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PRESIDENT'S MESSAGE

हनेवहःपिं भाजु मय्जुपिं,
दुनुगलं निसे ज्वजलपा !

जि पासा पुचः गुथि युके लन्डनया नायः, रुकमणि मानन्धर, पाखे वेलायत च्वपिं सकल नेपाःमिपित व हलिन्यंक थि थि देसय् च्वनादीपिं सकल भाजु मय्जुपिंत स्वन्ति नखः व न्हूदं नेपाःया मौलिक संवत् नेपाल संवत् १९४२ व म्हपुजाया लसतया भिं उसाय्, ताः आयु, सुख-शान्ति व पलापतिं प्रगति व उन्नतिया निरितिं यक्व यक्व भित्तुना देछानाच्वना ।



थ्व कोभिड-१९ कोरोना भाइस आतक न बालाकः क्वचागु मदुनि धाइगु न्हि-न्हिया समाचार पाखे भनीस थुगु जुल । थ्व गबलय् हाकनं वइ व निर्मुल जुया वनी धइगु सुना न बालाक मस्युनि । थ्व इलय् भनीस यायेपूगु छु हे मखु थः थम्हं सतर्क जुइगु सिबे । भनी थः थःगु बाध्यतां याना, यःसां-मयःसां, ग्या-ग्यां थःगु तयेत्वनेया व्यवस्ता यायेत थन भनी पुक्कक ज्याकुथि वनेमाःगु थःथःगु हे बाध्यता दु ।

थन अप्व याना सार्वजनिक यातायात हे छ्यला जुइमाःगु न दु । थि-थि कथं ट्रेन, बस, पे-एज-यु-गो वाइसाइकल हे कया ज्या वनेमा धाःसा गुमेस्या थगु हे कार, वाइसाइकल छेला वनेमा उकिं आतक न ग्यानापुगु अवस्था धाःसा क्वचागु मदुनि उकिं सुरक्षा कवच कथं मास्क धाःसा पुना हे च्वनेमाःगु ई द हे दनी । थ्व स्वन्ति नखः दुने जुइगु पुजाया ज्याभवः म्ह-म्ह थिया पुजाआजा जुइगु व छगु छेजं मेगु छेजं लिसें छथाय् मुना हनिगु भिगु नखः ख । अथे हे याना नखः हनेगु मन दुसा अन सतर्माक धाःसा जुयेमाःगु खनेदु ।

पासा पुचः गुथि युके लन्डन २००० य् पलिस्था जुसां निसे दँय्दसं भनी दुजःत सकल मुना पुजा ज्वलं तया मदिक्क म्हपुजा याना वया । थःगु तजिलजि मस्तय्त क्यना, नखःया वारे सिइकावीगु कुतः यासें म्हपुजा ज्याभवः याना वयाच्वनागु खः ।

थ्व कोभिड-१९ तःत्वय् न याना भनी सकल न्हलं चाःगु खनेदु । तसकं हे ग्यानपुगु कथं सर्वनाश यानाच्वंगु थ्व भाइरस नाप न्हि-न्हि दिं वितेयाना च्वनेमाःपिं न दु । आ न भनीसं थुकित ध्यान मव्युसें बालाक लिचना च्वनेमाःगु खनेदु ।

सरकारं व्युगु नीति-नियम यात भनीसं ध्यान विइमा धाइगु मनंतुना, गन भनी च्वना अन देसया कानून यात पालन यायेगु धइगु हे छगु अनुशासनय् च्वनिगु खः । थ्व भनीगु मानवताया कर्तव्य न ख । थःथम्ह सतर्क जुया च्वनिगु व मेपित न सतर्क जुइ कथं भनीगु भावना धाःसा सकसिके दयेमा व दयेका च्वनादीगु न दु धइगु भलसा कयाच्वना ।

आ वइगु म्हः पुजा ज्याभवलय् भतिचा लिचाना च्वनिगु हे बाला ताना गुथिया दुजः भनी पुक्ककसिनं ग्वासाः ग्वसें अनलाइन न्हूदँया भित्तुना ज्याभव यायेगु लपू स्वयाच्वना ।

न्हयागु हे मछिगु ईया जालं भनीत क्यंसा छेस च्वना थःगु माँभाय् नेपालभाषा, थःगु तजिलजि स्यनेत, व्वनेत व खं लहायेत थःगु ई माला कुतः धाःसा मदिक्क यानादीसा भनीगु भाय् म्वानाच्वनी धइगु मनंतुना । फयेफक्क अनुभव दुपिं छेया जः पिनिगु पाखे भनीसं सयेकिगु कुतः याना हे च्वनिगु मन तयादीसा बाला ।

थजागु कुतः मदिक्क यानादी धइगु कामना यासें थःगु भाय् व तजिलजि, भावना व ज्ञानया घः विलिविलि जाना च्वनेमा धका जि रुकमणि मानन्धर या पाखे भित्तुना देछानाच्वना । सुभाय् !

रुकमणि मानन्धर

नायः

पासा पुचः गुथि युके लन्डन

MENTAL WELLBEING

Let's talk about our Mental Wellbeing

When we talk about our health, the majority of people only refer to their physical health and wellbeing.

I however strongly believe that enough hasn't been done in terms of educating and making people aware, how important it is to be healthy both physically and mentally. Many of us don't even understand what it means to be being mentally healthy.

Mental health is about the way we think, feel and our capability to deal with the ups and down in our day-to-day life.

We all have times when we feel things are not going our way, tensed and apprehensive. Most of the times these feelings elapse but sometimes they can advance into more serious problems. This can happen to any one of us and can easily go unnoticed. We all are different in our own way and have different coping mechanism. One may bounce back from the setback while others might be weighed down by it for a long time.

Support in any way when someone is going through these difficult times can make a difference of life and death for some people.

Last year I lost one of my closest friends during the first lockdown due to his mental health. Looking back at it, I really wish I knew more about mental health back then. I could have seen the signs and done something to help him out and possibly save his life.

Unfortunately, there is stigma attached to mental health problems. People find it difficult and uncomfortable talking about them and don't want to discuss them with their friends and family. But we can really change this. Here are few things we can do together to remove this stigma about mental health:

1. Let's keep in touch:

There is nothing better than catching up with someone face to face and share your feelings and thoughts. But it might not always be possible so please get texting and calling your loved ones. Sharing your feelings might feel awkward at first but give it some time.

Make talking about your feelings and thoughts something that you do.

2. Let's keep active:

Exercising doesn't just mean engaging in sports or just going to gym. Nice walk in the park, gardening and yoga can also keep you active. Engaging in activities that keeps your mind and body occupied has lots of benefit to boost your mental health.

Try to make an activity or get into a routine that you enjoy a part of your life.

3. Eat Well:

Eating nutritious food helps to boost mental health. Food has long lasting effect on our mental health. Our body and brain need mix to nutrients to function efficiently. Drink plenty of water and include lots of vegetables and fruits, nuts, dairy product and fish in your diet.

