



HIMALAYAN  
HEALTHCARE

[himalayanhealthcare.org](http://himalayanhealthcare.org)

# 2019 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.

Himalayan HealthCare (HHC) is a not for profit, non-governmental and non-denominational organization providing health care, education and income-generation opportunities to minority communities in remote mountain villages in 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 Dhading and Ilam, which historically have had little support from government agencies or other NGOs.

HHC has worked to serve marginalized communities during a decade long civil war (1996-2006), which left a shattered and struggling economy and a devastating earthquake that took 9,000 lives and destroyed hundreds of thousands of homes, as well as thousands of schools and clinics. HHC works to bring health care, education and income-generation activities to women, men and children living in extreme poverty.

HHC is committed to assisting communities by making a long-term commitment that addresses their fundamental needs and establishes a foundation for meaningful and multi-generational improvements. Targeting the root causes of poverty and illness, our programs are developed with the input and active involvement of the communities we serve, and frequently focus on women's core needs. We support villagers in accessing and developing the tools they need to survive and create a sustainable future.

The operating premise of HHC is to help villagers become self-reliant by addressing their basic healthcare, education and income-generation needs. We work to give 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.

2019 was a year of restoration of the vital rural programs of health, education and income generation that was diminished when recovery and rebuilding took precedence after the 2015 earthquake devastation. With your support and the tireless work of our staff, we have continued our commitments to village programs, including:

- Providing essential training for female health providers in remote villages to serve their own communities
- Providing school stipends to 30 Dalit and minority children
- Supporting agricultural programs for hundreds of farmers in Tipling and Sertung villages
- Providing training, dignified work and health and education benefits to more than 100 handicraft artisans
- Providing higher education and vocational training for 13 youths from earthquake-affected villages of northern Dhading
- Building efficient woodstoves and toilets to help communities be safer and healthier
- Treating over 850 patients through our medical trek camp

We thank you for supporting these communities and sustaining HHC's urgently needed programs. We invite you to read more about the impact of your 2019 donations.

*Front cover photo credit: Robert Stern, NY*

# VILLAGE PROGRAMS

HHC's approach to improving the quality of life for rural communities in Nepal and achieving sustainable development consists of three vital pillars: healthcare, education and income generation.

## 1. HEALTHCARE

In 2019, HHC focused on strengthening the government village health posts by improving the quality of care in rural communities through special hands-on training of village health providers, including health assistants, auxiliary health workers and auxiliary nurse midwives. These government workers served thousands of patients during 2019 in the three villages of Tipling, Sertung and Lapa. The services also included antenatal care, care during

delivery, post-natal care and vaccines for diphtheria, encephalitis, tetanus, tuberculosis, polio, and measles. They counseled community women on family planning based on government guidelines and also provided them with oral contraceptive pills, Depo Provera®, condoms and Intrauterine Contraceptive Devices. During 2019, HHC provided support for six village patients who were referred for specialty care to city hospitals and could not afford the necessary treatments. We would like to express our special thanks to Mr. and Mrs. Ramesh Shankar Shrestha for their decade-long support of referred patients from northern Dhading villages.

## HEALTH TRAINING AND SERVICE DURING HHC MEDICAL TREKS

These treks both benefit local health providers and patients while also enriching the lives of our trekkers.

As part of our health program, HHC organizes medical treks every year to bring international medical professionals to villages to train local health care workers and treat hundreds of patients.





2019 HHC Medical trek

HHC organized a medical trek in the fall of 2019. International physicians, nurses, physician’s assistants, health technicians, and other volunteers participated to supplement the efforts of the Nepalese medical staff and government village health providers. They 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. Our fall team of international medical professionals provided hands-on vital training to 15 local health providers. Together they treated a total of 865 patients from the villages of Tipling, Sertung and Lapa of which 599 were female and 266 were male. We referred 72 patients to centers in Kathmandu for higher intervention.

