

Himalayan HealthCare 2012 Annual Report



20 Years of Service to Villages in Nepal

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New York, NY

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Executive Member

Pediatrician, Clarian Health, Indianapolis, IN

Rtd. 2005, Settled in Seattle, WA

Sharad Parajuli (Anil)

Co-Founder, Executive Member

Program Coordinator, Nepal

Bagdole 4, Lalitpur, Nepal

HHC MISSION

The mission of Himalayan HealthCare is to create sustainable development programs in remote villages of Nepal to help improve the quality of life for its people. Himalayan HealthCare achieves its mission by providing primary health care, community education and income generating programs that enable people to be self-supporting in the long-term.

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Photo (cover): Sherthung Village, central Nepal (Robert Stern)

PRESIDENT'S LETTER



Himalayan HealthCare (HHC) celebrates its 20th anniversary this year! This annual report, representing the hard work of Anil and Soni Parajuli and their staff, is a tremendous testimony to the accomplishments of HHC. In this report you will learn of the enormous scope of our involvement in the lives of rural Nepalese.

Twenty years is a long time to be involved in a community, and during this period HHC has made an important impact in many ways: we have served over 250,000 patients; built and renovated 6 schools and 4 libraries; constructed over 300 toilets and 100 energy-efficient stoves; taught literacy to over 5000 students; supported over 80 college students; sent 40 orphaned children to school; provided famine relief for 10,000 people and nutrition support for 500 severely acute malnourished children; developed a handicraft business which supports 1000 artisans; formed women's empowerment groups; and built a community hospital.

Besides these two decades of notable improvements in the lives of the rural Nepalese, this last year has seen two exciting developments for HHC. The first was the growth of our income-generating line of artisan crafts, under the brand JeevanKala. The number of JeevanKala items our artisans are producing is increasing, and indeed, they are eye-catching. We have been attending trade shows to market these products to whole sellers, and we are working on having these items available for sale on our website in the near future. As well, JeevanKala was recently accepted as a member of the Fair Trade Federation, demonstrating our commitment to equitable wages and safe working conditions for our artisans. The second development was the premiering of Caring for the World Films' documentary "Hearts in the Himalayas." This beautiful and moving account of our work has garnered 11 prestigious awards and most importantly has allowed our important story to be told to a wide audience.

Simply put, our model of community development of helping Nepalese help themselves has reduced infant and maternity mortality rates in the villages where we work to below national averages. This is quite an accomplishment when one realizes that we are working in rural areas where such healthcare statistics are usually many times higher than national averages.

I am fortunate to be able to travel to Nepal once a year and see first-hand the work we do and the impact that we are having in Nepal. The medical treks always leave me inspired, uplifted, and reenergized, and allow me to see the fruits of our labor and the end product of your important support. I always come back to the States feeling that I have deepened my solidarity with humanity as a result of our work in Nepal. Your support in very real and tangible ways has helped save lives and reduced suffering in Nepal. And for this we are most grateful. We will continue to support and offer healthcare, education, and income generating opportunities to Nepalese, regardless of their gender, caste, religious or political beliefs, or ability to pay. Your continued support will help us continue to do the important work we do. I hope this report inspires you to contribute at any level that you can.

All gifts and contributions to HHC are tax deductible. I thank you for your support!

Sincerely,
Robert McKersie, President HHC

HIMALAYAN HEALTHCARE

Himalayan HealthCare (HHC) is a non-profit, non-governmental and non-denominational organization. In 2012 we marked our twentieth year of sustained involvement with villages in the Dhading and Ilam regions of Nepal. Since our formation in 1992, HHC has successfully launched local initiatives and community participation programs to encourage villagers to develop skill sets needed to help themselves. Our staff continues to carry out our work despite physical and other hardships caused by the ongoing political changes in Nepal.

For twenty years, HHC has devoted itself to improving conditions in villages that have little support from the government or other NGOs. HHC now serves over 265,000 people in the four villages of Dhading and 48 villages of Ilam. We are committed to the principle that the people we assist can be best served by a long-term commitment that addresses their fundamental needs and helps to establish a foundation for a meaningful and multi-generational improvement in their lives.

HHC first established itself in the isolated villages of Dhading, a region in the Ganesh Himal of Nepal, which is north of the capital Kathmandu, where people live in extreme poverty. Villagers have barely enough to eat, and children still die of illnesses due to malnutrition and lack of vaccines. Education is very rudimentary. These mountain villages can only be accessed by foot, and most lack electricity and clean drinking water. Our focus in Dhading has been on the Tamang people in the villages of Tipling, Sherthung and Lapa. Many of these villagers are from ethnic minority groups, which is still a significant obstacle to self-improvement in Nepal.



In 1992, in one village, we began our basic health program of de-worming, rehydration during diarrhea illnesses, antibiotic treatment of respiratory and other acute infections, and distribution of supplemental vitamins. Today four village health posts provide these and many other services, such as the training of local villagers as health providers. These health posts serve over 18,000 people in these remote and isolated villages where government services are barely available. Medical treks bring international medical professionals to the villages, twice a year, often changing the lives of our trekker volunteers as much as the lives of the villagers they treat.

From the northern hills of Dhading and Dolakha, in 2000 HHC expanded its rural health campaign to Ilam, a hill region of two towns and 48 villages near the eastern border of Nepal that previously had only one doctor for 250,000 people. HHC opened its community hospital in 2004 to serve

this region of Ilam; patients from neighboring regions of Panchthaar and Taplejung have also found their way to the hospital. The Ilam hospital has also expanded its services to mobile clinics and specialty clinics through international doctors and other medical volunteers. The community hospital as a model hopes to find ways to improve the quality of care to serve the rural community with affordable and equitable health care. It also seeks community and government support for its long-term sustenance.

Our work takes many forms: We administer vaccines, supply essential medicines to the villages and help patients secure specialty care in Kathmandu's hospitals while we train locals to become health providers. We support eight village schools directly by funding teachers' salaries, student scholarships, and books and supplies; we support another ten schools indirectly. HHC projects often focus on women who are the foundation of their homes and society. They take care of the home and children, fetch water and firewood, and engage in farm work beside the men. We facilitate skills training and create work opportunities enabling women to gain more financial independence and self-respect. We continue to help women practice safer motherhood.



HHC is addressing the long-term financial solutions for these villages. We continue to sponsor ongoing income generating projects and provide seed money to support new ones. Our programs train villagers as teachers, health providers and skilled technicians. Many of our sponsored students have assumed the responsibilities and challenges involved in leading their people.

We have also established a line of handicrafts produced by artisans from the villages we support. Named JeevanKala, this line of goods is now being sold in Kathmandu, the United States and other markets. All proceeds are returned to Nepal to help support HHC's programs. Much of the

raw materials for the handicrafts come from recycled trash, reinforcing the idea that our work in the villages can be sustainable and have a beautification of the environment.

The aftermath of the civil war, with its political uncertainty, weak governance and economic drudgery, continues to make life difficult for the Nepali people. The operating premise of HHC is to help villagers to become self-reliant by addressing their basic healthcare, education and income-generation deficiencies. We hope to give the villagers a foundation for a prosperous future independent of our assistance. HHC exists to provide care, hope and opportunity to the rural people of Nepal.

A photograph of terraced millet fields in Sherthung Village, Central Nepal. The terraces are built into a steep hillside, with the lower levels showing mature, golden-brown millet stalks and the upper levels appearing greener. The background features more terraced hills under a clear sky.

IN 20 YEARS

Photo (Robert Stern): Millet Fields in Sherthung Village, Central Nepal

HHC TIMELINE

- 1992 *Start of HHC*
- 1993 *1st Medical Dental trek to Dhading
Introduction of nutrition and vitamin A program
Start of non-formal education program
Construction of 1st health post building in Tipling village*
- 1994 *Introduction of voluntary family planning, Depo Provera and Norplant
Construction of 2nd health post building in Tipling
Launch of income generation training for deprived Kamis (blacksmiths)
Launch of Vocational training (tailoring training for two women)
Training of 4 village health workers and 2 women family planning facilitator
Study conducted on maternal/child health*
- 1995 *Built new primary school building in Tipling
1st village carpenter trained formally in Kathmandu
Launch of student stipendiary program (10 students)
Initiated cultivation, production and sale of medicinal herbs.*
- 1996 *Launch of pit latrines and clean water supply in Tipling*
- 1997 *Created and published 160 page illustrated book for adult literacy classes*
- 1998 *Launch of angora rabbit farming for 33 families
Famine relief operation for over 10,000 villagers (support World Food Program, UN)
Established a new health post in Simigaon, Dolakha District*
- 1999 *Launched cardamom as a cash crop in 3 villages (50,000 seedlings)*
- 2001 *Launch of JeevanKala Handicraft with training workshop in Kathmandu*
- 2002 *Purchase of land for Ilam community hospital.
Gulf for Good fundraising trek to Everest base camp*
- 2004 *First library Project in Mukra Devi School in Borang
Inauguration of Ilam Community Hospital*
- 2007 *Launch of midwife program in Tipling, Sherthung and Lapa
Launch of microsaving scheme for handicraft artisans
First vet tech training for northern Dhading
Launch of 1st public health campaign in Ilam (water survey)*
- 2008 *Piloted dental sealant project in Ilam schools (1000 teenage students)
Launched women empowerment classes*
- 2009 *Launch of permanent toilet program
Partnership with GlobeMed at CU Boulder*
- 2010 *Introduction of efficient woodstove program
Opening of JeevanKala Store in Thamel, Kathmandu
Introduction of RUTF (nutrition) in northern Dhading villages
Collaboration with Jolkona Foundation
Partnered with Caring for the World Films (CFTWF)*
- 2012 *Premiered Hearts in the Himalayas film by CFTWF*

IN 20 YEARS:

CONTRIBUTIONS (IN CASH & IN KIND):

FUNDS RAISED IN CASH	\$ 3,590,673
IN-KIND SERVICE	\$ 976,242
IN-KIND OTHER DONATIONS	\$ 1,152,876

IN HEALTH CARE:

PATIENTS TREATED IN HHC SERVED VILLAGES	142,995
MEDICAL DENTAL TREKS	56
PATIENTS TREATED DURING MEDICAL DENTAL TREKS	26,108
PATIENTS TREATED AT CITY HOSPITALS	1,227
HEART PATIENTS SUPPORTED	29
BENEFICIARIES OF SAFE MOTHERHOOD PROGRAM (SINCE 2006)	2,010
RECIPIENTS OF VOLUNTARY FAMILY PLANNING SERVICE	9,354

IN PUBLIC HEALTH:

TOILET CONSTRUCTION (PIT LATRINES AND PERMANENT)	511
EFFICIENT WOODSTOVES	436

IN EDUCATION:

SPONSORED VILLAGE STUDENTS	543
SALARY FOR TEACHERS/HEALTH PROVIDERS/OTHERS	149
HHC SPONSORSHIP IN HIGHER EDUCATION/TRAINING	114
BENEFICIARIES (NF EDUCATION\WOMEN EMPOWERMENT PROGRAM)	4,632

IN INCOME GENERATION:

BENEFICIARIES OF INCOME SCHEMES (NO. OF HOUSEHOLDS)	1,270
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SERVICE PROVIDED BY COMMUNITY HOSPITAL (SINCE 2004)

TOTAL PATIENTS SERVED AT HOSPITAL	79,402
SURGICAL PROCEDURES (MINOR/MAJOR)	2,123
ANC/PNC CARE	3,487
HEALTH CAMPS CONDUCTED IN VILLAGES	46

MEDICAL DENTAL TREK VOLUNTEERS

1993-1994

1	Bruce Anderson	DDS
2	Steven Brooks	MD
3	Lauren Budow	MD
4	Bernard Dormer	DDS
5	Caroline Dueger	MD
6	Walter Dueger	MD
7	Daniel Gil MD	
8	Jane Grimes	RN
9	Roland Hok	MD
10	Robert Jackson	MD
11	Carol Johnson	RN
12	Dean Johnson	MD
13	Michael Kastner	DDS
14	Aviva Katz	MD
15	Howard Katz	MD
16	Steven Katz	MD
17	Jeffrey Klausner	MD
18	Charles Laman	DDS
19	Martha Lawrence	DDS
20	Shari Leipzig	MD
21	Jack Levine	DDS
22	Michael Lewis	DDS
23	Dhakshi Mahesan	MD
24	David McMorine	DDS
25	Christopher Ng	MD
26	Sherry Paulson	DDS
27	Gary Rempert	DDS
28	Bruce Robinson	DDS
29	Doug Sill	MD
30	Thomas Simpson	DDS
31	Mark Solomon	Film maker
32	Richard Weiner	MD
33	Charles Williams	DDS
34	Steven Zabin	MD
35	David Wohns	MD

1995

36	Lindsey baden	MD
37	Susan Ball	MD
38	Stephen Bender	DDS
39	Leonard Farber	MD
40	Stephanie Farber	PhD
41	Robert Jackson	MD
42	Norma Keller	MD
43	Kerry Larson	RN
44	Mark Larson	MD
45	Shari Leipzig	MD
46	Guy Marrocco	MD
47	Sirgun Marrocco	
48	Mark Mehlos	DDS
49	Peter Milsky	DDS
50	Mary M.O'Neill	MD
51	Maitreya Padukone	DDS
52	William Shakun	DDS
53	Leonard Shulman	MD
54	Christine Stavropoulos	MD
55	Nicholas Vander Els	MD
56	Richard Weiner	MD

1996

57	Lisa Krenzel	MD
58	Robert Benfield	DDS
59	Dale Berg	MD
60	Dorothy Dube	MD
61	Sandy Garcia	MD
62	Joshua Helman	MD
63	Ross Issacs	MD
64	William Keating	MD
65	Joan LeBel	MD
66	Donald Lippincott	DDS
67	Laurie Pollock	RN
68	JB Royal	