We are what we eat

4. Helping Hand:

We all have our good days and bad days. If things are getting too much and you feel you can't deal with it on your own, always ask for help. No need to feel awkward and shy. Your family or friends may be able to offer practical help or just be there to listen to you.

Here are few links that might help and give you all the support that you need.

www.self-help.org.uk

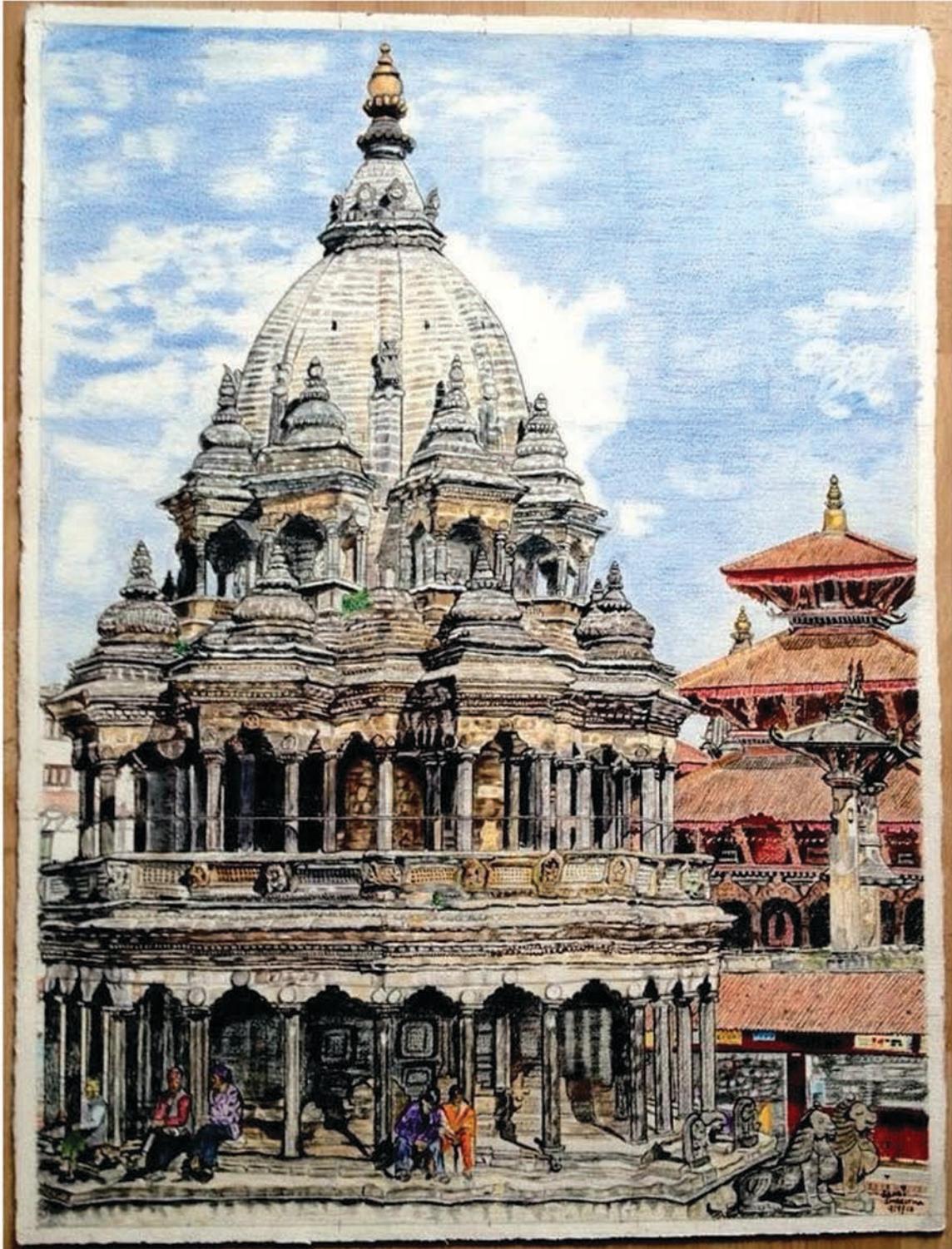
<https://www.stepchange.org/>

<https://www.nhs.uk/every-mind-matters/>

We all have a responsibility to look after our own health & wellbeing – both physical and mental. Like we maintain our physical health with balanced nutrition, water and exercise, we need to maintain our mental health with self-care, self-awareness and reaching out to others for help and support when we need it.

Shova Maharjan

KRISHNA MANDIR



This painting won first prize from judge's vote in staffs and patients art exhibition competitions at Harefield hospital. She is a Senior Staff nurse ITU at Harefield Hospital.



Sharmila Shrestha

सम्भ्रनामा पुष्पा दिदि

म उठ्न सकिरहेको थिइन् । मैले विहान उठेदेखि ४-५ चोटि वाकिसकेको थिए । विहानको बल्ल १०:३० बज्दैछ, म सोचैछु आज त काममा पनि गएन, दिन कसरी काट्ने होला?, के गर्ने होला?, दिक्क लागेको छ, गाह्रो भएको छ । मलाई त उठेर भान्छा सम्म जाने जागर पनि चलेको छैन । यस्तै यस्तै सोचै म खातमा यता उता पल्टिदै थिए, त्यसै बेला डोकामा धक धक गरेको आवाज आयो । म उठ्ने कोशिस गर्दै थिए, त्यतिनै बेला पुष्पा दिदि हुत्तेर आएर आईन र भनिन्, हेर के हालत बनाएर राखीछौ कोठाको, भन्नुपछि नि नसकेपछि, संगै बसेको के काम, बोल्दा बोल्दै उहाँ कोठाको सामान मिलाउन तिर लाग्नुभयो ।

म गरिहाल्छु नि भन्दै म उठ्न खोजे । भयो भयो तिमी रेष्ट नै गर भन्नु भयो र मेरो कोठाको भ्याल खोलिदिनु भयो, अनि हुवर लगाउनु भयो । खोई तन्ना सन्ना पनि पेटिदिन्छु भन्नुभयो, मैले भइहाल्यो भने । ल न त भनेर दिदि निस्कनु भयो । मैले लामो सुस्केरा हाले अनि कोल्टो परेर पेटरी निदाउने कोशिस गरे ।

आमा हुन त्यति सजिलो रहेनछ, न उठ्ने शक्ति न केहि गर्ने क्षमता, विजोग रहेछ । २-३ महिना त यसै नै बित्यो । नौ महिनै यसरी बित्ने हो की भनेर पिर पर्ने, तर हुन त त्यस्तो भएन ।

पुष्पा दिदि सारै मिजासिलो, त्यो घरमा जम्मा हामी ५-६ जना बस्थ्यौ । उहाँ हामी सबै संग मिल्नुहुन्थ्यो, सबैलाई आफुले मिठो पठाएको बेला दिनु हुन्थ्यो । कसको सफा गर्ने पालो भनेर कुनै हुन्थेन, सकेको बेला आफै गर्नु हुन्थ्यो । काम भने लगभग सातै दिन गर्नुहुन्थ्यो, जति काम गरे पनि नथाक्ने ।

