# Help in Action Food for the Poor Nepal

Mani Bhadra BV - Phoenix Import Donations Year Report 2023



With the generous support of our customers, we at Mani Bhadra BV
- Phoenix Import in 2023, have been able to donate more than
€25,000 to many children, families and elderly in India and Nepal,
especially to those in most the vulnerable circumstances.

Below you find the overview of projects that have been realised by the NGO "Help In Action" in 2023. Starting with special attention to the new project "Food for the poor Nepal".

### **Food for the Poor Nepal**

#### Free meals for the homeless and the poorest

The CEO of Mani Bhadra BV - Phoenix Import, Jan de Ruiter, with 25 years of experience in Nepal, decided to set up the Food for the Poor project, focusing on the most basic need of all: food. Food for

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the Poor Nepal distributes fresh, nutritious free meals daily to the poorest and homeless people and children in the capital city of Nepal, Kathmandu.

The food distribution is done from a different location every day, like Boudhanath, Jorpati, Gogarneshor, Gujeshori, Pashupatinath, or Swayambhunath, to reach as many different people as possible. A dedicated team of local

volunteers gets up early in the morning to prepare the meals

daily, and hands them out later that day to anyone who needs a meal. This project falls under the umbrella of the non-profit organisation Help in Action Onlus Italy. Every donation is 100% spent on the actual project, fully run by volunteers. Presently, Food for the Poor Nepal distributes 80 meals a day.





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increasing it. One meal costs € 1.00, so a donation of € 30.00 covers one meal a day for one personfor one month. If this project speaks to you, please contribute now. You can donate via Food for the Poor or when placing your order at Phoenix Import – Phoenix Import doubles the donated amount!

### Segyu Monastery in Kathmandu, Nepal Fruit and calcium for all monks

Mani Bhadra BV sponsored the fitting of a large refrigeration room in Segyu Monastery, which will be operational from February '24; it can store all fresh vegetables and fruit for the 145 monks living there.



Also, Mani Bhadra sponsors daily 300 portions of fruit for the monks there. Moreover, a supplier from Mani Bhadra BV has sponsored 50.000 portions of fluid calcium for the (mini-)monks who can benefit health wise by increasing their intake of calcium.

### Gangchen Samling School Student support

During their yearly visit to Nepal, the Help in Action team had the pleasure to meet with the students of the Gangchen Samling School. Thanks to your help, 7 students were able to finish their secondary education and sit the Secondary Education Exam. These children - the sons and daughters of labourers, factory workers, farmers or simply unemployed - could only dream of reaching such a goal without your support. The income of these families is just too low or inconsistent to allow them to send their children to school.

Boudho, Nepal.

30th March, 2023

Dear Spoaser,

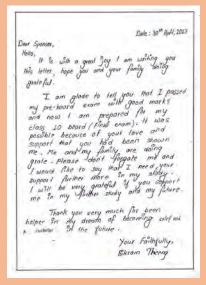
H? How are you? I am fine here.
I hope you are also healthy there. Since,
I haven't written a letter to you.

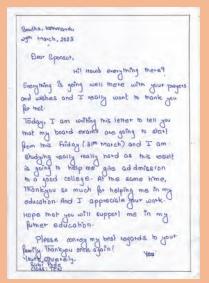
50 Today I am writing this letter to inform you that my filened board exom is going to stort from friday (31th march) and I am trying my best bener good and I am trying my best bener good grade in erams. As this results help me flux admission in good college. Thankyou so much for helping me in my education dince childhood. Rind I am very lucky to have you as my spoaser. I am very nuch jubilant hope that you will keep supporting me in my forther education.

Please convey my best regards to your family.

Yours Sincerely.
Assilia Shreetha.

Class: Ten.





Ashmita Shrestha, Bikram Tamang, Rahul Sunwaq Sabina Yongzen, Ashmita Tamang, Subi Pujari and Sujita Magar are all looking forward to a brighter future thanks to you.

Melina Shasankhar has been able to finish class 9 and was promoted to class 10. A very important year for her. Three students sat the Basic Education Exam (taken at the end of class 8).

Sameer Moktan, Sulav Tamang and Sushant Lama all received GPAs equivalent to a B- grade. They are all now studying in class 9. The other students have all been promoted and Manish Tamang is now studying in class 8, Aajit Thing in class 6, Sujan Gahtanj and Urgyen Yonzen are all in class 5 and Chris Thapa is now in class 4. All the students are doing fine, and they are extremely grateful for your support.

## Nyanang Phelgyeling Monastery in Kathmandu, Nepal

#### Construction activities

One of the monastery buildings at Nyanang Phelgyeling was - partly due to the major earthquake in 2015 - in a deplorable state. As a result, the safety of the monks could no longer be guaranteed. Much to the joy and gratitude of the Abbot and the monastics, permission for the new building was finally obtained and construction work is now in full swing.



With financial support from the Italian Buddhist Union, Mani Bhadra and many other donors, it is possible to realise a new and safe monastery building with space for reception of young monks. Unfortunately, the general economic conditions in Nepal have still not improved, leaving many families unable or barely able to care for their children...The future new monastery building will provide more space to accommodate these children in need.

### Serpom Monastery in Bylakuppe, South India A healthy meal a day

One of the goals this year was to provide the young monks at Serpom Monastery with a full meal daily, including a piece of fruit and a dairy product. Thanks to many sponsors, including financial support from the Italian Buddhist Union and Mani Bhadra in the Netherlands, Serpom Monastery is able to provide the mini-monks with fully-fledged food every day for at least a year.

See and read more about the Serpom Monastery project in this video:



From the bottom of their heart, Help in Action and all the sponsored people thank the customers, staff, and management of Mani Bhadra BV for their constant support.

"Together we can!"
T.Y.S. Lama Gangchen founder of Help in Action

Mani Bhadra BV - Phoenix Import

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