2024 Annual Report

Himalayan Healthcare



Mothers and children at HHC's child nutrition camp

OUR MISSION

The mission of Himalayan HealthCare is to provide sustainable development programs in remote, impoverished areas of Nepal, focusing on gender-sensitive primary healthcare and rights, community education, income generation and disaster preparedness and response. This multi-pronged approach to sustainable development empowers communities to help themselves and become self-supporting over the long-term.

Himalayan HealthCare (HHC) is a non-profit, non-governmental and non-denominational organization providing health care, education and income-generation opportunities to minority and indigenous communities in remote or isolated villages in Nepal. Founded in 1992, HHC has provided life-changing services to many thousands of people living in extreme poverty and marginalization. Our community initiatives and development programs have focused on the regions of Dhading and neighboring Chitwan as well as earthquake devastated Jajarkot, which historically have had little support from government agencies or other non-governmental organizations.

HHC worked to serve marginalized communities since over three decades. During 2024, we continued our commitment to on-going long-term programs of health care, education and income-generation for women, men and children to secure meaningful and multi-generational improvements.

Targeting the root causes of poverty and illness, our programs are developed with the input and active involvement of the communities we serve and focuses on women's core needs. We support villagers in accessing and developing the tools they need to survive and create a sustainable future based on self-reliance and independence of our assistance. HHC exists to provide care, opportunity and hope to the people of rural Nepal.

We thank you for supporting these communities and sustaining HHC's urgently needed programs. We invite you to read more about the impact of your 2024 donations. HHC's approach to improving the quality of life for rural communities in Nepal and achieving sustainable development consists of three vital pillars: healthcare, education and income generation.

REPORT HIGHLIGHTS

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12 skilled birth attendant training

13 rural ultrasound training

14-15 reproductive & sexual health trainings

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19 jeevankala crafts

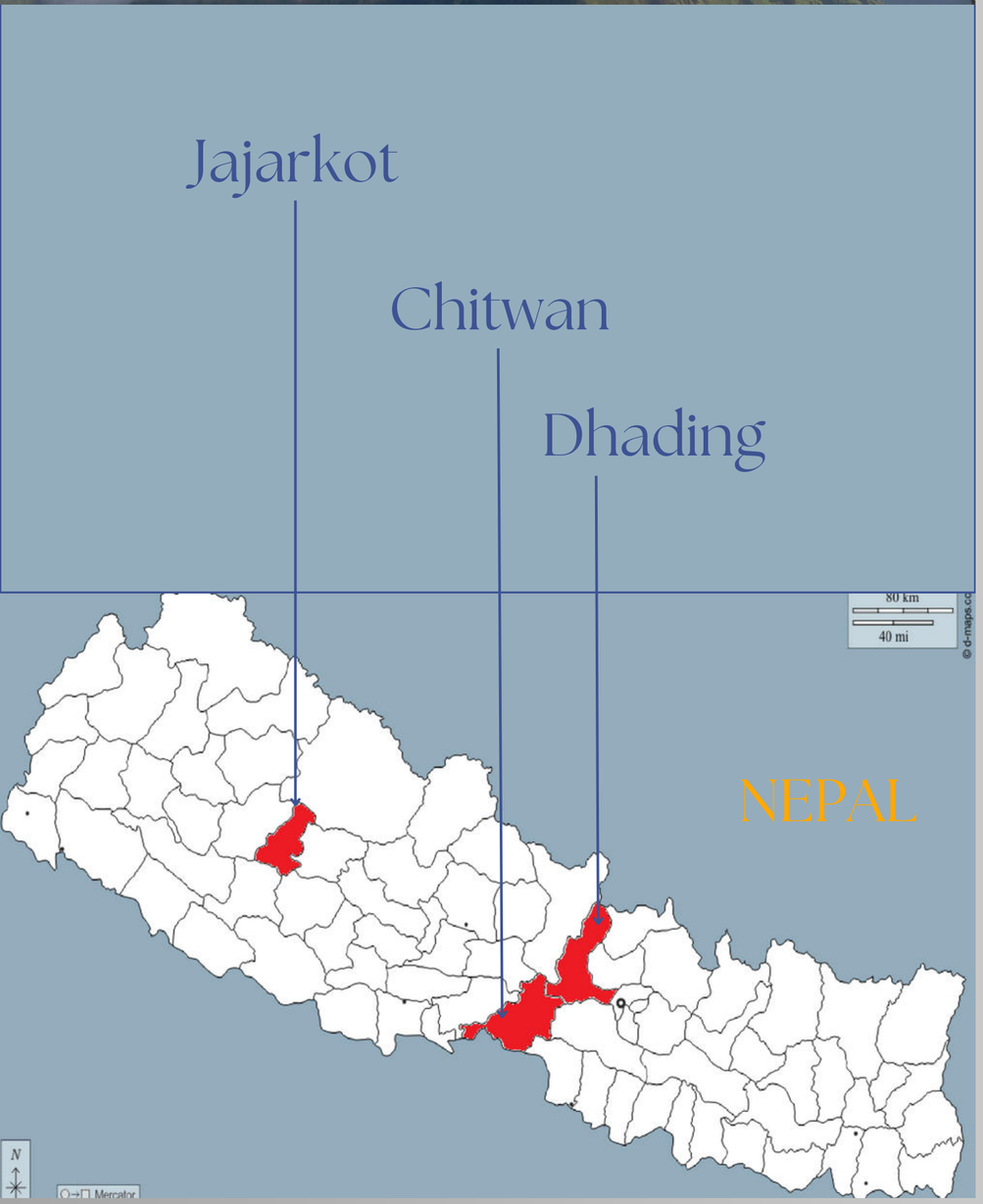
20 others - ambulance, hospital equipment, landslide victims, referred patients, drug-free society



