

A scenic view of a mountainous region. In the foreground, there are several small, rustic buildings with corrugated metal roofs. One building has a blue door and a window. A flagpole with a flag is visible. The middle ground shows a steep, forested slope. The background features large, rugged mountains with significant snow cover under a clear blue sky.

HIMALAYAN HEALTHCARE 2017 ANNUAL REPORT



2017 ANNUAL REPORT

OUR MISSION

Himalayan HealthCare seeks to improve quality of life for some of Nepal's most marginalized communities by providing primary healthcare, community education and income-generation opportunities. This tri-pronged approach to sustainable development empowers villagers to help themselves and become self-supporting over the long-term.

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Photo Credit: Robert Stern

INTRODUCTION



Himalayan HealthCare (HHC) is a non-profit, non-governmental and non-denominational organization providing health care, education and income-generation opportunities to remote mountain communities in rural Nepal. Founded in 1992, HHC has provided life-changing services to many thousands of people living in extreme poverty and marginalization. Our community initiatives and development programs have focused on the regions of Ilam and Northern Dhading, which historically have had little support from government agencies or other NGOs.

HHC is committed to the principle that the communities we assist can be best served by a long-term commitment that addresses their fundamental needs and helps establish a foundation for meaningful and multi-generational improvements. Targeting the root causes of poverty and illness, our programs are developed with input and active involvement from the communities we serve, with women at the center. We support villagers in accessing and developing the tools they need to survive and create a sustainable future.

The decade-long political uncertainty of Nepal's civil war left weak governance and a struggling economy in its wake. This fragile infrastructure was further battered by the devastating April 2015 earthquake. The earthquake's impact has been immense, and recovery is slow and ongoing. Over 9,000 lives were lost and more than 770,000 homes, 50,000 classrooms and 1,000 village clinics were destroyed nationwide. Entire villages in HHC-served Northern Dhading were leveled. In the face of challenging conditions, HHC persists in our mission to bring health care, education and income-generation activities to women, men and children living in extreme poverty.

HHC first established itself in the isolated villages of Northern Dhading District, a region in Nepal's Ganesh Himal mountain range, roughly 60 miles northwest of Kathmandu. Though relatively close in distance to the capital city, the villages are extremely remote, accessible only by foot —with some a three-day hike from the nearest road going over high passes of 14,000 feet. In these isolated communities, Tamang and Dalit people (formerly "untouchables") have long lacked access to basic education, health care, clean drinking water and electricity, and live with the oppressive legacy of Nepal's caste system.

In 1992, HHC started its basic primary health care program in the village of Tipling by supplying medicines, helping patients secure specialty care in Kathmandu's hospitals and training local villagers to become healthcare providers. Within a few years, HHC established and staffed two additional village health posts in other remote neighboring villages, providing primary health and many other services to thousands of patients

who had little access to government services. As part of our health program, HHC organized medical treks at least twice a year to bring international medical professionals to villages to train local health care workers and treat hundreds of patients. These treks both benefited patients and workers while also enriching the lives of our trekkers. Health post staff were paid by HHC for over twenty years until 2013 when government health providers took over managing the health posts. These health posts serve thousands of people today.

In 2000, HHC expanded its rural health campaign from the northern hills of Dhading and Dolakha to Ilam, a hill region of two towns and 48 villages near Nepal's eastern border with India. Prior to HHC's involvement in Ilam, the region had only one doctor to serve its 300,000 people. HHC built and staffed a community hospital in 2004 to better serve the villages of Ilam. Patients from neighboring Panchthar and Taplejung districts also utilized the hospital. Due to community need, the Ilam hospital expanded its services to mobile clinics and specialty clinics, drawing upon the expertise of local and international doctors and medical volunteers. The community hospital works to improve quality of care to serve the rural community with affordable and equitable healthcare. It also seeks community and government support for long-term sustainability.

In addition to primary healthcare, HHC has also strengthened education and local schools in remote Dhading villages. We have supported eight village schools directly by funding teachers' salaries, student scholarships and books and supplies, and another ten schools indirectly. Presently, HHC focuses on developing school infrastructure and training teachers together with the District Education Offices.

HHC's projects primarily focus on women, who sustain their communities as family leaders and workers, caring for and maintaining homes and children while engaging in agricultural work beside the men. HHC facilitates skills training and creates work opportunities that enable women to gain increased financial independence and self-respect. We also help women learn how to take better care of their children in terms of breast-feeding, vaccinations, hygiene, etc. HHC facilitates long-term financial solutions for these villages. Our programs train villagers as teachers, health providers and skilled technicians. Many of our sponsored students have assumed the responsibility of leading their people. We sponsor micro-enterprise and entrepreneurs in the villages, supporting ongoing income-generating projects and providing seed money and access to markets for new ventures.

One of our most successful projects is our line of handcrafted artisanal goods, JeevanKala. The crafts, which are made from recycled and locally sourced materials, can be found in stores in Kathmandu and in some stores in North America and Europe. A proud member of the Fair Trade Federation, JeevanKala has trained and supported more than 1,000 artisans in Nepal and raised more than \$1 million to support HHC's programs.

The operating premise of HHC is to help villagers to become self-reliant by addressing their basic healthcare, education and income-generation needs. We work to give the villagers a foundation for a prosperous future independent of our assistance. HHC exists to provide care, opportunity and hope to the people of rural Nepal.



A NOTE FROM OUR FOUNDER

Dear Friends,

2017 was another year of perseverance in the face of great difficulty for Himalayan HealthCare and the people of Nepal. After the devastating 7.8 magnitude earthquake in 2015, HHC's community development work in Tipling, Lapa, Sertung and other nearby villages was forced to reckon with lost lives, widespread injuries, destroyed infrastructure, a disrupted economy and a gravely overburdened healthcare system. The post-quake rebuilding and recovery work has been costly, challenging and urgent, yet is proceeding more slowly than we would hope.

With the government concentrating on post-quake rebuilding and recovery work for millions of affected people, HHC was asked to partner in rebuilding and reconstructing village clinics and schools in the Dhading District where we have worked since 1992. We successfully rebuilt the health posts and handed them over to the communities. We helped relink the villages that were cut off due to landslides by building 88KM of trails, creating a pipeline for food and materials, and enabling families to reunite and begin to reshape their lives post-earthquake. With your support and the tireless work of our field staff, we are rebuilding while also sustaining vital programs focused on livelihood and youth training. In 2017, HHC provided services to over 60,000 people in the Dhading District who were directly affected by the earthquake. We have continued our commitments to village programs, including:

- Reconstructed 7 health posts for 35,000 people and Reconstructed Lapa High School Building for over 500 students
- Providing school stipends to 50 Dalit and other minority children
- Supporting agricultural and veterinary programs for hundreds of farmers in Tipling and Sertung villages
- Providing training, dignified work and health and education benefits to more than 200 handicraft artisans
- Treating 1721 patients at our Ilam hospital and outreach camps
- Providing high education and vocational training for 20 youths from quake-affected villages of northern Dhading

We thank you for supporting the earthquake-devastated villagers of Nepal and sustaining HHC's urgently needed programs. We invite you to read more about the impact of your 2017 donations.

Namaste,



Anil (Sharad) Parajuli, Co-founder, Himalayan HealthCare





Photo Credit: Robert Stern

VILLAGE PROGRAMS

HHC's approach to improving the quality of life in rural Nepal and achieving sustainable development consists of three vital pillars: healthcare, education and income generation. In 2017, HHC continued our 2016 focus on recovery and reconstruction from the earthquake, which was the most important priority for the people HHC has served for over two decades.