कहिलेकाहि फुसंद भएको बेला हामी कुरा गर्थ्यौं, दिदिलाई पनि वच्चाको ठूलो रहर छ, मेरो बढेको पेट देखेर दिदिले, मेरो नि होला नि एकदिन भन्नु हुन्थ्यो । म चाहिँ भइहाल्छु नि, किन आत्तेको भन्थे ।

वच्चा हुनु अघि हामी ठाँउ सयौं । दिदि संग भेटघाट कम भयो, कहिलेकाहिँ चाडवाडमा भेट्यौं होला, मेरो नानुको जन्मदिनको अवसरमा बोलाउदा पनि उहाँ आउनु भएन, धेरै व्यस्त हुनु भएछ । त्यता घरमा संगै बस्ने अरु बहिनिहरु आउँदा पनि दिदि छुट्नुहुन्थ्यो ।

२०१७ मा त भेट नै भएन । २०१८ को october तिर अक्टोबरको अन्त तिर दिदिले म आउँछु भनेर भन्नुभयो । लगभग दुई वर्षपछि उहाँ आउछु भन्दा खुशी लाग्यो । म पेटरी दुई जिउकी थिए र म दिदिलाई surprise दिन चाहन्थे । २०१६ मा नानु जन्मेपछि एकपटक आउनु भएको थियो ।

दिदि तर धेरै ढिला आउनुभयो । त्यो पनि surprise नै लिएर । दिदि पनि pregnant हुनुहुदो रहेछ । सारै खुशि पनि, धेरै पछि यस्तो राम्रो मौका पाउनु भएकोमा । दिदि तर केहि फरक हुनु भएको रहे । उस्तै हास्ने हसाउने, उत्तिकै जागरिल । हल्का गाह्रो भयो मलाई पनि भन्दै काममा चाहिँ जानसके भन्नुभयो । काममा पनि सबैले निकै support गरेको छ भन्नुभयो । अनि उहाँहरु पनि ठाउँ सरिसकेको जानकारी पनि दिनुभयो । अहिले को घरमा धेरै ठाउँ भएकोले हामीलाई पनि आउनको निमित्त भन्नुभयो । मैले पनि हुन्छ, पेटको वच्चा निस्कपछि सजिलो भएपछि भनेर जिस्किए । त्यो भेटघाट रमाइलो थियो । संगै बसेका दिनहरु पेटरी ताजा बनाइदिए । दाइ पनि धेरै खुशि हुनुहुन्थ्यो । पेटरी भेट्ने बाचाका साथ हामीहरु छुत्तियौ ।

त्यसपछि २०१९ को सुरुवात देखि म धेरै व्यस्त भए । अनलाइनमा कुरा भए पनि दिदिसंग भेट्ने कार्यक्रम जुधेन । दुइवटा वच्चा भएपछि म पनि समय निकाल्न सकिरहेको थिएन । २०१९ को अन्त्य तिर हामी पनि पेटरी Harrow तिर सयौं । त्यसपछि दिदिलाई मैले हामी पनि यता संगै सयौं, अब चाहिँ भेट्नुपछि है भने, दिदिको पनि वावु भएछ, अनि त्यसैले गर्दा व्यस्त भएको सुनाउनु भयो । आउनु न त यता भन्नुभयो । मैले अलि settle भएपछि आउँछु भने ।

२०२० को सुरुवात मै पृथ्वी हल्लिने गरेर यो Coronavirus भन्ने virus देखापर्यो । त्यसपछि यता उता हिड्न पनि डर भयो । दिदिलाई भेट्न त परै जाओस्, घर बाहिर निस्कन पनि आत्तिनुपर्ने अवस्था आयो । त्यसमाथि पनि म अस्पतालमा काम गर्ने भएकोले मैले कसैलाई भेट्न पनि चाहिन । यो virus ले के गर्छ, कस्तो असर गर्छ भन्ने अन्यालमा हुँदो हामी भित्र भित्रै सारै डराएका थियौं । अस्पतालवाट virus लिएर घर आउला, घर परिवार, साथीभाईलाई सारुला भन्ने मनमा आएर यसै यसै जिउँ कास्थ्यो । समाचारमा पनि मान्छे मरेको बाहेक केहि सुनिएन । अचानक दिन दोगुना रात चौगुनाको संख्यामा मान्छे मर्न थाले । हरेक दिन प्रार्थना गर्थे, अब त कम भए हुन्थ्यो, अब त सजिलो भए हुन्थ्यो । अब त आफन्त, साथी भाई भेट्न पाए हुन्थ्यो, भन्ने भैरह्यो । तर अवस्था फन फन विगेर मार्चको अन्त्यवाट त lockdown सुरुभयो ।

१२ अप्रिल २०२० को विहानीमा म सोफामा बसेर चिया खाँदै थिए । पहिला हामी संगै बसेको बहिनीले मेसेज गरेर भनिन्, "दिदि, तपाईंले नेपाली पोर्टल हेर्नुभयो ? पुष्पा दिदि is no more भनिन् । मलाई सुरुमा त विश्वास गर्न गाह्रो भयो । मन भारी भयो, हत न पत् त्यो news उचतवा खोजे र news हेर्न थाले । नभन्दै बहिनीले भनेको साँचै रहेछ, एउटा स्वच्छ अनि सुन्दर मनका धनि, एउटा हिसिली व्यक्तित्व अस्ताएछ । आँखा भरेर आयो, अनि एउटा नमज्जाको भावनाले सतायो, एकदमै दिक्क लागेर आयो । देशले frontliner भनेर तालि ठोकिरहेपनि आफुलाई एउटा काम नलाग्ने वस्तु भएको अनुभव भयो । केहि गर्न सकिन भन्ने लाग्यो । एक किसिमले मननै मरेर आयो ।

हिजो सम्म नामै नसुनेको virus ले कति घर उजाडे, कति वच्चाहरुलाई टुहुरो बनाए, कतिको सिउँदो पुछे, कतिलाई कहिले नभनेँ घाउ दियो । अब त काम गर्न पनि मन लागेन । भेट्ने कुराहरु हुँदाहुँदै नभेटि गए दिदि । १० महिनाको छोरालाई टुहुरो बनाएर, दाइलाई दुखि बनाएर । मलाई त दाइलाई फोन गर्ने समेत आँट आएन, के भन्ने । वाचुन्जेल आ आफ्नो व्यस्तता देखाउँदै भेटिएन, अब गइसकेपछि यस्तो र उस्तो भनेर के गर्ने । यो virus ले समयको महत्व पनि सिकायो, आफन्तको महत्व पनि ।

२०२० को सुरुवातवाट यसरी तसाउँदै, अत्याउँदै आजसम्म पनि यो virus हामी सबैमा हावी हुँदै आइरहेको छ । थाहा छैन, यसको अन्त्य कहिले हुन्छ, हुन्छ की हुँदैन पनि । यो अन्यालको स्थिति कहिलेसम्म, पेटरी पहिलेजस्तो सामान्य हुने कहिले, मान्छे देखि तर्कर हिँड्नु नपर्ने अवस्था हुने कहिले ? यस्तै यस्तै सोचै गर्दा मा पुष्पा दिदि लाई पनि सम्झन्छु । उनको हाँसीरहेको अनुहार, जन अब सम्भ्रना मै सिमित छ ।

Sangita Maharjan

A GAP

Though you are not by my side

Mother!