HHC agricultural officer with young women trainees at HHC farm

NOTE: All photos, files, documents and reports including those ones within the links in this 2024 annual report are the property of HHC and can only be used with permission.





HHC Work 2024

Dhading District

1. Child Nutrition - Benighat Rorang RM - phase out year
2. Gynecological Training
3. Skilled Birth Attendant Training
4. Rural Ultrasound Training
5. Reproductive and Sexual Health Trainings
6. Cellphone App Development for health reporting
7. Child Education
8. Vegetable Organic farming, potato development
9. Permanent Toilet
10. Landslide relief

Chitwan District

1. Child Nutrition - Wards 10-13, Rapti Municipality
2. Cellphone App for health reporting

Jajarkot District

1. Gynecological Training
2. Skilled Birth Attendant Training
3. Rural Ultrasound Training
4. Reproductive and Sexual Health Trainings
5. Cellphone App for health reporting

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Financials

This financial statement has been prepared by HHC and has been reviewed by an independent accountant.

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.

Himalayan HealthCare, Inc.

Statement of Activities

For the Year Ended December 31, 2024

Support and revenue	**Total in US$**
Cash contributions and grants	160,351.00
Contribution of marketable securities	2,091.00
Sales of product income	300
Interest, dividend & other income	4,534.00
Total support and revenue	**167,276.00**
Expenses and losses	
Cost of goods sold	57
Program services	137,620.00
Fundraising	19,800.00
Management and general	20,250.00
Total expenses and loss	**177,727.00**
Change in net assets	(10,305.00)
Net assets, beginning of year	120,072.00
Net assets, end of year	**109,767.00**

Donors

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We thank our many friends and supporters. Everything we do for the people of Nepal is made possible by these wonderful individuals and organizations that have made both monetary and in-kind donations.

We are pleased to recognize them here, and express our hope for their support in the future.

Hannah Louise Kuhn-Gale was a friend of HHC and visited our remote work sites in Nepal and supported us in many ways. She has left us but lives through our work.
We are grateful to her parents, Drs. Jill Kuhn and Steve Gale and sister Haley for allowing donations to be made to HHC in memory of Hannah. We thank you all for your kind donations.