1. HEALTHCARE

HHC has now moved away from direct support of the Tipling, Sertung and Lapa health posts which began in 1992. We continue to monitor the activities of the providers, maintain the standard of care as well as provide training, supply essential instruments and equipment, build infrastructure, and create sustainable means to support the local health posts.

Village auxiliary health workers and health assistants served thousands of patients during 2017 in the three villages, including antenatal care, care during delivery, post-natal care as well as vaccines for diphtheria, encephalitis, tetanus, tuberculosis, polio, and measles, where once there was not a single midwife. HHC-trained auxiliary health workers and auxiliary nurse midwives (as well as government-hired ones) continued to counsel community women groups on family planning based on government guidelines and also provided them with oral contraceptive pills, Depo Provera[®], condoms and Intrauterine Contraceptive Devices.

During 2017, HHC provided support for 19 village patients who were referred for specialty care to city hospitals and could not afford the costs for the necessary treatments. Four patients with a history of long-term ailments were provided with a full year's supply of life-saving medications. We would like to express our special thanks to Mr. and Mrs. Ramesh Shankar Shrestha for their continued support of referred patients from northern Dhading villages.



Health Care through HHC Medical Treks

HHC organized two medical treks in the spring and fall of 2017. International physicians, dentists, nurses, health workers, as well as other volunteers, participated to supplement the efforts of the Nepalese medical staff and government village health providers. Medical treks are a unique way to see Nepal and meet and help local people. Treks typically last two weeks and start in Kathmandu. HHC arranges the transportation from Kathmandu into a rural region, where the trekkers begin walking. Two to three days into the trek, HHC establishes a medical or dental camp for a four-day period. During the camp, trekkers train local health providers in lifesaving skills as they help treat villagers from the surrounding areas with the assistance of HHC staff and local volunteers. The Dhading region trek features remote villages along the Tibetan border and opportunities to see the beautiful mountains of the Ganesh, Langtang, and Manaslu Himal.

In April 2017, the medical team trekked from Dhunduray to Sertung for three days and held camps at the villages of Sertung and Lapa. 834 patients were served, with 26 patients referred to larger health facilities. The fall trek team trekked over the high mountain passes of over 13,000 ft. for three days to serve in the villages of Tipling and Lapa. 629 patients were served, with 46 patients referred to larger health facilities.

HHC is most grateful to the 2017 international spring trek medical and other volunteers, Katherine Garlo, MD (Internal Medicine), Ashika Jain, MD (ER, HHC BoD, Vice president), Gary Nichols, MD (Pediatrics), Shama Patel, MD (ER), Andrew Ropp, MD (Family Medicine), Rachel Ropp (Doctor of Oriental Medicine) and Silas Ropp (Student Volunteer).



The spring trek was led by Anil Parajuli and supported by Soni KC Parajuli (HHC, Nepal chairperson), Dr. Trishna Thakur and staff Kul Mani Basnet, Phe Dorji Tamang, Bin Thapa, Madhav KC, Buddha Tamang, Man Bahadur Tamang and Ashimita Tamang and volunteers Sitashma Parajuli and Saharsha Parajuli. HHC is also grateful to Sushma Tamang (Lab Tech) and the cook team led by Tshering Sherpa. 40 porters and thirty mules were used during the trek.



2017 HHC MEDICAL TREKS PATIENT REPORT													
	<i>Disease</i>	<i>Tipling</i>			<i>Sertung</i>			<i>Lapa</i>			<i>Total</i>		
		<i>M</i>	<i>F</i>		<i>M</i>	<i>F</i>		<i>M</i>	<i>F</i>		<i>M</i>	<i>F</i>	
		<u>92</u>	<u>177</u>	<u>269</u>	<u>136</u>	<u>296</u>	<u>432</u>	<u>206</u>	<u>556</u>	<u>762</u>	<u>434</u>	<u>1029</u>	<u>1463</u>
1	Diarrheal disease	3	4	7	15	22	37	9	28	37	27	54	81
2	Skin disease	9	7	16	11	18	29	15	33	48	35	58	93
3	Respiratory track infection	8	10	18	13	16	29	11	22	33	32	48	80
4	Parasite infestation	2	1	3	2	2	4	3	4	7	7	7	14
5	ENT problem	9	10	19	18	26	44	11	30	41	38	66	104
6	Eye problem	6	11	17	5	11	16	14	22	36	25	44	69
7	COPD/Asthma	11	14	25	6	21	27	13	26	39	30	61	91
8	Oro-dental problem	1	7	8	2	9	11	12	30	42	15	46	61
9	joint disease	5	13	18	13	27	40	17	81	98	35	121	156
10	Mental ill				1	2	3		2	2	1	4	5
11	Gynaecological problem		7	7		12	12		33	33		52	52
12	Urinary track infection	4	9	13	2	15	17	9	30	39	15	54	69
13	Fracture/dislocated	1	1	2	3	4	7	4	4	8	8	9	17
14	Gastritis or GERD	5	39	44	14	57	71	19	58	77	38	154	192
15	Viral infection	6	7	13	3	4	7	12	17	29	21	28	49
16	Insect or animal bite				2		2		1	1	2	1	3
17	Heart problem				1	3	4	1	5	6	2	8	10
18	Hypertension	2	2	4	7	7	14	12	21	33	21	30	51
19	Sexual transmitted disease		2	2	1	2	3	1	4	5	2	8	10
20	ANC checkup		8	8		14	14		31	31		53	53
21	Tonsillitis/sinusitis	3	5	8	5	8	13	4	10	14	12	23	35
22	MROP	2		2	2		2	4		4	8		8
23	Hemorrhoid	3	2	5	2	1	3	2	1	3	7	4	11
24	Neuro problem	2	1	3		1	1	6	4	10	8	6	14
25	Epilepsy	1	2	3	1	2	3	2	2	4	4	6	10
26	Migraine headache	1	3	4	1	3	4	3	9	12	5	15	20
27	Diabetes mellitus	1		1	1		1				2		2
28	Cyst & Mass	2	3	5	1	2	3	5	9	14	8	14	22
29	Mal nutrition	1	2	3	1	2	3	3	7	10	5	11	16
30	Routine check up	1	3	4	1	2	3	7	14	21	9	19	28
31	Cellulitis/abscess	2	2	4				1	3	4	3	5	8
32	Foreign body								2	2		2	2
33	Other problem	1	2	3	2	3	5	6	13	19	9	18	27



HHC is also most grateful to the Fall 2017 trek international medical and other volunteers, Lael Duncan, MD (Internal Medicine), Timothy Duncan, MD (ER), Richard Hornsta (Volunteer), Stacy Papatthemetrius (Volunteer), Nita Patel (Pharmacist), Samir Patel, MD (Family Medicine), Jeremy Phillips, MD (General Practice), Margot Roseman, MD (Pediatrics), Beatrice Song, MD (Internal Medicine), Gary Wilkins, MD (Internal Medicine), Carol Wing, MD (Volunteer) and Jereld Wing, MD (Internal Medicine).



The fall trek was led by Anil Parajuli with support from staff Kul Mani, Phe Dorje, Madhav KC, Man Bahadur Tamang, Buddha Tamang, Bin Thapa Tamang, Bharat Budhathoki (HHC consultant) and Shambhu Singh Thakuri (HHC consultant and liaison), HHC is also grateful to Sushma Tamang (Lab tech), volunteer Bharat Adhikari and the cook team led by Tshering Sherpa. 41 porters and 54 mules with the help of Yaku and Yogen Tamang were used during the trek.



2. EDUCATION

Since 1993, HHC has supported village schools and adult literacy programs. Before our village programs were initiated, only a handful of children attended school. Today, all of the villagers realize the importance of education.