I moved on

To be a responsible person

With father's care, love and

guidance

For I am over the moon

As I became "Mother" myself

Of three beautiful children

I feel mother that

You held me, loved me

And told me exactly

How to love and nurture

My children

But, mother

I have a gap in my heart

That makes me cry

How I wish to remember

Anything of you.....

Your lap, your arm,

Your kiss and your look...

And I look at your photograph



So beautiful you are!

But, Mother!

I remember nothing of you

That 's a gap in my heart

That can never be filled

Then,

My heart grows tight

As my eyes just burst

with silent tears.

Hind Vaidya

THE DAY I BECAME LONDON'S KUMARI

The Day I became London's Kumari.

Kumari is a living goddess of Nepal and for Hindu religion.

In 2018, I was blessed to become the first Kumari in London during Yanya punhi.

I wore beautiful dress, ornaments and makeup to look like a Kumari. I had a third eye drawn on my forehead. I felt excited to become Kumari. There were lots of people surrounded and were taking my picture.

I sat on the chair and my dad and other people lifted me up and took me to stage. I saw palukisi and lokhe. When I was at stage, people came to me to take blessings and I said " Bhagyamani Jai ma". It was so much fun and I was looking beautiful in Kumari dress.

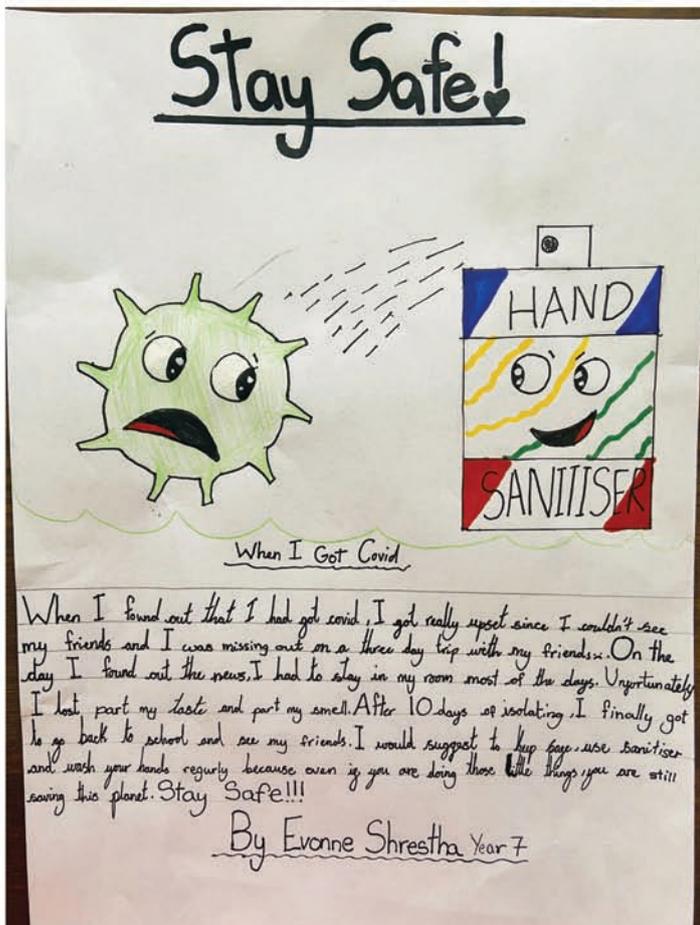
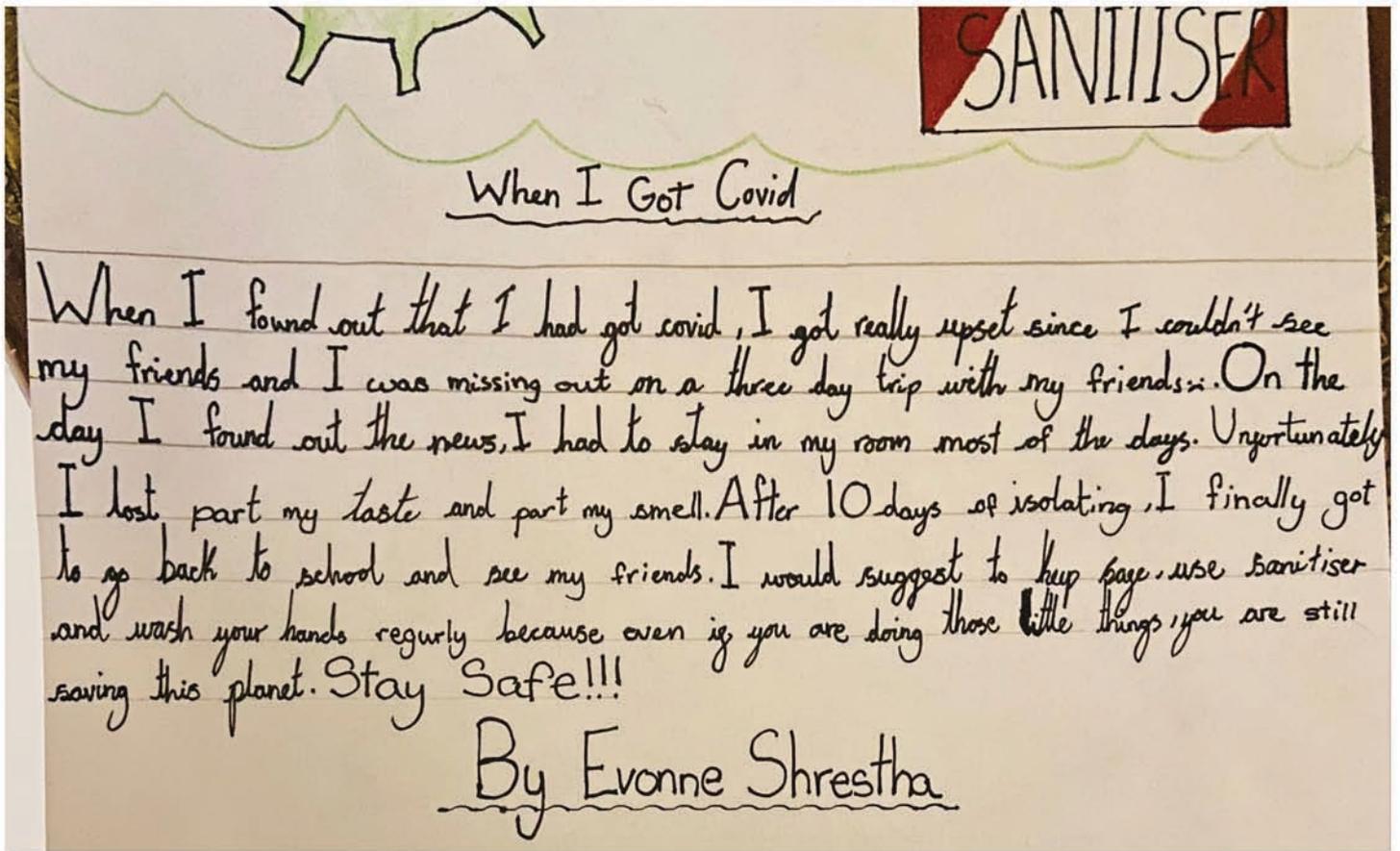
I wish I can be Kumari again.

