



Namaste Friends,

This is our 26th year of serving rural Nepal. You have always been an integral part of our work, and it gives us great pleasure to share with you our progress thus far in 2018. This year, we have continued to partner with village folks in projects focused on healthcare, student sponsorship, vegetable and fruit farming, sanitation, efficient woodstoves and many other areas in remote northern Dhading villages of central Nepal. All HHC projects are driven by the priorities and needs of those we serve: community members living in extreme poverty and marginalization. With your partnership, HHC touches the lives of many thousands as we do our part to help people help themselves.

**HEALTHCARE. Spring medical trek camp.** In April, HHC delivered a successful medical trek camp that served 385 patients, including 45 children, in remote Dhading villages. Services included emergency care, ultrasound, medical lab work and referral from international and Nepali doctors.



**2018 Spring medical trek participants with HHC team**

HHC has conducted 60+ medical treks over 26 years, with hundreds of international medical experts providing care to over 60,000 patients who lack healthcare access. These camps also provide on-the-job-training to local healthcare providers who learn life-saving techniques and skills from international medical doctors and technicians. We are grateful to **Drs. Steven Zabin, Pamela Ogor and Astrid**

**Haaland and volunteers Alixandra**

**Zabin, Saharsha Parajuli and Kripa Upadhyaya** for serving the communities in Sertung and Jharlang villages.



**Dr. Kamal Khadka performing cataract surgery in Jharlang School makeshift OR during HHC village eye camp**

**Eye camp.** The medical trek partially overlapped with HHC's eye camp in Jharlang village headed by the Nepali ophthalmologist **Dr. Kamal Khadka**. Most patients were from the five mountainous villages of northern Dhading, with only foot trails and very limited services and resources. People with visual impairment and blindness have tremendous difficulty managing basic daily life tasks in these physically challenging farm villages. A total of 326 eye patients were served, including 57

people who had their vision restored through cataract surgery. Unfortunately, we had to shorten both the medical trek and the eye camp because of severe weather with persistent lightning, thunderstorms and landslides.

**Upcoming healthcare activities.** HHC will conduct a second 2018 eye camp in a less mountainous region of southern Dhading. We thank **Direct Relief International (DRI)** for sponsoring the medical trek and eye camps, benefitting patients who are still severely challenged by the devastating 2015 earthquake that took the lives of family members and destroyed homes and livelihoods. HHC will soon complete reconstruction of the Dhading District Hospital Outpatient Building, which requires durable furniture for medical exam, pediatric, OB/GYN and other rooms. With DRI support, we will soon be furnishing this building which serves 60,000 patients annually, and we will also help 50,000 more patients in 2018 by furnishing eight village health posts which require outpatient, inpatient and OB/GYN furniture. With support from the **Ping and Amy Chao Family Foundation**, we will also be delivering a 5-day intensive training camp for auxiliary nurse midwives (ANMs) with a primary focus on gynecological care, equipping current ANMs with the knowledge and skills needed to identify and respond to diseases such as pelvic inflammatory disease, uterine prolapse, pre-menopausal and pubertal issues, and other conditions. Trainings will also support testing for cervical cancer, antenatal health with a focus on newborn care, young children's nutrition and related issues. There will be a **fall 2018 medical trek** and we already have eight international participants signed up as we seek more (*more info on last page*). Our Ilam Community Hospital project, started in 2004, has currently been scaled down in staff numbers and services while we seek a new partnership with the government or a private hospital for its long-term sustenance. We are exploring the establishment of a Center of Excellence for maternal and child care at the hospital.



**Paralyzed Sertung man, receiving a permanent toilet, appreciating his new life-changing facility as installation was completed.**

**Sanitation and permanent toilets.** HHC's sanitation program has helped construct hundreds of pit latrines, working through our women's literacy classes which serve hundreds of community members, especially seniors and those facing physical challenges. In the past seven years, we have installed more than 500 permanent toilets in our '*one home one toilet*' campaign which has served over 2,500 people. HHC's installation of girls-only toilets in several schools has increased girls' enrollment and attendance. The toilet recipients are partners: they contribute land, local materials and months of labour, while HHC provides pipes, fittings, tin sheets for roof and door, rebar and cement for septic tank slab, construction plan and full supervision. With the help of partners **DRI and GlobeMed at CU Boulder**, HHC is building 80 toilets in ward 3 in Sertung village of Ruby Valley Municipality in 2018, to serve 418 people, most of whom have never used a toilet in their lives. There is a need for 700 more toilets in this region before it can be declared ODF or 'open defecation free'. HHC will continue to work with regional municipal leaders, donors and foundations until the last toilet is built in this region.