Village School Program

Village schools in Nepal are government-run and many only provide classes through the fifth grade. The villages have little financial means or manpower to support them with additional staff or funds. Since 1995, HHC has supported construction of school buildings, libraries in school, toilets for girls in school, etc., to help improve educational standards and expand enrollment in 20 schools in the three northern Dhading villages of Tipling, Sertung and Lapa.

Since 2012, HHC shifted its resources from teacher salaries to increasing support for school infrastructure, furniture, and expansion of compound land. We continue to support

stipends for orphaned and Dalit children. There are only two high schools in Northern Dhading and most students in the rural areas stop attending school after their primary years due to lack of financial support. In 2017, with the help of the school management committees, principals, and HHC field staff, HHC identified and supported 31 students (19 girls and 12 boys) from Tipling, Sertung and Lapa whose families could not afford to put them through school and put food on the table. Five of our stipendiary students have graduated from tenth class in 2017.

Many of the high school graduates are further supported when they attend technical schools and colleges. They receive training as health providers, teachers, and skilled technicians (civil overseer, electrical overseer, land surveyor, etc.) and typically assume the running of their village health posts, schools, and trades in their villages. Twenty students were sponsored by HHC to complete higher studies and vocational training in Kathmandu and Dhadingbesi.

2017 HHC VILLAGE STUDENTS STIPEND			
<i>School/Village</i>	<i>Students</i>		
	<i>Total</i>	<i>Girls</i>	<i>Boys</i>
Dongden Devi Secondary, Tipling	7	5	2
Gothen Devi Basic, Tipling	1	0	1
Chyamra Devi Secondary, Sertung	5	3	2
Mukrap Devi Hgher Secondary, Sertung	7	5	2
Lapa Secondary, Lapa	8	6	2
Timla Basic, Lapa	2	0	2
Himalayan Saraswati Basic, Lapa	1	0	1
	<u>31</u>	<u>19</u>	<u>12</u>



HHC STAFF CHILDREN EDUCATION SUPPORT in 2017			
1	Sanjita K	Science	Grade 12
2	Timla M	Science	Grade 12
3	Bishal B	Science	Grade 12
4	Prashant K		Grade 12
5	Sunaina M		Grade 4
6	Prajwal S		Grade 3
7	Anushka M		Grade 4
8	Sujan A		Grade 2
9	Trishan M		Grade 3
10	Sofiya S		Kindergarten
11	Amisha T		Kindergarten
12	Priy P		Grade 2
13	Praladh P		Grade 4
14	Angel M		Kindergarten
15	Bivasha T		Grade 2

Note: The true identity of the students have been protected

HHC also supports the education of its staff’s children. In 2017, 15 staff children were provided financial support for their education:

HHC also supports children who have special needs.

Our student, Suku M, lost her parents in a landslide in 2008. HHC has created a special fund for her to finish school and higher studies. She is in 9th grade and has blossomed into a beautiful young lady who has dreams to become a doctor one day. We hope to help her dream come true.

Our student Chitra B is wheelchair-bound and is in 12th grade now and has been with HHC since 2000. Thank you to St. Xavier’s School Social Service Center in Kathmandu for providing a home for Chitra for all these years.

A special thank you to Mr. Ramesh Shankar Shrestha and Mrs. Anju Shrestha who have continued to support our village stipend program since 2007.

2017 STUDENTS SUPPORTED FOR HIGHER STUDIES/VOCATIONAL TRAINING BY HHC			
	<i>Students</i>	<i>Village</i>	<i>Faculty</i>
1	Melina T	Sertung	Science (11 & 12 grade) teacher's training
2	Mamita T	Ree	Science (11 & 12 grade) teacher's training
3	Ashish B	Ree	Education (Major English)
4	Shishir B	Lapa	Education (Major English)
5	Sarita T	Jharlang	Education (Major English)
6	Sunita B	Sertung	Education (Major Nepali)
7	Chingch G	Sertung	Education (Major English)
8	Kumari B	Sertung	Medical Lab Assistant
9	Prashila T	Sertung	Medical Lab Assistant
10	Sagun T	Sertung	Veterinary Junior Technician
11	Smriti T	Lapa	Veterinary Junior Technician
12	Anuja T	Sertung	Computer Science
13	Aruna T	Sertung	Business Management
14	Chitra G	Ilam	Education
15	Raju B	Lapa	Land Surveyor
19	Grace G	Tipling	Civil Junior Technician
20	Jir G	Sertung	Electricity Junior Technician

Note: The true identity of the students have been protected



LAPA SCHOOL FURNITURE SUPPORT

We are also very grateful to Ms. Sudhee Acharya, a Nepali American college student from Pittsburgh, for raising funds for furniture for the first four new classrooms of Lapa Secondary School to facilitate learning for 120 students. Sudhee's contribution was matched by Brother's Brother Foundation (BBF), which will allow furniture for four more classrooms in 2018. Sudhee and her family were honored during a ceremony at the HHC office in Kathmandu on Dec 19th 2017. The Lapa Secondary School Chairperson and headmaster were present for the ceremony.

3. INCOME-GENERATION

HHC supports income-generating activities in the villages, including harvesting cardamom and medicinal plants, weaving, knitting and metal crafting.

JeevanKala (Art for Life)



In 2017, HHC continued the production and sale of fair-trade, environmentally-friendly artisanal products under its crafts line, JeevanKala. Hundreds of women artisans who produce these crafts, along with their families, are supported by this project, which instills dignity and pride in the artisans. JeevanKala, meaning “Art for Life,” has been registered as a handicraft company in the United States and Nepal since 2012 and maintains two stores in Kathmandu in Nepal, one in Thamel and one in Jawalakhel at the HHC Nepal office.

In 2017, after our launch of the e-commerce website, our supporters have been able to purchase JeevanKala crafts online, and we participated in NY NOW, New York’s largest international trade show. The profits from the sale of JeevanKala crafts support HHC’s humanitarian programs in Northern Dhading.

JeevanKala is a proud member of the Fair Trade Federation, which stringently vets its members for adherence to the following fair trade principles: Create Opportunities for Economically and Socially Marginalized Producers; Develop Transparent and Accountable Relationships; Build Capacity; Promote Fair Trade; Pay Promptly and Fairly; Support Safe and Empowering Working Conditions; Ensure the Rights of Children; Cultivate Environmental Stewardship; and Respect Cultural Identity.

We thank Gita KC, Laxmi Maharjan, Rabina Maharjan, Saru Maharjan, Jyoti Shrestha, Gyani Maharjan, Sanu Chori Maharjan, Shoba Magar, Lali Maya Bulung, Ishwori Karki and the many artisans who provide quality work, and Soni KC Parajuli with support from Rajan Paudyal and Madhav KC, for helping to manage this unique handicraft project.

Artisan Workshop

HHC hosted a nine-day crafts workshop from 30 June to 10 July, 2017, and invited star JeevanKala artisans, Kanchi Maya Tamang, Seti Maya Tamang, Chandar Maya Tamang, Lal Maya Tamang and Che Rani Ghale to make prototypes of new design ideas created by Soni, Anil and Sitashma Parajuli. Ten new JeevanKala craft designs were finalized, with products ordered after the workshop and many of them are selling quite well today. The workshop was supported by all HHC and JeevanKala staff as well as the four-member GROW 2017 team from partner organization GlobeMed at Colorado University, Boulder.