Nirvika Joshi

7 years old



KIDS ART



KIDS ART



Evonne Shrestha



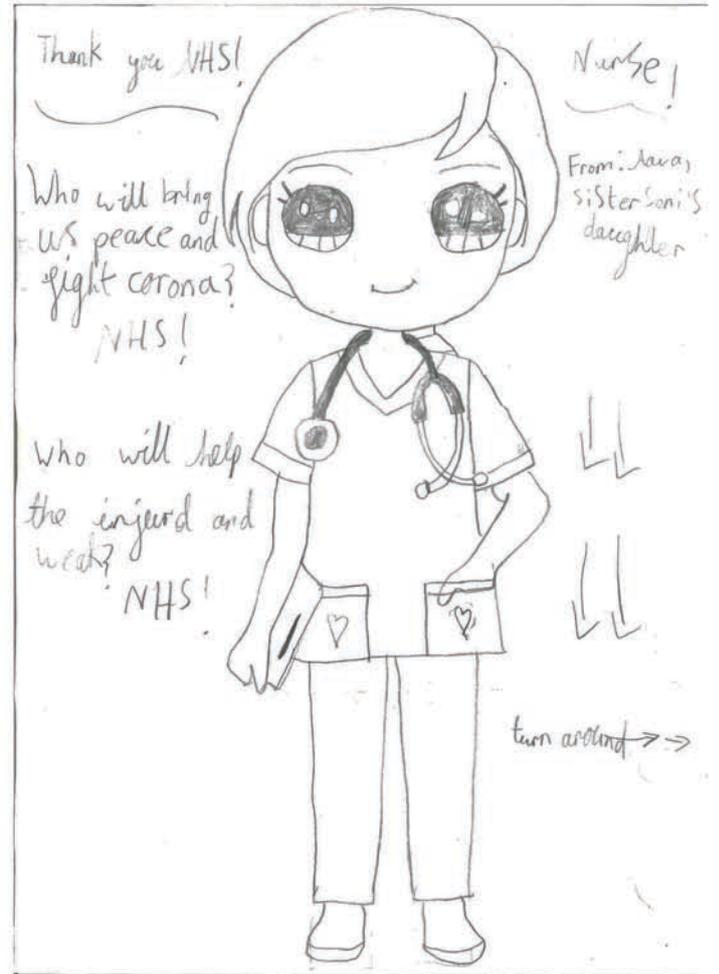
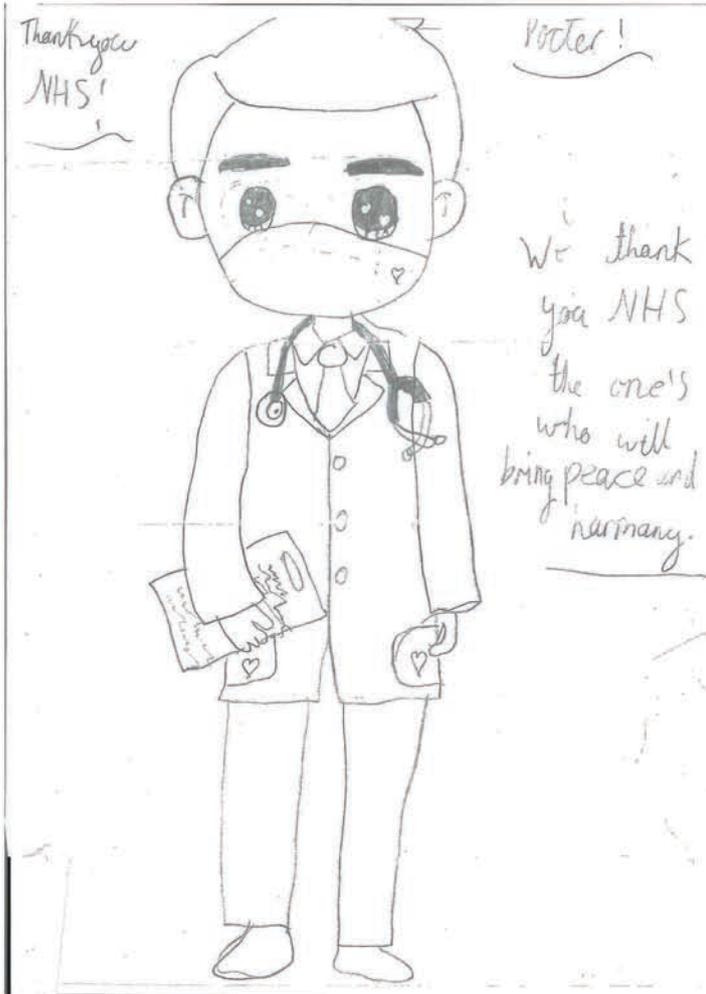
Elsa Shrestha

KIDS ART



Oisin Kurmi

KIDS ART



Avaa Shrestha

COVID DIARY

I, Shobha Maharjan used lived in Edinburgh for 14 years and in April 2020 moved to West London. I am a registered nurse, have been working in different nursing homes and from July 2020 I started working at Hayes Cottage Nursing Home.

During this pandemic, all of us went through very tough time and all my family members had Covid in October 2020 apart from my 5 years old nephew. I have been suffering from long Covid since October 2020. I tried to go for night shift in November, but I went through hell, I felt like was going to die. I couldn't stay or sit, had severe body pain. I had to literally lay on the floor, I don't even remember how I got home that morning. After that I was in bed for a week as I wasn't able to be on my feet. I needed support to get up. After that I tried to go back to work again in February, but it worsens my health and have been unable to go to work since then.

All during my sickness, I was only paid statutory sick pay. I requested my employer to pay me my full salary in line with the government guidance. I was eligible to get full pay being Covid frontline worker, but they told me that they don't have sufficient funds to pay my full salary.

In addition, my doctor gave me a note to put me on furlough due to long Covid. I forwarded that note to my employer, but they did not support me even after that. Following that, I spoke with my union, Royal College of Nursing, and they also suggested me to apply for furlough. RCN team sent an email to my employer, but my employer replied to them that I am not

eligible for furlough and won't be applying. My employer didn't help me at all. Later, one of my friends suggested me to write an email to MP describing all my conditions. So, with great hope I wrote an email to my MP if he could help me to get the financial support. I did attach the furlough request by my GP, the letter RCN (Royal college of Nursing) sent to my employer and my employer reply e-mail to the RCN.