$75,000+

Chao Foundation & Transparent Fish Fund

$10,000+

Jean Abraham Py Memorial Foundation
Susan Blumenberg

$5,000+

Brothers Brother Foundation

$3,000+

Megan Neuman
Nita and Samir Patel

Pamela Ogor
Robert Baird
Vanguard Charitable

$2,000+

Ashimava Chakladar
Joan lebel

Kristi Saunders
Renaissance Charitable

Robert Stern Family Fund

Truist Charitable
Steve Zabin

$1,000+

Donald Steinberg
Fidelity Charitable
Jill Renee Chrispens
John Roscoe

Lael Duncun

Maria Hy
Peter Von Mertens

Robert Jackson
Sharon Sill
St Thomas Episcopal Church

$500-999

Ameriprise Charitable
Andrew Gale, *in memory of Hannah Kuhn Gale*
Anne and Richard Weiner
Anthony Ashford

Aruna Bernier

Beatrice Song
Carol Wing
Craig Fournier

David Johnson
Jack Levine
John Yost
Karren Leishman

Katrina Chau

Lisa Gomer
Monica Boyle, *IMO Hannah*
R C Strutman
Robert McKersie
Rosalind Dillon

Miscellaneous

$100-499

Aaron Weiner

Bonnie Shapiro
Brendan Martland

Byron Broda

Carol Jaspin Trust
Caroline Jones
Catherine Mary Andrew
Christopher Szendroi
Cindy Silianoff
Daniel Dlugose
Debbie Galloway, IMO *Hannah*
Desaix Myers

Elizabeth McKersie
Gary Nichols

Gary Wilkins
Gregory Davis
H David & Barbara Wenger, *IMO Hannah*
J & J Matching of Gale's donation
Jane Thiefels
Julie Winter

Leslie Ossim
Littleton Tazewell

Maitreya Padukone

Martha Belcher
Norma Hopp
Peter Shepherd

Phillip Liu
Raad Nissan
Rashmi Malla
Schwab Charitable

Sondra Owens, *IMO Hannah*

Thomas Ashford
Todd Sagin

Xi Li

$0-99

Amani Roni

Arielle Behrle
Asmi Pokhrel

Cindy and Tom Turry
Donna Izor

Dr. C. Vidhyashankar

Edger Brenner, *IMO Hannah*
Jacob Wenger, *IMO Hannah*
John Hals

Kaja Autler
Liza Pappas, *IMO Hannah*
Lynn Reha
Maria Callas, *IMO Hannah*

Matthew Riley, *IMO Hannah*

Nicholas Zessis, *IMO Hannah*
Pam Cunning, *IMO Hannah*

Patricia Haugen, *IMO Hanna*
Patrick Curran
Pete Begly, *IMO Hannah*

Rahul Sharma

Sarah Drobek, *IMO Hannah*
Sharad Parajuli

Susan Scrivan
Transfer Matching

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Organic Farming

Rubi Valley

Click for women farmers photos



Click for 2024 HHC Rubi Valley agriculture program

- **Friends of Nepal project** - Organic Vegetable farming for 22 girl students and family. Skill development, food security, cash income - **5.4 tons** vegetables harvested
- **Vegetable seed/seedlings** supplied to 457 households or HH (150% increase YoY), 20,000 seedlings sold from HHC nurseries - 60 tons vegetable harvested by farmers
- **Trainings**: 24 households in management of garden
- **1,157 Home visits made by HHC agro-tech**, averaging 5 HH/day for vegetable & other crop plantation and management support
- **Potato Development** trial for 12 HH - 1.3 ton seeds provided, 6 tons harvested as seed for 2024
- **Tea Saplings**: 296 provided to 62 HH, remaining 1054 to be distributed in spring 2025

Child Nutrition

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Chao Foundation supported

3718 children between 6 & 59 months in **105** villages were rescreened and even double screened from June to Dec, 2024 in Benighat Rorang Rural Municipality of Dhading District and Rapti Municipality of Chitwan District respectively. **21** health providers and **58** Female Community Health Volunteers (FCHV) were provided training for project action.

Total **363 kg** or **4035 sachets** of **RUTF** (fortified food) & **3625 kg** of **RUSF** (supplemental food) was supplied and distributed by trained health providers; all mothers were advised on local foods, immunization, hygiene, etc.



