

# THE LONDON FAITH & BELIEF COMMUNITY AWARDS 2021

## Sujan Katuwal MBE



During the early stages of the COVID pandemic, Sujan Katuwal MBE founded Panas Helping Hands. Using the resources of a local Nepalese restaurant they helped feed NHS and other key workers on the front line tackling the pandemic. This included delivering 100,000 meals to these individuals, with the 100,000th meal delivered to the NHS by their patron Joanna Lumley OBE at Royal Artillery Barracks in Woolwich - a truly unifying event for SE London! Having started from here, Sujan's work has since expanded to help support the most vulnerable in SE London: this has included the homeless and ex-Gurkha Veterans to name but a few. Regardless of class, religion, ethnicity or background, Sujan and the Panas Helping Hands team have endeavoured to help anyone they can within SE London who needs their support. They have also expanded their work out to Nepal, supporting a country that is continuing to suffer during the pandemic with financial aid to help them as best as they can.