HHC is most grateful to the 2019 fall trek medical and other volunteers, namely Ashika Jain, Emergency Room and HHC vice president, Robert McKersie, Family Practice and HHC past president, Rebecca Doss, RN, Jamie Ellis, Resident Family Practice, David Ethan Kahn, Neuro-intensivist, Ekaterina Kostioukhina, Internal Medicine, Judy Shatkin, Pediatrics, Cara Smith, Resident Family Practice, and Scott Richter, Outdoor Emergency Technician. The fall trek was led by Anil Parajuli with support from staff Kul Mani, Phe Dorje, Bishnu Karki, Madhav KC, Buddha Tamang and Bin Thapa Tamang. HHC is also grateful to Sushma Dong (Lab tech), and the cook team led by Bill Tamang. We used 32 porters and 50 mules during the trek.

## TRAINING VILLAGE MIDWIVES

In 2019 with the support of the Ping and Amy Chao Family Foundation and Transparent Fish Fund, HHC for the second year conducted gynecological training for ten more midwives (auxiliary nurse midwives or ANM) from the villages of Gajuri Rural Municipality of Dhading District in central Nepal.

These government certified midwives who receive 18 months of formal government training, which focusing only on prenatal, delivery and post-natal care, are sent to health stations across the country. They have been providing critical care to mothers and babies, which has helped reduce maternal and infant mortality significantly in rural Nepal. But unfortunately their training does not train them treat rural women who have other gynecological ailments, many of which are debilitating and life-threatening, such as prolapse of the uterus, infections and sexually transmitted diseases.

This important HHC project enhances the capacity of these midwives by providing them with hands-on training on proper gynecological examination, treatment of infections, hygiene and preventive care, basic screening of cervical cancer and timely and correct referral to more advanced medical centers.

This gynecological/obstetric training of ten new midwives provided by specialists from Kathmandu will directly benefit over 15,000

women and lead to an overall improvement in women's health. HHC expects a 15% reduction in maternal mortality and morbidity over a three-year period. Moreover, 25% of girls and young women who suffer from menstrual and related issues will benefit significantly from advice, monthly follow-ups and necessary medication.

We are grateful to obstetrical and gynecological specialists, Drs. Richa Shukla and Sunita Thapa for providing the training over a ten day period at the Gajuri Primary Health Center from 21<sup>st</sup> to 28<sup>th</sup> December. HHC will continue this training to frontline female health providers across rural Nepal so that more and more women are provided essential care.

HHC Gynecological Training 2019			
	<i>Participants</i>	<i>Working Station</i>	<i>Post</i>
<b>First Cohort of 5 trainees</b>			
1	Ranjana Shr	Pida health Post	ANM
2	Yeshodha Up	Kiranchok Health Post	ANM
3	Radha Pa	Gajuri PHC	Staff nurse
4	Amrita Pau	Gajuri PHC	ANM
5	Amrita Pa	Gajuri PHC	AHW
<b>Second Cohort of 5 trainees</b>			
6	Sharadha Shr	Pida Health Post	ANM
7	Ambika Kan	Gajuri PHC	ANM
8	Anju Che	Dolbhanjyang Secondary School	Staff nurse
9	Sarita Rup	Gajuri PHC	AHW
10	Rama Rup	Pida Health Post	ANM

Note: Identity of Trainees protected

## ILAM HOSPITAL PROJECT

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 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 provides affordable and equitable healthcare to this rural community and seeks community and government support for long-term sustainability. Currently HHC is seeking local partnership to sustain the hospital financially.

## SANITATION PROJECT

### 'ONE HOME ONE TOILET'

From its inception, HHC has recognized the importance of educating villagers about the relationship between health, sanitation and hygiene and launched a WASH (Water, Sanitation and Hygiene) program in the villages of Tipling, Sertung and Lapa in 1993. The initial toilets built were quite basic, and it took time to educate people to use them. With the launch of HHC's 'One Home One Toilet' campaign, HHC has been working with villagers in the remote Ruby Valley to upgrade these very basic toilets to more permanent ones that are easy to clean and are more sanitary. At the same time, HHC continues its health education so that



Toilet recipient setting the ceramic pan

villagers will take pride in constructing and using the new toilets.