**Healthy and efficient woodstoves.** Cleaner, healthier air. Reduced labour. Less wood use. Improved fire safety. These are the reasons that HHC has helped build over 500 efficient woodstoves in homes in remote Dhading villages over the past several years. Wood is the only viable fuel source

in this isolated, mountainous region. With DRI support, HHC has been building another 75 since May 2018. All the stoves will be completed during 2018, serving over 359 people, including 250 children. HHC's early survey in the northern mountain villages of Tipling and Sertung showed women and children suffering from respiratory illnesses, lung diseases and even ear infections from smoke-filled homes. HHC campaigned for a stove in every home and now more and more women are asking for a stove. These stoves use less firewood, reducing by half the forest visits for wood collection, carried out mostly by girls. The simple but effective chimney dramatically reduces carbon monoxide, sulphur dioxide and other deadly gases thus saving lives.



**Stove recipient drying bricks for stove indoor due to heavy monsoon rains**

As an HHC partner, each recipient works several days to carry a special clay from just outside the village, making bricks under the oversight of HHC's expert Bin Thapa, who has made hundreds of such stoves. On home visits, Bin guides community members in brickmaking and then teaches them hands-on how to build the stove and learn needed maintenance skills. HHC provides metal rings to support pots, a metal stirrup for the stove mouth into which firewood is fed, rebar to strengthen the top of the stoves and tin foil used for the end of the chimney. This is another campaign that HHC hopes will reach every household in the entire region of over 24,000 people.



**Proud owner and newly built clay stove, metal pieces fitting, drying and firing to be done**

**EDUCATION. Student Sponsorships.** One of the three legs of HHC's tri-pronged rural development approach, education is an investment in the future of the communities we serve. Through your support, HHC continues to sponsor students whose families cannot afford additional books, stationery, uniform, tiffin, etc., especially for students who are girls, *Dalit*, physically challenged, orphaned and others. During the first half of 2018, we continued to provide stipends for 23 village students (5 from Tipling, 6 from Sertung, 7 from Borang, 6 from Lapa), including 13 girls. We are thrilled that five of our sponsored students recently passed the national-level Secondary Education Examination (SEE) and will go on to finish high school. So many of our sponsored students defy the odds against educational success, as they navigate family crises and hike for hours to and from school each day. They inspire us to sustain this program which, with your help, has benefitted hundreds of students over the past two decades.

**18-month midwife training.** Each year HHC also sponsors students, especially young women, for college education as well as for professional and/or vocational training. In 2018, with the support

of **Transparent Fish Fund/Ping and Amy Chao Family Foundation**, HHC has interviewed and selected four young women from four villages of remote northern Dhading for an 18-month midwife training in Kathmandu. Their entire tuition and board will be covered by this grant. After the training, the women are encouraged to serve in their communities, where maternal health and childbirth services are severely limited.

These students will not only earn a living of dignity and pride but will be role models for other young community girls who can aspire to study beyond primary school and become a professional. Girl student dropout in Nepal is high, with more than 50% leaving after primary school in the villages we



**Midwife candidates at Sertung office during selection**

serve. There is a huge gender gap in literacy rate: Per the most recent Nepal Living Standards Survey 2010-2011 (NLSS-III), male literacy rate is 71.6% compared to 44.5% for women. Dalit girl students often drop out of school after 8th or 9th grade in response to family pressure to marry and family need for homestead labor. A 2014 Department of Education report found that married girls are 11 times more likely to leave school prematurely than their unmarried peers. HHC will also be sponsoring five *Dalit* girls, with TFish Fund support, for their SEE exams so that they can try for high school.

While we seek grants for school reconstruction after the devastating 2015 earthquake, many students in northern Dhading are still studying in makeshift temporary shacks. In 2018, we will provide furniture for four new Lapa Secondary School classrooms, helping 130 students. The desks and benches will be in these four classrooms by October. We are very grateful to **Ms. Sudhee Acharya**, a college student of Pittsburgh, for school furniture support.

