



Newspaper of hope



Patrika ko Aasha



-Himalayan Helpless Child Academy-

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Introduction

Patrika Ko aasha - Newspaper of hope:

The name “Patrika ko aasha “ which is Nepali for “Newspaper of hope” was given to our Newspaper because this HHCA brings hope into the life of many students. Thanks to this school they get the chance of a good and bright future. The education which they get here allows them to look forward to a life full of hope and opportunities.

Dear readers and sponsor parents!

In this edition of our Newspaper students of our HHCA want to tell you something about their daily routine.

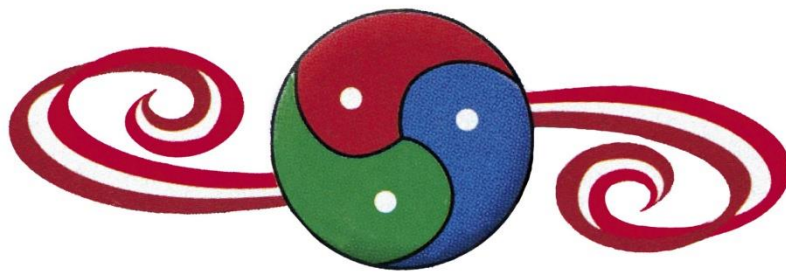
This Newspaper should provide deeper insights in the life of the Kids here in Nepal and their beautiful country. That includes information about their days in school and hostel, school activities and culture as well as problems of the small nation in Himalaya.

Like already in the last editions we also introduce some members of our team within the next pages.

Enjoy reading!

The students of HHCA and current Volunteers

Valerie Wallner and Amelie Ziller



Presentation of a member of Nepal-Team

Bijaya Chuwai



From childhood on Bijaya was part of HHCA as he once was student in our school here and now, besides his studies at university he is responsible for an important project called “Nepali Self Aid Project”.

I feel so glad to be a part of Nepali Self Aid Project. It was founded by Mr Franz Bachinger with the objective of "growing together with others". I have been working as the manager of this project under Mr Franz, Mr Kul Ratna Rai and Mr Ram Kumar Rai along with the co-ordination with volunteers.

The project has three branches- Thulo parivaar, SoT project and contribution project.

Thulo parivaar is related to growing together with different families with each others co-ordination and co-operation. Contribution project has been sponsoring a kid for his educational expenses. I raise funds from the ex-students every month for this project.

Students of Trust (SoT) project is the heart of Nepali Self Aid Project. Students who are dutiful and above the age of 14 can be the part of this project. They look after the juniors and school surroundings. They also look after 'Yela' and give accompany to her during tiffin time. SoTs from hostel are also accompanying Yela to her home. SoTs are the heart of the Nepali Self Aid Project and perform various duties for this project. As a manager, I look after SoTs and check if they are performing their duties effectively. I, along with volunteers, conduct SoT meetings and discuss about the situation of the project and ideas to make it more effective for the organization. I check the reports prepared by the SoTs and help them to solve the problems faced by them regarding their junior students. I, with the help of volunteers, distribute 4.5 kg of rice every month to the SoTs.

I contact the ex students and collect the fund for the Contribution project. I prepare reports on Nepali Self Aid Project every month and submit it to Mr Franz Bachinger.

I feel so proud to be the manager of this beautiful project. I am and will always be working with full dedication for this project.

-Bijaya Chuwai

Volunteers

Volunteers



After a short break without any Volunteer now we have two Volunteers. Their names are Amelie and Valerie. They are from Austria and eighteen years old. They are very nice, friendly and helpful Volunteers and they really like our school and our food. They are very caring. Also they make some types of food which we had not eaten before like “Palatschinken” and others. Sometimes Amelie teaches guitar. We are spending a great time with them. We are enjoying our time very much with them.

We celebrated our main festival Dashain together with lots of fun. We enjoy it very much. We all took ‘Tika’ and ‘Jamara’ from Kul Sir. In our main festival Dashain we all went for a candle walk at night after dinner. At that time some carried beautiful lanterns and some carried torches whilst walking on the hill’s road with singing Austrian song, lantern song and other songs. It was our second time for candle walk and it was very amazing. We went to swing.