Photo Credit: Debi Lang

Income Through Livestock Support

In 2017, HHC continued providing the only veterinary care in the region to help farmers maintain their livelihood from animals. Tens of thousands of livestock in Tipling, Sertung, and Lapa village are vital to the survival and livelihood of the Tamang communities of Northern Dhading. Villagers rely on livestock to produce fertilizer, milk and meat for consumption and for sale locally. HHC veterinary technician Man Bahadur Tamang continued to serve the animal population of remote Tipling village, walking several hours a day to cattle sheds that are scattered over a large mountainous area. In 2017, he provided 653 dosages of vaccines and treated 83 animals for infections and ailments. By request, 4 animals were castrated to improve the grade of meat, as is customary in Nepal. Man Bahadur also conducted basic livestock training in Sertung and Tipling, with 420 farmers participating. The training focused mainly on grass and fodder management and the importance of timely vaccination. While Man's service is fully funded by HHC, we ask

HHC Veterinary Support in 2017								
<i>Service provided</i>	<i>Animals</i>							<i>Farmers Benefitted</i>
	<i>Cow</i>	<i>Water Buffalo</i>	<i>Goat</i>	<i>Mule</i>	<i>Sheep</i>	<i>Yak</i>	<i>Total</i>	
Treatment	5	4	2	3	1	0	15	83
HHBQ Vaccine	639	0	0	0	0	14	653	288
Artificial Insemination	0	6	0	0	0	0	6	30
Castration	3	0	0	1	0	0	4	19
Total	647	10	2	4	1	14	678	420



the community to purchase medicines and vaccines for the long-term continuity of the vet program of northern Dhading. HHC supported Man Bahadur in the HHC artificial insemination (AI) project in northern Dhading. Frozen semen of *Jersey* cow, *Ajamery* goats and *Murhha* buffalo was used as part of this AI trial to assess the viability of this project in a remote area. Ongoing studies and tests will help to guide the future of this project in the region.

Income Through Agricultural Support

The remote and mountainous villages of Northern Dhading have traditionally been dependent on crops such as corn, potato and millet, which are highly susceptible to unpredictable weather and have a high risk of pest infestation. This, combined with junk food brought in on mules from larger centers, resulted in poor nutrition and food insecurity for the region.

HHC started agricultural programs in 2009, providing training programs to local farmers, distributing seeds and organizing regular learning expeditions to agricultural sites in Ilam. In 2017, HHC continued to work with farmers from Sertung village through the experimental farm established in Sertung by HHC in 2015. HHC hopes that it will bring about a collective effort to cultivate healthier crops including a variety of nutritious vegetables and fruits. This will improve the overall nutrition of the farmers' families and can provide a cash crop for these farmers, who traditionally live and work in a barter culture.

HHC 2017 CARDAMOM PROJECT REPORT			
<i>Village</i>	<i>Plants bought</i>	<i>Beneficiaries</i>	<i>Households</i>
Tipling	6950	81	11
Sertung	<u>4750</u>	<u>18</u>	<u>2</u>
	<u>11700</u>	<u>99</u>	<u>13</u>

To foster awareness of the need for better nutrition, HHC initiated the 'one family one kitchen garden' campaign several years ago, combining education with distribution of vegetable seeds and materials for greenhouse tunnels which maintain higher temperatures to help vegetables thrive. Our 2016 and 2017 data show that over 50% of households in Sertung village now grow tomatoes, cabbages, chilies and other vegetables that they did not traditionally grow. The

HHC experimental farm in Sertung village with its two-room building on a half-acre property with terraces and greenhouses is used to demonstrate simple modern agricultural techniques adapted to this region while also displaying vegetables and other plants with nutritional or commercial value. In this single-site experimental farm, farmers now have access to seeds, seedlings, fruit trees and other farming materials which would not otherwise be available locally. In 2017, many farmers visited the center and purchased diverse vegetable seeds, obtained through collection from centers and shops in Kathmandu. The Sertung center also has a computer connected to a large screen which was used

to show educational training videos on how to grow vegetables and other foods, the hazards of pesticide, balanced nutrition, etc. More videos will be created in the Tamang language to help the farmers further.

HHC will also continue to use this center to train farmers, share information, and host programs with visiting experts for the benefit of the 10,000 farmers that live in three villages.

In 2017, HHC also campaigned to help farmers grow specific cash crops. The villages of Tipling, Sertung and Lapa have a traditionally barter-



based culture in which it was difficult to generate cash. Most villagers are solely reliant on farming and were therefore severely limited in their ability to buy goods and services. In order to gain more purchasing power, the farmers determined that they needed to cultivate more cash crops. The HHC campaign to grow cardamom (spice) in the region is ongoing. 11,700 seedlings were transported from Ilam (500 miles away in eastern Nepal) and sold on a cost-to-cost basis through the HHC farm to thirteen households which will eventually directly benefit 99 family members. The spice will be ready to harvest after the third year and it has a strong market in Nepal which should enable the farmers to garner meaningful cash income. The farmers were provided information and a small training on cardamom during the sale. HHC will continue to supply the region with cardamom to help develop the region's economy through cash crops. HHC will also promote tea, coffee and fruit trees in the near future.

ILAM HOSPITAL



In April 2004, HHC launched the Dr. Megh Bahadur Parajuli Community Hospital (DMBPCH) in Ilam, in the easternmost part of Nepal. Before the establishment of this hospital, over 250,000 people living in 48 villages and two large towns had local access to only one doctor at the local government hospital. Patients had to drain their scant resources traveling to hospitals across the border in India or in larger Nepali towns many hours away.

Per the initial plans, the hospital has helped to standardize healthcare at the district level, serving as a model of a decentralized healthcare system in rural and semi-rural Nepal, while also striving to develop

sustainable means of support. Within five years of the completion of the hospital, we had envisioned training local leaders to manage the hospital

to a level where it could be handed over to the community in a self-sustaining manner. This plan would have allowed the hospital to be independent of HHC financially. HHC would continue to support and advise the hospital through the training of local health providers, coordination of international medical and dental volunteers, running of the medical and dental village camps, as well as donations of equipment and instruments. But the eleven-year-long civil war did not allow the hospital to be handed over to the community as envisioned.

Now that the standard of care through the government hospital has improved at some level, the HHC hospital continues to find ways to serve the community through specialized and outreach camps. In 2017, in light of the change in modality of hospital, only 1,721 patients were treated and the hospital carried out six camps where 410 patients received medical care.

Patients Served at Hospital in 2017	
Total	1,721
Emergency	123
Outpatient	1,171
Camps	410
Minor Surgeries & Procedures	29
In-patient	17
Total Death	1
ECG	50
Radiology	140
Pathology	888
Ultrasound	39
Referrals	11

Our services have allowed many patients to receive needed specialty care at our hospital, saving them from long and costly travel to medical centers in the terai (low-lands) or Indian border towns. The medical camps have also allowed the villagers to learn about the various services available at our hospital. These camps were run with the support of the hospital staff, local village committees and organizations and clubs, international organizations and many other individuals. HHC is grateful to all of them.

ILAM HOSPITAL SUPPORT

HHC's Dr. Megh Bahadur Parajuli Community Hospital and medical camps in Ilam rely on the generous support of our hospital staff, local village committees and organizations, international institutions, volunteers and many other individuals. We are grateful to all who supported our operations in 2017.