69	Kate Slattery	MD
70	Mark Slomoff	MD
71	Nila Suntharam	MD
72	Bryan Taylor	DDS
73	Kelly Timbers	RN
74	Sidney Williams	DDS
75	Sandya Garg	MD

1997

76	Eddie Atwood	MD
77	Jaqueline Barnes	RN
78	Nancy Booth	RN
79	Sam Booth	MD
80	Nina Carroll	MD
81	Tim Cotton	
82	Nancy Danna	RN
83	Anne Ducey	MD
84	Caroline Dueger	MD, MPH
85	Walter Dueger	MD
86	Lucy Eisenstein	RN
87	Pierre Fuetren	DDS
88	Scott Hamilton	
89	Carol Jaspin	DMD
90	Bob Jackson	MD
91	Kathleen Kilroy	MD
92	Margaret Lewin	MD
93	Gayle Long	MD
94	Rachel Marcus	MD
95	Rosalie Miller	MD
96	Kevin O'Keefe	DMD
97	Gary Padgett	DDS
98	Nancy Shaefer	
99	Len Shulman	MD
100	Pam Westrom	DMD
101	Susan White	RN

1998

102	Frank Andolino	DDS
103	Geri Bacu	MD
104	Jacqueline Barnes	RN
105	Nancy Chung	MD
106	Thomas Hei	MD
107	Mary Inagami	MD
108	Adrian Lawrence	MD
109	Ananth Krishnamurthy	
110	Kirstin Lyke	MD
111	Michael Mason	MD
112	Kevin O'Keefe	DMD
113	Mary Ann Ondrejcek	RN
114	Gary Podolsky	MD
115	Laura Tenner	MD
116	Barbara Troupin	MD
117	William Weber	DMD
118	Richard Weiner	MD
119	David Wohns	MD
120	Anne Wenderborn	RN
121	Johan J. ven der Merwe	
122	Kristi Van Nostrand	MD
123	Kathleen Antolak	MD

1999

124	Michael Anker	DDS
125	Richard Branoff	MD
126	Rebecca Chato	RN
127	Margaret Lewin	MD
128	Salvatorie Mangione	MD
129	Thomas Mellow	MD

2000

130	Frank Andolino	DMD
131	Clifford C. Chu	MD

132	Rachel Corbett	MD
133	Gerald R. Donowitz	MD
134	Peter Gordon	MD
135	David N. Johnson	MD
136	Gertrud Magerl	RN
137	Audrey Oster	
138	Kathi Antolak	MD
139	Cheryl Corrao	
140	Chris Cox	Resident
141	Amy Dubois	MS
142	Aaron Hexdall	Resident
143	Jack Levine	DDS
144	Julia Melanson	MD
145	G.P. Stevens	MD
146	Rupa Bala	Resident
147	Brian Corbett	
148	Sasha Demos	MD
149	Michelle Gill	MD
150	Robert M. Jackson	MD
151	Mike Lewis	DDS
152	Mary M. O'Neill	MD

2001-2002

153	David Bell	DDS
154	Patrick R. Dobbs	
155	Carolyn M. Homan	
156	David N. Johnson	MD
157	Susan Marzloff	MD
158	Pamela Ogor	MD
159	John Rockwell	MD
160	Barry A. Turner	DMD
161	Richard E. Williams	DDS
162	Megan K. Corbett	
163	Gerald R. Donowitz	MD
164	Lawrence E. Homan	
165	Indira R. Kairam	MD
166	Robert McKersie	MD
167	Mary M. O'Neill	MD
168	Greg Stump	DDS
169	Sharyn Turner	RN
170	Harold DeGraw	
171	Kathryn Haden	MD
172	Tanya Hrabal	MD
173	Christine Magney	RN
174	Felicia Meila	MD
175	John Roberts	MD
176	Richard O. Towles	
177	Edward Weiss	DMD

2003

178	Frank Andolino	DMD
179	Jack Levine	DDS
180	Margaret Lewin	DMD
181	Damian Weyand	Videographer
182	David Bell	DDS
183	Patrick Dobbs	
184	Megan Corbett	
185	Meghan Turner	
186	Brady Turner	
187	Edward Weiss	DDS
188	Doris Pinhack	
189	Helaine Smith	DDS
190	Barry Turner	DDS
191	Sharyn Turner	RN
192	Michael Ferguson	
193	Nilesh Patel	MD
194	Rakesh Patel	MD
195	Nita Patel	Pharmacist
196	Katie Clark	
197	Clare Frenwick	Student
198	Samir Patel	MD
199	Rina Patel	RN
200	Emily Cook	RN

201 Christina Uwins RN
202 Felicia Meila Student

2004

203 James Fraley Stewart
204 Lauren Ann Blank
205 Carolyn Ann Stone
206 Margaret Hurley
207 Linda Friehling
208 Jacob David Friehling
209 Josie Young
210 Robert McKersie MD
211 Paul Oliver
212 David Johnson MD
213 Malcolm Gregory MD
214 Ben Barker
215 Indira R. Kairam MD
216 Marcus Osborne
217 Sandra Aboelner
218 Jason Saldanha
219 Sonia Chhoda
220 Sam Baya
221 Rebecca Doss RN
222 David Johnson MD
223 Sheilla Carroll MD
224 Alice Tse MD
225 Monica Hau Le MD

2007

226 Robert Mckersie MD
227 John Rockewell MD
228 Elliot Seigel MS
229 Ellen S Fuchigami RN, MSN
230 Karie Watts EMT-B

2008

231 Elizabeth Ashford GP
232 Caroline Jones MD
233 Lael Duncan MD
234 Madeleine Feldman Student
235 David Johnson MD
236 George W. Pfohl MD
237 Stuart Weiner MD
238 Dawn Anderson MD
239 Jacqueline Yaris MD
240 Garhard J. Weber MD
241 Anna C. Muhlemann RN
242 Bonita Anna Long RN
243 Donna Doughten RN
244 Jennifer Burmeister PA
245 Louis John Decarlo Photographer

2009

246 Dr. Gerald Donowitz MD
247 Sr. Steven Kowalsky D Pharma
248 Dr. John Yost MD
249 Dr. Richard Braen MD
250 Dr. Janice Onorato MD
251 Dr. Robert McKersie MD
252 Moreen Fried Social Mobiliser
253 Juliane Hochstadt PA
254 Katherine Waldrop RN
255 J. Michael Jones P A
256 Todd Roland PA
257 Aashika Jain Resident
258 Margo Krasnoff MD
259 Caroline Jones MD
260 Elizabeth Ashford MD
261 Shandra Greig MD
262 Jai Patel Pharmacist
263 Megan Jones Student
264 Anna Ashford Student
265 Mark Arnoldy Student

2010

266 David Johnson MD

267 Regal R. Wendy MD
268 Mary M. O'Neil MD
269 Christopher Hopkinson RN (CPN)
270 Molly Marie Ullenbery RN
271 Anais Gautier PT, MS
272 Maryka Yamada RN
273 Vicki Hartmann RN
274 Andrea Balwin RN, BSN
275 Mark Arnoldy Student
276 Katrina Chau MD
277 Kiran Farheen MD
278 Gregory Guyman DDS, MSD
279 Linda Johnson DDS
280 Ben Karim BDS
281 Devin Kato Residency
282 Megan Neuman MD
283 Margot Roseman MD
284 Shannyn Dewey RN
285 Andrew Kraus RN
286 Rebecca Ngan RN
287 Sarah Richards RN

2011

288 Elizabeth Ashford GP
289 Tommy Ashford Student
290 Nolene Ferguson RN
291 Caroline Jones MD
292 Ashika Jain MD
293 John Paul Kruger MD
294 Debi Lang Filmmaker
295 Tim Latouche
296 Robert McKersie MD
297 John Noffsinger PA
298 Amie Orf RN
299 Mike Palliola BDS
300 Dave Rezcek BDS
301 Jennifer Sparks MD
302 Jennifer Eisner MD
303 John Yost MD
304 Robert Sterm Photographer
305 Carol Wing
306 Kenneth R Ketay DDS
307 Jereld Wing MD

2012

308 Debi Lang Filmmaker
309 Moreen Fried Social Mobiliser
310 Janice Onorato MD
311 Nicole Fliss MD
312 Steven Kowalsky D Pharma
313 Andrew M Ropp MD
314 Juan Miguel Lee Resident
315 Thomas O Kim Resident
316 Caroline Jones MD
317 Emily C. Jones Student
318 Elizabeth A Ashford MD
319 Robert J Ashford Student
320 Robert McKersie MD
321 Lynda McCreddie MBA
322 Gary Nichols MD
323 Barbara Audin RN
324 Curt Audin Paramedic
325 Katie Baird RN
326 Matt Battson RN
327 Candace Clawson MS
328 Tom Healey Paramedic
329 Bethany Kapp MD
330 Jessica Keeping RN
331 Julie Mathews RN
332 John Mcharney RN
333 Nabhjot Uppal (Jody) Resident
334 Carol Wiggins MD

INTERNATIONAL VOLUNTEERS AT DR. MEGH BAHADUR PARAJULI COMMUNITY HOSPITAL

	<i>Name</i>	<i>Specialization</i>
2004		
1	Richard Weiner	Pediatrician
2	Kevin Felner	Critical care
2005		
3	Robert C. McKersie	Family Physician
4	John Saunders	Renal Doctor
5	Mary O'Neill	Gynecologist
6	Joanna Russell	Dental Surgeon
2006		
7	Ashok Cattamanchi	Family Physician
8	Kim Si Young	Ophthalmologist
9	David Johnson	Family Physician
10	Mary M. O'Neill	OB-Gyn
11	Jaqueline Barnes	Nurse
12	Hidetō Saito	Resident
2007		
13	Lars Eric Reinhold	Internal Medicine
14	Emily Stein	Nurse
15	Cantell Linda Maja	BN
16	Hietanen Tuulikki	BN
17	Barinder Athwal	Ophthalmologist
18	Lisa Athwal	Student
19	Neel Athwal	Student
20	Lesie Richard Buhr	Family Physician
21	Anna Gonzalez	Family Physician
22	Rick Gonzalez	Student
23	Kelly Robin Calero	PA
24	Crish Calero	Administrator
25	James Simcik	
26	Nicholas Simcik	
27	Martino Simcik	
28	Daryn	
29	Robert C. McKersie	Family Physician
30	John Rockwell	Family Physician
31	Si Young Kim	Ophthalmologist
32	Marjon Master	
33	Evan	Family Physician
34	Florence V. Davis	Pediatrician
35	George W. Pfohl	Ophthalmologist
36	Richard Weiner	Pediatrician
37	Anne Weiner	

38	Aaron Weiner	
2008		
39	Dea Angiolillo	Internal medicine
40	Peter von Mertens	Volunteer
41	Eliseo B. Serina	ER Medicine
42	Edward De Sano	Gynecologist
43	Alison De Sano	Resident
44	Dave McMorine	DMD
45	Bill Shults	Volunteer
46	Jeremy Ho	Resident
47	Susan Mary George	MBBS, Msc, PhD
48	Larry Parisot	BMET
49	Ann Granselli	Resident
50	Bonita Ann Long	RN (Nurse)
51	Jennifer Burmeister	PA
52	Noelle Couvrer	RN (Nurse)
53	Anna C. Muhlemann	RN (Nurse)
54	Susan Mary George	Pediatrician
2009		
55	Barbara Diekmann	PhD
56	Kym Williams	Sociologist
57	Tomas Kadlas	Dentist
58	David McClain	Benefactor
59	Marilyn Wong	Benefactor
60	David Johnson	Family Doctor
61	Tim Anderson	ENT surgeon
62	Nina Carrol	Gynecologist
63	Ashley Armstrong	Student
64	Gabriela Nagy	Student
65	Jillian Warner	Student
2010		
66	Mark Arnoldy	Student
67	Devin Kato	ER Residency
68	Heidi Lundell	Occ. therapist
69	Susan Mary George	Pediatrician
70	Andrea Massey	Resident
71	Nina Carrol	Gynecologist
72	Stuart Weiner	Obstetrician
73	Jill Tydell	FP Resident
74	Colleen Horan	Gynecologist
75	Trevin Lau	Gynecologist

2011		
76	Robert McKersie	Family Physician
77	John Krueger	Family Physician
78	David Reczek	Dentist
79	Mike Palliola	Volunteer
80	Debi Lang	Filmmaker
81	Alan Collin	MDGP
82	Claire Thomas	MBBS
83	Teresa Roedelbronn	Benefactor
84	Angela Molnar	Student
85	Dan Wilbor	4th yr. Student
86	Jon Goodship	4th yr. Student
87	Stefano Capozzi	4th yr. Student
88	Ellior Adamson	4th yr. Student
89	Stephanie Raybold	4th yr. Student
90	Jennifer Forshaw	4th yr. Student
91	Marianne Heredge	
92	Susan Mary George	MBBS, PhD
2012		
93	Eva Clemenz	4th yr. Student
94	Lea Nagel	4th yr. Student
95	David Johnson	Family Medicine
96	Salvatore Esposito	Family Medicine
97	David McMorine	Dentist
98	Andrea Baldwin	Nurse
99	Kathy Scott	Educator
100	Corina Bassity	OBGYN resident
101	Benjamin Horton	NG team
102	Jesse Seaver	NG team
103	George Woods	Anesthesiologist
104	Christine Hansome	RN (Nurse)
105	Bryan Henry	MD Ob/Gyn
106	Patricia Mary Henry	RN (Nurse)
107	Aisha Khatib	MDGP
108	Paula Rani Danda	MD Ob/Gyn
109	Jasmin Clarke	Student
110	Linda Arnold	RN (Nurse)

HHC IN 2012



Photo (Robert Stern): Child and rooster in Dhading

HHC VILLAGE PROGRAMS

HHC continues to provide the three vital programs of basic health care, education, and income generation in the villages - since poverty is Nepal's basic problem, resulting in the poor health and illiteracy outcomes. Given the close inter-relationship of poverty and health and economic consequences, HHC seeks to address the situation in a systematic way in order to help villagers achieve a better quality of life.