Once MP received my email, they approach my employer, and my employer arranged a meeting with me. I went to the meeting then my employer noticed how much I have been suffering from long Covid as they could see that I wasn't able to walk and sit properly due to severe pain. During that meeting they finally decided to put me on furlough.

Even though I been taking several pain killers, my pain does not subside at all. It has impact on my life severely. My GP have done several tests, but they couldn't find anything, so they have referred me to Covid clinic and rheumatologist but haven't heard anything from them yet. I am very frustrated not being able to do anything which I used to do before like my basic routines and household chores. But I am very grateful that I have friends and family members who have supported me during this difficult time.

Shova Maharjan

COVID DIARY

My name is Danmaya Maharjan. I would like to share my feelings and experience about Covid-19 pandemic. I am an ICU Nurse who has been taking care of covid 19 patients in a critical care unit of Queen Elizabeth's hospital since the beginning of this pandemic. Covid 19 has not gone anywhere but around us going even stronger so I would like to suggest every one stay safe, contribute to the society by vaccinating and following government's protocol.

My initial days of working in pandemic conditions has not been great. Since there weren't much firmer answers about COVID 19, I was frightened about the whole situation. Day by day reading and watching news from whole world was exhausting. It was scary to go to work. But I and many health care workers like me had no choice. It was during March of 2020 when I took care of covid 19 patients with full PPE all day and every day. A hope of seeing an end to this pandemic kept me going so Fatigue and exhaustion did not seem to be an issue nor did PPE. However, working environment kept changing every day. Every COVID Patient's condition kept getting worst and they started losing their lives. Death of COVID patients and emergency inter hospital transfers for advance treatment became part of normality at work place. Patients dying without loved ones by their sides were the saddest times at work in my life. In 20+ years of my nursing career, I have never seen such an atrocity as this pandemic. Work environment was always tearful, hopeless and frightening to own safety. Moreover, I couldn't share this information to my own family as it might prove to be detrimental for their mental health. Only thing I could do was advise to everyone to stay home, wash hand,

follow what health expertise has to say and follow the government guidelines.

Watching news and finding out the numbers of cases and deaths reminds you of horrible day at work and was emotionally challenging.

I started to call friends who were in same shoes and we started shared our experiences by group chat. Some of the friends had already created Meditation groups where we share our fair, problem and receive meditation instructions via professional meditator. When it felt like the world was falling apart, the meditation support helped keeping calm, Fair-less and keeping it all together which I am grateful of. Therefore, I am using this platform to thank each and every friend in group chat and every team member I worked with.

Yes, I am still taking care of covid positive patients. It has never ended but hope one day soon, it will. At this point, wearing full PPE is bearable while in covid area.

Finally, I would like to discuss about my patients who are mostly unvaccinated ones but since delta and other variants, there are few fully vaccinated patients getting admitted to the ICU as well. so I would like to advise everyone to step up and Play YOUR PART TO STAY SAFE and follow the safety guidelines and rules. I would like to genuinely request everyone to wear proper mask in public places, sanitise/ wash hands as needed.

Danmaya Maharjan
Critical Care Nurse

राजकुमारी डायना

अनुहार मुखको कस्तो निर्मल
छ प्रकृतिको निर्मलता पनि
सबै सात्विक तत्वहरु कति राम्रो
गुलाफको त्यो मौसममा
सुन्दरताको संसार बाट आयो
एक न्यानो कलिलो गुलाफ

माया देशकी महारानी
एउटा जल्दो दियो सुकुमारी
हुरीहरुको बीचमा
अनाथहरु र दुखित गसित
शिशुहरुका लागि
शक्तिहिन यो संसारमा
वहाको न्यानो हाथहरु
करुणाका छाया मुनी
खुशीका चिन्ह छन्
पकाठ भएका

अन्तिम अवस्थाको चिन्ता नगर्ने
जीवनको बन्धनमा सम्बन्ध विच्छेद
संसारका आत्मा, वेदना हेर्ने देखि
मायाका परिपेक्षका महामहिम राजदूत

पद्म प्रकाश श्रेष्ठ "प्रेम"
लन्डन २०१७



Nepalese Poet: Padma Shrestha "PREM" has created Nepalese poetry in London: 2017
Dedicated to her through her favourite Nation Nepal & Nepalese: our Heartfelt Tribute
:and wish her Happy Birthday and her Family members: My Nepalese Poetry is
dedicated for Her as She was Inspiring Friend of Great Nepal PADMA SHRESTHA
" PREM " 1st July 2021

With Best Wishes From PADMA SHRESTHA: "PREM": Trans-Heritage
Consultant, Trans-Social & Cultural Counsellor: Friendship Global and Friendship
Memorial Trust

Padma Shrestha

Covid 19 Fundraiser Report

A report on the joint effort of all the branches of Pasa Pucha Guthi UK to help Nepal during the time of Coronavirus Pandemic 2021

Introduction

- Report of second wave of Corona Virus infection in Nepal
- Only less than 5% population has received first dose of Vaccination
- Only less than 2% population has received second dose of vaccination
- Nepal is in second lockdown

COVID Support Nepal UK

Requirements (In order of priorities)

- Oxygen: Cylinders, Concentrators and Oxygen plants
- Vaccines
- Testing Kits
- Medications, Medical equipment's & PPEs
- Other supports as food, shopping etc

Actions in place

- Vaccine Advocacy and campaigns
- Search for oxygen plants and concentrators
- PPE etc to be sent to Nepal from first world countries
- Small fundraisers

Resources Available

- Fund Raising
- Campaign/Petition advocate oxygen, vaccine and other medical help to Nepal
- Maximum number of letters to Local MPs in the UK

Bottle necks

- Funds – Not enough funds to procure required materials
- Limited Knowledge – There seems to be scarce of knowledge in terms of technology, helpful people in places and available technology, making it difficult to identify correct resource and pathway
- Logistics – Once procured it's difficult to ship/fly to Nepal

Ambassador's Plea

15 May 2021

- Ambassador of Nepal for the UK, HE Lok Darshan Regmi plead to send 100 Concentrators to Nepal from the UK
- "अक्सिजन पठाऔं नेपालीको ज्यान बचाऔं "

PPGUK's Commitment

- 10 concentrators to NRNA



Covid 19 Fundraiser Report

PPGUK's Fundraising

| | |
|--|-------------------|
| PPGUK, London: | £9,871.00 |
| (Accounts Transfer £7000 GoFundMe £2871) | |
| PPGUK, SE-London: | £2,334.00 |
| PPGUK, Reading: | £1,560.00 |
| PPGUK, Aldershot: | £1,888.00 |
| Total funds raised: | £15,653.00 |

COVID-19 Relief to Nepal - PPGUK (London)



£2,871 raised

Share

The organiser has disabled new donations to this fundraiser at the moment.

Roshan Regmi
£20 · a month ago

Laura Pledger
£30 · a month ago

Deepak Khadka
£50 · a month ago

Tara Manandhar
£50 · a month ago

Jayanti Chhantyal
£20 · a month ago

See all

See top donations

Team fundraiser
SANDEEP SHRESTHA and Rosy Manandhar are organising this fundraiser on behalf of PASA PUCHAH GUTHI UK.

