

Himalayan
HealthCare



हिमालयन
हेल्थकेर

2025 ANNUAL REPORT



OUR MISSION

- 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 Sindhuli, 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 2025, 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.

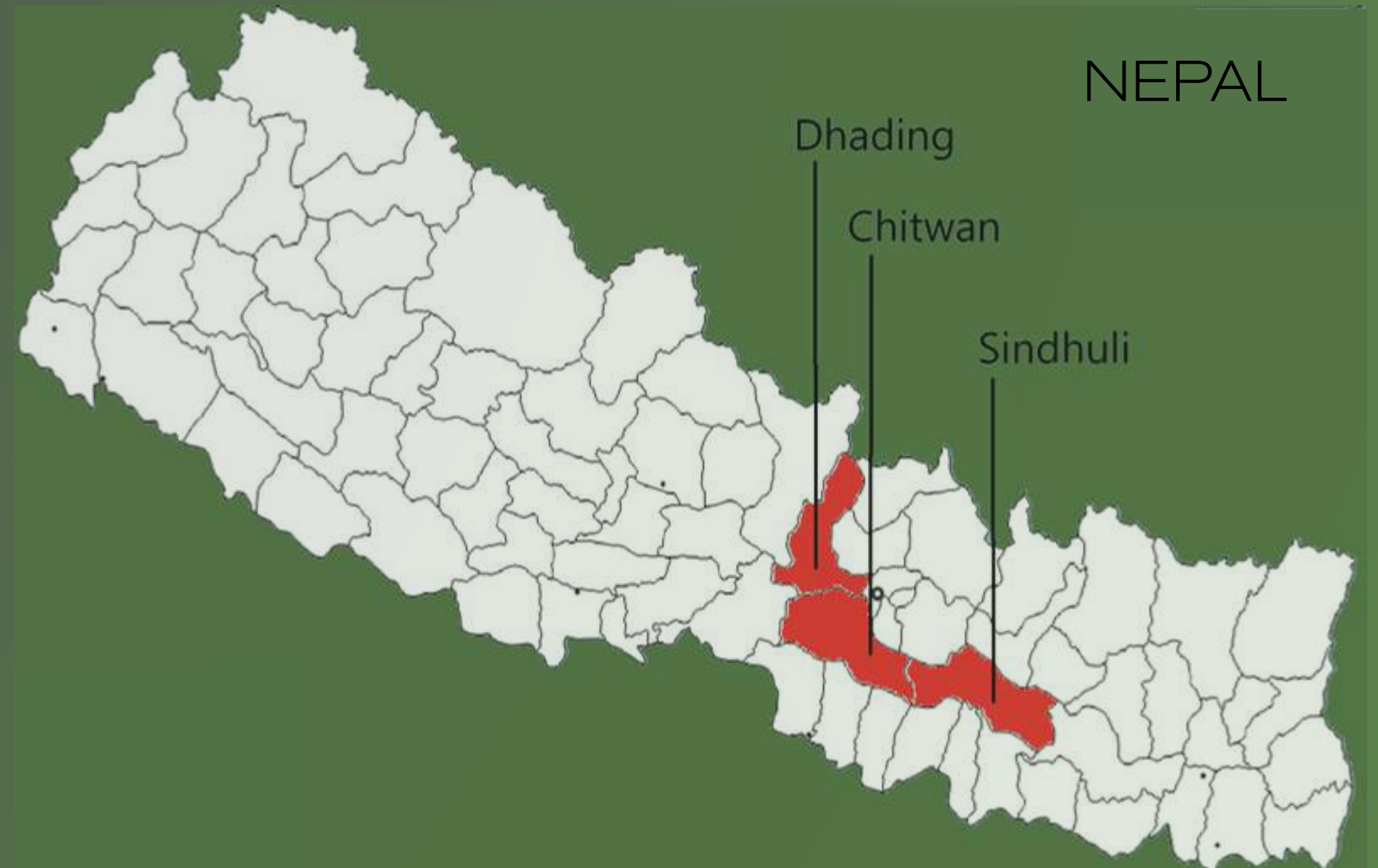
We thank you for supporting these communities and sustaining HHC's urgently needed programs. We invite you to read more about the impact of your 2025 donations. HHC's approach to improving the quality of life for rural communities in Nepal and achieving sustainable development consists of three vital pillars: healthcare, education and income generation.



Child diagnosed with malnutrition treated and now healthy

IN 2025....

1. Women health trainings
2. Child nutrition
3. Organic farming
4. Student support
5. Toilet construction
6. JeevanKala Handicrafts
7. Rubi Women Projects
8. Phone app reporting
9. Others



2025

FINANCIALS

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

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, 2025	
<u>Support and revenue</u>	<u>Total</u>
Cash contributions and grants	176,918.00
Contribution of marketable securities	3,094.00
Sales of product income	936.00
Interest, dividend & other income	
<u>Total support and revenue</u>	<u>180,948.00</u>
<u>Expenses and losses</u>	
Cost of goods sold	
Program services	148214
Fundraising	14,850.00
Management and general	16,726.00
<u>Total expenses and loss</u>	<u>179,790.00</u>
Change in net assets	3,006.00
Net assets, beginning of the year	<u>109,767.00</u>
<u>Net assets, end of the year</u>	<u>112,773.00</u>

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Donors 2025

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.