During 2019, HHC continued its 'One Home One Toilet' campaign. At the government's request, HHC, with the support of One Day's Wages, GlobeMed at CU Boulder, Sri Venkateswar Temple of Pittsburg, Episcopal Diocese of New Hampshire and St. Thomas Episcopal Church in Hanover and individual donors built 136 more permanent toilets in the villages of Tipling and Sertung. HHC takes great pride in partnering with the toilet recipients who take full ownership of the toilets by providing land, collecting local materials and contributing three months of labor. These toilets directly benefited 680 family members, as well as indirectly improved the overall sanitation of thousands in their community.

Over 700 toilets have been built to date, and there is a need for another 500, after which the remote Ruby Valley Region will be ‘Open-Defecation Free’, a milestone that is both a national and a global agenda. HHC will continue to raise funds to build several hundred more toilets in 2020 and 2021 to reach that goal.

Without toilets, open defecation can lead to dysentery, typhoid (enteric fever), worm infestation and chronic gastritis due to repeated GI infections. Installing toilets saves lives by preventing these diseases, improving overall health outcomes and contributing to an improved standard of living. Home toilets also provide safety

## EFFICIENT WOODSTOVE PROJECT

HHC has also tried to introduce chimneys in houses in the village of Tipling since smoke-filled homes are a major cause of lung disease. Children and the elderly are the most vulnerable. As well, open hearths in the middle of the home cause burn injuries to children, the elderly and epileptic patients.

In 2010, a new and efficient wood stove prototype, modeled on ones promoted by Practical Action in Nepal, was introduced in the villages of Tipling, Sertung, and Lapa. The inexpensive and easy to make clay design allows the smoke to escape through a chimney and the consumption of firewood is reduced by half compared to traditional stoves.

for vulnerable community members (e.g. children, elderly, those with physical disabilities) who no longer need to venture away from their homes. Increased social acceptance and normalization of home toilets can also be leveraged to increase motivation and engagement in other social change and public health improvements projects like efficient woodstoves, clean water projects, etc.

HHC trained technicians in each village to instruct locals how to build the clay stoves. Bin Thapa Tamang, HHC stove supervisor for the three villages, ensures that a growing number of villagers learn about the stoves and are instructed in their construction. Over seven hundred stoves have been built to date. In 2019, an additional 25 new stoves were built, which directly impacted the lives of 125 people, including 110 children. More and more households are interested in installing clay stoves as they decrease the time families spend collecting firewood and are safer for family members. Environmentally, it has helped decrease the amount of deforestation and has dramatically improved the quality of air that the villagers breathe in their homes.

## 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 and more girls than boys are enrolled in schools.

### VILLAGE SCHOOL PROGRAM

Village schools in Nepal are government-run, and the villages have little financial means or qualified personnel to support them with additional staff or funds. Since 1995, HHC has supported the construction of schools with libraries and toilets for girls, as well as provided, teacher training and supplemental salaries, furniture and computers. These interventions helped improve educational standards and expand enrollment in 20 schools in the three northern Dhading villages of Tipling, Sertung and Lapa.

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 2019, with the help of the school management committees,

2019 HHC VILLAGE STUDENTS STIPEND			
School/Village	Students		
	Total	Girls	Boys
Dongden Devi Secondary, Tipling	4	3	1
Chyamra Devi Secondary, Sertung	4	3	1
Kharsa Basic School, Sertung	6	4	2
Mukrap Devi Higher Secondary, Sertung	6	4	2
Lapa Secondary, Lapa	3	2	1
	<b>23</b>	<b>16</b>	<b>7</b>

principals, and HHC field staff, HHC identified and supported 23 students (16 girls and 7 boys) from Tipling, Sertung and Lapa whose families could not afford to put them through school and put food on the table. Three of our stipendiary students graduated from tenth grade in 2019.

Many of these high school graduates are further supported by HHC when they attend technical schools and colleges. They receive training as health providers, teachers, and skilled technicians (midwifery, civil overseer, electrical overseer, land surveyor, etc.) and typically assume the running of their village health posts, schools, and trades in their villages. HHC sponsored 14 students to complete higher studies and vocational training in Kathmandu and Dhadingbesi.