CLICK THIS FOR PHOTOS

CASE STUDY (BENIGHAT)

CASE STUDY (RAPTI)

Child Nutrition - Rapti

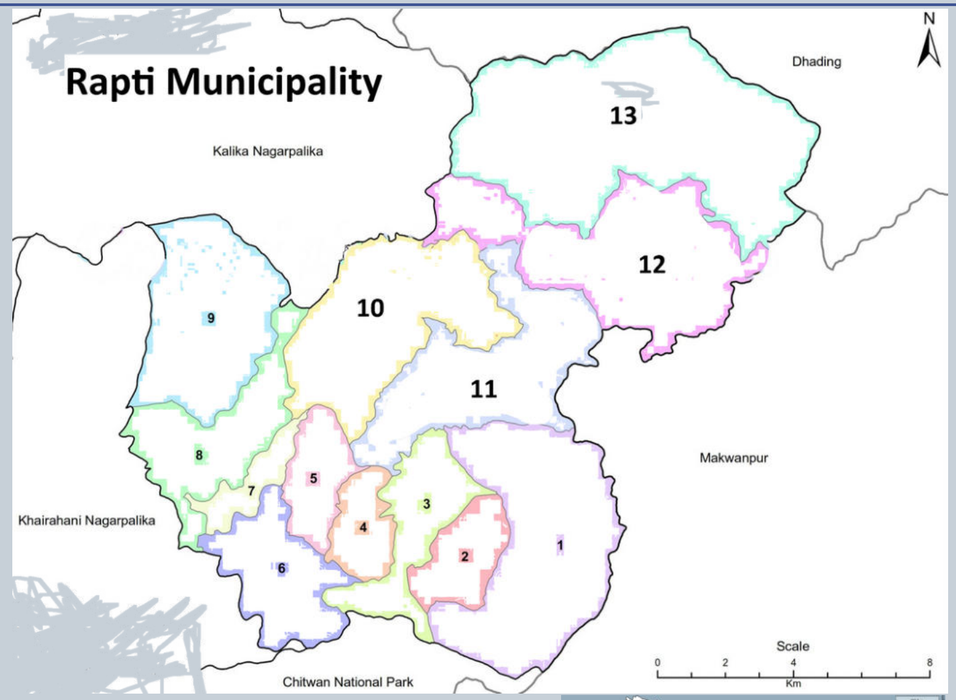
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RAPTI MUNICIPALITY (WARDS 10, 11, 12 & 13)
CHITWAN DISTRICT

1333 children screened since June in **28** villages continued to be monitored by **10** health providers and **19** FCHVs and foods provided. The cases were coming down but not fast enough as 30% still affected even though 50% of them were mildly so!

Time span	Total %	Total	Severe	Moderate	Mild
Jun-Sep	32%	427	39	192	196
Oct-Dec	**30.6%**	**301**	**20**	**128**	**153**

286kg RUTF and **2625kg** RUSF have been supplied and continue to be distributed by trained health providers to all 1333 screened children. *FYI, this project period ends in March 2025.*



CLICK FOR DEC 2024
SCREENING & OTHER DETAILS

CLICK FOR REVIEW
MEETING PHOTOS



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Child Nutrition - Benighat Rorang