And we did lots of things like salt dough – out of this salt dough we made snowmen, birds, eggs, etc. We made musical instruments like flutes, drums, rain woods, etc. We also made mobiles for our school and hostels. Usually we all use to go somewhere near our school like hills, forests, rivers, etc. whilst having a lot of fun and joy with our volunteers. We also went to watch basketball tournament. We decorated our hostels with them by hanging up posters, drawings, mobiles and others.

They also teach us German and English language during school time. We are having Computer Class from our volunteers. We are having our lessons with great fun. They help us to write greetings and letters for our sponsor parents. They teach us knitting also. We have learned to make hair bands, hand bands and others.

They open library for us. There we play many games, read books and we also do lots of things. They allow us to borrow books of library. This library was also established with the help of volunteers; Lukas, Dominik, Corina and Louise. We are very thankful for providing us the facility of library.

At our free time we used to do some things with volunteers. They buy new games for us and teach us to play new games. They also teach us Austrian games to play and dance. They provide us medicine when we are ill. Sometimes they show us movie at night after dinner like cartoons and English movies. We like them and they are interesting. They provide us necessary things. They never let us get bored. They always prepare something for us. They give entertainment.

They always think for the improvement of our school and hostels and we will never forget their support, kindness and the time which we spend with them.

THANK YOU SO MUCH for the great support!

-Bishal Rai and Manikala Rai

Nepal

My country Nepal



My country's name is Nepal. It is a naturally beautiful country and situated in South Asia. It covers 0,03% of the world and 0,3% of Asia. It extends from 26°22'N to 30°27'N latitudes and from 80°4'E to 88°12'E longitudes. Its total area is 147.181 km².

Nepal is a small country in between of two large countries of Asia – India and China. The average length of Nepal from west to east is 885 km and the average breadth from north to south is 193 km. Nepal is a land-locked country.

Nepal is divided into 3 regions. They are Mountain, Hilly and Terai region. It has 5 development regions and altogether 75 districts along with 14 zones.

Nepal is the common home of people of different communities. Our customs, costumes, religions and languages are different. The country belongs to all Nepalese who are bound by their allegiance to their nation. Even though having people with different culture, customs, languages and religions all people live in one community by sharing happiness and sorrow with one another. Furthermore they do not fight in the name of religions. They have good religious tolerance, harmony and co-operation with each other. Nepalese people celebrate Dashain and Tihar (the main festivals in October and November) together with great devotion.

We are proud to be born in Nepal where Buddha got born. He is the founder of Buddhism. Moreover Nepal is a mountainous country. It is naturally very beautiful. Nepal is the second richest country in water resources because in Nepal there are more than 600 rivers and streams.

Nepal is a developing country. The political condition is not so good. Recently we had a new constitution which is in good category of constitutions in world. Nepal is an economically poor country. If politics finally improve our country will develop faster than before. It is already in process of development.

Many tourists come to Nepal to see its natural beauty. Nepal has the highest mountain of the world – the Mt. Everest or 'Sagarmatha' as it is called in Nepali. It is situated in Solukhumbu district with the height of 8848m. Many tourists come to climb this mountain as it is really beautiful.

Nepal is a small but very beautiful country where agriculture plays a main role in the development of every citizen. We love our country and feel proud to be Nepalese.

-Manisha Rai

Social Problems and evils

Nepal is a small country but it is very rich in geographical and cultural diversities. People of many castes live here like: Brahmins and Chhetris, Sherpas, Rai etc. In our tradition, culture and custom there are many problems and evils which we don't know. We are following some customs from our forefather's time which is not good in this time, rather it hurts and effects someone. We should stop to follow this kind of customs, tradition and culture as they hurt others like the ones listed and described below:

Dowry system

It is a very bad custom but still prevalent in Terai. Dowry is wealth given to a woman at her marriage like car, money, jewellery, TV, etc. In Nepal dowry is called 'Daijo' and prevalent in India too. It is often been taken as something indispensable in the marriage and as something related to social prestige in Nepal. If a girl's family is poor they should pay money to the boy's family in any cost. If girls are more educated then the girl's family should give more dowry. In some places girls are burden a life they don't want. Because of dowry people party celebrations if a baby boy is born but when a girl is born they feel sad.

