



Namaste Friends,

This is our 27th year of serving rural Nepal. You have always been an integral part of our work, and it gives us great pleasure to share with you our progress thus far in 2019. This year, we have continued to partner with village folks in projects focused on healthcare, student sponsorship, vegetable and fruit farming, sanitation, efficient woodstoves and many other areas in remote northern Dhading villages of central Nepal. All HHC projects are driven by the priorities and needs of those we serve: community members living in extreme poverty and marginalization. With your partnership, HHC touches the lives of many thousands as we do our part to help people help themselves.

**HEALTHCARE. Midwife training camp:** With support from the **Ping and Amy Chao Family Foundation**, HHC conducted a 4-day intensive follow-up training camp for ten government auxiliary nurse midwives (ANMs) who are stationed in remote health posts of Tipling, Sertung, Lapa, Ree and Jharlang villages with a primary focus on gynecological care, equipping current ANMs with the

knowledge and skills needed to identify and respond to diseases such as pelvic inflammatory disease, uterine prolapse, premenopausal and pubertal issues, and other conditions. Trainings also supported testing for cervical cancer, antenatal health with a focus on newborn care, young children’s nutrition and related issues. The training was carried out by Dr. Rakshya Parajuli where 24



*Midwife participants during the ob-gyne training in Lapa*

patients were also treated.

A screening camp for cervical cancer, prolapsed uterus and obstetric fistula was conducted by Dr. Rakshya through HHC sponsored by **Direct Relief** in Salbas Health Post, Jwalamukhi Rural Municipality Dhading in May where 181 patients were served. 171 patients were tested for visual inspection for acetic acid (VIA) test for cervical cancer and three were found positive. 13 women were diagnosed with prolapsed uterus of which three were fitted with ring pessaries. One patient was found with an obstetric fistula. These patients have been referred to Kathmandu.



*Midwife trainees with Dr. Rakshya (right) during Sertung training*

**Upcoming healthcare activities.** With further support from the **Ping and Amy Chao Family Foundation**, we will also be delivering another 5-day training camp for ten more midwives (ANMs) in other villages with a primary focus on gynecological care, with support for testing cervical cancer, antenatal health, children's nutrition and other issues. There will be a **fall 2019 medical trek** and we already have eight international participants signed up as we seek more (*more info on last page*).

**Sanitation and permanent toilets.** HHC's sanitation program has helped construct hundreds of pit latrines, working through our women's literacy classes which serve hundreds of community members, especially children, seniors and those facing physical challenges. In the past eight years, we have installed more than 600 permanent toilets in our '*one home one toilet*' campaign which has



*Proud new owner of a permanent toilet with porcelain latrine, cement floor and septic tank*

served over 3,000 people. HHC's installation of girls-only toilets in several schools has increased girls' enrollment and attendance. The toilet recipients are partners: they contribute land, local materials and months of labour, while HHC provides pipes, fittings, tin sheets for roof and door, rebar and cement for septic tank slab, construction plan and full supervision. With the help of partners **DRI, GlobeMed at CU Boulder, Sri Venkateswor Temple in Pittsburgh, One Day Wages, Episcopal Diocese of New Hampshire, St. Thomas Episcopal Church, Hanover, NH** and many **individual donors**, HHC has built 68 new toilets and is building 75 more in wards 2 and 3 in Tipling and Sertung villages in 2019, to serve 715 people, most of whom have never used a toilet in their lives. There is a need for 500 more toilets in this region before it can be declared ODF or 'open defecation free'. HHC will continue to work with regional municipal leaders, donors and foundations until the last toilet is built in this region.

**Healthy and efficient woodstoves.** Cleaner, healthier air. Reduced labour. Less wood use. Improved fire safety. These are the reasons that HHC has helped build over 575 efficient woodstoves in homes in remote Dhading villages over the past several years. Wood is the only viable fuel source in this isolated, mountainous region. HHC will build another 20 stoves in 2019 to help one hundred villagers.

