

Help in Action

Food for the Poor Nepal



Projects Year Report 2024

*Empowering those
in need by helping
individuals and
supporting projects
to benefit entire
communities!*



Mani Bhadra BV - Phoenix Import

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With the generous support of our customers, we at Mani Bhadra BV - Phoenix Import in 2024, have been able to donate more than €16,000 to many children, families and elderly in India and Nepal, especially to those in most the vulnerable circumstances.

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LONG-DISTANCE ADOPTIONS

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Long-distance adoptions give many children and young people from poor families the opportunity to receive a good education: in 2024 the Foundation supported 267 children in school and a further 82 students in higher education. These children — from some of the poorest families in the area — were able to attend school regardless of their very difficult socio-economic backgrounds. This project also reached many young monks living in Tibetan Monasteries in Nepal and India, which care for children from families in great difficulty, taking full responsibility for their upkeep and education. In 2024, 102 young monks received support: a fundamental help for the monasteries and for the survival of the peace culture that they offer to the world.

In 2024, the long-distance adoption project also helped lonely and struggling elderly people and disabled children who, without any other financial resources, have to strive every day to survive.



Boudha Kathmandu
30 March, 2025

Dear Sponsor

I hope this letter finds you in good health and high spirits. I am writing to express my heartfelt gratitude for your generous support throughout my study.

I am pleased to inform you that I have successfully completed my Grade 10 examination. It was a challenging yet rewarding experience, and I am hopeful for good results looking ahead. I have decided to pursue computer science studies in high school. I believe this field will provide me with valuable knowledge and opportunities for my future.

Your support has been a great motivation for me. Once again, thank you for believing in me.

Yours sincerely
Bishal Tamang
CLASS '10'



NEPAL

At Gangchen Samling School the utmost attention is paid to the quality of the education offered and the creation of a comfortable and serene learning environment for the students; most of the parents are weavers, labourers, cleaners or work on road and construction sites. Having paid — in the best of cases — the rents of their simple rooms and bought daily food, these families have nothing left to pay the school fees and send their children to school.

The school's staff consists of around 40 people, including teachers, headmaster, administration and school assistants: the ordinary running costs — which also include rent and maintenance of the building, school materials, uniforms and much more are therefore considerable. The level of teaching quality is very high, thanks also to the careful selection of teachers; in 2024, 21 students took the Secondary Education Exam and all of them achieved the highest standards of A and B grades. This year there was a wonderful new feature for the school: thanks to a generous donation, it was possible to build a large sports field with artificial turf on a disused area adjacent to the school, with adjoining changing rooms; the activities are football, badminton, table tennis, running... The school is located in a peripheral area with a total lack of suitable spaces for children to play and practice sports.

Over the years, the school has provided music, singing and dance courses that have proven to be an essential support for children in the most difficult recovery periods, such as those post-earthquake and post-covid; this year, thanks to a donation, it was possible to purchase new musical instruments and a mixer. In 2024, 267 students at the school — studying from nursery to class 10 — out of 480 were included in the long-distance adoption programme.



In 2024, the 21 students supported by the long-distance adoption programme who finished class 10 were able to continue their studies (classes 11 and 12). Most of them are attending either Arunima or Xavier colleges, located in the same area. The final diploma after the 12th grade then allows for eventual admission to university studies.

For those now attending university courses, the most frequent choices were: information technology, business studies, hotel management and social work. 2 students were awarded their degrees this year and another finished his Master's in business studies.



For families living in remote villages with a mere subsistence income, books and school materials are generally a luxury that cannot even be thought of: so, children, even when they attend school, are often without necessary materials.

The Foundation has been supporting several village schools in the pre-Himalayan area for years. In 2024, books, pens, backpacks and materials for a school year were distributed to 3 schools in the Sindhupalchock district counting about 150 students. The running costs (teacher salaries, school materials, building maintenance) of the Shree Jana Bhawana School with its 70 students in the Makwanpur district were also entirely covered. School materials were also given to around 220 children studying in Sed Gyued Monastery, from the Lotus Foundation, the Jorpati orphanage and the Disabled Rehabilitation Centre. Further materials were also provided to the 30 youngsters studying in the elementary school in Tatopani Village.