Caste discrimination

In Nepal there are more than 125 castes and they speak 123 languages. But in Nepal some foolish people say that castes like Brahmin and Chhetri are high castes and Sunuwar, Tamang etc. are low castes. They say that Sunuwar are not allowed to enter the house of high castes. People of high castes do not eat food or drink water touched by Sunuwar.

Chhaupadi system

Chhaupadi is a social tradition in the western part of Nepal. It is for Hindu women and prohibits a woman from participating in normal family activities during menstruation because they are considered impure. The women are kept out of house and have to live in a shed. This lasts between ten and eleven days when an adolescent girl has her first period and afterwards the duration is between four and seven days each month. During this time women and girls are forbidden to touch men or even to enter the courtyard of their own homes. In this time they need to eat butter, milk, green leafy vegetables and other nutritious food. But they say in this time girls are not allowed to touch fruit and vegetables because if they touch anything this will get damaged. They are not allowed to touch cows as if they touch the cow will stop giving milk. And if they touch other people they will get ill.

Polygami

The system of marrying two or more wives is called polygamy. It is still prevalent in our country. It is mainly because of population growth. If there are two wives there is the chance to get two babies in one year and 4 babies every two years and so on. But this affects the girls reproductive health.

Child marriage

Child marriage is still prevalent in our country. Girls are married at least before the age of 20. In Terai region they say that if their daughter is married before the start of her menstruation she will go to heaven. They believe that and marry them very early. If a girl marries before the age of 20 she only lives for the means of family planning measures. It is very bad but many don't understand this.

-Kopila Shrestha

Effects of earthquake on children in Nepal

Devastating earthquakes often have effects on the social and economic condition of the victimized areas in various ways. The recent destructive earthquake occurred in Nepal was threatening and has been a nightmare to all Nepalese people. And mainly children are affected a lot.

The natural catastrophe has made many children homeless and dragged them towards death. Numerous kids even lost their parents, family and relatives. Furthermore many schools had been destroyed during the earthquake. It was the only place where children could get education and unfold their hidden talents, make their future bright, share happiness and play. This happened in many rural places in Nepal like Sindhupalchok, Lamjung, Dolakha, Gorkha, etc. The earthquake's issues seen in many children are acute stress reactions, adjustment disorder, depression, panic disorder, anxiety disorders and phobias. These psychological effects have disastrous consequences that relate to children if not tackled properly in time. However, little attention is given to solve these problems. Though some organisations are doing some rehabilitation works for children of affected city areas but rural area's children have not been given much attention. As most of them are now homeless and living among various crises they are facing even more effects. Various epidemic diseases can be spread among people living in tent and they affect children's health. The limited language skills of these children make it hard for them to express their thoughts and feelings. When children burden themselves with fear their intellectual growth gets hindered and they simply cannot get over the disaster. As Nepal is not paying much attention to the psychological effects which the earthquake has done to these children they will possibly face many problems in the coming days.

-Sampada Rai

Information about our school

Himalayan Helpless Child Academy - HHCA

Himalayan Helpless Child Academy is a school established as a Private Educational Trust and run by a NGO, Himalayan Welfare Service Center of Helpless Children. The NGO is funded by First Austrian Club, Austria.

The school was established in 2002 and received permission from District Education Office, Kathmandu to run from Pre-Primary level to 5 in 2004, class 6 to 8 in 2008 and class 9 to 10 in 2010. All school activities are performed according to the Education Act of Nepal Government.

This school is established especially for helpless, poor, parentless and children from backward community. In the beginning of the establishment of the school, 15 children of carpet weavers were given the opportunity. Now, children from about 40 districts of Nepal have been getting free education in the school. Children are admitted to school on the basis of the recommendation done by Village Development Committee, District Administration Office, Social Welfare Council, Child Welfare Committee and other government and non-government agencies.

The students who are admitted in the available seats are getting free books and stationeries and uniform in addition to free education. More than 50 percent admitted students are getting free hostel facility. This school has passed out five batches of S.L.C. successfully until 2071 B.S. (2015 A.D.).