2017 Staff of Dr. Megh Bahadur Parajuli Community Hospital			
<i>Admin Staff</i>	<i>Designation</i>	<i>Medical Staff</i>	<i>Designation</i>
Khyam Raj Ghimire	Hospital Director	Dr. Ram Krishna Acharya	Medical Officer
Dipak Dhungana	Account Officer	Bina Lungeli	Staff Nurse
Rabin Rayamajhi	Support Service In-Charge	Juni Gurung	Midwife
Januka Nepal	Receptionist	Amrita Pithakoti	Midwife
Khagendra Thakuri	Receptionist	Lila Subedi	Midwife
Nandu Rai	Laundry Assistant	Jyoti Basnet	Midwife
Maya Devi Shrestha	Ward Attendant	Rita Neupane	Lab Tech
Ram Bahadur Gurung	Gardner		
Sunil Karki	Ward Attendant		
Kamal Lingden	Security		
Kumar Subedi	Security		

MEDICAL CAMPS CONDUCTED BY THE ILAM HOSPITAL IN 2017

		Village	Type	Hospital Team	Patients	Supported by
1	15 Jan	Maibeni Mela, Godak, Ilam	Emergency	Dr. Ram Krishna Acharya, Lila Subedi (midwife), Amrita Pithakoti (midwife), Rubita Naupane (Lab), Khagendra Thakuri, Mr. Khyam Raj Ghimire (Admin Officer)	109	Himalayan HealthCare, Nepal; Maibeni Festival Management Community, Ilam; Community Police Service Centre, Ilam
2	Feb 12	Barbote, Ilam	General	Dr. Ram Krishna Acharya, Lila Subedi (midwife), Jyoti Basnet (midwife), Khagendra Thakuri, Dipak Dhungana, Rubita Neupane (Lab), Sunil Karki	134	Shiva Mandir Barbote, Ilam; Peace Action Group, Barbote, Ilam
3	30 Mar	Ghos, Ilam	General	Dr. Ram Krishna Acharya, June Gurung (midwife), Lila Subedi (midwife), Januka Nepal, Sunil Karki, Rabin Rayamajhi (In-Charge)	83	Himalayan HealthCare, Nepal; Nawa Jyoti Yuva Samuha, Ilam, Ghos-8
4	18 Sep	Shakhejung, Ilam	General	Dr. Ram Krishna Acharya, Ms. June Gurung (ANM), Ms. Lila Subedi(ANM), Ms. Januka Nepal (Receptionist), Mr. Sunil Karki (ward Attendant), Mr. Rabin Rayamajhi (Support Service In-Charge)	45	Himalayan HealthCare, Nepal; Nepal Pariwar Niyojan Sang, Ilam
5	20 Oct	Barbote, Ilam	OPD	Dr. Ram Krishna Acharya, Lila Subedi (midwife), Jyoti Basnet (midwife), Khagendra Thakuri, Sunil Karki, Khyam Raj Ghimire (Admin Officer)	22	Himalayan HealthCare, Nepal; Ambar Secondary School, Barbote
6	24 Nov	Maibhagawati Briddhashram	OPD	Dr. Ram Krishna Acharya, Jyoti Basnet (midwife), Amrita Pithakote (midwife)	17	Himalayan HealthCare, Nepal; Mahila Jagaran Sang, Ilam

EARTHQUAKE RECOVERY 2017

HHC continued its recovery work in northern Dhading in 2017 after the devastating 7.8 magnitude earthquake of 2015, which was followed by hundreds of aftershocks measuring as high as 7.3, continuing for over six months. As noted above, over 9,000 lives were lost and more than 770,000 homes, 50,000 classrooms and 1,000 village clinics were destroyed nationwide. Entire villages in HHC-served Northern Dhading were leveled.

After providing medical and food relief work for more than six months with the support of over 1,500 contributors from around the world, HHC combined its efforts with those of the Government of Nepal in reconstructing health facilities and schools in and around the northern Dhading region where HHC has served for 26 years. This reconstruction work has been supported by the generous funding of AmeriCares Foundation Inc., Brother’s Brother Foundation and GlobeMed at Colorado University Boulder. In carrying out this work, HHC has focused on reconstruction of health facilities and schools.

Repair, Reconstruction & Handover Of Village Health Posts

AmeriCares Inc. Foundation Support:

Importantly in 2017, HHC concentrated its efforts in reconstructing the village health posts of Dhading District destroyed during the 2015 earthquake to help re-establish the only centers of care for tens of thousands of rural people. With the support of AmeriCares, Inc. Foundation, HHC rebuilt seven village health posts - Chhatredeurali, Salang, Pida, Tipling, Ree, Lapa and Jharlang - that directly serve over 35,000 patients. Of the seven village health posts, the health posts of Tipling, Lapa and Jharlang have no road access and therefore construction materials and equipment were carried by porters or mules to these remote and isolated sites.

<u>2017 HHC HEALTH POST RECONSTRUCTION DETAILS</u>					
	<i><u>Village Health Posts</u></i>	<i><u>Started</u></i>	<i><u>Handed over</u></i>	<i><u>Households</u></i>	<i><u>Beneficiaries</u></i>
1	Chhatredeurali	1-Sep-16	20-Feb-17	1655	7687
2	Pida	27-Nov-16	17-Oct-17	2214	11043
3	Salang	1-Sep-16	16-Oct-17	1140	5650
4	Tipling	10-Apr-16	29-Oct-17	464	2072
5	Lapa	15-Sep-16	3-Nov-17	853	3893
6	Ree	15-Sep-16	23-Dec-17	1110	5434
7	Jharlang	27-Mar-17	24-Dec-17	770	4150
				8206	35779



Reconstruction Of Dhading District Hospital

HHC has also worked to construct the outpatient and staff quarter building for the Dhading District Hospital in Dhadingbesi with the support of AmeriCares Inc. Foundation. This replaces several buildings that were destroyed during the 2015 earthquake, which significantly compromised patient care in this main hospital for the 250,000 people of Dhading region. The buildings will be handed over in 2018.

BROTHER'S BROTHER FOUNDATION SUPPORT OF RECONSTRUCTION OF LAPA VILLAGE SCHOOL

Supported by GlobeMed at CU Boulder

With significant damage caused to all 20 schools in remote Ruby Valley Rural Municipality in Northern Dhading Region during the 2015 earthquake, HHC helped create temporary learning centers for 16 schools in Lapa, Tipling and Sertung for 2,167 students to continue their studies in the short term. In December 2015, HHC signed a memorandum of understanding with Nepal's Department of Education outlining HHC's participation in the reconstruction of schools in Northern Dhading. HHC has been supporting 18 schools in the region in various ways over two decades.

HHC was requested by Lapa Secondary School to help rebuild the school and, with the support of Brother's Brother Foundation (BBF) as well as the Nepalese Community of Greater Pittsburgh and GlobeMed at CU-Boulder, the reconstruction work began in 2016. After the Ministry of Education's (MoE) provided approval for reconstruction on 29th August 2016, HHC began the long and difficult task of rebuilding the school in a remote, road-less region where mules and porters transported all construction materials and equipment, under the newly drafted national quake-safe codes.

For the safety of the children, HHC chose not to reuse the traditional heavy stone and cement masonry design of the past, despite government staff's suggestion to do so. HHC chose a simple lightweight design which uses stone wall up to window sill level only, with truss-frame structure on top that includes a lightweight metal tin roof. The truss frame was fitted with lightweight factory-painted tin sheets for the outer shell and locally available pinewood plank for the inner shell, for warmth and coziness. A multi-layered foam insulator was used between the tin sheets and the wooden planks.

The building is 72ft by 32ft and holds four large classrooms, each with good ventilation and light. The wood inside the building keeps the rooms warm during the cold winter months. The building was completed and HHC handed it over to the school committee and the headmaster of Lapa Secondary School in November 2017, during the HHC fall medical trek. A special “BBF Building” placard was put up in the new building in honor of BBF’s contribution to the school. Many students, teachers, school personnel, HHC international medical volunteers, and HHC senior staff were present during the handover. No Ministry of Education officials were present for the official handover as this was only one of four buildings to be built before the formal final handover. The new classrooms made learning better and safer for the 120 students.