In addition, HHC also supports the education of its staff's children. In 2019, 12 children were provided financial support for their education, of which three, are receiving higher education. HHC also provided desks and benches for 81 students in the Khaska Primary School in remote Sertung village.



## Chao Foundation Midwife Sponsorship

In 2019 with the support of Ping and Amy Chao Family Foundation, HHC sponsored two more village young women from the remote northern Dhading villages of Tipling, Jharlang and Sertung for an 18 month auxiliary midwife training and two for nursing training in Kathmandu. After their training they will serve in their villages providing life-saving obstetrical care. They will also be salaried and become role models for other young girls in their communities.

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

2019 HHC STUDENTS FOR HIGHER STUDIES/VOCATIONAL TRAINING		
Students	Village	Faculty
Grace G	Tipling-4	Civil Sub-Overseer
Sanchita T	Ree-2	Midwife
Nirimaya T	Sertung-7	Midwife
Hima G	Lapa-9	Midwife
Sharmila B	Sertung-4	Nursing
Melina T	Sertung-2	B.Sc.
Mamita T	Ree-2	B.Sc.
Sarita T	Lapa 3	Midwife
Bimmaya T	Lapa 7	PSC Entrance Prep
Apsara T	Jharlang-2	Midwife
Tunirani G	Tipling-8	Midwife
Rasamaya BK	Lapa-9	Nursing

## 3. INCOME-GENERATION

**HHC supports income-generating activities in the villages, including vegetable and fruit farming for women farmers, raising livestock and creating handicrafts from recycled materials**



### JEEVANKALA (Art for Life)

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.

In 2019, HHC continued the production and sale of fair-trade, environmentally-friendly artisanal products under its crafts line, JeevanKala. Hundreds of women artisans, along with their families, from northern Dhading villages produced these crafts in Kathmandu. This supports artisans and their families and instills dignity and pride in the artisans and also gives real meaning to the word *JeevanKala* or Art for Life in the Nepali language. JeevanKala has been registered as a handicraft company in the Nepal since 2012 and maintains two stores in Kathmandu in Nepal, one in Thamel and one

in Jawalakhel at the HHC Nepal office. JK gifts are now available on Etsy.com.

We thank Gita KC, Laxmi Maharjan, Rabina Maharjan, Saru Maharjan, Jyoti Shrestha, Gyani Maharjan, Sanu Chori Maharjan and Shoba Magar who are full time staff and the many artisans who provide quality work. The Nepal HHC chairwoman, Soni KC Parajuli manages this unique handicraft project and is supported by Rajan Paudyal and Madhav KC.

## WOMEN FARMERS FOOD SECURITY AND INCOME: VEGETABLE AND FRUIT FARMING

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 to local farmers, distributing seeds and organizing regular learning expeditions to agricultural sites in Ilam. In 2019, HHC continued to work with farmers from the village of Sertung through the HHC experimental farm established in Sertung 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.

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. More than 50% of households in Sertung village now grow additional crops, such as tomatoes, cabbages, chilies and other vegetables. The HHC experimental farm in Sertung village 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 2019, many farmers visited the center and purchased diverse vegetable seeds, obtained through collection from centers and shops in Kathmandu. The Sertung center has the capability to show educational training videos on a large screen on how to grow vegetables and other foods, the hazards of pesticide and the benefits of balanced nutrition. HHC plans to create additional videos in the Tamang language native to the area. Buddha Tamang, an HHC-

trained and hired technician, manages this center, and in 2019 he helped over 70 farmers with issues relating to pests, bio-pesticide made from cow urine, and cultivation of tomatoes, cardamom and fruits. He was able to provide a variety of vegetable seeds that were new to the region, including turnip, varieties of squash, capsicum or bell pepper, cabbage, onions, coriander, and cauliflower. He also helped lead a group of twenty women farmers for a special training at the Lumle Regional Agricultural and Research Center.