Covid-19 has impacted all our lives, thankfully in the UK with all of us getting vaccinated, life is gradually getting back to normal. However, in developing countries like Nepal, where health infrastructure is not prepared for a pandemic of this size, the second wave has created a crisis situation. Located very close to India, Nepal is in an extremely dire situation.

FUNDS DISTRIBUTION - 1

10 CONCENTRATORS TO NRNA

10 Concentration @ £700 per concentrator

Total Funds Donated: **£7,000.00**

To: The NRNA Association, Japan.

Sub: Quotation for Oxygen Concentrator

Dear Sir/Madam,

Today's rate in china for Oxygen Concentrator is as for below:

| No. | Item No. | Item Name | Specification | Unit Price \$ | Photo | Production Lead Time |
|-----|--------------|--------------------------------|--|---------------|-------|----------------------|
| 1 | 02-5-017W031 | 5L Oxygen Concentrator (China) | 1. PSA/Pressure Swing Absorption Technology 2. 99%±3% purity oxygen at 5LPM 3. Built-in Nebulizer 4. Oxygen monitor 5. Oxygen alarm 6. Dual oxygen flow | \$1200 | | Ready Stock |
| 2 | 02-5-017W030 | 5L Oxygen Concentrator (China) | 1. PSA/Pressure Swing Absorption Technology 2. 99%±3% purity oxygen at 5LPM 3. Built-in Nebulizer 4. Oxygen monitor 5. Oxygen alarm | \$700 | | Ready Stock |
| 3 | 01V-5 | 5L Oxygen Concentrator (China) | | \$560 | | 20 days |

Right now I can't confirm flight charges due less chartered flight from China to Nepal. Please confirm which product you want to buy from China. Rates differ every hour in China. We have to send a full amount in China by Bank TT then they will start production. After your confirmation I will calculate the final price to Nepal and date of delivery.



FUNDS DISTRIBUTION - 2

200 Isolations Kits To HAPSA

For the 200 isolation kits at the rate of \$20 per kit to HAPSA foundation in coordination of Covid Alliance Nepal (CAN)

1. Summary of the Budget

| Budget Headings | In NPR |
|----------------------------|-----------------|
| Administrative Cost with % | 48,000 (10%) |
| Program Cost with % | 432,150(90%) |
| Total with % | 480,150- |

1.1 Breakdown of the Administration Cost :

| S.No. | Activities | Quantity | Rate | Total (for 4 months) |
|-------|-----------------------------|--------------|----------------------|----------------------|
| I | Administrative Expenses | | | |
| ii | Volunteers Expenses | 5 Volunteers | Rs. 10,000 per month | Rs. 40,000- |
| iii | Miscellaneous | 1 | Rs 4000 | Rs 4000 |
| | Total Admin Expenses | | | Rs. 44,000- |

1.2 Breakdown of Program Cost :

| S.N | Budget Headings | Total Units | Unit Price | Total In NPR |
|-----|---------------------------------|-------------|------------|-----------------|
| | Home Isolation Kit Distribution | 201 | 2150 | 432,150- |
| | Miscellaneous | | | 48000- |
| | Total | | | 480,150- |

Donation for HAPSA Nepal **£2,945.00**

Nepal Bank Fee **£50.00**

Total Funds Donated: **£2,995.00**

HAPSA Nepal

To: Pasa Puchah Guthi, UK
Request for funding: Home Isolation Kit Project

Statement of Need
Nepal now has amongst the highest viral reproduction rates in the world. The Health Ministry has predicted that by July 15, the number of new cases could reach 800,000 people, resulting in ten critically ill patients for each available ICU bed. Hospitals are already over-inflamed and patients are dying for lack of basic resources such as oxygen. Nepal has less than 800 ventilators and 1,600 ICU beds to serve a population of 28 million people. These resources are already over-whelmed by the crisis. As of May 24, 2022, more than 81,000 people are in home isolation in Nepal. Almost 80% of COVID-19 patients can be taken care of at home. In order to avoid the hospitals and lower their current load, we want to facilitate an environment where people can treat themselves at home. The home isolation kit and the adjunct training will help facilitate care at home.

The Kit
The home isolation kit is designed by health and public health experts from COVID Alliance Nepal, and compared to the Ministry of Health of Nepal's home isolation kit. The items on the kit are as below:

| Items | Quantity |
|---------------------------|-----------|
| Thermometer | 1 |
| Pulse Oximeter | 1 |
| Surgical Mask | 20 |
| Hand Sanitizer (20 ml) | 1 |
| Gloves | 1 |
| Home Isolation Guidelines | 1 |
| Kit Bag | 1 |
| Personalized Sticker | 20 Sticks |
| Knights/100 ml | 2 Sticks |
| Handkit 100 ml | 20 Sticks |



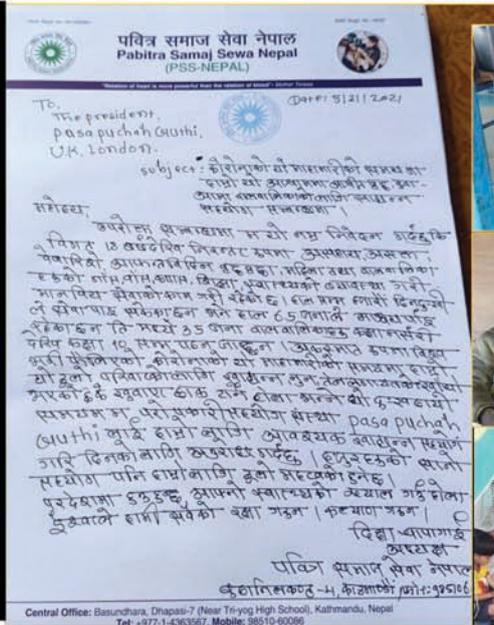
Covid 19 Fundraiser Report

FUNDS DISTRIBUTION - 6

Food Distribution with PSS-Nepal

Distributed food with Pavitra Sewa Samaj – Nepal (PSS-Nepal) initiated by Dikshya Chapagain

| | |
|-----------------------------|----------------|
| Donation for PSS- Nepal - | £610.00 |
| Bank Fee | £54.45 |
| Total Funds Donated: | £664.45 |



FUNDS DISTRIBUTION - 7

Medical Support in Okhaldhunga

Supported Okhaldhunga Youth foundation with essential medical materials to prevent COVID 19 infection in Okhaldhunga

- तपसिल
१. सर्जिकल मास्क - २,००० थान
 २. स्यानिटाईजर - १० लिटर
 ३. सर्जिकल पन्जा - २०० जोर
 ४. Face Shield - ५० थान
 ५. पि.पि.ई सेट - २० थान
 ६. त्रिपाल - १०० थान
 ७. म्याट्रेस - ५० थान
 ८. ब्लान्केट - ५० थान

| | |
|---|----------------|
| Donation for Okhaldhunga Youth Foundation | £307.00 |
| Bank Fee | £25.00 |
| Total Funds Donated: | £332.00 |



FUNDS DISTRIBUTION - 9

Race against hunger

Supported a campaign 'A handful of food, a heartfelt of hope for Nepal' by Race Against Hunger Nepal, a Small group trying to ensure every homeless, orphanage has a meal in this pandemic.

| | |
|----------------------------------|----------------|
| Donation for Race Against Hunger | £300.00 |
| Bank Charges | £25.00 |
| Total Funds Donated: | £325.00 |

A HANDFUL OF FOOD..A HEARTFUL OF HOPE FOR NEPAL



Covid 19 Fundraiser Report

FUNDS DISTRIBUTION - 10

Food Distribution through Lions Club, Vijaypur

Planned to support a campaign to distribute food to homeless and people from orphanage who are adversely effected by COVID19 pandemic.