**EDUCATION. Student Sponsorships.** One of the three legs of HHC's tri-pronged rural development approach, education is an investment in 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 for students who are girls, *Dalit*, physically challenged, orphaned and others. During the first half of 2019, we continued to provide stipends for 21 village students (2 from Tipling, 16 from Sertung, 3 from Lapa), including 14 girls. We are thrilled that three of our sponsored students recently passed the national-level Secondary Education Examination (SEE) and will go on to finish high school. So many of our sponsored students, defy the odds against educational success as they navigate family crises and hike for hours to and from school each day. They inspire us to sustain this program which, with your help, has benefitted hundreds of

students over the past two decades. HHC also sponsored twelve children of staff in various grades in schools across Kathmandu.

**18-month midwife training.** Each year HHC also sponsors students, especially young women, for college education as well as for professional and/or vocational training. In 2019, eight students were supported in colleges and technical schools. With the support of **Transparent Fish Fund/Ping and Amy Chao Family Foundation**, four young women selected from four villages of remote northern Dhading continued their 18-month midwife training in Kathmandu with their entire tuition and board covered by this grant. After the training, the women are encouraged to serve in their communities, where maternal health and childbirth services are severely limited.

These students will not only earn a living of dignity and pride but will be role models for other young community girls who can aspire to study beyond primary school and become a professional. Girl student dropout in Nepal is high, with more than 50% leaving after primary school in the villages we serve. There is a huge gender gap in literacy rate: Per the most recent Nepal Living Standards Survey 2010-2011 (*NLSS-III*), male literacy rate is 71.6% compared to 44.5% for women. Dalit girl students often drop out of school after 8th or 9th grade in response to family pressure to marry and family need for homestead labor. A 2014 Department of Education report found that married girls are 11 times more likely to leave school prematurely than their unmarried peers. With the T-fish support, HHC will also be sponsoring two more girl students for midwife training, one Dalit girl for beautician training, one Dalit woman for nursing school and three *Dalit* girls for their SEE exams so that they can try for high school.

While we seek grants for school reconstruction after the devastating 2015 earthquake, many students in northern Dhading are still studying in makeshift temporary shacks. In 2019, we provided desks and benches for three Kharsa School classrooms in Sertung village, helping 85 primary grade students. We are very grateful to **Ms. Sudhee Acharya**, a college student of Pittsburgh, for the school furniture support.

**INCOME GENERATION. Farmer support.** As we have for 27 years, HHC continues to support income generation and food security. Our farmer support program started with the Sertung village experimental farm center which provides



*HHC agro supervisor Buddhaman visiting farmers in their garden in Sertung village*

information, training, seeds and saplings and plant disease control. This enables improved yield and enhanced farming skills for farmers whose main source of income comes from cash crops like vegetables, cardamom, fruit trees, ornamental and medicinal plants. HHC's trained agro-technician Buddhaman Tamang makes regular inspection visits to check on farmers and their gardens, address concerns and offer information, guidance and access to resources. He reports that the number of vegetables has increased significantly in Sertung village since the center has

opened. Because farmers can now buy seeds on-site without needing to walk several days to the nearest town, they are growing more seasonable and nutritious vegetables like tomato, cucumber, cabbage, cauliflower, turnip, capsicum, coriander, radish, onion, broccoli, eggplant, etc., which were never traditionally a part of their diet. New saplings of fruits like kiwi, avocado, orange, lemon and pecan have also been introduced throughout the Sertung village through the center.



**Women's empowerment through organic farming.** With the support of the **International Foundation**, HHC provided farming skill training to 21 women from Sertung village at the Regional Agricultural Research Station in Lumle near Pokhara, a three day journey on foot and by road in May 2019. Several experts at the government center over three days taught the village women about new farming techniques, organic farming, natural pesticides, etc. This was also a



*HHC women farmers' group visit to Regional Agricultural Research Center at Lumle*

learning expedition to farms outside their region to learn to combine new techniques with traditional farming practices for improved production. The women also visited the fish farms in Rupa Lake area to see the possibility of trout farming in their village. The women were also provided vegetable seeds, fruit saplings, plastic tunnel materials and farming tools at the end of the training.