HHC will also continue to use this center to train farmers, share

## TRAINING FOR WOMEN FARMERS

### **Support from The International Foundation**

HHC carefully selected 20 women farmers from the remote Sertung village to receive special training in vegetable and fruit farming and in raising livestock at the government Regional Agricultural and Research Station (RARS) at Lumle 200KM away. In May 2019, HHC village supervisors escorted the all-women team from their village on foot for two days, followed by a full day bus ride to the Lumle center. They were joined by four visiting U.S. volunteers from GlobeMed at CU Boulder, a partner of HHC. The women spent four days learning from experts about seeds, crops, watering, organic fertilizer and pesticides, disease and prevention and marketing. They also visited livestock, chicken and fish farms as part of the trip to show them how farmers in other parts of the country plant and care for their harvests. At the end of the training, the women trainees were also provided with fruit trees, vegetable

information, and host programs with visiting experts for the benefit of the 10,000 farmers that live in these three villages. The experimental farm also produced and sold around 100kgs of organic tomatoes, thus introducing a new nutritious vegetable in the community.

seeds, farming tools and materials like plastic for green tunnel, pipe, watering can, etc.

As a follow-up training, an expert from RARS Lumle visited Sertung village in September 2019 to see how the 20 women were using their newly learned skills in their own gardens. Two solar dryers were also installed in the village to help the women and their neighbors dry vegetables, and plastic sealers were also provided to help them store food for the harsh winter months as part of the food security objective of this project.

Our survey showed that on average, each woman was able to harvest over 90kg of vegetables in just four growing months which was three times more than the target. Five of them were able to sell their produce locally or use it in their small restaurant menus. All of them were able to save solar dried vegetables for the coming winter months. Four women also raised chicken and goats and sold them at a good profit. Several of the women were also able to help their neighbors and friends with their newly learned garden techniques. This project has excited many other women in the village who want to be part of the second training. With more funds and a sustained effort the ‘one home one garden’ vision will be realized.



Expert (white hat) teaching women to use the solar dryers for their vegetables



Women Farmers receiving training at the Lumle Regional Agricultural and Research Centre (RARS)



## PARTNERS



PING & AMY CHAO  
FAMILY FOUNDATION



The **Ping and Amy Chao Family Foundation** and the **Transparent Fish Fund** continue to support HHC's efforts in empowering women in remote rural Nepal through support of

minority and Dalit girls in school and college and providing scholarships for young women to become midwives and nurses. Chao Foundation and TFish Fund continue to support the gynecological training of midwives in rural Dhading region of central Nepal so that more women in villages have access to better care. HHC is grateful to both of them.



GlobeMed  
at CU Boulder

**GlobeMed at Colorado University in Boulder** has been a strong partner of HHC since 2010. The GlobeMed students have supported school reconstruction, toilets and stove construction, farming plots for Dalit women, stipends for minority and Dalit students and other vital projects over the years.

HHC hosts GlobeMed interns annually through the Grass Roots Onsite Work or GROW internship. Interns are introduced to HHC's

grassroots global health intervention, a part of HHC's larger tri-pronged sustainable rural development program of healthcare-

education-income for isolated and remote rural communities in Nepal. 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 2019, HHC was pleased to welcome Cory Wong, Hannah Kuhn-Gale, Callum Robinson, Sierra Bell and Edward Chan who traveled to Nepal to learn and also to volunteer. For six weeks the team lived in the remote and challenging village of Sertung and taught small children in the local primary school. They also traveled to the Lumle Regional Agricultural and Research Centre (RARS) with 20 women farmers and HHC supervisors to observe and learn about the women empowerment through organic farming, a campaign started by HHC in remote Ruby Valley. We are appreciative that these young compassionate intelligent people dedicated their summer break

to visit Nepal and to learn and share in our experience of helping people help themselves. We are grateful to GlobeMed at CU for its long partnership and continued support of vital projects that truly help people who need it.



The international Foundation supports organizations who partner with poor communities in the developing world to improve their health, education and incomes, while strengthening local capacity to

sustain their benefits. HHC is grateful to The International Foundation for supporting a unique initiative that empowers women farmers through organic vegetable farming. With their support, 21 women farmers from the village of Sertung received expert training



GROW 2019 Interns hiking to Tipling village

in sustainable gardening, which allowed them to gain the knowledge and skills to enhance food security, family nutrition and generate income. This project has directly supported 116 impoverished Dalit

and Tamang family members of the women farmers, while motivating and educating hundreds of other local farmers about ways to engage in more effective, more healthy and more profitable agricultural projects that will benefit their communities. HHC is grateful to The International Foundation.