Donation for food distribution
Including bank charges

£408.70

Total Funds Donated: £408.70

| Money In | | Money Out | |
|--------------------------|-------------------|--|-------------------|
| PPGUK London (Accounts) | £7,000.00 | 100 Concentrators Via NRNA | £7,000.00 |
| PPGUK London (GoFundMe) | £2,871.00 | 200 Isolation Kits to HAPSA | £2,945.00 |
| PPGUK, SE London | £2,334.00 | Bank Fee incurred for HAPSA | £50.00 |
| PPGUK, Reading | £1,560.00 | Food Distribution with Nawa Asha Griha | £1,710 |
| PPGUK, Aldershot | £1,888.00 | Bank Fee incurred for Nawa Asha Griha | £50.00 |
| | | Toilet Building by Chyasa Manka Khala | £1,000.00 |
| | | Bank Fee incurred for Chyasa Manka Khala | £25.00 |
| | | Donation for Bhaktapur Municipality | £1,000.00 |
| | | Bank Fee for Bhaktapur Municipality | £50.00 |
| | | Food Distribution with Pavitra Sewa Samaj | £610.00 |
| | | Bank Fee for Pavitra Sewa Samaj | £54.45 |
| | | Medical Support in Okhaldhunga Youth Foundation | £307.00 |
| | | Bank Fee for Pavitra Sewa Samaj | £25.00 |
| | | Race Against Hunger – Nepal | £300.00 |
| | | GFM Charges | £25.00 |
| | | GofundMe Charges for PPGUK | £92.85 |
| | | Food Distribution Donations in Dharan and Kthmandu | £408.70 |
| Total IN | £15,653.00 | Total Out | £15,653.00 |

Total Funds Balance: £00.00

ऐतिहासिक सम्बतको सम्भना

आज भन्दा ११८ वर्ष अघिसम्म नेपालको राष्ट्रिय अर्थात् सरकारी सम्बतको रूपमा रहेको नेपाल सम्बतको नयाँ वर्ष आज । जब शासकलाई शक्तिको सनक चल्छ, इतिहास बदल्ने प्रयास हुन्छ । श्री ३ जंग बहादुर कुँवर जब सत्तामा पुगे उनलाई माथिल्लो जानको हुन मन लाग्यो र हामी महाराणा प्रतापको सन्तान हौं भन्दै राणाजी भइदिए । उनका भतिज श्री ३ चन्द्र लाई पनि सनक चढ्यो, हामी त विक्रमादित्यको सन्तान पो त भनेर वैशालिका राजा विक्रमादित्यले चलाएको सम्बतलाई (ने. स. १०२४ अर्थात् वि.स. १९६०) नेपालको राष्ट्रिय सम्बत बनाइदिए ।

१००० वर्षदेखि चलिरहेको देशको मौलिक नेपाल सम्बत हटाइदिए । त्यसअघि सम्पूर्ण सरकारी कामकाजमा (जस्तै : नेपाल-भोट सन्धि, प्रताप सिंह शाहका पालाको लिखित) नेपाल सम्बत नै चल्थ्यो । कतिलाई लाग्छ यो जातीय अर्थात् नेवार सम्बत हो । हो, यो सम्बत त्यसबखतका एकजना नेवार समाजसेवी शंखधर साख्वाको जनतालाई ऋणमोचन जस्तो महान कार्यबाट प्रभावित भएर शुरु भएको चाहि हो । तर, शुरु गर्ने त्यसवेलाका ठकुरी राजा राघवदेव (पशुपतिको शिलालेख अनुसार) हुन् । जे होस् यो नेपालको भूमिमा नै शुरु गरिएको मौलिक सम्बत हो ।

सबैमा नेपाल सम्बत ११४२ न्हूँदया भिन्तुना !

Shibaji Shrestha

नेपाल उस्तै छ

नेपाल छ उस्तै राष्ट्रियता पति उहि हो
केवल हामी नेपाली बदलिएको मात्रै हो
परिचय उही छ, रातो र चन्द्र सूर्य भण्डा पनि त्यहि को
हाम्रो स्वाभिमानमा प्रश्न लागेको मात्रै हो
हिमाल, पहाड, तराई र मधेश अक्षौ छ नेपालमा
मधेशी, पहाडी अनि हिमाली बीच अलिकति दरार बढेको मात्रै हो
बहादुर हामी, नत हायौं न भुक्त्यौ कहिले अंग्रेजसंगै पनि
ढुंगा मुढा अनि नेपाल बन्दको चपेटामा थाकेर, खोत्रिएको मात्रै
हो
उस्तै छ नेपाल, हामी नेपाली बदलिएको मात्रै हो

गाएका थियौं राष्ट्रिय गीत, अझ गाउनेनै छौं युग युगसम्म
श्रीमान गम्भिर भुलेर सयौं थुंगा फूलका गाएको मात्रै हो
लखेतेको हो राजा र पन्चे लाई, हामीलाई दास बनाउने यी हुन
अरे
लोकतन्त्रको नाममा सिंगो नेपाल, नेताहरुको दास बनेको मात्रै
हो
होइन होइन हामी भुकेको पक्कै होइन
कुर्सीको आडमा पालै पिलो यिनले जनतालाई भुक्त्याएको मात्रै
हो
नेपाल छ उस्तै राष्ट्रियता पति उहि हो
केवल हामी नेपाली बदलिएको मात्रै हो

Pradip Karanjit

LIVING WITH CORONA VIRUS

Living with Coronavirus, A new Norm!!

It's amazing how far we've come since the day we learnt about covid-19. From the day we felt like we may end up in ITU any day to today where we have learnt to live with it. Covid-19 vaccine has made a remarkable difference in the survival rate of people whereas some ITU are still witnessing young patients fighting for their lives and without a doubt, nine out of ten patients are there only because they chose not to get vaccinated. Sadly, not everyone believes in the effectiveness of the vaccine until the day they end up in ITU. I recently witnessed covid-19 entering my house but thanks to the vaccine, it couldn't effect me and my husband in any way. My kids luckily managed to get over it with mild symptoms. So, it has made me realize that it is true, living with covid will be a new norm as it is here to stay and how we tackle with it is all in our own capable hands.



Urmila Shrestha

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