There were many challenges during the post-quake difficult period from delay in approval, remoteness and difficulty of terrain, lack of roads and not enough porters and mules, scarcity of skilled workers. We are proud of the HHC team that finally got this important project done for the students of Lapa.



PARTNER



GLOBEMED AT CU BOULDER

GlobeMed at Colorado University in Boulder has been a strong HHC partner since 2010. In addition to supporting school reconstruction and other vital projects over the years, we are always very happy to host GlobeMed interns. This cross-cultural connection is a rich aspect of our partnership, and HHC prioritizes youth partnership and youth empowerment in all our work. In May 2017, HHC was pleased to welcome four GlobeMed interns who traveled to Nepal to learn more about HHC's work and to see firsthand the village projects supported by GlobeMed. During a challenging month-long stay in remote Sertung, the four interns spent quality time with *Dalit* and other children while teaching the children English. They visited the Lapa school building project supported by their organization in 2017 as well as the toilet projects in the villages of Tipling, Sertung and Lapa (supported by GlobeMed in the past). The interns helped HHC with an efficient-woodstove house to house survey as part of our effort to meet the latest demand for clean cook-stoves to directly benefit 91 homes with over 452 people in the three villages. We are grateful to GlobeMed at CU for their continued support and thank Valerie Gao, Kelsie Kracht, Wil Hubbard and Sarah Shortall for their warmth, generosity and help in 2017.

HHC is grateful to GlobeMed for organizing the 2017 Asia Partner Forum in July at Chiang Mai, Thailand which brought together seventeen leaders from twelve partner organizations working in Asia including Himalayan HealthCare. The forum provided a space for leaders from these grassroots organizations to build relationships, share best practices, and identify opportunities for collaboration. The Forum's theme of "Changing the Way Change Happens," focused on increasing impact through strengthened partnerships and building a diverse set of future global health leaders. At the Forum, Global Health Fellows Program II staff led an interactive session, "Storytelling for Change," which emphasized how partners could use media and stories to drive fundraising and how the GROW interns could help them.

LETTER FROM EXTERNAL PRESIDENT OF GLOBEMED AT CU BOULDER

Dear HHC Friends and Family,

“Ubuntu” is the shortened version of a Zulu proverb which says, “I am a person through other people. My humanity is tied to yours.” We at GlobeMed at the University of Colorado Boulder strive to recognize the humanity in each of us by acknowledging the complexities in each of our stories and working to fight for a world in which all of us are valued and heard.

It is with great humility that we share what we have accomplished through our partnership with Himalayan HealthCare (HHC). Since 2010, our chapter has raised over \$140,000 to help HHC. This includes \$10,000 sent during the 2017-2018 school year raised through the efforts of our chapter members hosting a variety of large and small fundraiser events in the Boulder community.

This year, we were proud to welcome Anil Parajuli, co-founder and director of HHC, to speak about our partnership at a Benefit Gala we hosted in Boulder on Sunday, November 12, 2017. Our other distinguished guests included Colorado Congressman Jared Polis who spoke about US-Nepal relations and the importance of achieving health equity in our communities and the South Asian Student Association and Nepali Student Association at the University of Colorado Boulder who provided a wonderful cultural showcase. On behalf of GlobeMed at CU Boulder and HHC, we would like to thank the office of Congressman Jared Polis, the Boulder Photo Gallery, Bishnu Basnet, Tiffin’s India Café, Tibet Kitchen, Gurkha’s on the Hill, Left Hand Brewery, and our many generous silent auction donors for making this event possible. Through our efforts, we were able to raise over \$4,000 to contribute to HHC’s school and toilet projects in rural Dhading, Nepal. However, finances are only a small component of GlobeMed’s relationship with HHC.

This summer, we were able to send four members on our annual Grassroots Onsite Work (GROW) trip. The GROW internship and the stories that come from it allow our entire chapter to see the work HHC is doing in Dhading and help maintain a strong partnership. GROW has shown itself to be crucial in giving the GlobeMed community a true sense of connection to the movement for global health equity. We hope that GROW continues to be a platform for story-telling and a tool for reigniting passion. This summer, our GROW team worked with HHC on surveying the efficacy of the One-Home-One-Toilet project and the mental health of villagers while teaching in the local school and touring the many schools and health outposts HHC have built. We are incredibly grateful for the hospitality and friendship HHC extends to our GROW teams each year in a joint effort to develop future global health leaders and strengthen the relationships between our two organizations.

Our organization is characterized by growth and each year our members continue to reflect and improve upon our ability to combine empathy, discernment, and effective leadership to turn ideas into action. HHC is an important partner in our mission to not only fight for health equity but become global leaders who use critical thinking, compassion, and humility to serve our world. HHC continues to teach and model for us “whole-hearted” work through their love for their staff and the communities they serve. We are truly humbled by their resilience and ability to fight any adversity and obstacle to effectively serve and love the most underserved communities. We are honored to call HHC our family.

Sincerely,
Valerie Gao
2017-2018 External Co-President
GlobeMed at CU Boulder

BOARD OF DIRECTORS



DR. ROBERT MCKERSIE
President and Director
Family Physician, Faculty Member, Lawrence
Family Medicine Residency Program
Lawrence, MA



ANIL PARAJULI (SHARAD)
CO-founder and Director
HHC Nepal Program Coordinator
Kathmandu, Nepal



ASHIKA JAIN
Associate Professor
Department of Emergency Medicine, NYU
Langone Health Center and Bellevue Medical
Center, New York



DAVID JOHNSON
Past President and Development Director
Family Physician, SUNY Medical
Buffalo, NY



TIMOTHY COTTON
Treasurer and Director
Vice Chairman, Agrifos Partners LLC
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Secretary and Director
Clinical Social Worker
Fairbanks, AK



SONI KC PARAJULI
Director
26 Years' Experience as Operations Chief in INGOs

BoD, HHC, NEPAL

Soni KC Parajuli Dr. Siddharth Joshi
Sushiel Joshi Dr. Sunil Kumar Singh
Ashok Raj Regmi, Ph.D. Sharad Parajuli

STAFF IN NEPAL

Rajan Mani Poudel Nabin Maharjan
Kul Mani Basnet Phe Dorji Tamang
Rohit Khadka Madhav KC
Bishnu Karki Buddha Tamang
Bin Thapa Tamang Keshav Magar

THANK YOU IN NEPAL

Mrs. and Mrs. Ramesh Shankar Shrestha
Bhoo Arun Malla
Bharat Budhathoki
Sambhu Singh Thakuri, Dhading
Social Welfare Council
Maheshwor Shrestha, DHO Dhading
Chairman and Members, Ruby Valley Rural Municipality
Ilam Municipality