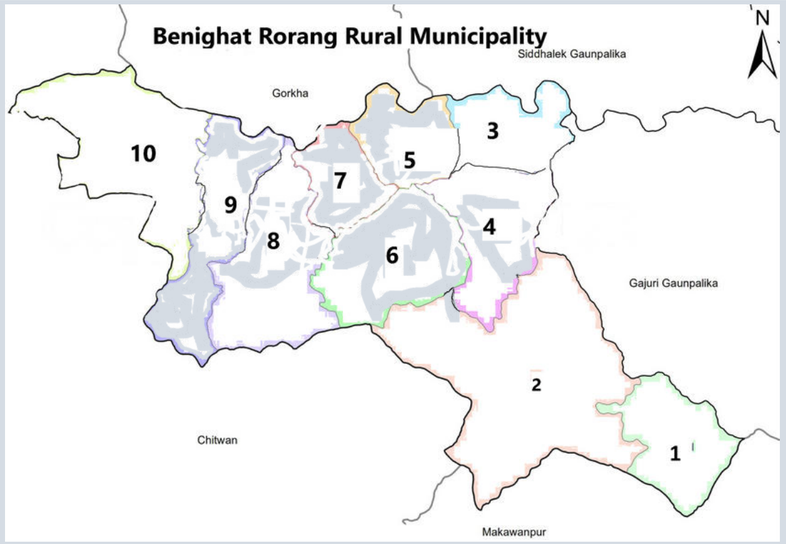
BENIGHAT RORANG, DHADING DISTRICT

Follow-up and double screening of **2318** children in 77 villages by **11** health providers and **39** FCHVs.

HHC has stepped back and the local authority has taken over the nutrition program as planned. As reported, there is monthly regular check-up now! There is a steady decline in malnutrition in children (table)

Time span	Total %	Total	Severe	Moderate	Mild
Jun-Sep	6.6%	158	33	56	69
Oct-Dec	**5.6%**	**134**	**21**	**63**	**50**

76kg RUTF and **1 ton RUSF** was stocked and is being supplied to children by health providers.



CLICK FOR DEC 2024 DETAILS



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CLICK THIS FOR TRAINING DETAILS

Gynecological Training

23-26 SEP 2024

The **10** female health providers (6 from Dhading and 4 from remote Jajarkot districts for the first time) received hands-on training from senior gynecologists, Drs. Madhu Tumpahamphe & Madhu Shrestha at the Ganesh Man Memorial Hospital in Kathmandu. Hundreds of women and girl patients will benefit in the next 3 years in villages where once there was no service. Since the September training, **103** patients have received service. The follow-up training will be in January 2025.

Total **76** midwives received this training till date in seven iterations.

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CLICK THIS FOR PHOTOS

Click for training details

SBA Training

Chao Foundation supported

4 AUG - 2 OCT 2024

10 rural midwives (6 from Dhading and 4 from remote Jajarkot districts for the first time) are receiving On-The-Job (OJT) hands-on training from senior gynecologists at the Bhaktapur Hospital (government) in Kathmandu.

This 8 week certified training will allow midwives to independently serve in remote and isolated settings where hundreds of young women and their babies are at risk during childbirth. Since October, **63** young mothers and their babies have received service.

Nepal hopes to train every midwife across the country with this lifesaving training and needs partners in this endeavor. Till date **31** midwives have received this vital training.

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CLICK FOR MORE PHOTOS



CLICK THIS FOR PHOTOS

CLICK FOR TRAINING DETAILS

Rural Obstetrical Ultrasound Training

Chao Foundation supported

31 MAY - 20 JUNE 2024

5 midwives with SBA certification (3 from Dhading and 2 from remote Jajarkot districts for the first time) received hands-on training from senior technicians at AMDA Hospital in Jhapa (eastern Nepal).

This training will directly impact the lives of hundreds of pregnant women and their babies who are in remote and isolated villages and rely solely on the midwives for life and care. We expect hundreds of women to be safer because of the combination of the SBA and this ultrasound training. Since July **257** women patients have received this service.

Till date **20** midwives have received this training.

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CLICK THIS FOR PHOTOS

CLICK FOR TRAING DETAILS

Reproductive & Sexual Health Trainings

Chao Foundation supported

40 midwives and auxiliary health workers from 8 rural municipalities from Dhading (24) and remote Jajarkot (16) received these training to provide much needed care for hundreds of women and their family in remote corners of Nepal.