The NGO has been providing financial support to the S.L.C. passed students to complete their higher education. Now, students are doing CA course, Civil Engineering, Computer Engineering, Bachelor level and +2 level. Both school studying students and S.L.C. passed students are taking part in the Vocational Training like - carpentry, tailoring and wood painting. About 250 students are benefitting from the school project and 28 teaching and non-teaching staffs are working the project now.

School students are also involved in Promotional Tours to Europe occasionally.

School Management Committee, teaching and non-teaching staffs, parents and students always remain grateful to Mr. Siegfried Mayer, Chairperson of First Austrian Club, Austria for his tireless effort, vision and guidance. We would like to express our sincere gratitude to Vice-Chairperson, Franz Bachinger and other members of First Austrian Village, Austria and all the European sponsor parents for their generous support and love to our school. We would not be able hold current position and materialize the dream of our institution without the generous support, clear vision, tireless effort and proper guidance of Mr. Siegfried Mayer, Franz Bachinger and all European sponsor parents. Thank you.

-Kul Ratna Rai

School days



It is great fun to go to school and meet many friends. All students enjoy their school time. School is the place where students get knowledge. Every school has its own rules and regulations that should be followed by each of the students. In my school all the students have to reach school at 9:30 am. Then the bell rings. We all have to attend our Morning Assembly. It is compulsory to wear the school uniform properly. In the Morning Assembly we make lines according to our classes and we sing the school song and

the national anthem. It refers for the beginning of the classes and school day.

After finishing our Morning Assembly we get into our own classrooms. Then our lessons begin and we have to study different subjects in our school. We have break after two periods for refreshment. At 12:45 pm we have half time for 30 minutes. We eat our tiffin snack that time. The senior classes then have to study up to 4 pm but the junior classes don't have to study that long. On Friday after half time we have extra activities. Students can participate there. We have music and dance class on Tuesday and Friday.

We all are thankful to our school for the great support which it gives us. We love our school very much.

-Manikala Rai

Life in hostel

Life in hostel is a very interesting life because there are so many friends around. In our hostel there are about sixty students and six staff. They look after us and they also love us. They are just like good friends and we share everything with them. We have to live in hostel by following several rules and regulations. A day in hostel normally looks like that:

We wake up at 6 o'clock, we get fresh in the morning and we do our homework and some revision. We eat breakfast at 8:30 in school and we stand and walk in line when we go back to hostel where we start wearing our school uniforms. Our school starts at 9:30 and we are free from school at 4 o'clock again. After school we go to hostel to change our uniform and then we have some tea and biscuits in school. Afterwards we have to do our homework and revision again.

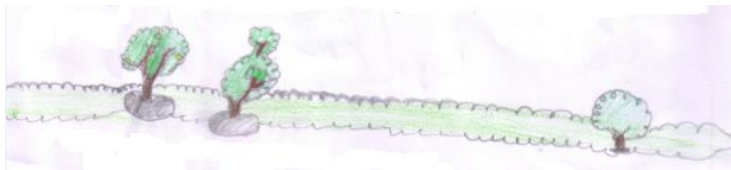
Now we have two volunteers, they are Valerie and Amelie. They are so good and friendly and they help us in so many difficulties. In holidays they do Computer, German and English lessons with us. We have lots of fun with them.

We are not allowed to go outside of hostel without permission. When we get bored sometimes we go to visit some nice place with our staff and Kul Sir (our project manager). Sometimes we also go to visit our parents after asking staff. We live in hostel just like in our home and the staff and Kul Sir are just like our parents. Kul Sir loves us like his own children. We are living in hostel just like one big family. So life of hostel is very interesting and cool.