One Day's Wages is a movement started by an extraordinary family in Seattle who call themselves "an average family". HHC is grateful to them for partnering to build 100 new permanent toilets in remote villages of northern Dhading District in central Nepal that directly serves 500 family members and significantly reduces deadly fly-borne diseases like dysentery, cholera and typhoid for thousands of their community members. Tens of HHC friends including GlobeMed at CU, Boulder donated to the 'One Home One Toilet' cause of HHC and One Day's Wages matched that.

### **Sri Venkateswara Temple, Pittsburgh**

HHC grateful to SV Temple in Pittsburgh for its generous contribution in support of the 2015 earthquake affected victims in rural Nepal. With their support, 40 new toilets were built in remote Tipling village where once there were none. 206 community

members including children, elders and those who are physically challenged were served. 3500 members of this village community are now safer from deadly fly-borne diseases that took many lives in the past. Thank you SV Temple, Pittsburgh!



**ST. THOMAS EPISCOPAL CHURCH**  
Hanover, New Hampshire

HHC is grateful to St. Thomas Episcopal Church in Hanover, NH for their continued support of projects in rural Nepal to serve the most marginalized population. With their generous support, a total of 16 families partnered with HHC to build permanent toilets where once there were none. 84 people including 28 children were the beneficiaries. More than 5,000 Sertung village community members are now better further protected from deadly fly-borne diseases like typhoid, cholera, dysentery, etc.



**EPISCOPAL**  
CHURCH OF NH

HHC is also grateful to the Episcopal Diocese of NH for sponsoring this project.

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Gajuri Rural Municipality



# OUR DONORS

We thank our many friends and supporters. Everything we do for the people of Nepal is made possible by these wonderful individuals and organizations that have made both monetary and in-kind donations. We are pleased to recognize them here, and express our hope for their support in the future.

## \$50,000+

Ping & Amy Chao Family Foundation

## \$20,000+

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# 2019 CONSOLIDATED FINANCIAL STATEMENTS YEAR ENDING DECEMBER 31

Please note that these are audited consolidated financial statements prepared by HHC.

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.



<b>Himalayan HealthCare, Inc.</b>		
<b>Statement of Activities</b>		
<b>For The Year Ended December 2019</b>		
	<b>2019</b>	<b>2018</b>
<b><u>Support and Revenue</u></b>		
Cash Contributions	204,951.00	328,145.00
Contributions of medical services	33,602.00	46,604.00
Contributions of medical supplies		45,050.00
Contribution of marketable securities	3,361.00	3,603.00
Fundraising events		24,026.00
Sales of products	2,062.00	7,040.00
Dividend income	156.00	4.00
Miscellaneous income		29.00
Net assets released from restrictions		
<b><u>Total Support and Revenue</u></b>	<b><u>\$ 244,132.00</u></b>	<b><u>\$ 454,501.00</u></b>
<b><u>Expenses and Losses</u></b>		
Cost of Goods Sold	319.00	839.00
Program services	212,902.00	291,104.00
Fundraising	19,845.00	23,419.00
Management and general	35,959.00	45,423.00
<b><u>Total Expenses and Losses</u></b>	<b><u>\$ 269,025.00</u></b>	<b><u>\$ 360,785.00</u></b>
<b><u>Other Activities</u></b>		
Net unrealized gain on marketable securities	(102.00)	203.00
Net realised on sale of marketable securities	(1,249.00)	(77.00)
Discontinued Operation		4,229.00
<b><u>Total Other Activities</u></b>	<b><u>\$ (1,351.00)</u></b>	<b><u>\$ 4,355.00</u></b>
<b>Change in Net Assets</b>	<b>(23,542.00)</b>	<b>89,361.00</b>
<b>Net Assets, Beginning of the Year</b>	<b>141,095.00</b>	<b>51,734.00</b>
<b><u>Net Assets, End of the Year</u></b>	<b><u>\$ 117,553.00</u></b>	<b><u>\$ 141,095.00</u></b>