1 VILLAGE HEALTH PROGRAMS

Our village health program began by combating acute illnesses like diarrhea, pneumonia, and other easily treatable diseases that caused children to die prematurely. At that time, the infant mortality rate was 225 per thousand in the village of Tipling. One health provider who treated patients soon made a significant difference and many fewer children died needlessly. The parents began to have faith in the health providers and the health post emerged as the center of HHC village activities. In order to improve the hygiene of the village, HHC introduced the goals of literacy, clean water, and homes with latrines – with the result that fewer resources were spent in worm and diarrhea medicines and more in education and seed money for income improvement. As children are one of the main focuses of our attention, we pushed the villages to improve their school programs. We began by putting in toilets and faucets in the Tipling school.

Today we are working directly with nine of the eighteen schools in the region. The children and the villages have become healthier. The infant mortality rate is now less than 15

per thousand, which is significantly below the national average.

Since 1992, HHC has invited international medical volunteers to run medical camps and help raise funds to support our village programs. Almost 500 medical professionals have been a part of our medical and dental treks and as a result hundreds of thousands of dollars have been raised. These volunteers work alongside—teach and learn from—our Nepali health providers thereby assuring continuity in our village health program.



Photo: Phul Maya Tamang, HHC trained midwife serving a mother

1.1 VILLAGE CLINICS (health posts)

Today, trained local health providers run the health posts in Tipling, Sherthung and Lapa with increasing support from the government. Antibiotics, vitamins, iron, folic acid, and deworming medications continue to be part of the basic formulary. HHC continues to provide basic equipment and drugs to these remote

health posts but increasingly the villages support a large part of the salary of the health providers as well as half of the cost of the medicines provided at the health posts. This cost sharing was proposed by the villages and is a step towards the long-term objective of self-reliance and sustainability. We continue to support these village health posts because the villages still lack the economic means of financing them fully and the village level governance is still non-existent. Our supervisors continue to visit the health posts regularly to monitor and evaluate

HHC VILLAGE PATIENT REPORT 2012										
	<i>Disease</i>	<i>Tipling</i>		<i>Sherthung</i>		<i>Lapa</i>		<i>Total</i>		<i>Grand Total</i>
		M	F	M	F	M	F	M	F	Total
1.	Gastrointestinal problems	753	871	882	910	889	968	2524	2749	5273
2.	Worms	11	17	15	18	16	18	42	53	95
3.	Skin disease	154	142	161	165	170	168	485	475	960
4.	ARI	103	112	120	132	88	181	311	425	736
5.	ENT problems	100	98	107	105	110	123	317	326	643
6.	Abscess/Cellulitis	19	23	9	18	20	16	48	57	105
7.	UTI	48	74	66	92	70	76	184	242	426
8.	COPD	14	21	19	28	18	23	51	72	123
9.	Viral fever	45	58	51	65	40	69	136	192	328
10.	Fracture/Trauma	12	8	10	11	13	14	35	33	68
11.	Insect/Animal bite	3	3	5	4	8	6	16	13	29
12.	Oroidental problems	174	163	106	125	200	182	480	470	950
13.	Burns/Scald	9	7	3	5	7	5	19	17	36
14.	Sinusitis	21	25	23	28	33	35	77	88	165
15.	Arthritis/Rheumatism	14	22	19	27	18	24	51	73	124
16.	Hypertension	19	20	26	20	28	21	73	61	134
17.	Cyst	6	16	11	9	10	7	27	32	59
18.	Meningitis	1	1	0	1	3	3	4	5	9
19.	Jaundice	2	3	1	5	2	3	5	11	16
20.	Parkinsonism	4	2	3	1	5	2	12	5	17
21.	Epilepsy	15	18	19	11	9	15	43	44	87
22.	Male Reproductive Organ problems	40		47		44		131		131
23.	Gynecological problems		116		178		201		495	495
24.	Malnutrition	91	100	111	117	120	129	322	346	668
	Total patients	1658	1920	1814	2075	1921	2289	5393	6284	11677

the services provided. With the government plan of more support for village health care in the near future, our village health plan will evolve in the coming years.

1.2 SAFE MOTHERHOOD & VACCINE SUPPORT PROGRAMS

In 2012 HHC continued its midwife program in the villages of Tipling, Sherthung, and Lapa. Phul Maya Tamang, HHC trained midwife, along with Saraswoti Lamsal, a government employed midwife, who received further training from HHC, continued to provide both anti-natal care (ANC) and post-natal care (PNC) in three villages where once there was no midwife. They helped 381 women with antenatal care and have a safe labor and delivery, and referred many complicated cases to Kathmandu. Phul Maya and Saraswoti continue to monitor the pregnancies of young village women and provide them with vital information on safe motherhood as well as vitamins, folic acid, and iron. They ensure during clinic visits that they receive tetanus shots from the government providers. As well, they hold women literacy classes for young mothers.

HHC village health providers, our trained midwives and the village Mother and Child Health Workers (MCHW) continue to educate mothers on the benefits of immunization and encourage them to bring their children to the health posts during the government stipulated vaccines days each month. This has improved the health status of children, especially those under five years. The children are vaccinated against diphtheria, pertussis (whooping cough), tetanus, tuberculosis, polio, and

HHC SAFE MOTHERHOOD PROGRAM 2012				
Village (VDC)	ANC	Delivery	PNC	Total
Tipling	100	38	78	216
Sherthung	130	56	101	287
Lapa	86	34	41	161
	326	128	220	664

IMMUNIZATION RECORD OF HHC SERVED VILLAGES					
Village (VDC)	Immunization				Total
	BCG	DPT	Polio	Measles	
Tipling	70	155	With DPT	48	273
Sherthung	88	212	With DPT	83	383
Lapa	93	218	With DPT	86	397

measles. In the entire region of Dhading, the villages of Tipling, Sherthung and Lapa, continue to have the best immunization records.

1.3 VOLUNTARY FAMILY PLANNING

HHC continues to support the government's voluntary family planning program. In this regard the health posts provide information and the means to plan pregnancies and improve birth spacing. Over the past seventeen years, the voluntary use of contraception in northern Dhading among women of childbearing age has increased significantly. Our health providers counsel community women groups on family planning based on government guidelines. Our health posts continue to provide oral contraceptive pills, Depo Provera®, Norplant®, and condoms. Phul Maya Tamang

HHC VILLAGE VOLUNTARY FAMILY PLANNING PROGRAM REPORT 2012										
Method of FP	Tipling			Shethung			Lapa			Total
Recipients	New	Other	Default/ remove	New	Other	Default/ remove	New	Other	Default/ remove	
Condom	0	19	1	1	32	0	2	36	1	92
Depo provera	2	74	1	1	98	0	1	107	0	285
OCP	1	4	0	1	10	0	2	21	0	40
Norplant	-	4	0	-	2	0	-	3	0	9
	3	101	2	3	142		5	164	1	426

and Saraswoti Lamsal help women learn about family planning services. Norplant® was started as a pilot project through HHC in villages outside of the district headquarters by the Ministry of Health (MoH).

1.4 NATIONAL TUBERCULOSIS PROGRAM SUPPORT

Tuberculosis has always been a serious health threat in the villages of Nepal. HHC initially diagnosed and treated all cases in the villages but with the improvement of the government tuberculosis program and the DOT (Direct Observation Therapy) program implementation, our village health providers at the clinics identify potential TB cases and refer them (when necessary escort them) to the



district hospital (a two days walk) or to the National Tuberculosis Center.

Pema Tamang, health provider of Sherthung, was provided an AFB screening training by the District Health Office allowing her to screen patients at the village.

PATIENTS SCREENED FOR TB BY PEMA TAMANG IN 2012					
S.N.	Name	Age/Sex	Address	Result	Remarks
1	Sun Maya Tamang	52/F	Jharlang -5	False Positive	Referred to District Hospital
2	Andra Tamang	57/M	Shertung-9	Negative	
3	Kutshi Tamang	65/M	Shertung-7	Negative	
4	Mencha Lama Tamang	68/M	Shertung-6	Negative	
5	Che Lama Tamang	56/M	Shertung-3	Negative	
6	Nor Maya Tamang	34/F	Lapa-7	Positive	Referred for DOT
7	Be Bdr. Tamang	47/M	Shertung-1	Negative	

1.5 NUTRITION AND VITAMIN PROGRAMS

HHC research on the nutrition status of children under five in the village of Tipling, showed that over 50% of the children were malnourished or underweight. Based on these findings mothers have been encouraged to bring the child to the health posts for regular evaluation and care. Mothers are supported and trained, by village health providers, in the proper preparation and storage of blended foods that are high in protein and vitamins from local food grains. In addition, visiting the health posts for regular supplies of multi-vitamins and minerals for most children has continued since 1992.

HHC initially provided Vitamin A capsules (sustained release) every six months for over eight years to help prevent blindness and Vitamin A deficiency, but now supports the government Vitamin A program for children under five by monitoring and dispensing

Vitamin A during the government stipulated months of April and October.

HHC has researched the use of RUTF (Ready-to-Use-Therapeutic Foods) in treatment of acute severely malnourished children with support from Mark Arnoldy and is waiting for government approval to launch a comprehensive program in 2013 or 2014.

1.6 REFERRED VILLAGE PATIENTS

Village patients who are referred by the village health posts to city hospitals usually cannot afford the costs for this health care – therefore, HHC provides support for patients in such need. In 2012, we were able to provide financial support to over 15 patients in need of specialty care.

Rheumatic heart disease, cataracts, tumors, and

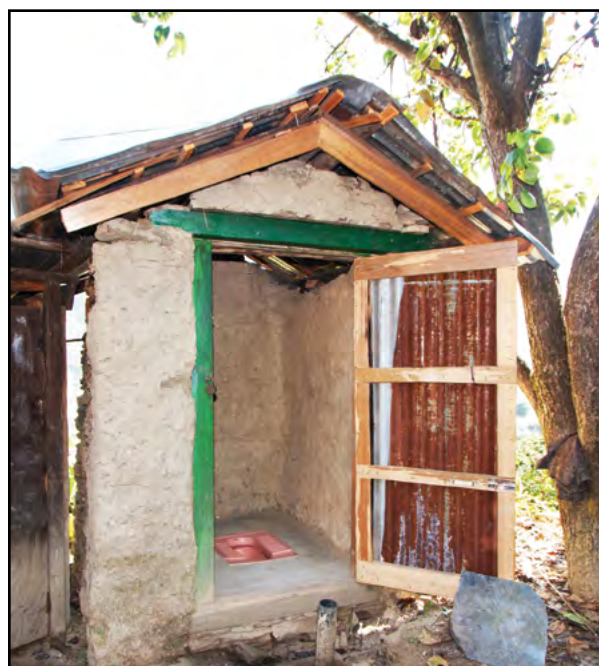
VILLAGE REFERRED PATIENTS IN 2012

S.N.	Name of patient	Age/Sex	Address	Diagnosis	Referred to
1	Sun Maya Tamang	52/F	Jharlang-5	TB suspect	Dhading
2	Dau Lama Tamang	56/M	Shertung-6	Gastric ulcer	Kathmandu
3	Shanta Tamang	40/F	Lapa -7	Heart problem	Kathmandu
4	Karan Tamang	8/M	Shertung -8	Phimosi	Kathmandu
5	Nor Maya Tamang	34/F	Lapa -7	TB suspect	Kathmandu
6	Sign Ram Tamang	57/M	Shertung-5	Eye problem	Dhading
7	Dhenba Tamang	49/F	Lapa-4		Dhading
8	Lari Maya Tamang	23/F	Shertung -9	Rheumatism	Kathmandu
9	Menchit Rani Ghale	66/F	Tipling-8	Fibroma	Kathmandu
10	Kalika Gurung	67/F	Shertung-4	Hernia	Kathmandu
11	Man Chhiring Tamang	70/M	Shertung-7	Fall injury	Dhading
12	Dul Man Tamang	76/M	Shertung-6	BPH	Kathmandu
13	Tati Man Tamang	37/M	Tipling-5	TB suspect	Dhading
14	Aita Maya BK	58/F	Shertung-2	TB suspect	Dhading
15	Manicha Sakya	60/M	Shertung-7	Gastric ulcer	Kathmandu

other specialty cases were treated in various hospitals in Kathmandu. Our funds covered fifty percent of the patients' hospital stay, diagnostics, surgery, medicine, follow-up, food, and transportation. HHC also provided funds for two heart surgeries.

1.7 SANITATION PROJECT

Since inception, HHC has supported temporary latrine projects in the villages of Tipling, Sherthung, and Lapa. These sanitary systems were first initiated through the adult literacy classes; lessons were created in the syllabus to the importance of a proper sanitation system. The literacy teachers were trained in latrine building and taught this valuable skill to their students. Subsequently, each literacy student was asked to build their own temporary pit latrine as illustrated in their book; to ensure that the students complied, the class assisted



each other with the building of the latrines. Within two years over 150 pit latrines were built in these three villages. In addition, the village committee enacted a ban on defecating near water sources and has an active campaign to encourage villages to build and use these temporary latrines. Over the years HHC has also funded public toilets in schools and other communal areas of the villages. In 2009, HHC launched a permanent toilet (pans style) campaign in northern Dhading to build a toilet with a septic system for every household. HHC first began this in partnership with the village

of Sherthung after consultation with the political leaders. HHC funded the costs of the building materials (corrugated tin sheets for the roof, plain tin sheets for the door, cement and reinforced steel bars for the slab, large pipe for the septic tank, etc.). Each household provided the property to build the toilets, building materials available in the village (wood and stones), and labor. In 2012 with the help of GlobeMed

(University of Colorado at Boulder chapter), HHC helped build 30 permanent toilets in three villages with the help of local youth groups (Sewa Nepal Tipling, Mother's Group Sherthung & United Disabled Centre in Lapa) which has benefited 374 people. HHC will continue to raise funds to build toilets in every house and every school in the villages of Tipling, Sherthung and Lapa.