4 TRAININGS - VIA, IMPLANT, STI, ARSH

1. **VIA** or visual inspection using acetic acid (Cervical Cancer Screening) - 10 trainees completed (22-24 Sep) - **141 patient** screened in Gajuri (15% +ve, who will be screened again by experts) - **33** health providers trained so far

2. **IMPLANT** (voluntary family planning) - 1st cohort of 5 trainees completed on 13 Sep- 2 Oct; 2nd cohort completed on 25 Sep-3 Oct - 49 women have received this service since October - **30 women providers** trained so far



CLICK FOR ASRH TRAINING PHOTOS

CLICK FOR STI TRAINING PHOTOS

Reproductive & Sexual Health Trainings

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3. **STI** (Sexually Transmitted Infections) - 10 trainees - 29-30 Nov -since the training **29** patients have received service - **33** trained so far

CLICK FOR STI TRAINING DETAILS

4. **ASRH** (Adolescent Sexual and Reproductive Health) - **10** trainees - 1-5 Dec - **1st such training** - since training **8** patients have received service

CLICK FOR ASRH TRAINING DETAILS

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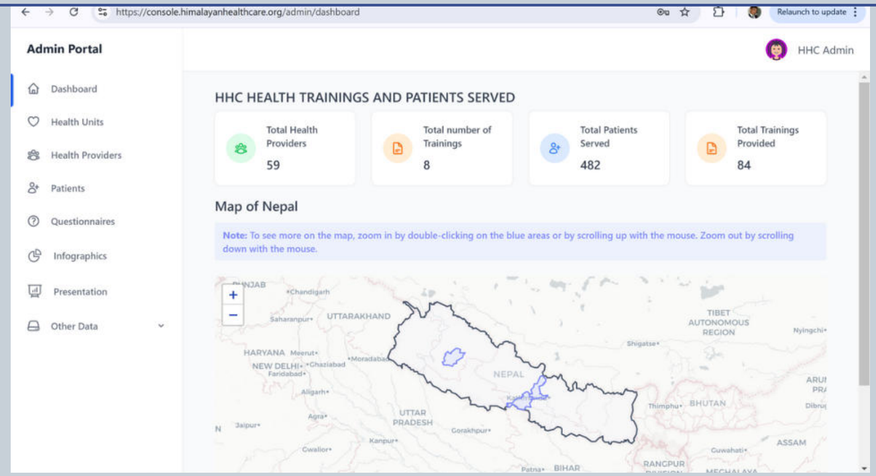
Phone App for health data and Reporting

Work since June 2024

The government health staff that HHC works closely with, are provided with trainings and incentives to use this simple phone app to upload data on patients served. This report is then tabulated by HHC and made available to donors and officials in almost real time.

The health providers fill out a form on the app on each patient served in their remote outposts after they receive various health trainings from HHC. This information is vital for program development and government monitoring.

HHC has worked closely with **Tech101** to create this phone app that works using minimal bandwidth so that it is both functional and effective in remote places we serve.



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Student Support



Click this for more info on HHC students' program

40+ students annually

HHC has been supporting students in school in remote Ruby Valley, with books, lunch, uniform and shoes since the very beginning. Hundreds of students have benefited and many have graduated from the local schools.

HHC also supports village children in schools and colleges for higher studies and trainings, from health providers like nurse, midwife and also teachers, agricultural and veterinary technicians, etc.

Permanent Toilets 2024



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Total 91 toilets were built in 2024

- **25 completed**
  Lapa, ward 5 - 17, Sertung ward 3 - 8
- **25 more in Ruby Valley**
  at various stages of construction
- **41 new in Chotes village** (1st toilets ever)
  at various stages of construction in Benighat Rorang for Chepang community

The toilet we help build in partnership with the villagers as shown in the photo is a ceramic sit-down pot with a cement floor and a septic tank at the back. This closed space ensures that flies do not carry diseases like diarrhea, typhoid, dysentery, etc. from contaminated feces through open defecation. Over 30% of diseases in the villages are gastrointestinal. Hundreds of lives are saved because of toilets which is one of the most important public health intervention.

