



Ambassador



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**Embassy of Nepal**  
Canberra, Australia

22 February 2016

## Foreword

I am glad to know that HEARTQUAKE, an online compendium of poems, stories, artworks, memories, reflections, photographs etc. giving expressions to the emotions and experiences of children affected by last year's devastating Nepal earthquake is being launched on 25 April 2016 by Mitrataa Foundation, an NGO working in the area of empowerment of women and girls in Nepal with the active involvement of Bec Ordish, its founder and executive director.

Children are the most vulnerable section of the society. When a massive disaster like this happens, the trauma and psychological fear that grips the minds of small children is always deep and disturbing. Perhaps the best way to help them recover from such a state of helplessness and dejection is by gradually instilling in their minds a strong sense of self-confidence through love, affection, encouragement, and support. Letting their emotions and feelings come out naturally in creative ways like this would certainly enhance their level of self-confidence and hope for the future. I appreciate Ms. Libby Hathorn, a well-known poet and writer of Australia, for the valuable time and efforts she has been dedicating for the success of this project.

I would like to thank and appreciate everyone involved in the activities of Mitrataa Foundation in Nepal. My special thanks go to Ms. Hathorn who informed me about the planned launching of HEARTQUAKE on the first anniversary of the catastrophic Nepal earthquake with a request to write a Foreword which I am so pleased to do with my best wishes for its success.

Rudra K. Nepal  
Ambassador