VILLAGE SANITATION 2012			
Village	Toilets Built	People Benefitted	Remarks
Tipling	10	68	
Sherthung	10	254	4 public toilets in Backsmith village for 193 people
Lapa	10	52	
Total	30	374	

Photo: Permanent toilet built in Tipling village, ward 4

1.8 EFFICIENT WOODSTOVE PROJECT

Since inception, HHC has tried to introduce chimneys in the houses in the village of Tipling as the smoke-filled homes are a major cause of respiratory diseases in the village. The children and elderly are the most vulnerable. As well, the existing open hearth in the middle of the house is a danger for fire injuries to children, the elderly and epileptic patients.

In 2010, a new and efficient woodstove prototype, modeled on one promoted by Practical Action in Nepal, was introduced in the villages of Tipling, Sherthung, and Lapa. The inexpensive and easy to make design allows the smoke to escape through a chimney and the consumption of firewood was reduced by half compared to the traditional stoves the villagers were using.

HHC trained technicians from partner youth groups in each village instructed locals 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. The cost of the stove (labor and parts) is approximately \$20. A metal reflector to retain the heat in the house during the winter months is



an additional \$20. At present, over one hundred stoves have been built with an increasing number of households interested as these stoves decrease the time families spend collecting firewood. Environmentally it has helped decrease the amount of deforestation and has dramatically improved the quality of air that the villagers breathe in their homes.

GlobeMed at UC, Boulder, HHC's partner, has helped support the cost of building these woodstoves in the villages. As well, HHC looks to partner in 2013 with Rotary International on stove and latrine construction.

VILLAGE EFFICIENT WOODSTOVE PROJECT IN 2012

Village	Stoves Built	People Benefitted	Remarks
Tipling	6	30	After strong promotion from HHC, individual villagers sought/received support for stoves from other organizations (over 300). A total of 550 stoves have been built in 3 villages.
Sherthung			
Lapa	31	82	
Total	37	112	

Photo: Efficient woodstove being constructed in Tipling village by HHC supervisor, Bin Thapa

2 HHC VILLAGE EDUCATION

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



Photo: Women empowerment class at Lapa village (Photo: Soni KC Parajuli)

2.1 WOMEN EMPOWERMENT PROGRAM

HHC’s non-formal education program began in 1993 with one center in one village; by 1997 it had expanded to 27 centers in three villages. Over 90 percent of the students were women with some children with no formal schooling joining these classes as well. Women showed great interest in these four-hour classes held after dinner, focusing on safer pregnancy, immunization, family planning, hygiene, latrine sanitation, alternative farming techniques, cash crops, skill training, voting rights, and women empowerment. In the past nineteen years, 4,000 students have learned to read and write in Nepali and over 60 children have enrolled in regular schools, as a result of these programs. HHC continues to provide the facilitators’ salary, blackboards, reading and writing material and other essentials and the students contribute by transporting these materials to the villages.

In 2008, after many years of conducting literacy classes, HHC, with the suggestion of the participants, began vocational training classes, entitled Women Empowerment Classes. During May and October of 2012, 48 blacksmith (Kami, untouchable women [Tipling (28) and Sherthung (20)], continued receiving hands-on training in family planning, safe motherhood, cleanliness, sanitation, and environmental-friendly practices. These classes are being taught by village health workers, HHC trained sanitation and environmental workers, and teachers. This practical training will allow these women to not only help themselves but also teach them to help others. For example, they will learn to build a pit latrine in their home and also use these skills to help others do the same.

In 2012, the following additional topics were introduced:

1. Building life skills
2. Nutrition: Malnutrition, balance diet, kitchen garden
3. HIV & AIDS: Introduction of HIV/AIDS, relation between HIV and AIDS, cause of HIV transmission, prevention of HIV, treatment in Nepal, HIV victims and life
4. Peace building: Responsibility of good governance, role of local bodies in good governance, public access to local public offices & their services, democratic meeting, Equal access

EMPOWERMENT CLASSES FOR BLACKSMITH WOMEN IN 2012			
<i>Village</i>	<i>Total Participants</i>	<i>Regular Participants</i>	<i>Irregular Participants</i>
Tipling	32	28	4
Sherthung	22	20	2

2.2 VILLAGE SCHOOL PROGRAM

Village schools in Nepal are government run and require help with additional staff and funds. The villages themselves have little financial means or manpower to support them. In 1995, after three years of discussion with local leaders, HHC was able to improve standards and expand enrollment at a primary school in Tipling that initially had only 15 students. Today the Tipling school has over 300 students and has expanded to the sixth, seventh, eighth, ninth and tenth grades. In 2012, this school took the national board exams called School Leaving Certificate

(SLC) and 90% of the students passed. It stood third in the overall ranking amongst schools in the whole district of Dhading.

Today two high schools, three lower secondary school and fourteen primary schools in the villages of Borang, Tipling, Sherthung, and Lapa receive support from HHC for teachers' salaries, training programs, instructional materials, etc. Also, HHC has supported Lapa High School building construction in 2012 and continues to support stipends for orphaned and Dalit (lower caste) children. In 2012, our teachers Bahadur B.K., Purna Tamang, Tej Bahadur, Dorje Tamang, Min Bahadur Gurung, Mlange Tamang, and Purna Ghale, under the supervision of HHC, continued the hard work of organizing and supervising school activities. They also worked as teachers in seven schools

and instructed over 1550 students, of which 851 were boys and 649 girls (more than 50 of these students are from the Dalit caste). Sixtyone of these students will be taking the national high school exams this year.

There are only two high schools in northern Dhading and most students in the rural areas stop attending school after primary school due to lack of financial support. In 2012, we supported 41 Kami (blacksmith) and other orphans in the local schools and three in private schools in Kathmandu through the help of generous friends.

Many of the high school graduates are further supported when they attend technical schools and colleges. They receive training as health providers, teachers, and other skilled technicians



Photo: Tipling school classroom (Photo: GROWN team)

and typically take over the running of their village health posts, schools, and other services or trades in their villages. In the past students have been trained in the cities in carpentry, plumbing, tailoring, sewing, and knitting to provide services as well as income.

The secondary school in Borang still operates a small library. Many books, magazines, newspapers, journals, bulletins, and reports have been sent to this remote library. In 2012 more than 500 students and 30 teachers from several schools made use of this facility. Two other village school libraries established in 2007, one at Dongden Devi School in Tipling and the other at the Mukrap Devi School at Lapa, continue to serve over 700 students and 13 teachers. The schools in these regions had no access to telephones, internet service, books, magazines, or television prior to these village libraries.

A very special thank you to Mr. Ramesh Shankar Shrestha and Mrs. Anju Shrestha who continue to support our village stipendiary program for

the past five years and also for supporting Suku Maya's education fund, started after her entire family was tragically killed in a landslide in Tipling in 2009.

2.3 VILLAGE YOUTH MANAGE PROJECTS

HHC has supported village students for twenty years and these students have in the past few years initiated community based organizations (CBO). In 2012 HHC financially and technically supported Mothers' groups in Sherthung. It also supported Sewa Nepal in Tipling and Apanga Ekta Kendra (United Disabled Centre) in the Lapa villages. These groups in turn support HHC's medical camps, building of permanent latrines, campaigns against malnutrition, and conduct women literacy classes and other HHC village projects. HHC instructs these youth

groups in organization and leadership skills to enable them to manage present village programs and projects and develop new ones. With the birth of these youth groups, HHC's advisory role will gradually increase. The youth groups are also conducting social awareness campaigns which are showing encouraging results as more villagers are persuaded to build toilets, send children to school and to participate in other village activities. HHC has also provided office furniture as well as computer training to the members of these groups to enhance their management skills.



Photo: School children at Tipling village (Photo: GROW team)

3 HHC INCOME PROJECTS

The villages that HHC supports rely on corn, millet, and potatoes for their livelihood, however, due to the harsh mountain climate and poor soil conditions, these villages face famines every few years. Even during abundant years most families have to feed themselves by eating roots and bark of trees from the nearby forests; and support themselves by taking work as porters for many months away from home. In the recent years since the civil war, more and more young men and even some women are finding jobs outside the country. This helps their families financially, however it forces them to be away from their family and community for three to four years at a time.

HHC continues to support women in the villages in various income generating activities to help supplement their small farming incomes. Many of these women are now able to support their own families, even while their husbands, who often work overseas, are away for several years at a time. Many of these women are now managing their own lives and families. In the past seventeen years HHC has supported local entrepreneurial activity including raising chickens, angora rabbits, goats, pigs, medicinal plants, metal crafting, weaving, and knitting. Many of these projects have been successful.



3.1 JEEVANKALA (ART for LIFE) PROJECT

In 2012 Himalayan HealthCare continued the production, shipment, and sale of these environmental-friendly handicrafts. We support hundreds of women artisans and their families in northern Dhading (north-central Nepal) who produce these handicrafts, work that has both dignity and pride. Our new brand is JeevanKala, which literally means art for life; as the art allows the artisans to earn their livelihood. JeevanKala was registered as a handicraft company both in New York and Nepal in 2012.

HHC, through JeevanKala, funds the production and shipment of handicrafts and the profit from these handicrafts supports humanitarian projects in the villages of the artisans thus directly helping the artisans and their families.



Photo (Debi Lang): How JeevanKala products are made. The JeevanKala logo above: designed by Kevin Draves



JeevanKala first and foremost ensures that the handicraft proceeds benefit the artisan and their families. These artisans are provided with fair salaries, taught the skill-sets needed for crafts production (which in turn are taught to their community members), assisted in becoming self-reliant entrepreneurs, and gain a sense of well being by having involvement in a worthy humanitarian project. Our artisans have a real sense of pride creating exclusive handicrafts

that have both international appeal and support indigenous craftsmanship. A third of the revenues generated by the sale of these beautiful crafts are returned to artisans in the form of primary health care and educational services provided through HHC.

HHC, through JeevanKala, continues to manage two stores in Kathmandu, one in Thamel and

Photo: JeevanKala Store in Thamel, Kathmandu

one in Jawalakhel. The women working in the handicraft project receive higher wages than comparable projects in Nepal.

JeevanKala promotes and preserves traditional skills, supports individual entrepreneurial initiatives and community responsibility, and creates products that are environmentally sensitive and of the highest quality. We will continue to help train women artisans to ensure quality and long term production that will add in their own sustenance.

We thank Laxmi Maharjan, Rita Karki, Rabina Maharjan, Saru Maharjan, Jyoti Shrestha, Geeta KC and twenty-two village artisans for providing quality work and Chandra Tamang, for helping manage this unique and wonderful handicraft project.

We invite all friends and supporters of HHC to look for these beautiful gift items on www.himalayan-healthcare.org and to support this important project. We also invite friends to host sales in their homes and in the process raise funds for all the village programs.

3.2 LIVESTOCK PROJECT

The 32,000 livestock in the Tipling, Sherthung and Lapa villages, are important for the survival of the 13,000 people in this region. HHC trained veterinarian technician, Chhen Tamang of Lapa, and several skilled local villagers he has trained, assist him with the management of medical problems, from diarrhea to potential epidemics, that can affect this entire animal population.

In 2012 HHC distributed loans, for medications and other supplies, to a trained individual in Sherthung to help maintain the livestock in their village. A new veterinarian technician has been selected to further serve the population with additional training in artificial insemination in

cattle. This will help increase and improve the cattle population in the three villages. Initial supplies and equipment to support this project will be provided by HHC.

3.3 VEGETABLE FARMING PROJECT

HHC supported the training of three farmers (Chandra Kumar Lama of Tipling, Padam Bahadur Tamang of Shertung, and Sapta Kumar Ghale of Tipling) in Kathmandu between March 9th and 11th 2012. This training in vegetable farming was organized and conducted by the Central Vegetable Production Centre, Ministry of Agriculture, Government of Nepal. The trainees were provided with seeds and seedlings of cauliflower, turnip, several varieties of beans, cabbage, eggplant, gourds, cucumber, tomatoes, radishes, and other greens. These trainees then organized 130 farmers to plant vegetables in their gardens. This is a pilot project in the region to help farmers learn about new agro products and also help get nutritional benefits from eating vegetables and also gain monetary benefits by selling surplus vegetables. At the end of the 2012 summer, all the farmers involved had enjoyed many of the vegetables from their garden, that were new to their culture, and some even sold their surplus vegetables in the village. This experience will help the farmers in this region adopt vegetable farming in the coming years. HHC will continue to expand and improve the project in the future.

HHC also organized an exposure trip for fifteen farmers (five each from the villages of Tipling, Sherthung and Lapa) to the agro rich Ilam region where they learned about integrated farming, animal raising, and techniques of growing cardamom and other important cash crops. HHC is committed to providing these important exposure trips and trainings for the community and will continue doing so in the future.

ILAM COMMUNITY HOSPITAL PROJECT



In April 2004, HHC launched the Dr. Megh Bahadur Parajuli Community Hospital (DMBPCH) in Ilam, in the eastern most part of Nepal. Before the building of this hospital, over 250,000 people living in 48 villages and two large towns had only one doctor providing health care. Patients had to spend their much-needed resources in visiting hospitals across the border in India or in larger Nepali towns many hours away. In 2012, the community hospital, with Drs. Chandra Paneru, Manoj Limbu, and Saroj Subba provide 24-hour service to all of Ilam as well as to neighboring regions. Special thanks to them.

In spite of the logistical difficulty of running a hospital in Ilam, where few support systems are in place, the staff was able to provide quality care to 7829 patients including the medical camps. The hospital provides outpatient and inpatient care, minor surgery and casting, delivery and antenatal care, family planning, eye clinic, outreach clinic, and medical and dental camps.

