly, encouraging them to share their ideas, or guiding them through teamwork—plants a seed of change. I believe that these small acts will grow into significant differences in the future for I take my journey as a Saathi Teacher as a journey of shaping lives, one lesson and one child at a time.”

-Joshana Byanjankar, 6th Cohort Saathi Teacher



Joshana Byanjankar is one of the thirty Saathi Teachers working relentlessly to strengthen Nepal's primary education. She is currently placed at Shree Satkanyamati Secondary School in Gunsa, Sindhupalchowk, is halfway through her first year of the Saathi Teacher journey. From Lalitpur, she was inspired to join the Saathi Teachers Programme by her strong belief that education is not a privilege but a right every child deserves. She is driven by the goal of making a significant impact on the lives of children from the underserved communities, understanding the unique challenges faced by them, and approaching her work with empathy and compassion.

At the heart of the Saathi Teachers Programme are these young emerging educators and leaders who tirelessly work in classrooms across various rural schools in Nepal, tackling the root challenges of the primary education in public schools. They empower young learners to build strong educational foundations so their futures are not bound by early disadvantages.

This quarter began with a Quarterly Training designed to refresh, and re-energize these changemakers with new tools, insights, and ideas before they return to their classrooms. Following the training, classroom observations were carried out to enhance teaching effectiveness. A student perception survey was also developed to understand and strengthen teacher-student relationships. The survey is set to roll out early next quarter.

If you believe in strengthening the primary education in rural Nepal school, please help us spread the message that the applications for the 7th Cohort of Saathi Teachers are now open.

APPLY NOW!

TEACH.
TRANSFORM.
LEAD.



SCHOLARSHIP PROGRAMME

Nurturing Dreams, Empowering Dreamers



Sanjita Tamang, one of this year's 73 HELP Scholarship recipients, embodies resilience and ambition. Dreaming of becoming an educator, she has overcome challenges, both knowingly and unknowingly, to reach this milestone. Here, she shares a glimpse of her aspirations and the journey that drives her forward.

"Growing up in Bhotenamlang, Sindhupalchok, I have witnessed firsthand how frequently teachers leaving disrupts our education. This challenge has inspired my determination to pursue higher education so that one day I can return as an educator and serve my community."

For me education is not just a personal goal, it's a responsibility I carry as the eldest of five siblings. I must lead by example, showing my younger brothers and sisters that education is the pathway to transforming lives and uplifting our community. I have seen the struggles people in rural areas face, and I am convinced that quality education is the key to breaking these cycles.

This scholarship represents more than financial support; it is an opportunity to gain knowledge and experiences beyond my community's boundaries. These broader perspectives will equip me with the insights I need to return home and make a meaningful difference"

Together with Sanjita, we proudly celebrated the growth of our Scholarship Community, welcoming a new batch of bright scholars who stood out through a rigorous selection process. Their journey reaffirms our commitment to supporting young learners as they take bold steps toward one of the most pivotal milestones in their education, life after the School Education Examination (SEE). What began 15 years ago in the hills of Helambu with just 7 students has now blossomed into a vibrant community of over 740 scholars across Nepal, strengthened this year by 73 new recipients representing 25 schools from 15 districts of Nepal.



While the scholarship provides financial support to students like Sanjita, beginning a journey away from home requires more than just funding. HELP also focuses on providing our scholars with additional guidance through mentorship, skill-building, and leadership workshops to help students develop the confidence and abilities they need to succeed.

SCHOLARSHIP AWARD CEREMONY: A CELEBRATION OF ACHIEVEMENTS

On 6 September 2025, the hall of Grand Norling Hotel Resort, Mulpani buzzed with excitement as HELP welcomed new scholars, faces gleaming with pride and dreams in motion. Coming from diverse backgrounds yet united by their hunger for education, these students embodied our motto, "Nurturing Dreams, Empowering Dreamers." The event was a powerful reminder of their determination, resilience, and the countless stories of perseverance behind every scholarship. Distinguished guests, including Gagan Thapa (Former Member of Parliament), Matthew Band (CEO, Mondo Foundation) and other vital supporters joined to encourage, motivate and celebrate the achievements of the newest members of the HELP scholarship community. The new scholars are now embarking on higher secondary education, following the streams they truly aspire to.



Please click [here](#) to watch the highlight of the HELP Scholarship Award Ceremony

WELCOMING 2ND COHORT OF **ANTHONY LUNCH MEMORIAL SCHOLARSHIP** FOR POST GRADUATE STUDIES IN NEPAL.



Sushila Tolange



Upama Rai

On 16th September at King's College, Kathmandu, we welcomed Sushila Tolange from Dolakha and Upama Rai from Bhaktapur. Sushila is pursuing a Master's in Agricultural Economics at Tribhuvan University and Upama Rai is pursuing a Post-Graduate Diploma in STEAM Leadership at Kathmandu University. They were selected through a rigorous process from a competitive pool of applicants. The event was graced with the presence of several of Anthony's friends, including Dr. Bidyanath Koirala and Gopal Lama (the founder of Yangrima School) joined by the Mondo CEO Matthew Band from the UK.



Yogendra Anupam GC from Rolpa, one of the scholarship recipients from the first cohort shares:

"Growing up with severe vision problems, even passing the SLC (now SEE) felt like an unachievable dream. I often struggled to keep up in class, with empty notebooks and falling behind, but supportive friends helped me through, and I cleared my SEE. I now aim to complete a PhD.