-Pushma Nepali

School facilities

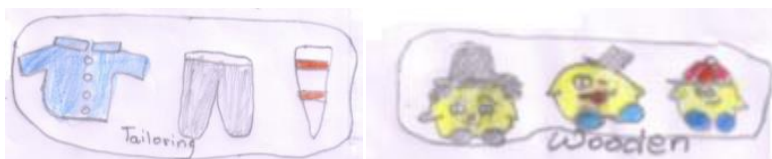
Our school's name is Himalayan Helpless Child Acadamy. There are 12 classes, one kitchen room, one music room, one dance room, one teacher room, one principal office room and store room. In school on both sides are gardens and there are small trees and big trees like that:



There is a basketball court:



There are a computer lab and science lab. There are two hostels, one is for boys and the other one for girls. There are 250 to 300 students in the school. There are 17 teachers in our school. Our facilities are really beloved: We study, go to science lab and play table tennis and basketball and other activities. Some school and college students do tailoring training and wood carving and painting like this:



We can go to library:



Our facilities are also First Aid and Medicine:



We can get pencils, books, copies, erasers, etc.:



We can get school uniform and bus facilities:



School projects, journeys and activities

SOT-Project



Our school has one special project which is called SoT project. Its full form is 'Student of Trust'. The head of this project is Franz Bachinger. The name of the manager of this project is Bijaya Chuwai and the speaker is Manisha Rai.

There are many members from this school. Both boys and girls are allowed to join this project and at present there are about 31 SoT members. Boy and Girls who are 14 and above can join this project.

Every SoT gets 3 or 4 Juniors. The responsibilities of the SoTs are to care about their Juniors as well as helping them with their difficult homework. This project is mainly launched for caring and helping children. Nowadays this project is mainly focusing on caring about Yela. She is a child who cannot walk, speak and do other activities herself. So the SoTs are helping her with walking, speaking, playing and so on.

There are some benefits of being an SoT. Every SoT gets 4kg once in a month. Sometimes SoTs also get the chance to go on a trip. This year they went to "Himalayan Hight Resort" in Hattiban for 2 days. By being an SoT we can learn many new things. It teaches all the SoTs to be responsible in every field. We also learn discipline and it helps to develop the quality of leadership.

This project is very good and I'm really happy to be a member of SoTs.

-Sharon Lama

Hiking to Shivapuri Peak (2073m)



It was a funny, interesting and wonderful hiking to the Shivapuri Peak and Nagi Gumba on Saturday, 29th September for us (two Volunteers and 8 Hostel students). More fun was added when we met two foreigners and one Nepali hiking towards Nagi Gumba. Actually it is really good when we meet some strangers in a strange place especially when we are alone. Of course I wasn't alone there but the three strangers told us they would have returned back if they hadn't met us. Because the place is strange and the weather was too cloudy and little rainy which made them scared.

In fact it was not our plan, it was the plan of Valerie and Corina (our new Volunteers) to go to Shivapuri. According to their plan we had to go to the Peak first and visit the Nagi Gumba later which is on the way down to our hostel. As the Peak is so far from here and the way is hard and even the weather was cool so they told us to put good shoes on and a jacket which we did. Then we started our journey at about 9 o'clock in the morning. We made lots of fun on the way. Actually Binita and Anjana who were part of our group added more fun there. As the way is hard and far we had carried some bread and biscuits which we ate at the peak. Then we started our journey back to Nagi Gumba. After Nagi Gumba we came back to Hostel like 5 o'clock.

We had a lot of fun on the way, at the peak and at Nagi Gumba. We took photos with funny poses. We all were in good mood so we cracked some funny jokes. Not only there we sang songs and danced to it.

At the peak we met some foreigners who were so friendly that we shared our breads with them too. They also gave us some Italian chocolate. Again we took some grouping photos. Actually we took a lot of pictures.

In the Nagi Gumba the funny thing was that Valerie didn't enter inside the Gumba due to her feeling of laziness to put of her wet shoes. It's true when I asked her she replied me that.

This is the Nagi Gumba where we met one victim of earthquake. She is just unable to speak but even though we understood her clearly. Therefore one of the foreigners whom we met on the way gave her some money. Actually she was trying to be nice but she was feeling some kind of irritated. So I announced to start the journey. Again we started the funny way to the hostel. The three people said Bye and of course before that they specially thanked us for making their unexpected journey so nice.



-Prabhu Ram Rai

Poems, stories and others

Poems

Friendship

Friendship is the best relation,
like a celebration.

In friendship people say no thank you, no sorry
And in problems they feel no worry.

If your hand is cut you feel hurt,
Sharing and caring is friendship dot.

—Kopila Shrestha

Best friend

Best friends mean different things to
different people. Some insist that you
can have only one best friend.