During 2012 several international medical and other volunteers have supported the hospital staff in Ilam. The hospital staff has benefited

Photo: Inside the hospital in Ilam (Photo: Dr. David Johnson)

INTERNATIONAL VOLUNTEERS AT COMMUNITY HOSPITAL IN 2012	
Eva Clemenz	Medical Student 4th year
Lea Nagel	Medical Student 4th year
David Johnson	MD, Family Medicine, HHC Past President
Salvatore Esposito	MD, Family Medicine
David McMorine	DDS, Dentist
Andrea Baldwin	RN
Kathy Scott	Educationist
Corina Bassity	Resident
Benjamin Horton	Photographer
Jesse Seaver	Journalist
George Woods	MD, Anesthesiologist
Christine Hansome	RN
Bryan Henry	MD, Ob/Gyn
Patricia Mary Henry	RN
Aisha Khatib	MDGP
Paula Rani Danda	MD, Ob/Gyn
Jasmin Clarke	Student
Linda Arnold	Midwife

from the presence of all of these medical providers and enjoyed having them in Ilam. HHC is grateful to all of them.

PATIENTS SERVED AT HOSPITAL (2012)	
Department	No. of Patients
Dental	178
Emergency	1048
General OPD	3226
Inpatients	371
Referrals from other centers	76
Camps	3301
Total	7,829

SURGICAL PROCEDURES	
Minor Surgeries	26
I & D under GA	2
Foreign Body Removal	1
T.V.H, V.H.	36
Other Minor Procedures (Catheterization, Plaster)	32

ANC & OBSTETRICAL CARE	
Antenatal Check Up	155
Normal Delivery	11
Total Live Births	10
Total Still Births	1

MEDICAL AND DENTAL CAMPS - ILAM VILLAGES

The Dr. Parajuli Community Hospital continues to bring healthcare to the doorsteps of the villagers; this has engendered trust in Nepal's healthcare providers who historically have been a part of a healthcare system that was archaic and poorly managed. The medical camps have also allowed the villagers to learn about the various services available at our hospital. Our services have allowed many of our patients to receive their needed specialty care at our hospital, thus saving them from traveling long distances to

the medical centers in the terai (low-lands) or the Indian border towns. There were six camps carried out by the hospital in the Ilam region in 2012. These camps were run with the support of the hospital staff, local village committees and organizations and clubs, and many other individuals. HHC is grateful to all of them.

MEDICAL DENTAL CAMPS CONDUCTED BY COMMUNITY HOSPITAL IN ILAM						
SN		Village	Type	Team	Patients	Support by
1	Feb	Soyak	Dental Medical	<p><u>Hospital Team:</u> Dr. Chandra Psd. Paneru (Medical Officer), Amber Nembang (HA), Ram Kumari Lama (Staff Nurse), Amrita Pithakoti (Auxiliary Nurse Midwife or ANM), Mani Niroula (Receptionist), Mukesh Siwa (Eye worker), Rabin Raya (Team Leader)</p> <p><u>Manav Dental Hospital Team:</u> Deepak Koirala (Proprietor), Dr. Rabish Mishra (Dental Surgeon), Govinda Subedi (Lab Assistant)</p> <p><u>International Volunteers:</u> 4th years Medical Students - Eva Clemenz & Lea Nazel</p> <p><u>Observers:</u> Hospital Management Committee members - Prakash Pokhrel & Suresh Ekteen, Dharma Gosain (HHC, Nepal), Rajesh Parajuli (Mahila Jagaran Sanga), Purna Psd. Gautam (Mahila Jagaran Sanga)</p>	192	<p><u>Camp Organized by:</u> Soyak VDC & Shree Singa Devi Agriculture Cooperative, Soyak, Ward No.7, Ilam</p> <p><u>Special thank you:</u> District Health Office Ilam (DHO) for free medicine, Soyak Village Development Office Staff, Sub-health Post Soyak Staff, Shree Bal Kanya Ma Bi School, Soyak & Nepal Police, Jitpur</p> <p><u>Local Volunteers:</u> Netra K. Gorsain, Tej P. Dhittal, Rabin Ekteen, Kendra P. Shrestha, Mukunda R. Dhittal, Rajan P. Acharya, Ram C. Dulaal, Laxmi K. Chaulagain & Tej B. Gorsain</p>
2	Mar	Sulubung	Medical Dental	<p><u>Hospital Team:</u> Dr. Chandra Psd. Paneru, Dr. Ranjit Yadav, Junee Gurung (ANM), Amrita Pithakoti, Khagendra Thakuri (Ward Attendant), Nandu Rai (Ward Attendant), Arjun Adhikari (Nepal Police), Rabin Raya</p> <p><u>Manav Dental Hospital Team:</u> Ganesh Rai (Dental Assistant)</p> <p><u>International Volunteers:</u> Dr. David Johnson, Dr. Salvatore Esposito, Dr. David McMorine, Andrea Baldwin (RN), Kathy Scott (Educator)</p> <p><u>Observer:</u> Dharma Gautam (Hospital Management Committee)</p>	490	<p><u>Camp organized by:</u> Sulubung VDC & Shree Buddha Maya Nari Ekata Batabaran Tatha Sikcha Samaj Sulubung, Ilam</p> <p><u>Special thank you:</u> DHO Ilam for free Medicine, Sulubung Village Development Office Staff, Health Post Sulubung Staff, Shree East Sky Academy Boarding School Sulubung & Nepal Police Force, Maipokhari</p> <p><u>Local Volunteers:</u> Megendra Subedi, Buddha M. Gurung, Shanti M. Gurung, Yasodha Subedi, Som B. Gurung, Chandra B. Rai, Thir K. Subedi, Urmila Subedi & Jeevan Bhujel</p>
3	Mar	Maimajhuwa	Dental Medical	<p><u>Hospital Team:</u> Dr. Chandra Paneru, Srinkhala Dawadi, Ram Kumari Lama, Khagendra Thakuri, Nandu Rai, Rabin Raya</p> <p><u>Manav Dental Hospital Team:</u> Ganesh Rai</p> <p><u>International Volunteers:</u> Dr. David Johnson, Dr. Salvatore Esposito, Dr. David McMorine, Andrea Baldwin, Kathy Scott</p> <p><u>Observers:</u> Dharma Gautam, Prakash Pokharel, Rajesh Parajuli (Mahila Jagaran Sanga, Ilam)</p>	493	<p><u>Camp Organized by:</u> Maimajuwa VDC & Shree Sandakpur Sahakari Sanstha Maimajhuwa, Ilam</p> <p><u>Special thank you:</u> DHO Ilam for free Medicine, Maimajhuwa VDC Staff, Sub-health Post Sulubung Staff, Shree Symbol Ma Bi School Maimajhuwa & Nepal Police Force, Jamuna VDC</p> <p><u>Local Volunteers:</u> Som Bdr. Rai, Tej Bdr. Gurung, Purna Bdr. Rai, Bom Bdr. Gurung, Dal Bdr. Gurung, Anita Gurung, Kalpana Rai, Arpana Rai & Til Bdr. Gurung</p>

4	May	Ilam -9		<p><u>Hospital Team:</u> Dr. Chandra Paneru, Srinkhala Dawadi, Amrita Pithakote (ANM), Dipak Mandal (BMLT - Lab), Khagendra Thakuri, Mr. Mani Niroula, Rabin Raya</p> <p><u>Observers:</u> Prakash Pokharel, Rajesh Parajuli</p>	185	<p><u>Camp Organized by:</u> Mahila Jagaran Sanga, Ilam</p> <p><u>Special thank you:</u> DHO Ilam for free Medicine & Nepal Police Force, Ilam</p>
5	June	Godak	Medical	<p><u>Hospital Team:</u> Dr. Arpan Pokharel, (Medical Officer), Amrita Pithakote, Ram Kumari Lama, Nandu Rai, Mani Niroula, Khyam Ghimire (Admin Officer)</p> <p><u>International Volunteer:</u> Dr. Corina Bassity</p> <p><u>Observer:</u> Dharma Gautam</p>		<p><u>Camp Organized by:</u> Goduk VDC, Ilam</p> <p><u>Special thank you:</u> Goduk Sub-health Post Staff</p>
6	July	Hospital	Medical	<p>Entire DMBPCH Hospital team</p> <p><u>Novel Medical Collage Team:</u> Dr. Subash Lamichhane, Dr. Pramod Chaudary, Dr. Rakesh Kumar Mandal, Dr. Ashok, Bhagat Shah, Ayushma Dahal (SN), Debaka Basnet (SN)</p> <p><u>Observers:</u> Narayan Bdr. Khadka, Prakash Psd. Pokharel, Buddhi Shikar Bhattarai, Himalaya Karmacharya</p>	630	<p><u>Camp Organized by:</u> Eastern Region Health Office Dhankuta</p> <p><u>Special thank you:</u> DHO, Ilam, Novel Medical College, Biratnagar & Nepal Police, Ilam</p> <p><u>Local Volunteers:</u> Poeples of ward 7 & 8 of Ilam Municipality</p>
7	Nov	ob-gyne		<p>Entire DMBPCH Hospital Team Mr. Milan Gurung (HHC)</p> <p><u>International Volunteers:</u> Dr. Paula Dhanda, Dr. Bryan Henry, Dr. George Woods, Dr. Aisha Khetib, Patricia Henry (RN), Christine Hansom (RN), Linda Arnold (Midwife), Jasmin Clarke (Student), Ben (Photographer), Mr. Jesse Seavers (Journalist Huffington Post)</p> <p><u>Observers:</u> Anil Parajuli (HHC)</p>	1160	<p><u>Camp Organized by:</u> Himalayan HealthCare, Nepal</p> <p><u>Special thank you:</u> Worldwide Healing Hands, COSAN, DHO, Ilam, Nepal Police, Ilam, Armed Police, Ilam</p> <p><u>ANM (Trainees):</u> Asmita Joshi (Student), Mira Uprety (Ilam Hospital), Radhika Nembang (Ilam Hospital), Ras M. B.K (ANM Dhading), Ms. Saraswati Lamsal (ANM, Dhading), Phul Maya Tamang (ANM, Dhading), Sunita Basnet (student)</p> <p><u>Local Volunteers:</u> Sushmita Lama, Prakash Ghimire, Tikaram Puri, Dipendra Magar, Dipesh Kunwar, Saramsh Khatri, Mahesh Rai, Ganga Magar, Manisha Singh, Bipin Dahal, Manisha Magar, Manoj Subedi & Youth Information Center Team, Ilam</p>

8	Nov	Naya-Bazaar	ob-gyne	<p><u>Hospital Team:</u> Dr. Saroj Subba (MO), Kiran Niroula (HA), Shrinkhala Dawadi, Amrita Pithakoti, Mani Niroula, Khagendra Thakuri, Mukesh Siwa, Rabin Raya</p> <p><u>Volunteers from Youth Information Center:</u> Manisha Magar, Dipa Rai (Nurse)</p> <p><u>International Volunteers:</u> Dr. Paula Dhanda, Dr. Bryan Henry, Dr. George Woods, Dr. Aisha Khatib, Patricia Henry, Christine Hansom, Linda Arnold, Jasmin Clarke, Ben Jesse Seavers</p> <p><u>Observers:</u> Dharma Gauam (Hospital Director), Himalaya Karmacharya, Milan Gurung (HHC)</p>	320	<p><u>Camp Organized by:</u> Nayabazaar VDC & Ilam Sahayog Parisad (ICC)</p> <p><u>Special thank you:</u> DHO, Ilam for free Medicine, Nayabazaar VDC Office Staff, Sub-health Post Nayabazaar Staff & Nepal Police, Nayabazaar</p> <p><u>Local Volunteers:</u> Mukesh Bhandari, Bhim Bhandari, Nawaraj Bhandari, Subas Tamang, Hem B. Bhandari, Samir Bhattarai, Udaya Bhattarai, Tej Bhattarai, Tshering Tamang, Sanjeev Basnet, Sujan Sorali, Krishna Bhandari, Prabat Pradhan, Dal Kumar Shrestha, Himlal Basnet</p>
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Photos by Ben Horton of 2012 Ob-gyne camp in Ilam Community Hospital: Top left: Dr. Paula Danda with mother and newborn; Bottom left: Lynn (midwife) checking patients with family and Phe Dorje; Top right: Liza Kaneda with infant patient; Middle right: Dr. Paula Danda checking patient; Bottom right: patients being signed in during camp

MEDICAL AND DENTAL TREKS

HHC organizes two medical and dental treks a year, in the spring and in the fall. International physicians, dentists, nurses, health workers, as well as other volunteers, participate to supplement the efforts of the Nepalese medical staff. 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 treat villagers from the surrounding areas with the assistance of HHC staff and local health providers.

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 (mountains).