Completing my bachelor's was just the beginning, my desire to learn never faded. I had never imagined that scholarships for postgraduate studies existed in Nepal, but when I applied for the Anthony Lunch Memorial scholarship, my potential was recognized. The scholarship made it possible for me to pursue my master's at Kathmandu University, a dream I once thought was beyond reach. More than financial support, Receiving the scholarship has inspired me to set higher goals for myself, not just academically, but also in terms of how I can contribute to society and a nation."

Without the generous support of the Lunch family and the Mondo Foundation, to whom we express our sincere gratitude, for making it possible to empower highly motivated students to pursue postgraduate studies in Nepal and make a positive impact in their communities.



ANJALI RECOLLECTING THE JOY OF RECEIVING HER **SCHOOL BAG**



"Getting proper stationery was difficult in our region. That red school bag, packed with notebooks, pencils, colors, a geometry box, and sketchbook, fostered new hobbies by igniting my passion for drawing and writing stories and poems. It also created equality in our classroom, removing differences and helping students who struggled to afford supplies."

-Anjali Shrestha

The school bags not just sparks instant joy in the faces of children but fosters creative hobbies and encourages the children to complete their education like Anjali. While the school enrolment rate in Nepal is above 95%, the challenge in accessing even basic school resources still persists across Nepal. In partnership with School in a Bag, we continue to reach out to hundreds of students each in order to ensure that no children are not enrolled at the lack of the basic resources or are forced to drop out of the school halfway through. In our continued effort, in the next few weeks, our team is travelling as far as Humla, the 24th district where the School in a Bag has been expanded in Nepal to support hundreds of children across five schools.

CU-HELP VOLUNTEERS JOIN FORCES WITH THE SAATHI TEACHERS



Our volunteer programmes are designed to connect with the children of rural Nepali schools not just helping improve their English but also bringing global perspectives to remote communities where our Saathi Teachers work, expanding horizons and inspiring young learners to imagine a bigger opportunity in their life and prepare for participating in a bigger world. We thank all other volunteers from University of Cambridge this summer namely: Poppy Jo Lee, Thom De Boer, Zhe Xi Ho, and Anya Khurana.

Camilla Beltrame, from Italy, a graduate of the University of Cambridge with a Master's in Development Studies, taught in the classrooms alongside the Saathi teachers, Joshana Byanjakar and Diya Tamang at Shree Satkanyamati Secondary School in Gunsa, Sindhupalchok. Here is what she has to say about her time in Nepal with us:

"From August to mid-September, I had the incredible opportunity to volunteer as an English teacher in Gunsa, a small village in the Sindhupalchowk district of Nepal. This life-changing experience was made possible through CU-HELP, a programme I discovered during my first week at Cambridge. The CU-HELP volunteering programme is truly unique, as it allows you to fully immerse yourself in Nepali culture and lifestyle in a way that wouldn't be possible otherwise.

With a background in international development and humanitarian work, the chance to support education in a rural community deeply resonated with me. Beyond teaching, this experience sparked a profound personal and professional realisation. It has shaped my worldview and reaffirmed my desire to work in community-based education and development. I'm more certain than ever that I want to dedicate my life to ensuring that a child's place of birth will no longer define the opportunities they have in life. My time in Nepal has helped me narrow my professional focus – and strengthened my commitment to make quality education accessible for all children, especially in rural areas"

EXTENSION OF GREENHOUSE SUPPORT FOR SCHOOLS

Now that we have successfully completed the construction of 13 greenhouses benefiting farmers from four villages, we are pleased to share that we are planning for a school-based greenhouse initiative. We aim to support 10 schools and in the initial phase, we will start with three schools immediately. We will do this in partnership with the local government of Paanchpokhari Rural Municipality who will identify the schools and match the funds, alongside. This initiative will help schools grow their own produce to complement the mid-day meal programme for primary students.



CU-HELP BOOK CAMPAIGN

To bridge the access gap faced by rural children and to nurture reading habits while inspiring imagination and curiosity among young learners in underserved communities, CU-HELP volunteers launched a book campaign. This year, through the campaign, we donated books to six Saathi Teacher placement schools in Paanchpokhari Thangpal Rural Municipality, Sindhupalchowk, and one placement school in Aanbookharen Rural Municipality, Tanahun.



MONDO CEO VISITS NEPAL

In September, we were delighted to host Matthew Band, CEO of Mondo Foundation, and his wife Rebecca, who connected directly with HELP-supported communities. Matthew joined us in celebrating the achievement of scholarship recipients, engaged with Saathi Teachers and school leaders in Paanchpokhari, and explored impactful initiatives like the Greenhouse Project. His visit reaffirmed our shared commitment to advancing education and community development across Nepal.



A YEAR OF IMPACT: HELP'S ANNUAL REPORT 2025



Read our latest annual report [here](#).

We extend our heartfelt thanks to everyone, our donors, local partners, friends and supporters who continue to believe in HELP's mission. Your support, trust, and encouragement keep our work moving forward, lighting classrooms, fueling dreams, and strengthening communities across Nepal.

Together, we're shaping brighter futures for the next generation!

Join us!!

Together with our team, partners, supporters and volunteers, we continue to empower children, youth, and communities across Nepal.

As we look back at the year 2024/2025, the Saathi Teachers Programme welcomed its 6th cohort, with 16 new Saathi Teachers joining to serve in 15 rural schools across two districts. Together, they are improving literacy, numeracy, and 21st-century skills for over 2,000 children. HELP supported 72 scholars through Post-SEE Scholarship, initiated Anthony Lunch Memorial Scholarships, and introduced a mentorship component providing additional support to our scholars. We delivered 1,026 school bags to remote districts, and strengthened global and local partnerships.

Current Local Government Partners



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