



August 26, 2020

Namaste Friends,

During this difficult time of worldwide pandemic, we are proud that HHC has been able to continue its *28th year* of providing healthcare and service to the Nepali community. Like much of the world, Nepal has been hard hit by Covid-19, with over 33,500 cases and 171 deaths with a surge in the past few weeks. After months of unplanned lockdown and with hundreds of thousands of migrant workers stranded abroad and many of whom are laid off are heading home, the pandemic is expected to become bigger and more complex as they return. Millions of daily wage earners are temporarily laid off, leaving two thirds of the country facing serious hardship. This will have dramatic consequences for Nepal in the coming months and years.

Against this troubling backdrop, HHC has continued to serve the Nepali people by addressing the challenges of Covid-19 and maintaining our core projects related to public health, education and women's empowerment. This adversity has allowed us to rise to the challenge and given us a deeper appreciation for friends, like you, who have always been an integral part of our efforts. Now, more than ever, we reflect on the importance of working together and we thank you for your support.

It gives us great pleasure to share with you our progress thus far in 2020, as we do our best to serve our community during this challenging time.

HHC COVID-19 Action

Like many organizations, HHC quickly pivoted to help confront the global pandemic. We converted our Ilam Hospital into a quarantine center for suspected Covid-19 cases. This repurposing provided safety and security for residents as suspected community cases, as well as returning villagers, are confined until they are Covid-free or recover from Covid symptoms.

In order to increase screening for Covid-19 symptoms, HHC has purchased and provided thermal guns to record body temperature of all patients visiting our rural health posts and Dhading district hospital. HHC also purchased disinfectants, hand sanitizer and Personal Protective Equipment, including visors, suits, shoe cover, masks and gloves, for the health providers at these facilities. Most of the items, other than gloves and masks, can be sanitized and reused. This support has ensured the safety of valuable local health providers.

To further support local health providers, HHC provided Covid-19 care and safety training in five villages. HHC's health supervisor provided information on Covid-19 and lessons on screening, identifying, testing and isolating patients and how to remain safe. These local health providers in turn will teach mothers about the pandemic and how to manage Covid-19 patients at home and keep the family safe. Mothers will be coached on physical distancing, hand-washing, face covering and other hygienic best practices so that they can take that strong message home to their families.

HHC has also provided food support for local organizations that were running out of funds to feed the needy, as many local donors were unable to continue support due to pandemic restrictions.

Child Nutrition Project

With the support of the Chao Foundation and T-Fish Fund, HHC has continued its long-standing programs to treat malnutrition in children. In 2020, our program will screen 2,500 children under the age of five in the five remote villages. We believe that over 500 malnourished children will be identified and treated with fortified

foods and or therapeutic foods (RUTF). Children also are screened for worms and undergo a general health assessment to ensure there are no underlying illnesses. Severely malnourished children who do not improve are sent to the hospital for further treatment.

Despite the success of our aggressive interventions, improving health care and educating mothers will require more effort over a long period of time. With continued support, HHC hopes to carry out this project for an additional two years to ensure that all local partners collectively understand the scourge of malnutrition and learn to address and tackle it as an endemic disease.

Educational Stipends to Improve Outcomes and Empower Women

HHC continues to provide full educational stipends for 20 Dalit and minority children in three villages. We have continued the stipends in spite of Covid-related school closings so families can use the funds for food or supplies during this difficult time. We hope that this support will motivate families to send their children back to school after the lockdown ends. HHC also continued its third year of midwifery, nursing and high school education for minority and Dalit girls and young women with dedicated women’s empowerment funds from the Chao Foundation and T-Fish Fund.

Obstetric and Gynecologic Training for Midwives

With the support of the Chao Foundation, HHC carried out follow-up training for ten government midwives. This project is in its second year now and provides specialized obstetrical refresher and basic gynecological training to midwives and other women health providers who are on the frontline of rural women’s health care. Such trained women health providers will dramatically improve the care provided to rural women.

Agricultural Support

HHC has provided hundreds of farmers in remote northern Dhading villages with seeds, information and technical support for over two decades. HHC has helped address malnutrition through promotion of nutritious foods and introduction of new vegetables and fruits. Surplus vegetables are being dried using solar dryers placed in the villages to help with food security during the dry and cold winter months when plantation is severely limited. HHC has also introduced cash crop like cardamom, kiwi and other fruits to improve the livelihood of farmers beyond subsistence. HHC also continues to provide excursions for isolated farmers from these remote villages to faraway farming havens to learn from more successful farmers.

Toilet Installation

HHC continues to build toilets to ensure that the northern Dhading region can be designated an Open Defecation Free (ODF) zone. So far we have built over 600 toilets in three villages. In 2019 our benefactors matched funds for 100 new toilets through a new partner, One Day Wages. The



February 2020 HHC Training of Midwives Conducted by Dr. Sunita Thapa, Gynecologist



HHC completed 100 toilets in July 2020. A proud new owner in front of her toilet in her home in Sertung village

construction has been completed in spite of the Covid-19 situation.

Referred Patients

HHC provided financial support for five village patients who required more sophisticated medical interventions in Kathmandu for life-threatening or debilitating diseases. Since its inception, HHC has supported over 1600 referred patients.

Currently HHC is assessing the monsoon devastation in northern Dhading villages with 500 families suffering home and crop damage. We hope to help provide food, medicines and supplies as soon as possible.

While the pandemic has impacted us all, HHC has continued to serve and support Nepali communities, to improve lives and to help community members dream of a better future. Your support and blessings allow us to continue our work, address new challenges and change lives. Thank you, and we hope you and your families are staying safe and well.

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

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 if you are interested in learning more.

Please note that the HHC 2019 annual report will be posted soon on our website.

www.himalayanhealthcare.org