2012 SPRING MEDICAL TREK

A medical and dental trek was conducted in the Dhading region to provide services to villages and also to help train the local community health providers. From March 25th to April 10th, the

medical team trekked to the highest point of Phansang Bhanjyang Pass at over 13,000 ft., and held camps in the villages of Tipling and Lapa. 684 patients were served of which 46 patients were referred to specialty care at health facilities in the larger cities. HHC is most grateful to the 2012 spring medical and dental trek Volunteers and Staff:

2012 SPRING MEDICAL DENTAL TREK PARTICIPANTS	
<u>INTERNATIONAL VOLUNTEERS:</u>	<u>NEPALESE STAFF & VOLUNTEERS:</u>
Dr. Elizabeth Ashford, General Practice (UK)	Anil Parajuli (HHC Cofounder)
Robert Ashford, Volunteer (UK)	Soni KC Parajuli (HHC CEO, Nepal)
Dr. Nicole Fliss, Family Medicine (USA)	Sapta Ghale (Field coordinator)
Moreen Fried, Social Mobilizer (USA)	Phe Dorje Tamang, HHC Dhading Health Coordinator
Dr. Caroline Jones, Internal Medicine (USA)	Pradeep Khadka (Lab Tech)
Emily Jones, Student Volunteer (USA)	Indra Sunuwar (Cook)
Dr. Thomas Kim, Medical Resident (USA)	Bhagya Sunuwar (Cook)
Dr. Steven Kowalski (D. Pharma), USA	Roma Tamang (Sherpa)
Debi Lang, CFTWF Founder, Film Director (USA)	Yaku Tamang (Sherpa)
Dr. Juan Lee, Medical Resident (USA)	Juli Tamang (Sherpa)
Linda McCreadie, MBA Volunteer (UK)	Sitashma Parajuli, Student Volunteer
Dr. Robert McKersie, HHC President, Family Medicine (USA)	Priyasha Parajuli, Student Volunteer
Dr. Gary Nichols, Pediatrics (USA)	Saharsha Parajuli, Student Volunteer
Dr. Dave Rezcck CFTWF Participant, Dentist (USA)	Rumi Maharjan, Rotaract Volunteer
Dr. Janice Onorato, Neurology (USA)	10 additional kitchen staff and 60+ porters

2012 SPRING MEDICAL TREK PATIENTS REPORT					
	<i>Disease\Problem</i>	<i>Patients (Tipling)</i>	<i>Patients (Lapa)</i>	<i>Total Patients</i>	<i>Disease Prevalence in %</i>
1	Diarrheal disease	38	47	85	(12.0%)
2	Skin disease	16	17	33	(4.9%)
3	RTI	21	23	44	(6.0%)
4	Arthritis	8	14	22	(3.0%)
5	Breast problems	4	-	7	(1.0%)
6	Bronchitis	5	1	6	(0.9%)
7	Burn and scald	2	0	2	(0.3%)
8	Eye problems	25	19	44	(6.0%)
9	Hemorrhoid	2	4	6	(0.9%)
10	COPD	5	7	12	(1.8%)
11	Oro\Dental Problems	7	3	10	(1.6%)
12	Skin disease	23	20	43	(6.3%)
13	Rheumatic Heart Disease	1	3	4	(0.7%)
14	Phimosis	0	1	1	(0.1%)
15	Menstrual disorder	3	5	8	(1.2%)
16	Ear problems	10	13	23	(3.4%)
17	Malnutrition	2	1	3	(0.4%)
18	Fracture or dislocation	1	0	1	(0.1%)
19	Gastritis or GERD	40	44	84	(12.3%)
20	Normal checkup	3	2	5	(0.7%)
21	Parkinson's disease	1	0	1	(0.2%)
22	Oral ulceration	6	2	8	(1.1%)
23	Heart problems	3	5	8	(1.1%)
24	Hernia	1	2	3	(0.4%)
25	Hypertension	4	2	6	(0.8%)
27	Impetigo	4	6	10	(1.4%)
28	Cut injury	2	3	5	(0.7%)
29	Corn	1	1	2	(0.2%)
30	Mental problems	3	5	8	(1.1%)
31	Osteoarthritis	4	7	11	(1.7%)
32	Gout	1	0	1	(0.1%)
33	Sexually Transmitted Disease	7	9	16	(2.3%)
34	Cyst and wart	2	1	3	(0.4%)
35	ANC checkup	9	4	13	(1.9%)
36	PNC checkup	4	3	7	(1.0%)
37	Foreign body	2	1	3	(0.4%)
38	Suspected TB	5	7	12	(1.7%)
39	Tonsillitis or cellulites	2	5	7	(1.0%)
40	Neuro problems	4	3	7	(1.0%)
41	UTI	20	19	39	(5.8%)

42	Worms	3	5	8	(1.2%)
43	Diabetes	1	2	3	(0.4%)
44	Epilepsy	5	4	9	(1.3%)
45	Fever of unknown cause	8	5	13	(1.9%)
46	Fibroma	1	2	3	(0.4%)
47	Pharyngitis	5	7	12	(1.7%)
48	Migraine headache	2	3	5	(0.8%)
49	Other problems	8	10	18	(2.7%)
	Total Patients	334	350	684	(100%)



Photos: 2012 spring medical trek, Dhading, central Nepal: Top lt.: Prayer flags & Ganesh Himal; Top right: Phe Dorje examining patient at Tipling health post with Sitashma Parajuli and local volunteers; Bottom lt.: Rumi with Priyasha Parajuli in Tamang outfits; Bottom rt.: Debi Lang with Bin Maya & Soni Parajuli - filming of Hearts in the Himalayas



Photos: 2012 spring medical trek, Dhading, central Nepal: Top lt.: Village woman carrying metal sheets; Top rt.: Team crossing Phangsang at 14,000ft.; Middle lt.: Dr. Rob McKersie using an ultrasound machine to help patient; Middle rt.: Dr. Andrew Ropp with patient; Bottom lt.: View from Awii village of Ganesh Himal; Bottom rt.: Truck ride at end of trek

2012 FALL MEDICAL TREK

A second medical trek in 2012 was conducted

in the Dhading region to provide services to villages and also to help train the local community health providers. From October 29th to November 14th, the medical team trekked to the highest point of Phansang Bhanjyang

Pass at over 13,000 ft., and held camps in the villages of Tipling and Lapa. 431 patients were served of which 55 patients were referred to specialty care at health facilities in the larger cities.

HHC would like to specially thank Soni KC Parajuli, Reenu Maharjan, Phe Dorje, Chandra Tamang, and other HHC staff at the Kathmandu office for all their hard work in making the trek a big success.



2012 FALL MEDICAL DENTAL TREK PARTICIPANTS

<u>INTERNATIONAL VOLUNTEERS:</u>	<u>NEPALESE STAFF & VOLUNTEERS:</u>
Barbara Audin, RN	Anil Parajuli (HHC Cofounder)
Curt Audin, Paramedic	Chandra Tamang (HHC officer)
Katie Baird, RN	Sapta Ghale (Field coordinator)
Matt Battson, RN	Phe Dorje Tamang, HHC Dhading Health Coordinator
Dr. Candace Clawson, Orthopedic Surgeon	Pradip Khadka (Lab tech)
Tom Healey, Paramedic	Bin Thapa (HHC staff Tipling)
Dr. Bethany Kapp, Emergency Medicines	Roma Tamang (Sherpa)
Jessica Keeping, RN	Yaku Tamang (Sherpa)
Julie Mathews, RN	Yogen Tamang (Sherpa)
John Mcharney, RN	Ram Rai (Cook)
Prabhjot Uppal, Resident	Bill Tamang (Cook)
Dr. Carol Wiggins, Ob-gyne	Additional 6 kitchen staff
	60 porters

Photo: 2012 HHC fall trek team

2012 FALL MEDICAL TREK PATIENT REPORT

	<i>Disease\Problem</i>	<i>Patients (Tipling)</i>	<i>Patients (Lapa)</i>	<i>Total</i>	<i>Prevalence of disease in %</i>
1.	Diarrheal disease	20	17	37	(8.6%)
2.	Skin disease	10	12	22	(5.0%)
3.	Respiratory tract infection	16	15	31	(7.2%)
4.	Parasite infestation	5	2	7	(1.6%)
5.	Abscess & cellulites	2	1	3	(0.7%)
6.	Burn and scald	0	1	1	(0.2%)
7.	ENT problems	8	4	12	(2.8%)
8.	Eye problems	4	6	10	(2.2%)
9.	COPD	4	5	9	(2.0%)
10.	Oro/dental problems	15	13	28	(6.5%)
11.	Rheumatic disease	2	3	5	(1.2%)
12.	Mental problems	1	2	3	(0.7%)
13.	Gyne problems	11	9	20	(4.6%)
14.	Urinary tract infection	8	17	25	(5.8%)
15.	Fracture & dislocation	1	4	5	(1.2%)
16.	Gastritis or GERD	39	24	63	(14.6%)
17.	Viral infection	7	4	11	(2.6%)
18.	Insect or animal bites	1	0	1	(0.2%)
19.	Heart problems	2	1	3	(0.7%)
20.	Hernia	4	3	7	(1.6%)
21.	Hypertension	4	12	16	(3.7%)
22.	Breast problems	2	1	3	(0.7%)
23.	Sexually transmitted disease	2	3	5	(1.2%)
24.	ANC checkup	6	5	11	(2.6%)
25.	Tonsillitis & sinusitis	5	3	8	(1.9%)
26.	Male reproductive organ problems	6	5	11	(2.6%)
27.	Hemorrhoid	2	1	3	(0.7%)
28.	Arthritis	8	9	17	(3.9%)
29.	Neuro\spinal problems	1	0	1	(0.2%)
30.	Epilepsy	2	1	3	(0.7%)
31.	Migraine\headache	6	4	10	(2.3%)
32.	Infertile	2	1	3	(0.7%)
33.	Foreign body	1	1	2	(0.5%)
34.	Malnutrition	3	5	8	(1.9%)
35.	Normal checkup	5	6	11	(2.6%)
36.	Other problems	9	7	16	(3.7%)
	Total Patients	224	207	431	(100%)

HHC PARTNERS

HealthCare has close relationships with many like-minded organizations. HHC could never perform its mission without the support of these organizations. We are proud to highlight our relationships with our partners and encourage you to visit their websites and to support their activities.

1 GLOBEMED AT CU BOULDER



Letter from Shreyash Pradhan (External President)

It has been an amazing four, successful years of partnership between GlobeMed at CU Boulder and Himalayan HealthCare and the partnership continues to flourish into its fifth year. Though over 7,000 miles separate the two organizations, the members of GlobeMed consider the whole Himalayan HealthCare organization to be family.

GlobeMed at CU Boulder (www.globemedcu.org) is one of 55 nation-wide GlobeMed chapters, located at different universities. GlobeMed was originally started by a group of students, at Northwestern University, who were outraged at the injustice in the world and wanted to do something about it. They believed that even though college students are young and inexperienced, we are very capable of inspiring and carrying out positive change. Partnership is at the heart of GlobeMed; each chapter is partnered with a grassroots organization all around the world to eliminate global health disparities. Students in GlobeMed raise money to support partner projects, educate themselves and their community about global health issue and travel to work on-site, alongside their partners on the projects they support.

GlobeMed at CU Boulder recently finished its fourth year as a student-run nonprofit organization in Boulder, CO. GlobeMed aims to empower students and engages them in making tangible differences. We believe that every person has a role to play in the fight for global health equity and GlobeMed helps students develop knowledge bases and skill sets that allow them to contribute to the fight. Students devote time and energy into not only making this partnership a success but to educate their peers on the dire need for global health equity and the organization like HHC that are fighting every day to make it possible. Each year GlobeMed and HHC collaborate to evaluate the needs of the impoverished people of rural Nepal. After coming to an agreement on the best plan of action, several Himalayan HealthCare projects are selected that are then funded by GlobeMed at CU Boulder. The projects supported this year include the village latrine program, cook stoves, income generation program, medical supplies, women's empowerment program and education/training program. GlobeMed exceeded our fundraising goal this year by raising more than \$34,000, which goes directly to supporting the projects in Nepal.

It has been my honor and privilege to work with Himalayan HealthCare for the past three years as a member of GlobeMed. I have been able to witness the partnership between our organizations become what it is today and am very confident that it will only get stronger as time passes. For more information about GlobeMed at CU-Boulder and our partnership with Himalayan HealthCare, please contact ucboulder@globemed.org.

In pragmatic solidarity.

GLOBEMED SUPPORTED PROJECTS IN 2012

VILLAGE SANITATION PROGRAM:

GlobeMed continued to support HHC's permanent toilet (latrine) project in the northern Dhading villages which enabled 30 household latrines to be built with materials supplied by HHC and labor provided by families receiving the materials. This facilitates continued improvement of sanitation in the villages.

INCOME GENERATION:

GlobeMed continued to support HHC's program that provides low-caste Kami (blacksmith) women with income-generation opportunities. The impact of this program in the long term is to empower the women to help reduce the high rate of domestic violence and alcoholism as well as improve the poor education and health in the Kami community.

EFFICIENT WOODSTOVES PROGRAM:

GlobeMed has shown a keen interest in the efficient woodstoves program launched by HHC in 2009 and has been supporting this project since 2011. The efficient woodstove reduces by half the use of firewood compared to the traditional open-hearth stoves. In addition, these stoves have reduced the smoke in the homes of the villagers thus reducing respiratory diseases.

2 DIRECT RELIEF INTERNATIONAL (DRI)

Direct Relief International provides medical assistance to improve the quality of life for people affected by poverty, disaster, and civil unrest in the United States and throughout the world.

For over a decade, DRI has continued to

support the medical programs of HHC in Nepal by providing essential material resources – medicines, supplies, and equipment.

These supplies were used to serve patients in the remote villages of Tipling, Sherthung and Lapa in northern Dhading (north-central Nepal) as well as villages in the Ilam district in eastern Nepal. HHC is extremely grateful to DRI for their continued support.

3 JOLKONA FOUNDATION

Jolkona and HHC have been partnering since 2010. Jolkona funds projects around the world by encouraging donations of all sizes starting at \$5 thus allowing the donor to choose a project that fits their budget and interests. Jolkona seeks to involve the young and less affluent in philanthropy by reaching out through their online platform and media sites such as Facebook and Twitter. Jolkona was founded with the idea that every drop of giving counts, hence the name Jolkona which means drop of water in Bengali.

Projects are divided into the areas of arts and culture, education, empowerment, environment and public health. In the two and half years that Jolkona has been a partner over \$9,800 has been given to HHC. Donors receive a photo of the recipient and information about the family benefitting from their gift.

Jolkona donors support HHC by designating contributions for 1) a child's education in Kathmandu for one year, 2) an energy efficient stove or latrine for a village family, 3) projects in women's health at our village clinics, or 4) cataract surgery for the elderly. You can visit Jolkona at www.jolkona.org.

“Small drops can add up and have a ripple effect of change” is the motto of Jolkona a partner of HHC. Jolkona, means a drop of water in the language of Bangladesh. Jolkona Foundation was founded in 2009 by the Seattle couple Microsoft Research program manager Adnan Mahmud and Nadia Khawaja a University of Washington graduate student.

Jolkona seeks to involve the young and less affluent in philanthropy by reaching out through their online micro-giving platform and social media sites such as Facebook and Twitter. Jolkona allows the donor to choose a country and project that interests them and choose a project where as little as \$5 will be used to make a difference. Once the donation has been put to use the donor receives proof of impact of their gift.