**INCOME GENERATION. Farmer support.** As we have for 26 years, HHC continues to support income generation and food security. Our farmer support program started with the Sertung village experimental farm center which provides information, training, seeds and saplings and plant disease control. This enables improved yield and enhanced farming skills for farmers whose main source of income comes from cash crops like vegetables, cardamom, fruit trees, ornamental and medicinal plants. HHC's trained agro-technician Buddhaman Tamang makes regular inspection visits to check on farmers and their gardens, address concerns and offer information, guidance and access to resources. He reports that the number of vegetables has increased significantly in Sertung village since the center has opened. Because farmers can now buy seeds on-site without needing to walk several days to the nearest town, they are growing more seasonable and nutritious vegetables like tomato, cucumber, cabbage, cauliflower, eggplant, etc., which were never traditionally a part of their diet.

**Women's empowerment through organic farming.** With the support of the **International Foundation**, HHC's farming center will soon be providing farming skill training to 20 women, conducted by a visiting expert in new farming techniques, organic farming, natural pesticides, etc. The women farmers will also make a learning expedition to farming areas like Ilam and Bandhipur to learn from farmers who have successfully combined new techniques with

traditional farming practices for improved production. We have seen a major shift in farming in the villages we serve as more and more villagers are introduced to new vegetables and fruits in their foods. New solar dryers will also soon be installed in the Sertung center. Since households have no cold storage/refrigeration, the use of solar dryers increases household food security and family nutrition by enabling long-term storage of vegetables and fruits for later months (especially winter months), conversion of surplus crops such as potatoes to nutritious flour for later use or sale, saves labor and increases motivation to maintain gardens because the food benefits can be more substantial and sustained throughout all seasons.

***JeevanKala handicraft (JK) project.*** After twelve years, the JeevanKala project continues to empower and change the lives of women artisans. JK's theme of *Art for Life* allows artisans to use their art and skill to financially benefit their families. Most of our artisans were displaced from rural remote northern Dhading during Nepal's eleven years of civil struggle (1995-2006) and live in harsh conditions in Kathmandu. An entire family of four or more lives in a single rented room, sharing one toilet with many other families in the building. Their children attend nearby public schools while their spouses earn wages as manual laborers. JK art gives them a more dignified life. This year, JK bought crafts from 40 artisans (39 women), some with eleven years of work with us, for sale. Over 200 members of JeevanKala were directly supported in food, health service and schooling for children through JK this year. JeevanKala is a registered non-profit-sharing company in Nepal and is also a Fair Trade project that uses 100% of profit to support artisans and their community. HHC designs and trains artisans to hand-make recycled plastic, rice bags, tyre-tubes and local handloom crafts. Our JK store in the tourist center of Thamel in Kathmandu continues to reach out to more wholesale buyers.



***GlobeMed 2018 GROW team with HHC team in Sertung village***

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

In May, we happily welcomed four American interns to Nepal from our partner organization since 2010, **GlobeMed at the University of Colorado**. They came to learn more about HHC and see firsthand the village projects they fund. HHC gives emphasis to partnering with youth in all its projects. During their challenging month-long stay in remote Sertung, interns spent quality time with *Dalit* and other children as they taught English. They surveyed the toilets under construction, 30 of which their chapter is helping fund in 2018. They also surveyed the latest demand for efficient woodstoves to benefit 75 homes and over 359 people in Tipling. They helped

conduct a free and fair interview for midwife candidates at the HHC Sertung office. We are grateful to GlobeMed at CU for their continued support and we extend our warm thanks to **Rebecca Claire Kazen, Gabrielle Melli, Simone Philip and Nitin Beri** for their recent visit and help.

We have had a full six months! Our service and support of Dhading communities continues to improve lives and help community members dream of a better future through education of their children. People have been living with pain, fear and extreme deprivation since the 2015 earthquake.

We are honored to listen to community members and strive to help them meet basic needs and find security, hope, health and opportunity.

Your support and blessings continue to change lives. Together, working in one small corner of the world, we are making life a little better. Thank you, and we hope you are having a wonderful summer.

Sincerely,



Anil Parajuli  
Cofounder, Himalayan HealthCare  
August 2018

## Ways to get involved and support HHC's work

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

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

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

***Celebrate with us in NYC! HHC 25th Anniversary Celebration, October 25, 2018.***

This anniversary celebration will honor the many donors and volunteers who have worked so hard to make Himalayan HealthCare's work succeed. PLEASE JOIN US! Location: **Spring Street Natural**, located at **98 Kenmare Street in New York City from 6:30 to 8:30 p.m.** More info can be found at our website.

***Join our Fall Medical Dental Trek. September 29-October 15, 2018.*** Physicians,

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

***Be a JeevanKala champion! Help find markets for JeevanKala artisan crafts in your area.***

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

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