- **1,293 TOILETS BUILT BY HHC TILL DATE**
- **6500 DIRECTLY IMPACTED**
- **TENS OF THOUSANDS COMMUNITY MEMBERS BENEFITTED INDIRECTLY**

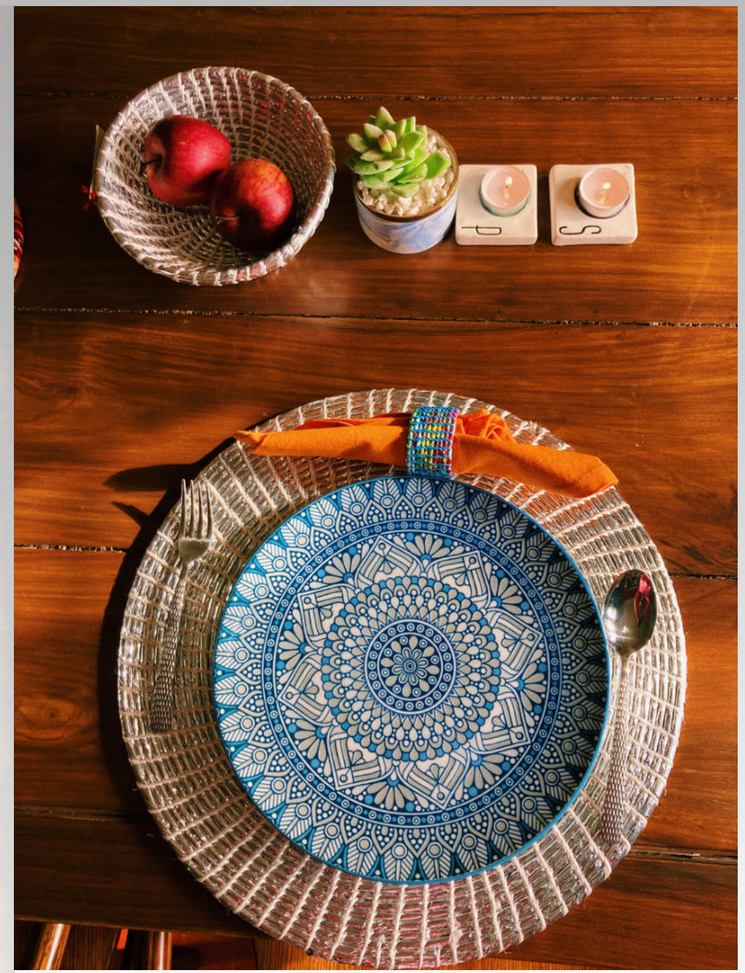
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JeevanKala Crafts

HHC's JK crafts helps over 50 women and their family with living wages through handcrafted recycle and upcycle crafts. HHC has a shop in Kathmandu and also sells through Etsy (etsy.com/shop/JeevankalaGifts) and directly from Buffalo, NY.

HHC will ship everything to you–with no hassles–along with the list and prices of the crafts, labels, payment sheets and receipts, etc.; you can also send back the unsold crafts. If you are interested in hosting a craft sale, please contact us.

HHC's is grateful to Women of the Cloud Forest, Dori and Renske, Colors of Australia for their partnership.



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Others

Handover of first ambulance to Rubi Valley

HHC handed over the first field ambulance to the remote Rubi Valley region of central Nepal to start a lifesaving service for the first time. The 4WD jeep carries oxygen and a stretcher.

Hospital equipment purchase for Sertung Rural Hospital

HHC handed over a portable ultrasound machine, a lab analyzer, a baby warmer and patient trolleys to the first rural hospital of remote Rubi Valley to ensure that vitals services are provided using proper equipment.

Landslide victim of Rubi Valley

18 families (+ 1 family fire hazard) were provided with family size tents and food for one month to help them recover from the devastating landslide cause by the heavy monsoon rains in this mountainous region of central Nepal

Drug Free Society

HHC continued its annual support of the organization called Drug Free Society with food for 101 residents who are undergoing treatment and drug rehabilitation.

Referred Patients

10 patients from remote villages were provided with funds for support for surgeries and other intervention in hospital in Kathmandu which are beyond the reahc of most fo the rural patients of Nepal.

Thank you!

You can make your tax-deductible donation online - Click here to donate online

or send a check payable to **Himalayan HealthCare, 189 Bidwell Parkway, Buffalo, N.Y. 14222**

You can donate securities to Fidelity Investments, DTC 0226 for Himalayan HealthCare, Inc. account Z66491187