The Jolkona Foundation is staffed by volunteers and one paid software developer. Operating expenses are covered by donations to Jolkona specifically for that purpose so that organizations like HHC receive 100% of pledged donations.

4 CARING FOR THE WORLD FILMS (CFTWF)

- Debi Lang (Founder)

Caring For The World Films spent three years chronicling the efforts of Himalayan HealthCare to produce the award-winning documentary short “Hearts In The Himalayas, which has opened the world to the success of its sustainable model for local involvement in community care and social change.

“Hearts In The Himalayas” premiered in September of 2012 at the twentieth anniversary fundraiser held in Boston. The film has received

twelve international awards and film festival invitations including the Communicator Gold Award of Excellence by the International Academy of the Visual Arts and the Humanitarian Award at the 2013 Third World Indie Film Festival in San Francisco.

More important than awards and accolades, is the impact the film has made on Himalayan HealthCare. Since its release, the documentary has been viewed across the US and over 170 countries, significantly raising awareness of the success of the HHC model. Global Media, the media partner of the United Nations profiled HHC and featured the film on its website. Global Health TV has added the documentary to its humanitarian relief portal and the Houston



Independent School District has included in its global education program.

Caring For The World Films did not select Himalayan HealthCare as a profile subject without first conducting exhaustive research on the organization and its efforts. Anil, his staff and the volunteers, as well as the board of directors can attest to the lengths we went to get the real story. Our team, which included Dr. Dave Reczek, Mike Palliola and me were volunteers and got to know the local villagers, which is extremely important in order to get the root of the mission. With a critical eye, we were able to see and experience, first hand the impact HHC is making in these villages.



As with all our projects, inclusion of the local population in the production of the film was imperative. We hired and trained locals to participate as crew members. Sapta Ghale, a Tipling villager and critical member of our team, was my right hand man for the entire project. He provided us with frankness and valuable insight into the nuts and bolts of the HHC programs and enlightened us on past failed INGO projects in the region. Sapta was able to gain our cameras access to people and locations that otherwise would have been off limits.

Once we earned the trust of the locals, they welcomed our team into their homes, shared their food and tea while telling us about life in the villages. They were brutally honest about the impact HHC has made on their lives, especially during the civil war. The generational impact HHC has made on them is a testament to the success of their programs.

Tackling translations is always exhaustive. The translators on the ground with us during filming and the half a dozen or so around the globe who volunteered to translate the interviews were invaluable to us. It took over six months to translate hours and hours of interviews from the local dialects, to Nepalese then to English. Simply put, this film could not have been completed without the help of the Nepali people.

We were fortunate enough to have gained the trust of the HHC volunteers (not an easy task). By earning their trust, we were able to document procedures and capture moments that otherwise would have gone unseen. Volunteers graciously allowed us to interview them in the worst conditions and circumstances. If we only had time to include all of it in the documentary!

Many of the volunteers shared their photos and shot Go Pro video for us during the treks. Dr. Robert McKersie, Bob Stern and Kevin Draves combined their creative talents to create the stunning movie poster for “Hearts In The Himalayas”. Dr. Andrew Ropp and Dr. Nicole Fliss were the GPS tracking device operators for us and helped out with mapping and “tweeting” updates to the world during our second trek.

The Caring For The World Films team knows that by telling the HHC story in an authentic manner, viewers will appreciate the real impact being made. Nothing is staged or scripted. We ask, listen, share and let you decide whether it is a worthy organization to donate to or volunteer. We believe that by doing so, you will reach deeper into your pockets to continue to support Himalayan HealthCare and its programs.

Caring For The World Films has evolved as a result of this project. Our experience with HHC has significantly altered our view when researching future profile organizations. The sustainability and operational benchmark is now set even higher due to what we witnessed with HHC. This makes our job more difficult but more valuable for benefactors and volunteers to evaluate the charitable organizations we profile. For this, we thank HHC for trusting us to tell their story.

HHC IS GRATEFUL TO:

We are most grateful to the many wonderful individuals, organizations, and corporations in Nepal and from around the world, who have helped us, through the generosity of their funds, time, and in-kind donations carry out our programs. We would like to recognize them here and express our hopes for their continued support of our programs.

ORGANIZATIONS AND INSTITUTIONS

HHC Nepal Board of Directors
Ministry of Health
Ministry of Finance
Ministry of Child, Women and Social Welfare
Social Welfare Council
Nepal Medical Council
Eastern Regional Directorate of Health, Dhankuta
Chief District Officer's Office, Lalitpur
District Development Committee, Lalitpur
Chief District Officer's Office, Ilam
District Development Committee, Ilam
Ilam Municipality
District Health Office, Ilam
Nepal Red Cross Society District Branch, Ilam
Red Cross Society, Himalayan Branch Singfing, Ilam
Chief District Officer's Office, Dhading
District Development Committee, Dhading
District Health Office, Dhading
District Education Office, Dhading
Nepal Red Cross, Central Blood Bank, Kathmandu

INDIVIDUALS

Mr. & Mrs. Ramesh Shankar Shrestha
Dr. Rabindra Shrestha, KMC

THANK YOU 2012

Himalayan HealthCare would like to thank its many friends and supporters. There have been so many wonderful individuals; non-profit organizations and corporations who have helped us carry out our programs through the generosity of their cash and in-kind donations. We would like to recognize them here and express our hopes for their continued support of our programs.

\$46000+

Timothy Cotton

Church of Christ
at Dartmouth College
Rotary Club of Grand Island

Steven Kowalsky
William Russel Mann
Ramesh Nambiar
Audrey and Cornelius O'Connor
Larry Parisot
Nita Patel
David Reczek
John Romanow
Indira Sharma
David and Cynthia Silverstein

Eva Michalakis-Riker
Thomas and Ellen O'Connor
Pamela Ogor
John and Charlotte Orrall
Pravin Rana
Dennis Silvers
Srijesh Thapa

\$20000+

Worldwide Healing Hands
GlobeMed at CU Boulder

\$1500+

n/a
Monica Hau Le
Megan Neuman
John Yost

Mary Slusser
Margaret Smith
Barbara Troupin
Carol Wiggins

\$200-249

Michael and Mary Flynn
Victorino and Ellen Anllo
Asma and Mohammad Ashraf
Mary Bogdasarian
Richard Braen
Patricia Callahan

\$15000+

Kazan, McClain, et al.
Foundation

\$1000+

David McMorine
Siddhartha Shah
Jack Levine
Frank Scherff
49er Rotary Club
of Nevada City
Rotary Club of Batavia
Walter Klores
George Pfohl
John Roscoe
Jennifer Sparks
Brijesh Thapa

\$300-499

Jacqueline Barnes
Burchfield Penney Art Center
Rebecca Doss
Jane Beatty
W.P. and Jody Dowdall
Lisa Gomer
Nancy McKersie
Wayne and Nancy Marquis
Katherine Schlaffer
Thomas Stone
Dea Angiolillo
C. Hugh Everhart
Gary Hsin
Thomas and Linda Joyce
Charles and Nancy Leins
Anne-laure Py
Elisabeth Py
Pascale Py
Martin Madden
Thomas Madden

Nicholas Clinch
Patrick and Cynthia Curran
John Eisner
Frederick and Hedy Fuller
Susan Guenther
John and Marianne Hanley
Alden and Sandra Harwood
Rurik Johnson (Surgical
Associates of Western NY)
James and Maureen Jones
David Keller

\$11000+

Robert & Michelle McKersie

\$500-999

Five Pound Apparel LLC

Daniel and Jennifer Killian
Gina Lafountain
Donald and Hikaru Macleod
Joan Matter
Alan McKersie
William McKersie
Felix Meza
Lori Miterko
Mary and David O'Connor
Joseph and Kathleen Oddo
Lawrence and Carol O'Toole
Patricia Pfalzer
Jennifer Randolph
Brenda Shaw
Brian and Mary Jean Shields
Gary and Susanne Tocke
Thomas and Candice Unger
Richard Weiner
Susan White
Kay and Arthur Wilder

\$5000+

Eugene and Diane Natali
Vivien Springford Charitable
Trust
Peter Rapaport (The Rapaport
Family Charitable Trust)
Mabel Weil (Weil Family
Fund - Donors Fund Inc.)
David Johnson
Jolkona Foundation

Bart and Kristen Blaeser
Rabi Burathoki
Arthur and Anne Crumlish
Carol Jaspin
Audrey Mangan
Karen Kargere
Ascendant Compliance
Management

\$250-299

Nicole Sczekan
Brain and Spine Medical Svcs
San Damiano Daily Giving
Robert and Rita Anderson
Jared and Barbara Barlow
Edward and Nadine Bartels
Lisa Brothwell
Michael Chin
Jeffrey Geller
Christopher and Daniele Kell

\$4000+

Felicia Meila-Predovicu

David Bell
Sheila Carroll
Kenneth Coull
Nils Dennis
Robert and Janemarie Dolan
Stephanie Houde
Robert Karsten
William Kern
Thomas Kim
Yale Kneeland

\$3000+

Kristi (van Nostrand) Saunders
Steven Zabin
Dawn Anderson

\$2000+

Caroline Jones
Janis and Jonas Johnson
Robert and Susan Stern
(Hampton Foundation)

\$150-199

Ellen Belcher
Wendy Conroy
Fred Fisher
Jean Fitzgerald
James Hamilton
Fredrica Illick
Anamika Jain
Ashika Jain
Henry Kammerer
Don Madden
Lindsey Madden
Nazzarena Mazzarelli
Aaron Miller
Raymond & Mildred Orrange
Dominick Reda
Elizabeth Sousa
Michelle Vaca
Susan Walsh

\$100-149

Debi Lang (Caring For the World Films)
Barbara Audin
Candace Clawson
Kevin Draves
Nolene Ferguson
Kimberlyn Huenink
James I. Jones Sr.
Dan Klein
John Paul Krueger
Juan Miguel Lee
Catherine Orrall
Christina Ramsperger
Jane Thiefels
Cynthia Zabin
Gary Nichols
Lynn Wilson Associates
Craig and Adrienne Albert
Salvatore Andolina
Leon Ber
Michael and Ellen Bieger
James and Judith Blair
Paul and Carol Bond
Francoise Bree
Stephen and Midori Bridge
Katrina Chau
Annette Chavez
Roger Cook
Donald Copley
Teresa and John Cotton
Brian Cruikshank
Maureen and Megan Day
Ralph Degenhart
Harold Degraw
Judith Dejohn
Marlene Devellier
Peter D Devers

Sandra Dirx
Richard and Jeanette Engel
Sal and Jaclyn Esposito
Andrew Farber
Sara Flay
Joelle Gabor
Richard and Joann Gabor
Zdenka Gast
Andrew Giacobbe
John and Kathleen Goller
Nancy Gonka
Wallace Goodsell
Christian Hollowell
Andrew and Lori Harbison
John and Linda Harbison
Kathleen Hazel
John Herb
Lawrence Hoffman
Howard and Dee Howlett
K. Ingrid Hunt
J. Norman and Alice Johnson
Khristeena Kingsley
Gary and Karen Koepfel
Marilou and Craig Koepfel
Janice Kovacs
David W. Landrey
Arnaud Lazarus
Joseph and Catherine Low
Erick Lynda
Christina Madden
John May
Nasha Miller
Stephanie Mourtzinos
Gregory Noyes
Bart Oddo
Vincent O'Halloran
Sunil Parajuli
Amber and Frank Penque
Usha Rai
Ashok Raj Regmi
Margueritte Ricciardone
Jon Roberts
Michael and Marilyn Rocco
Marcus and Cindy Romanowski
Gertrud Ruefli
Susan and David Scamurra
Jen Schepner
Thomas and Janet Sheehan

Michael Sowinski
James F. Swanson
Geoffrey Weinstein

\$50-99

S. Ague
Elizabeth Ashford
Scott and Patricia Birkhead
Dustin Burnham

Richard Hall
Jennifer Laskowski
John and Erica Ciccolo
Craig Czarsty
Laurie Graham
Mauri Coover
John Reid
Alice Bredin
Kristen Phillips
Frank Ariane
Kaja Autler
Annette and Robert Bitner
Susan Brackenridge
Deborah Burch
Alicia and Paul Cheney
Patricia and James Flood
Jean Glassmire
Nancy and Charles Grayson
Richard Greif
Larry Gussin
Judy Hansen
Susan Hawkins
Joanne Hutton
Natasha Khouri
Martha King-Sedwick
Stephanie Koontz
Margo Krasnoff
James and Susan Kuhlmann
Joan Kuznia
Christine Learman
Deborah Lloyd
Susan and Mark Malatesta
Evan and Evelyn McDonald
Lita Murawski
Marilyn Pardo
Ann and Howard Pikoff
Barbara Provinelli
Joseph Ralabate
Maria Ramirez
Joan Rubin-Deutsch
Alice Russ
James Rycyna
Jack Salmon
Mary Scholten
Elaine Stanis
Evan Teplow
Adeline Vacanti
Mary Jean and George Watkins
Ann Weiner
Aaron Weiner
Jereld Wing
Laurie Wolf
Herman Wrege
Gang Xu

\$0-49

Naomi Smidt-Afek
Sue Vernon-Allen

Aruna Aryal
Anthony Ashford
Deborah Dobbins
Rodney Durso
Greta Einig
Michelle Fanzo
Moreen Fried
Dung Le
Andrew Loehrer
Janice Onorato
Shreyash Pradhan
Ellen Steel
Sarah Keniston
Sara Mag
Connie McLaughlin
Stacy Patrick
Jennifer Ringstad
James and Eleanor Sugarman
Ryan Woodland
Fredrica Frost
Maxine and Jennie Insera
Jennifer Marquis
Barbara Nikolaus
Sara Oaklander
Donna Ruvalo
Glen and Teri Valentine
Patricia Reilly
Roger Alt
Paul and Kathleen Bellitto
Jeffrey Burford
Frances Copeland
Mary Beth Dinulos
Bruce Donn
Stephanie Fernald
Patricia Guido
Emily Hanley
David and Barbara Hoover
William Hothow
Richard and Josephine Muscatello
William O'Donnell
Janice Pilon
Sabina Pradhan
Marilyn Randolph
Daneen and Michael Santamaria
William Schwer
Margaret Vanderbles
Natalie Walter
Margaret Brooks
Colleen Danaher
Frank and Judith Germano
Kelly Gold
Arthur and Karla Swanson
Lisa Murray
Joanne McCartin
Maria Canizalez
Roy and Marian Graham
Lisa Leach