Others assert that they have
best friends for different aspects of
their personalities. Whatever they
precise definition, your best friend
is the person who gets you. They
understand who you are and what
you are saying. The greatest distance
cannot separate best friends. You
will always feel a kinship with them
and be able to instantly continue the
friendship even after not talking for
many years.

—Sanju Rai

Shine

Life is something we all share,
just like oxygen in the air.
The way we live it is up to us,
with a negative or with a plus.
Life is something we should cherish,
we never know when we will perish.
Live each and every single day,
smell the flowers, stop and play.
Life is something we've been blessed,
choice is yours, choose your quest.
Follow your passions and you'll be fine,
with the right attitude you will shine.

—Pradip Rai

Life is too short

Life's too short, to simply waste,
slow it down don't move with haste.
Time is once you get to spend,
carefully choose every friend.
Life's too short to change careers,
choice is yours, they're your years.
Maybe once or maybe twice,
look inside to find advice.
Life's too short to just complain,
rid negativity from your brain.
Life's too short, time won't freeze,
enjoy it all, won't you please.

—Pradip Rai

Journey of life

Journey of life an interesting book,
don't be shy go take a look.
Each book contains stories unique,
listen to others they'll reveal as they speak.
Some books are short others are long,
each to his own book does belong.
Listen more carefully and you will learn,
the respect of storytellers definitely earn.
Only book to critique is solely your own,
but instead be proud how it grown.
Journey of life an interesting book,
allow others to take a good look.

—Pradip Rai

Best friend

You are my best friend,
you belong in my heart,
we go through ups 'n downs,
but still nothing can tear us apart.
I know you as sister,
and I will always care,
love, respect and trust are
the things we share.

—Sanju Rai

Stories

This is one of the favourite stories of one student. It's about a girl called Sadako:

Sadako Sasaki was a Japanese girl living in Hiroshima when the atomic bomb was dropped on Japan (August 6, 1945). In 1955, at the age of 11, Sadako was diagnosed with leukemia, a type of cancer caused by the atomic bomb. While being in the hospital, Sadako started to fold paper cranes. In Japan there is a belief that if you fold more than 100 paper cranes your wish would come true. Sadako spent 14 months in hospital folding paper cranes out of whatever paper she could get. Her wish was to get well again and she also wished for an end of all suffering and to attain peace and healing to the victims of the world.

Sadako died on October 25, 1955, she was 12 years old and had folded more than 1300 paper cranes. Sadako's friends and classmates raised money to build a memorial in honor of Sadako and other atomic bomb victims. The Hiroshima Peace Memorial was completed in 1958 and is a statue of Sadako holding a golden crane. At the base of the statue is written:

This is our cry.

This is our prayer.

Peace in the world.

We surely know that we all require love, joy and peace. We must start with ourselves and if all of us can do that then the world will be filled with love, joy and peace and the song will surely sound better.

-Shankar Dhital

The mighty mice and elephants:

For generations the mice were living in the remains of an abandoned ancient city. There were no cats chasing or killing them and the old warehouse had plenty of corn for food. Their happy and care-free life was disturbed by an invasion of a herd of elephants. Hit by drought and dying by thirst they had taken shelter near the city of mice on the bank of the river. Hundreds of mice were trampled everyday as the elephants passed through the city on their way to the river. The massacre shook the community. A meeting was called and a deputation of mice was sent to the king of the elephants with a mercy appeal. "Your majesty" petitioned the deputation, "we are so tiny creatures. Perhaps unknowingly you and your subjects are trampling us. We are dying in hundreds for no fault. The compassionate tusker was moved by their plight. "All right," it assured the deputation, "from now on we will take a circuitous route to the river. No harm will come to you anymore."

Happy about the success the mice promised to render any service to the elephants community if called for help. Soon enough the occasion arose. They were trapped into the pit. Covered with twigs and leaves several elephants including the king were caught. They were tied with ropes pending their transport to the king's place. Suddenly the king remembered the promise of the mice and passed the message to the elephants still free. The moment the message reached the city of mice a big army of sharp-toothed mice reached the spot. They bit through the ropes and the elephants were set free. The mice proved mightier than the elephants. They were happy that they repaid the debt.

-Shankar Karki