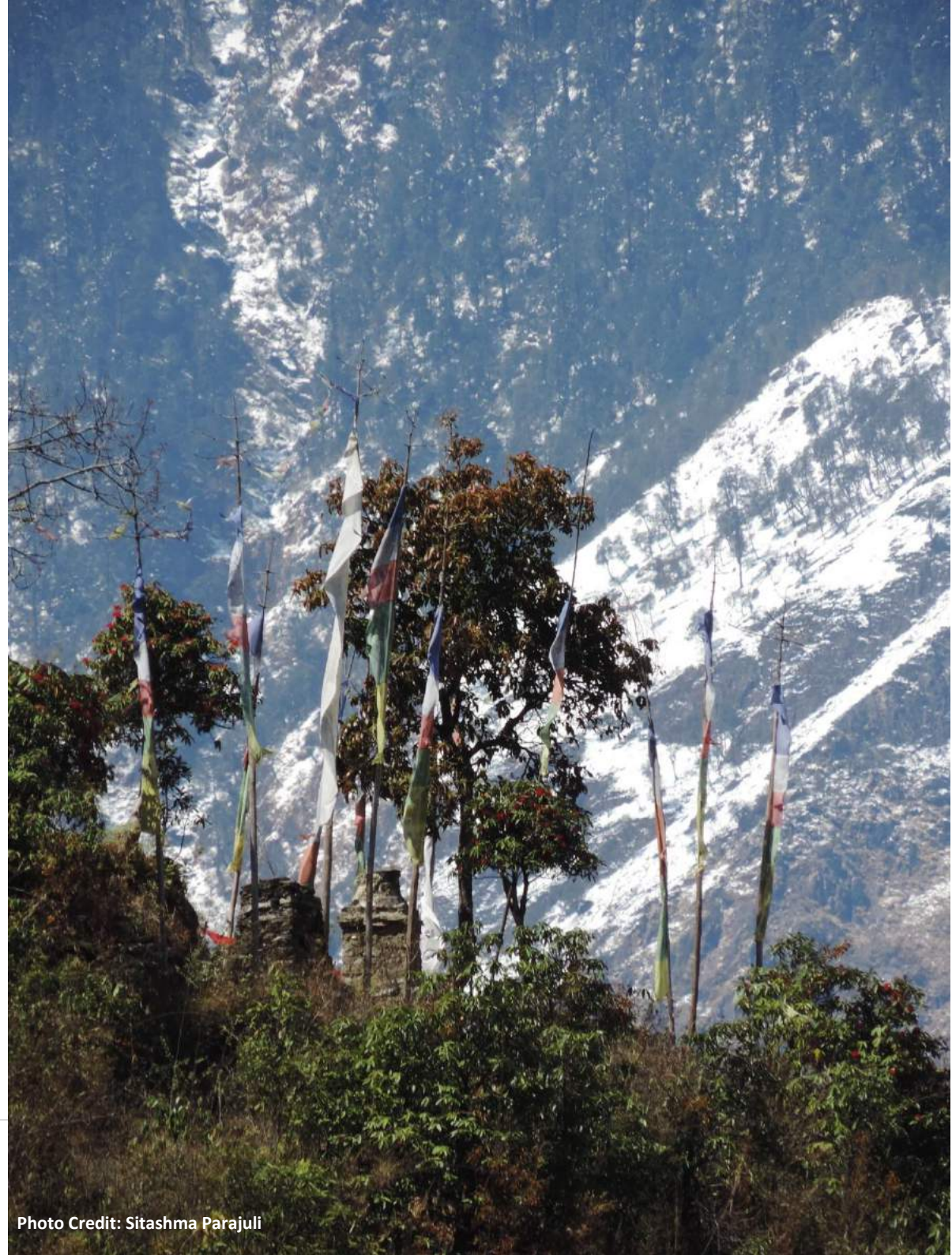


Photo Credit: Sitashma Parajuli

OUR DONORS

We are grateful for all of the generous donors who make our work in Nepal possible. Following the earthquake, we received an outpouring of support from all corners of the globe as friends of HHC rallied their networks behind our organization and the people of Nepal and it continues. Words cannot express how thankful we are for this generosity and the important work all of our donors have helped us accomplish during this time of ongoing and immense need

Tim Cotton <i>Cotton Charitable Trust</i>	\$50,000.00	Katherine Garlo	\$3,100.00	Anonymous	\$1,000.00
Fidelity Charitable	\$41,050.00	Margot Roseman	\$3,100.00	The Hampton Foundation	\$1,000.00
Brother's Brother Foundation	\$26,007.00	Shama Patel	\$3,100.00	Mahendra Poudel	\$1,000.00
Elisa & Peter Rappaport	\$10,000.00	Jeremy Phillipps	\$3,100.00	Sheila Carroll	\$1,000.00
Andrew Ropp	\$9,300.00	GlobeMed CU, Boulder	\$3,000.00	Nina Carroll	\$1,000.00
Nita and Samir Patel	\$6,200.00	Tim Duncan	\$2,200.00	Bruce Bassity	\$1,000.00
Richard Hornstra	\$5,600.00	Steven Zabin	\$2,200.00	David N Johnson	\$1,000.00
Diane and Eugene Natali	\$5,000.00	Felicia Meila-Predoviciu	\$2,000.00	St. Thomas Episcopal Church	\$1000.00
Janis C Johnson	\$5,000.00	Frank Scherff	\$2,000.00	Benevity Community Impact Fund	\$958.70
Corina Bassity	\$5,000.00	Ashimava Chakladar	\$2,000.00	Anonymous	\$955.00
Jerald Wing	\$6,400.00	Susan L and Jerome T Murphy	\$2,000.00	Megan Neuman	\$700.00
Nina Patel	\$4,000.00	A C C Ashford	\$1,250.00	John H Yost	\$600.00
Lael Duncan	\$4,000.00	Beatrice Song	\$1,100.00	Nancy McKersie	\$500.00
Gary Nichols	\$3,600.00	George W Pfohl	\$1,000.00	Rotary Club Buffalo Niagra	\$500.00
Stacy Papatthemtrios	\$3,200.00	Judy Cotton	\$1,000.00	Lorri Beatty	\$500.00
Gary C Wilkins	\$3,200.00	Susan Littleton & Jerome Murphy	\$1,000.00	Kathryn Hope (<i>In memory of Dr. Margaret Lewin</i>)	\$500.00
Ashika Jain	\$3,100.00	Carol Jane Wiggins	\$1,000.00		

Richard and Bette Wright	\$500.00	Melanie Marin <i>(In memory of Dr. Margaret Lewin)</i>	\$250.00	Aaron Weiner	\$150.00
Elizabeth Cornwall <i>(In memory of Dr. Margaret Lewin)</i>	\$500.00	Patrick Conway <i>(In memory of Dr. Margaret Lewin)</i>	\$250.00	Casey Kohn	\$120.00
Dwight and Susan Sipprelle <i>(In memory of Dr. Margaret Lewin)</i>	\$500.00	Martin Madden	\$250.00	Rungtida Tharawut	\$101.00
Alok Sharma	\$500.00	Todd Sagin	\$250.00	Susan Gifford	\$100.00
Shawn Beatty	\$500.00	Shirley Otis-Green	\$250.00	Gregory J. Davis and Annette M. Chavez	\$100.00
Kevin F O'Keefe DMD	\$500.00	Robert McKersie	\$250.00	Tena Cohen	\$100.00
Elizabeth Sousa	\$500.00	BNY Mellon Trust of Delaware	\$250.00	Nancy Lazar <i>(In memory of Dr. Margaret Lewin)</i>	\$100.00
David Bell	\$500.00	Phillip Liu	\$240.00	Evelyn Leopold <i>(In memory of Dr. Margaret Lewin)</i>	\$100.00
Sidney Williams	\$500.00	Julie Winter	\$225.00	Beth Gelfond <i>(In memory of Dr. Margaret Lewin)</i>	\$100.00
Pamela Ogor	\$500.00	Armand F and Lisa Douchettee	\$200.00	Harry Schnaper <i>(In memory of Dr. Margaret Lewin)</i>	\$100.00
Vicki Davis	\$500.00	SCHWAB Charitable	\$200.00	David Fields <i>(In memory of Dr. Margaret Lewin)</i>	\$100.00
Robert C McKersie	\$453.00	Dina Bombardiere	\$200.00	Brigitte Barkley <i>(In memory of Dr. Margaret Lewin)</i>	\$100.00
Martha Lynch-Biasi	\$400.00	Andrew Baron <i>(In memory of Dr. Margaret Lewin)</i>	\$200.00	Ann-Marie Light	\$100.00
Joseph S and Katherine M Schlawfer	\$400.00	Dia Angiolillo	\$200.00	Janet Roen <i>(In memory of Dr. Margaret Lewin)</i>	\$100.00
Lisa Gomer	\$400.00	Carol Jaspin	\$200.00	Marilyn Shea <i>(In memory of Dr. Margaret Lewin)</i>	\$100.00
LANA LEWIN-ROSS <i>(In memory of Dr. Margaret Lewin)</i>	\$318.00	Susan White	\$200.00	Colleen Nowers <i>(In memory of Dr. Margaret Lewin)</i>	\$100.00
Martin Madden	\$300.00	Allan Crandall	\$200.00	Betty Blumenthal <i>(In memory of Dr. Margaret Lewin)</i>	\$100.00
Suzanne Bachner & Bob Brader <i>(In memory of Dr. Margaret Lewin)</i>	\$300.00	David Johnson	\$198.47	Maxine Brennan	\$100.00
Corinne Guglielmo	\$300.00	Alys Kremer <i>(In memory of Dr. Margaret Lewin)</i>	\$180.00	Sunil Parajuli	\$100.00
Judith Kelliher	\$300.00	Pfizer Foundation Matching Gifts Program	\$180.00	Elizabeth Sousa	\$100.00
Jane Thiefels	\$300.00	Sheree Dohner & Charles Simmons	\$150.00		
Debi Lang	\$250.00	Christopher Smith	\$150.00		
Maria Hy	\$250.00	Craig Fournier	\$150.00		