2012 FINANCIAL STATEMENT

CONSOLIDATED STATEMENT OF REVENUE AND EXPENSES * FOR YEARS ENDING DECEMBER 31,

REVENUE	2012	2011
Cash and Securities Contributions	\$316,989	\$282,228
Sales of Goods and Services	37,766	33,823
Investment Income	971	137
In-Kind Donations of Services **	171,363	145,237
In-Kind Donations of Medicines and Equipment	0	0
Total Revenue	<u>\$527,089</u>	<u>\$461,425</u>
 EXPENSES		
 CASH EXPENSES		
Program Expenses	\$277,468	\$323,757
Administrative Expenses	54,419	44,499
Fundraising Expenses	27,671	24,790
Total Cash Expenses	<u>359,558</u>	<u>393,046</u>
 IN-KIND EXPENSES		
In-Kind Contributions of Services **	171,363	145,237
In-Kind Contributions of Medicines and Equipment	0	0
Total In-Kind Expenses	<u>171,363</u>	<u>145,237</u>
 DEPRECIATION	10,378	90,869
Total Expenses	<u>\$541,299</u>	<u>\$629,152</u>
 EXCESS OF REVENUE OVER EXPENSES		
Revenues	\$527,089	\$461,425
Expenses	<u>(541,299)</u>	<u>(629,152)</u>
Excess of Revenue over Expense	<u>(\$14,210)</u>	<u>(\$167,727)</u>

* Please note that these are unaudited consolidated financial statements prepared by HHC. Audited unconsolidated financial statements of HHC's U.S. and Nepali accounts are available upon request. Please note that all figures in Nepali Rupees were translated at an average exchange rate of Rs. 85 per one U.S. dollar for 2012, and so there may be some variations in the consolidated statements owing to currency fluctuations. These accounts exclude the activities of JeevanKala, LLC, wholly owned for-profit subsidiary of Himalayan HealthCare, Inc., which is engaged in distributing artisanal handicrafts 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.

HOW YOU CAN HELP

WE WOULD LIKE TO TAKE THIS OPPORTUNITY TO ASK ALL OF OUR FRIENDS FOR THEIR CONTINUED SUPPORT THROUGHOUT 2013. YOUR CONTRIBUTION WILL MAKE A DIFFERENCE AND IS 100% TAX-DEDUCTIBLE.

YOU CAN DONATE TO HHC VIA:

* **PAYPAL** BY VISITING OUR WEBSITE, HIMALAYANHEALTHCARE.ORG
OR PAYING TO PAYPAL@HIMALAYANHEALTHCARE.ORG

* SENDING **CHECKS** TO:

HIMALAYAN HEALTHCARE, INC.
PO BOX 73
PLANETARIUM STATION
NEW YORK, NY 10024
USA

PHONE: 917 274-7345
INFO@HIMALAYAN-HEALTHCARE.ORG
HIMALAYANHEALTHCARE.ORG

* **WIRE TRANSFER** TO:

M&T BANK 022 000 046
HIMALAYAN HEALTHCARE INC.
CHECKING ACCT: 9850086076

2012 ANNUAL FUNDRAISING EVENTS

HHC holds events each year in North America where trek participants, Ilam hospital volunteers, donors and friends come together. Fundraising events are opportunities for the friends of HHC to get together, share stories, get a report on recent activities, and learn more about what we are doing. The events also help raise funds to support HHC's programs in Nepal. We try to hold events in different cities and at various times of the year.

FOURTH ANNUAL HHC FUNDRAISER IN BUFFALO NY 2012

- David Johnson, MD, HHC Past President

We were very fortunate to use the drama stage and screening room at The Center For The Arts, State University of New York at Buffalo.

Hearts In The Himalayas, a Caring For The World Film documentary, made the program a wonderful success. Anil Parajuli was on stage. Debi Lang, our film director, had devoted two years to making the documentary. She appeared via skype on the big screen for questions.

BOSTON 2012 HHC FUNDRAISER AT MIT MUSEUM

- Dawn Anderson, MD, HHC Vice President

Himalayan Healthcare celebrated its twentieth anniversary with a gala fundraiser in the Boston area on September 22, 2012. Anil Parajuli, the co-founder and Executive Director of HHC, joined us from Nepal as well as 120 guests and donors. Many

During the cocktail hour music by the Equinox Band was perfect. A dance demonstration by Marge Dorato and friends augmented the already artistic theme. Again Dominic Cioara donated an exquisite handmade knife for auction. Jeevankala crafts were sold with help by Patty Johnson, Tara Morrison and Jennifer Laskowski.

Michelle Rudroff and Ozzie Johnson helped with invitations. We thank Dechen Garza for clerical work and Larry Fiorella for graphic design.

One hundred and forty supporters in attendance made the atmosphere one of celebration and success. The guest of honor was David's mother Ozzie Johnson. Every guest was special. Many thanks.

former trekkers were able to join us as well. The event was held at the MIT Museum in Cambridge with the exhibition "Rivers of Ice: Vanishing Glaciers of the Greater Himalaya" on display. The evening started with fundraising and raffle displays, followed by a dinner catered by Lavishly Dunn. Multiple local businesses and individuals had donated items for raffle including photographs from Nepali treks. After dinner, the raffles were drawn and awarded and a live auction was held of Nepali artwork. Handicrafts from JeevanKala, an organization founded by Himalayan HealthCare to produce fair trade recycled Nepali crafts, were

on sale throughout the evening. The star event of the evening was the premiere of "Hearts in the Himalayas" a documentary created by Caring For The World Films which describes and shows the work of Himalayan Healthcare. The film was as wonderful as its sneak peek trailer had promised and guests were also given a copy of the film to take home and share with their family and friends. The fundraiser grossed over \$28,000 with net proceeds

NEW HAMPSHIRE HANOVER 2012 HHC FUNDRAISER AT DARTMOUTH COLLEGE

- Kristi Saunders, MD, HHC BOD
September 25th 2013

We had our first movie debut/fund raiser here in New Hampshire at Dartmouth College! We hosted

COLORADO FUNDRAISER HOSTED BY GLOBEMED AT CU BOULDER

On Friday October 5, 2012 GlobeMed at CU Boulder hosted its annual Benefit Dinner in the Old Main building on the University of Colorado Boulder campus. This event is held every year not only to fundraise for Himalayan HealthCare, but to raise awareness about the work that both GlobeMed and Himalayan HealthCare are doing. Around forty-five guests attended the dinner and \$1793.79 was raised to support the women's empowerment program in Nepal.

GlobeMed had the pleasure of hosting Anil Parajuli, Co-founder and Director of Himalayan HealthCare. Anil shared with the guests the video "Hearts in the

of \$14000 that will go directly to the support of HHC programs.

The fundraiser would not have been possible without the support of local organizers, friends and family that volunteered their time and effort to make the night a success.

51 guests from around the state mostly new to HHC. A buffet of Asian inspired foods and deserts were served followed by the viewing of the award winning Hearts in the Himalayas film. After the movie Anil, Dr. Yost past trekker and Dr. McKersie answered questions and spoke about our organization.

JeevanKala products were also sold. We were able to raise over \$2000 and have new friends interested in HHC and future projects.

Thank you to all who contributed!

Himalayas", produced by Caring For The World Films. This video resonated with the guests and the members of GlobeMed and further solidified the desire to support the great work that Himalayan HealthCare is doing.

We extend our many thanks to all of the guests, sponsors and supporters that made the event a success and continue to make GlobeMed and Himalayan HealthCare successful in the fight for global health equity.

In pragmatic solidarity,
Shreyash Pradhan
External Co-President of GlobeMed at CU Boulder

YOU CAN SUPPORT HHC BY:

MAKING A DONATION: Donations can be made via PayPal, checks or wire transfers

ATTENDING FUNDRAISING EVENTS:

In 2013, a series of fundraising events will take place in New York, Pittsburg, Chicago, Fairbanks Alaska and Boulder Colorado. Please visit our website or email us for updates on events and dates

ORGANIZING A FUNDRAISING EVENT:

Please help with a fundraiser or organize/host one at your city or town. We will help you with slides, photos, and arrangement, participation or presentation by a board member.

PURCHASING ENVIRONMENTAL GIFTS:

You can help the women artisans of Tipling, Sherthung and Lapa villages by buying the JeevanKala

SELLING ENVIRONMENTAL GIFTS (Home Sale or Exhibition)

Host a gift show at home. Everything will be sent to you by mail with no costs. What is not sold can be returned.

PARTICIPATING IN MEDICAL\DENTAL TREK

Please visit (www.himalayan-healthcare.org) for dates to Dhading, Ilam or other exciting destinations

VOLUNTEERING AT ILAM COMMUNITY HOSPITAL

Medical personnel can teach/train while they help village patients in Ilam in eastern Nepal

SUPPORTING COMMUNITY HOSPITAL

Hospital runs on cost-to-cost basis providing care for all. Motto: First treatment then pay. For \$150 - C-section or hysterectomy for village woman, for \$2000 - child heart surgery. Or help build a part of the hospital (for.e.g. we need help with staff quarters, boundary wall, etc.)

SPONSORING A CHILD

For \$10 - books for 1 year, for \$20 day school fees & 1 meal for 1 month, for \$40 a month - full board, boarding school near village, for \$150 a month for full board for a girl/orphaned child in boarding school in city. You will receive regular reports & photos of sponsored child.

SUPPORTING VILLAGE SCHOOL OR TEACHER

For \$50 - Teaching materials (Maps, posters, etc.) for 1 school, for \$100 – Games\sports materials for 1 school, for \$150 – Library books for 1 school for 1 year, for \$150 - 1 village teacher salary 1 month, help 200 students for \$500 – 1 computer for village school

FUNDING TOILETS AND EFFICIENT STOVES

For \$50 – one efficient wood stove, for \$150 – one permanent toilet with septic tank

FUNDING SMALL BUSINESS FOR DALIT WOMEN

Support village untouchable women to become financially independent and able to support their children. For \$100 – Seeds & fertilizer for 1 season, for \$200 – two goats for family, for \$400 – four goats for larger family, for \$1000 – land purchase for farming

HHC IN NEPAL

HHC NEPAL BOARD OF DIRECTORS	
Chairman	Sharad Parajuli (Anil)
Dep. Chairman	Dr. Sunil Kumar Singh
Secretary	Soni KC Parajuli
Assist. Secretary	Dr. Narsingh Maharjan
Treasurer	Dr. Siddharth Joshi
Member	Sushiel Joshi
Member	Milan Gurung
Member	Dr. Ashok Raj Regmi

HHC NEPAL STAFF	
CEO	Soni KC Parajuli
Accounts officer	Reenu Maharjan
Junior Officer	Chandra Tamang
Field Coordinator	Sapta Ghale
Health Supervisor	Phe Dorje Tamang
JeevanKala Supervisor	Geeta KC
JeevanKala Artisan	Laxmi Maharjan
JeevanKala Artisan	Saru Maharjan
JeevanKala Artisan	Rabina Maharjan
JeevanKala Artisan	Rita Karki
JeevanKala Artisan	Jyoti Shrestha
Office Attendant & Store Keeper	Kabita Rai

ILAM COMMUNITY HOSPITAL EXECUTIVE COMMITTEE	
Chairman	Keshav Kumar Budhathoki
Vice-Chairman	Himalaya Karmachraya
Secretary	Dharma Gautam
Treasurer	Menuka Karki
Member	Gopi Dewan
Member	Sesh Man Gurung
Member	Menuka Mukhiya
Member	Ripal Rai
Member	Suman Shrestha
Member	Gita Bishowkarma
Member	Dadhiram Lamichane
Member	Prakash Pd. Pokhrel
Member	Suresh Ekten

DR. MEGH BAHADUR PARAJULI COMMUNITY HOSPITAL	
<i>Medical Staff</i>	<i>Post \Designation</i>
Dr. Chandra Paneru	Medical Officer
Dr. Manoj Hang Limbu	Medical Officer
Dr. Saroj Sanba Subba	Medical Officer
Dr. Deepali Goyal	Dental Surgeon
Amber Nembang	H.A
Kapil Mani Chaudhary	H.A
Kiran Niroula	H.A
Ram Kumari Lama	Staff Nurse
Rama Devi Malla	Staff Nurse
Jyoti Baral	Staff Nurse
Shrinkhala Dawadi	Staff Nurse
Dipak Mandal	BMLT (Lab)
Hemanta Sah	BMLT (Lab)
Guna Thapa	Lab Assistant
Khem Kumari Rai	Pharmacist
Nirmala Khawas	Pharmacy Assistant
June Gurung	Midwife
Kiran Subba	Midwife
Amrita Pithakoti	Midwife
Krishna Kumari Subedi	Midwife

<i>Admin Staff</i>	<i>Post\Designation</i>
Dharma Gosain	Hospital Director
Khyam Raj Ghimire	Admin Officer
Dipak Dhungana	Account Officer
Rabin Raya Chhetri	Support Service InCharge
Mani Ram Niroula	Liaison Officer Cum Senior Receptionist
Januka Nepal	Receptionist
Jhalendra Karki	Receptionist
Nandu Rai	Ward Attendant
Maya Devi Shrestha	Ward Attendant
Padam Bdr. Pakhrin	Ward Attendant
Khagendra Thakuri	Ward Attendant
Ram Bdr. Gurung	Gardener



www.himalayanhealthcare.org