

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 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.

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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. With the generous help of more future sponsors, Food for the Poor Nepal aims to keep distributing at least this number of meals and hopefully even

increasing it. One meal costs € 1.00, so a donation of € 30.00 covers one meal a day for one person for 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.

Boudha, Nepal.
30th March, 2023
Dear Sponsor,
Hi! How are you? I am fine here. I hope you are also healthy there. Since, I haven't written a letter to you.
So Today I am writing this letter to inform you that my final board exam is going to start from Friday (31st March) and I am trying my best to get good grade in exams. As this result help me give admission in good college. Thankyou so much for helping me in my education since childhood. And I am very lucky to have you as my sponsor. I am very much jubilant hope that you will keep supporting me in my further education.
Please convey my best regards to your family.
Yours Sincerely,
Ashmita Shrestha.
class: Ten.

Date: 30th April, 2023
Dear Sponsor,
Hello,
It is with a great joy I am writing you this letter, hope you and your family doing greatful.
I am glad to tell you that I passed my pre-board exam with good marks and now I am prepared for my class 10 board (final exam). It was possible because of your love and support that you had been shown me. Me and my family are doing grate. Please don't forget me and I would like to say that I need your support further more in my study. I will be very grateful if you support me in my further study and my future.
Thank you very much for been helper in my dream of becoming citizen in future in the future.
Your Faithfully,
Bikram Thang

Boudha, Kathmandu
29th March, 2023
Dear Sponsor,
Hi! Hows everything there?
Everything is going well more with your prayers and wishes and I really want to thank you for that.
Today, I am writing this letter to tell you that my board exams are going to start from this Friday (31st March) and I am studying really really hard as this result is going to help me give admission to a good college. At the same time, Thankyou so much for helping me in my education. And I appreciate your work. Hope that you will support me in my further education.
Please convey my best regards to your family. Thankyou once again!
Yours Sincerely,
Subi Pujari
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 Yonzan 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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