We have seen a major shift in farming in the villages we serve as more and more villagers are introduced to new vegetables and fruits in their foods. New solar dryers will also

soon be installed in the Sertung village. Since households have no cold storage/refrigeration, the use of solar dryers increases household food security and family nutrition by enabling long-term storage of vegetables and fruits for later months (especially winter months), conversion of surplus crops such as potatoes to nutritious flour for later use or sale, saves labor and increases motivation to maintain gardens because the food benefits can be more substantial and sustained throughout all seasons. Before the end of 2019, two agro experts will be visiting the three villages of Tipling, Sertung and Lapa to observe and train in vegetable and fruit farming as they carry out soil and other tests.



*Agro expert training at the Lumle Center*

**JeevanKala handicraft (JK) project.** After thirteen years, the JeevanKala project continues to

empower and 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 families. Most of our artisans were displaced from rural remote northern Dhading during Nepal's eleven years of civil struggle (1995-2006) and live in harsh conditions in Kathmandu. An entire family of four or more lives in a single rented room, sharing one toilet with many other families in



*Women artisans at HHC office JeevanKala workshop*

the building. Their children attend nearby public schools while 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 twelve years of work with us, for sale. Over 200 members of JeevanKala were directly supported in food, health service and schooling for children through JK this year. JeevanKala is a registered non-profit-sharing company in Nepal and is also a Fair Trade project that uses 100% of profit to support artisans and their community. HHC designs and trains artisans to hand-make recycled plastic, rice bags, tyre-tubes and local handloom crafts. Our JK store in the tourist center of Thamel in Kathmandu continues to reach out to more wholesale buyers. JK also supports eight fulltime and one part time staff including their health and savings benefits.

### ***Thank you, GlobeMed interns!***



GlobeMed GROW 2019 team

HHC gives emphasis to partnering with youth in all its projects. In May, we welcomed five American interns to Nepal from our partner organization, **GlobeMed at Colorado University**. They came to learn more about HHC and see firsthand the village projects they fund. During their challenging month-long stay in remote Sertung, the interns spent quality time with the *Dalit* and other children as they taught English. They surveyed 30 toilets constructed with support from their chapter in 2018 which served 150 villagers. We are grateful to GlobeMed at CU for their continued support and we extend our warm thanks to **Cory Wong, Edward Chan, Callum Robinson, Hannah Kuhn-Gale and Sierra Bell** for their recent visit and help.

We have had a full six months! Our service and support of Dhading communities continues to improve lives and help community members dream of a better future through education of their children. We are honored to listen to community members and strive to help them meet basic needs and find security, hope, health and opportunity. Your support and blessings continue to change lives. Together, working in one small corner of the world, we are making life a little better. Thank you, and we hope you are having a wonderful summer.

Sincerely,

Anil Parajuli  
Cofounder, Himalayan HealthCare  
August 2019

# Ways to get involved and support HHC's work

**Donate.** Your support saves lives, transforms extreme suffering and uplifts communities. We give our deepest heartfelt thanks for your partnership.

You can make your tax-deductible donation online at <https://www.himalayanhealthcare.org/donate> or send a check payable to "Himalayan HealthCare" to:

Himalayan HealthCare, PO Box 737 Planetarium Station, New York, NY, 10024

**Join our Fall Medical Dental Trek. September 17-October 3, 2019. 2020 to be announced.** Physicians, dentists, nurses, physician assistants, and mental health workers, as well as teachers, veterinarians, agricultural technicians and other volunteers--including family members--are invited to join this two-week trek in a remote region of the Himalayas to support and train local health providers to help them treat hundreds of villagers who have little to no access to regular health care. More info can be found at our website.

**Be a JeevanKala champion! Help find markets for JeevanKala artisan crafts in your area.** We are seeking support for **holiday and home sales!** We can readily organize sending crafts to your homes no cost to you. We are also seeking to **connect with craft stores** in your area to advance this project that gives dignity and income to hundreds of women and their families. Please contact us at [anilhhc@gmail.com](mailto:anilhhc@gmail.com) if you are interested in learning more.

Please click to see the [2018 annual report](#)

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