



Namaste Friends,

We are happy to share with you the progress we have made thus far in 2017. This is our 25th year of serving rural Nepal and we want to thank you for your great part in helping us reach this milestone. In the first six months of this year, we continue to support projects of healthcare, student sponsorship, veterinary services, experimental agro-center, sanitation, and rebuilding and reconstruction of quake-devastated village clinics and a school in remote northern Dhading, central Nepal. This wide ranging work is touching the lives of thousands in a historically neglected region of the country as we do our part in helping people help themselves.



Lapa Village Health Post Reconstruction (one of eight)

In the past six months, our largest project of **reconstruction of village clinics** continued in full gear in spite of immense logistical challenges because of lack of road to remote and isolated sites, having to walk or carry for several days on treacherous trails in heavy monsoon rains, landslides and blocked trails. But we are happy to report that the Chatreaurali village health post which impacts the lives of 10,000 people was handed over to the community in February. The

remaining six village health posts will be handed over by August and the district hospital in early 2018. The reconstruction of these life-improving quake-proof facilities will give continuity to quake-compromised much-needed services to over fifty thousand patients, while the new improved hospital complex will serve two hundred thousand. We are grateful to our partner AmeriCares Inc. Foundation and to you for support of this vital project.

Similarly **Lapa High School reconstruction** continues and the first building with four classrooms is close to completion in spite of challenges. HHC is seeking funds to build three more similar quake-safe buildings soon to help provide safer and friendlier learning space

to 500 students who have been learning under a tarp or tin shed since two years. We are grateful to our partners Brother's Brother Foundation (BBF), GlobeMed at CU Boulder and you for support of this project. We are also very grateful to Ms. Sudhee Acharya, a student of Pittsburgh for **furniture support**. We are happy to report that the desks and benches for the four new classrooms are finished and will soon be used in the new classrooms in the new building.



New benches and desks for four classrooms in Lapa High School

As part of our longstanding health services in remote Dhading villages, HHC conducted another successful **Spring Medical Trek Camp** in April that served 834 patients, including 170 under the age of five! Our services included emergency care, ultrasound, medical lab work, dental care, acupuncture and referral from international and Nepali doctors. As always the ultrasound for expecting mothers was a hit! HHC has conducted over sixty such medical treks in over 25 years with the

help of hundreds of medical experts providing much needed care to fifty thousand patients with little or no health care. More importantly these camps continue to provide vital on-the-job-training to local health providers who learn life-saving skills from international medical doctors and technicians. We are grateful to Drs. Ashika Jain, Shama Patel, Katherine Garlo, Gary Nichols, Andrew Ropp, Rachel Ropp and their son Sailas Ropp for trekking for twelve days through the Himalayas and living and eating out of tents to serve our mountain communities.



2017 HHC Spring Medical Trek Team

Our trained veterinary technician, Man Tamang, the only one in the region, continues to work diligently to provide **basic health services** for prized **livestock** for little cost to the farmers. Our first of its kind service includes providing medication and vaccinations. With a recent epidemic of hemorrhagic septicemia and black quarter within the domestic animal population, an encouraging reception of the vaccine comes as an improvement where once vaccine was unavailable. Early this year, 54 animals were vaccinated, that number should increase as more farmers understand the importance of vaccines and it is easily provided from our new Sertung office center. Man Tamang is also trained by HHC to provide **artificial**



Man Bahadur, HHC vet-tech, castrating bull in Tipling village

insemination (AI) to help improve livestock as demanded by owners in northern Dhading. In 2016 only seven AI were carried out after long and hard convincing of new technology in a very traditional environment. In 2017, over 50 local cows, water buffaloes and goats will be artificially inseminated with jersey, murreh and azmeri semen,

respectively. Our hope in introducing new strains in the existing livestock is to improve milk yield as well as quantity and quality of meat. As more farmers are educated in AI and learn about new genetic variations through from Man at our center using new multimedia equipment and also as successful number of AI is evident, the AI project can be a long term important project.

Our **agricultural program** is new and started with the training of Sertung resident Buddhman Tamang who is one of the first two trained agro-tech who will provide service to his community. With support of experienced agro-experts and HHC leaders, he is working to create an HHC center for learning for farmers at the new Sertung experimental farm center which will also help with plant disease control and serve as a seed bank for locals to buy new seeds, saplings and seedling of cash crops like vegetables, cardamom, fruit trees, ornamental and medicinal plants to improve yield and add value to their generation-old farming skills.

In 2016, to promote a prized cash crop, HHC reintroduced 50,000 high yielding greater **cardamom** seedlings brought from the centers of the famed Ilam hill region, some five hundred miles drive and days of walk away and made available to hundreds of farmers in three villages of Tipling, Sertung and Lapa. A demand for an additional 12,000 will be met in

July as more farmers see a future in cash crops. As a seed bank, currently ten varieties of vegetable are available to achieve the theme of *a vegetable garden in each household* for improved nutrition of community and to benefit farmers. With time the center will provide more seeds as per demand. Besides seeds, currently, after Buddhuman improved the temporary greenhouse at the farm center, 45 highly prized *akhabaray* chili plants and 60 new tomato plants thrive and are ready to be sold to farmers. Last month the center sold onion and tomato seeds at a cost-to-cost price. The grass nursery at the center has also reached fruition and is home to six types of grass to be used as fodder in the future by the community. This center can help farmers reach beyond traditional engrained practices and help ease their struggle to make a living in spite of over twelve hours a day of work. We have already begun to see changes, and are encouraged to continue.