Joan Lebel	\$100.00	Barbara Doyal	\$50.00	Olivier Barthoux	\$25.00
Michael Andrew	\$100.00	Christine Linderman	\$50.00	Gosse Bijlenga	\$25.00
Marjorie Ropp	\$100.00	Suzanne Richards	\$50.00	David Cheatley	\$25.00
Stuart Weiner	\$100.00	Joan Matter	\$50.00	Lorenz Widmeier	\$25.00
James Gordon	\$100.00	Lindsey Musen	\$50.00	Steven Shattuck	\$25.00
Eric Schreiber	\$100.00	Paulette Nessim	\$50.00	Ruud Van der Wall	\$24.69
Daniel Duglose	\$100.00	Christine Redman	\$50.00	Michael Cooper	\$20.36
Adrian Elfenbaum	\$100.00	Julie Winder	\$50.00	Kathleen Lally	\$20.00
Maria Hy	\$100.00	Carol Niffenegger <i>(In memory of Dr. Margaret Lewin)</i>	\$40.00	Nelson Chiu	\$20.00
Michael Ferris	\$100.00	Howard and Beth Simon <i>(In memory of Dr. Margaret Lewin)</i>	\$35.00	Charles Sanchez <i>(In memory of Dr. Margaret Lewin)</i>	\$20.00
Harold E DeGraw	\$100.00	David Howard	\$32.30	Simon Stutz	\$20.00
Henry G Kammerer	\$100.00	Maura Sullivan <i>(In memory of Dr. Margaret Lewin)</i>	\$30.00	Jan Piotrowski	\$20.00
Jacqueline C Barnes	\$100.00	Matthew Weiner	\$30.00	Yerko Hankmann	\$20.00
Matthew Kohn	\$80.00	MF Dillon	\$25.73	Dominik Deden	\$20.00
Robert H Priscott	\$75.00	Julie Winter	\$25.00	Rosalind Dillon	\$20.00
Sheree & Charles Simmons Dohner	\$50.00	Venkateswara Tiriveedhi	\$25.00	Stephie Job	\$18.00
Vincent Taranto <i>(In memory of Dr. Margaret Lewin)</i>	\$50.00	C. Greer Nolan <i>(In memory of Dr. Margaret Lewin)</i>	\$25.00	Debra Hollander <i>(In memory of Dr. Margaret Lewin)</i>	\$18.00
Joan Holmes <i>(In memory of Dr. Margaret Lewin)</i>	\$50.00	Holly Millheiser <i>(In memory of Dr. Margaret Lewin)</i>	\$25.00	Sean Hoyer & Bonnie Faigeles <i>(In memory of Dr. Margaret Lewin)</i>	\$18.00
Cheryl Malone <i>(In memory of Dr. Margaret Lewin)</i>	\$50.00	Sally Olds	\$25.00	Natalie Walter	\$15.00
Zoya Kachadurian <i>(In memory of Dr. Margaret Lewin)</i>	\$50.00	Ian Humphreys	\$25.00	MGS Hawkins	\$12.87
Elizabeth G. Acerra <i>(In memory of Dr. Margaret Lewin)</i>	\$50.00	Merle Kiwi	\$25.00	Nathan and Gayle Schneider <i>(In memory of Dr. Margaret Lewin)</i>	\$10.00
Lynn Peters <i>(In memory of Dr. Margaret Lewin)</i>	\$50.00	Tucker Spohr	\$25.00	Joanne W McCartin	\$10.00
Gregory Kandra	\$50.00	J.E. Mulcare	\$25.00	Lee Ka Wan	\$6.64
Judith Greenburg	\$50.00	GG Harris	\$25.00	Kiradee Ketakinta	\$3.00
		Janice V Carlile	\$25.00		

2017 CONSOLIDATE FINANCIAL STATEMENTS

YEAR ENDING DECEMBER 31

Please note that these are audited consolidated financial statements prepared by HHC. These accounts include activities of Jeevankala, LLC, wholly owned for-profit subsidiary of Himalayan HealthCare, Inc., which is engaged in distributing artisanal handcrafts in the U.S.

Numerous volunteers have contributed many hours to HHC's program. HHC has valued the program-related services at fair market value because those services constitute an integral part of the efforts of the organization and would be purchased if not provided by volunteers. Equivalent amounts of revenue and expense are recognized for these services.

HIMALAYAN HEALTHCARE, INC.
CONSOLIDATED STATEMENTS OF ACTIVITIES
FOR THE YEARS ENDED DECEMBER 31, 2017 AND 2016

	<u>2017</u>	<u>2016</u>
UNRESTRICTED PUBLIC SUPPORT AND REVENUE		
Public support		
Cash contributions	\$ 298,905	\$ 568,794
Contributions of medical services	70,774	-
Contributions of marketable securities	4,564	6,738
Fundraising events	-	2,555
Total public support	<u>374,243</u>	<u>578,087</u>
Sales of products	<u>22,581</u>	<u>25,447</u>
Investment income		
Interest income	-	1
Miscellaneous income	31	-
Dividend income	33	44
Total investment income	<u>64</u>	<u>45</u>
Total unrestricted public support and revenue	<u>396,888</u>	<u>603,579</u>
EXPENSES AND LOSSES		
Cost of goods sold	30,769	23,764
Program services	312,666	629,345
Fundraising	359	1,891
Management and general	75,303	132,122
Total expenses	<u>419,097</u>	<u>787,122</u>
Net unrealized (gain) loss on marketable securities	(159)	190
Net realized loss on sale of marketable securities	111	861
Total expenses and losses	<u>419,049</u>	<u>788,173</u>
DECREASE IN UNRESTRICTED NET ASSETS	(22,161)	(184,594)
NET ASSETS, BEGINNING OF YEAR	<u>73,895</u>	<u>258,489</u>
NET ASSETS, END OF YEAR	\$ <u>51,734</u>	\$ <u>73,895</u>



HIMALAYAN HEALTHCARE

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Station New York, NY 10024
www.himalayanhealthcare.org
info@himalayanhealthcare.org

HHC Nepal:

P.O. Box 15140
Jawalakhel, Lalitpur
Kathmandu
Nepal