FOOD FOR THE POOR

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In 2024, the distribution of hot meals to some of the poorest of the poor, living on the streets of Kathmandu, continued. The preparation of the meals takes place in a small restaurant, whose managers then distribute the hot food in three different areas of the city where the homeless are particularly concentrated. The number of meals distributed is currently around 80-100 people per day.

We are proud to support this project managed by Mani Bhadra Lama Gangchen Wise Projects foundation and in 2024, approximately 6,000 euros were collected by this Foundation and sent to Nepal for the project.



NEPAL

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SERPOM MONASTERY SCHOOL

Monasteries survive thanks to donations and often find themselves in a state of emergency. Serpom Monastery cares for around 250 young monks —many from extremely poor families — and provides them with their basic needs: food, clothes, medical care as well as education. The project for the school included the purchase of school materials, shoes, clothes and food for a full year for all the young monks and ended in 2024 when the Monastery's tailoring department completed the task of making new clothes for all the children, which were presented to them in a special ceremony.

This project was completed with the contribution of the 8x1000 Italian Buddhist Union.



INDIA

NYANANG PHELGYELING MONASTERY RECONSTRUCTION

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The original structure on the site was built 50 years ago, and suffered serious damage in the 2015 earthquake. The existing small kitchen of the Monastery was also unsuitable and there was no dining room for the monks to eat together. The demolition of the old building and the rebuilding of the new building with anti-seismic foundations started in September 2022 and continued in 2024. The new building will provide safe accommodation for the young monks as well as a kitchen and dining hall on the ground floor. A more favourable exchange rate allowed us in 2024 to satisfy the initial request of the Monastery to add another floor to the building, providing additional dormitories. The work on the 3rd floor started in 2024 and is now quite advanced.



NEPAL

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ENVIRONMENTAL AND WATER PROJECTS

The Chapakhori Village water project was completed in 2023 but in November 2024 technicians from Italy carried out a new field-trip to the village, to verify the functioning of the system. A modification was made to the electrical panel that operates the hydraulic pumps to simplify it and better adapt it to the unstable conditions of the Nepalese electrical system.

This project was completed with the contribution of the 8x1000 Italian Buddhist Union.



Tatopani is located at an altitude of about 2600 metres in the Nepalese Himalayas. Here, until 2015, a spring of sulphurous thermal water flowed, whose extraordinary and renowned healing properties attracted many visitors from all over the region and also foreign tourists on the trekking routes. The thermal waters supported the local economy, based on the simple guest houses, teashops, restaurants and small shops catering to the needs of the visitors.

The nearest medical facility is more than an hour's drive away, so the waters were also the main, if not only, means of treatment for a variety of health problems for the inhabitants of the entire district: joint pain, gastrointestinal problems, skin conditions, respiratory problems.

Following the devastating earthquake of 2015 that interrupted the flow of hot water, and the subsequent Covid pandemic, the village's economy has suffered a fatal blow.

Tatopani has been included in the Foundation's aid programme for several years with the distribution of food, school supplies for elementary school children, and aid for the many elderly people who live here in extreme poverty.

The Foundation's goal now is to return the village's primary resource to the village.

Following a geophysical survey in November 2023, which allowed the reconstruction of the electrical tomography of the subsoil, the final project was drawn up for the construction of a well — to reach the depth at which the hot water reserve is currently present — and a pumping system to extract it. The data collected also highlighted and confirmed the extraordinary and unusual richness of minerals in these waters, fully justifying the reputation of the thermal waters.

In 2025 the project was accepted for funding under the 8x1000 "Humanitarian projects" of the Italian Buddhist Union, which will contribute 70% of the necessary funds.

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