Education is one of the three legs of HHC's tri-pronged rural development approach as an investment for the future of the communities we serve. Through your support, HHC continues to sponsor students whose families cannot afford additional books, stationery, uniform, tiffin, etc., especially if they are girls, *Dalit*, physically challenged, orphaned and others. During the first half of 2017, we continued to provide stipend to five students in Tipling, twelve in Sertung, and six in Lapa villages. We are thrilled that two of our sponsored students recently passed the national level Secondary Education Examination (SEE) and will go on to finish their high school. Since many of our sponsored students defy odds for education regardless of family crises and hours of hike to and from school each day, we are empowered to keep fighting to continue this program of over two decades which has benefitted hundreds of students through your help.

To improve quality of life in villages, HHC's sanitation program has helped build 500 **permanent toilets** in six years as we partner with the toilet recipients for our '*one home one toilet*' campaign. In April, the District Health Office of Dhading proclaimed northern Dhading villages as open-defecation free zone and this milestone was achieved by HHC's direct intervention through your support. Though in 2017, we are unable to help build more toilets after the local government took over the toilet project in the region, Bin Thapa, HHC supervisor



Repair of HHC built Toilet in Tipling Village

checked and repaired many toilets destroyed in the 2015 earthquake. We have applied for future toilet project with the local authorities which will allow us to continue with our toilet campaign.

Our **Jeevankala handicraft (JK) project** of over twelve years continues to empower and help change the lives of women artisans. JK's theme of *Art for Life*, allows artisans to use their art and skill to financially benefit their family. Most of our artisans were displaced from rural remote northern Dhading during Nepal's eleven years of civil struggle (1995-2006) and live in severe conditions in Kathmandu. An entire family, of four or more, lives in one rented room which also serves as a kitchen. They share one toilet with many such families on one floor of a building in a very limited neighborhood. Their children got to nearby public



JeevanKala (art for life) workshop with artisans and GlobeMed GROW 2017 team at HHC Kathmandu office

schools as their spouses earn wages as manual laborers. JK art gives them a more dignified life. This year, JK bought crafts from 40 artisans (39 women), some with eleven years of work with us. Over 200 members of JeevanKala were directly supported in food, health service and schooling for children through JK this year. We are seeking support for **holiday and home sales!** We can organize sending and receiving crafts to your homes with little problems and no cost to you. We are also seeking to **connect with craft stores** in your neighborhood to further this vital project that give dignity and funds to hundreds of women and their family.

JeevanKala is a registered non-profit-sharing company in Nepal and an LLC in the US and is also Fair Trade that uses 100% of profit to solely support artisans and their community. HHC designs and trains artisans to hand make recycled plastic, rice bags, tyre-tubes and local handloom crafts. We sell online and our JK store in touristy center of Thamel in

Kathmandu continues to reach out to more wholesale buyers. JK participates in the NY Gift Shows and other similar shows around the world.

Our **Ilam Community Hospital project** started in 2004 has currently been scaled down in staff numbers and services while we seek a new modality for its long term sustenance. Currently, we are exploring the possibility of a training facility at the hospital for nursing, midwifery, health assistantship, etc. The academic block is being designed now and we will apply for grants to support this new sustainable hospital expansion plan. The hospital continues to see patient and also carry out outreach camps in villages in Ilam though our medical team led by the resident doctor.

In May, we happily welcomed four American interns to Nepal from our partner organization since 2010, **GlobeMed at the University of Colorado**. They came to learn more about HHC and see firsthand the village projects they fund. HHC gives emphasis to partnering with youth in all its projects. During their month long challenging stay in remote Sertung, they spent quality time with *Dalit* and other children as they taught English. They surveyed the Lapa school building project they are helping support in 2017 as well as previously supported toilet project in three villages to reconfirm the site coordinates. They also surveyed the latest demand for efficient woodstoves to benefit 91 homes and over 452 people in three villages. We will continue to garner support for this project after our great success in building over 500 before the 2015 quake which destroyed the homes with the stoves. We are grateful to GlobeMed at CU for their continued support and thank Valerie Gao, Kelsie Kracht, Wil Hubbard and Sarah Shortall for their recent visit and help.

We have had a promising six months! Our service and support of these communities has and will continue to improve their lives and help them dream of a better future through education of their children. We also work to alleviate some pain and fear in our served communities since the 2015 earthquake through well thought out projects and programs as they need and demand. Your support and blessings has and will continue to impact more lives as it has done in 25 years as we make the world a little better in one small corner of it. Thank you and hope you have a wonderful summer.

Sincerely,

Anil Parajuli
Cofounder, Himalayan HealthCare
July 2017