In Memorium:

Dr. George W. Pfohl, MD

March 21, 1949 - April 22, 2025

HHC lost a dear friend, a doctor and a humanitarian who served and supported many in Nepal who did not have healthcare.

Our heartfelt condolences to his wife Vicki Davis, also a humanitarian, as well as to his family. We thank her and many of his friends and well-wishers for their support of HHC in his memory.

<u>\$75,000+</u>			
Chao Foundation & Transparent Fish Fund	DAF Giving 359	The Haynes Firm	Jill Kuhn
	David Wohns		Julia Melanson
<u>\$30,000+</u>	Fidelity Charitable	<u>\$100-499</u>	Julie Winter
Weyerhaeuser Family Foundation	Nina M Carroll	Aaron Weiner	Karren Leishman
	R C Strautman	Annette Chavez	Kathryn Bassity
<u>\$10,000+</u>	Robert Jackson	Anonymous	Maitreya Padukone
Susan Blumenberg	Robert Stern Family Foundation	Byron Broda	Martha Belcher
Vicki Davis	Shevlin Smith	Caroline Jones	Melinda Noecker
	St Thomas Episcopal Church	Daniel Dlugose	Michael Brady
<u>\$7,000+</u>		David Bentivogli	Michelle Fanzo
Lorri Beatty	<u>\$500-999</u>	David Johnson	Peter Shepherd
	Ameriprise Charitable	David Steinberg	Phillip Liu
<u>\$3,000+</u>	Anthony Ashford	Dennis Jewell	Steven Gale
Megan Neuman	Beatrice Song	Desaix Myers	Thomas Ashford
Pamela Ogor	Carol Moen Wing	Elizabeth McKersie	Walter Berman
Robert W Baird Co. (Janis and Jonas Johnson)	Christopher Szendroi	Elizabeth Sousa	Xi Li
	Elaine Ngo	Ellen H Belcher	
<u>\$2,000+</u>	Gerald Donowitz	Frank Scherff	<u>\$0-99</u>
Ashimava Chakladar	John Roscoe	Gary C Wilkins	Anonymous
Renaissance Charitable Foundation	Lisa Gomer	Gary Nichols	Cash Deposit
Kristi Saunders	Monica Boyle	Gayathri Narayanan	
	Off The Wall	Geetha Srikantan	
<u>\$1,000+</u>	Robert McKersie	Jane Thiefels	
Ann Granchelli	Rosalind Dillon	Jean Marc Laplante	

WOMEN HEALTH TRAININGS



73 WOMEN HEALTH PROVIDERS RECEIVED TRAINING

1. **OB-GYNE** TRAINING - 10
2. **SBA OR** SKILLED BIRTH ATTENDANT (**SBA**) TRAINING - 8
3. RURAL **ULTRASOUND** TRAINING - 5
4. **VIA** (CERVICAL CANCER SCREENING) TRAINING - 10
5. **STI** (SEXUALLY TRANSMITTED INFECTION) SCREENING TRAINING-15
6. **IMPLANT** (VOLUNTARY FAMILY PLANNING) TRAINING - 10
7. **ASRH** OR ADOLESCENT SEXUAL & REPRODUCTIVE HEALTH TRAINING - 15

9-12 JULY 2025 & FOLLOW-UP 8 TO 11 DEC 2025, GANESH MAN SINGH HOSPITAL

OB-GYN TRAINING

CLICK ON PHOTO FOR MORE PHOTOS



10 female health providers from Dhading, Sindhuli and Chitwan received hands-on training from senior gynecologists, Drs. Madhu Tumpahamphe & Madhu Shrestha at the Ganesh Man Memorial Hospital in Kathmandu. This training will allow the health providers to serve hundreds of women and girl patients in villages where once there was no service.

So far in eight iterations, **86** midwives have received this vital training.

Click here and
the link for
details

SBA TRAINING

SKILLED BIRTH ATTENDANT

[Click for training details](#)



Eight rural midwives from Dhading, Sindhuli and Chitwan Districts received On-The-Job (OJT) hands-on training from senior gynecologists at the government run Bhaktapur Hospital in Kathmandu.

This 8 week certified training allows midwives to independently serve in remote and isolated settings where hundreds of young women and their babies are at risk during childbirth.

Nepal hopes to train every midwife across the country with this lifesaving training and needs partners in this endeavor. Till date 39 midwives have received this vital training through our program providing much needed service to hundreds of rural mothers and children in Nepal.

ULTRASOUND TRAINING

5 midwives with SBA certification (from Sindhuli, Dhading and Chitwan) 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.

CLICK HERE FOR MORE PHOTOS



CLICK FOR MORE DETAILS ON TRAINING

SEXUAL AND REPRODUCTIVE HEALTH TRAININGS

HHC has provided training - 40 each in Implant and VIA, 38 in STI and 25 in ASRH thus far serving hundreds of women and children



IMPLANT

Voluntary family planning training for 10 women health providers from three districts. 18-25 Aug & 4-11 Sep 2025

Details click here



VIA

Cervical cancer screening simple test training for 10 participants from 3 districts in 1-3 Sep 2025

Details click here



STI

Sexually Transmitted Infection identification and treatment training for 15 women health providers in 13-14 Dec, 2025



ASRH

Adolescent Sexual and reproductive Health training for 15 providers to help village teenagers who have no support. Training in 13-17 Nov, 2025

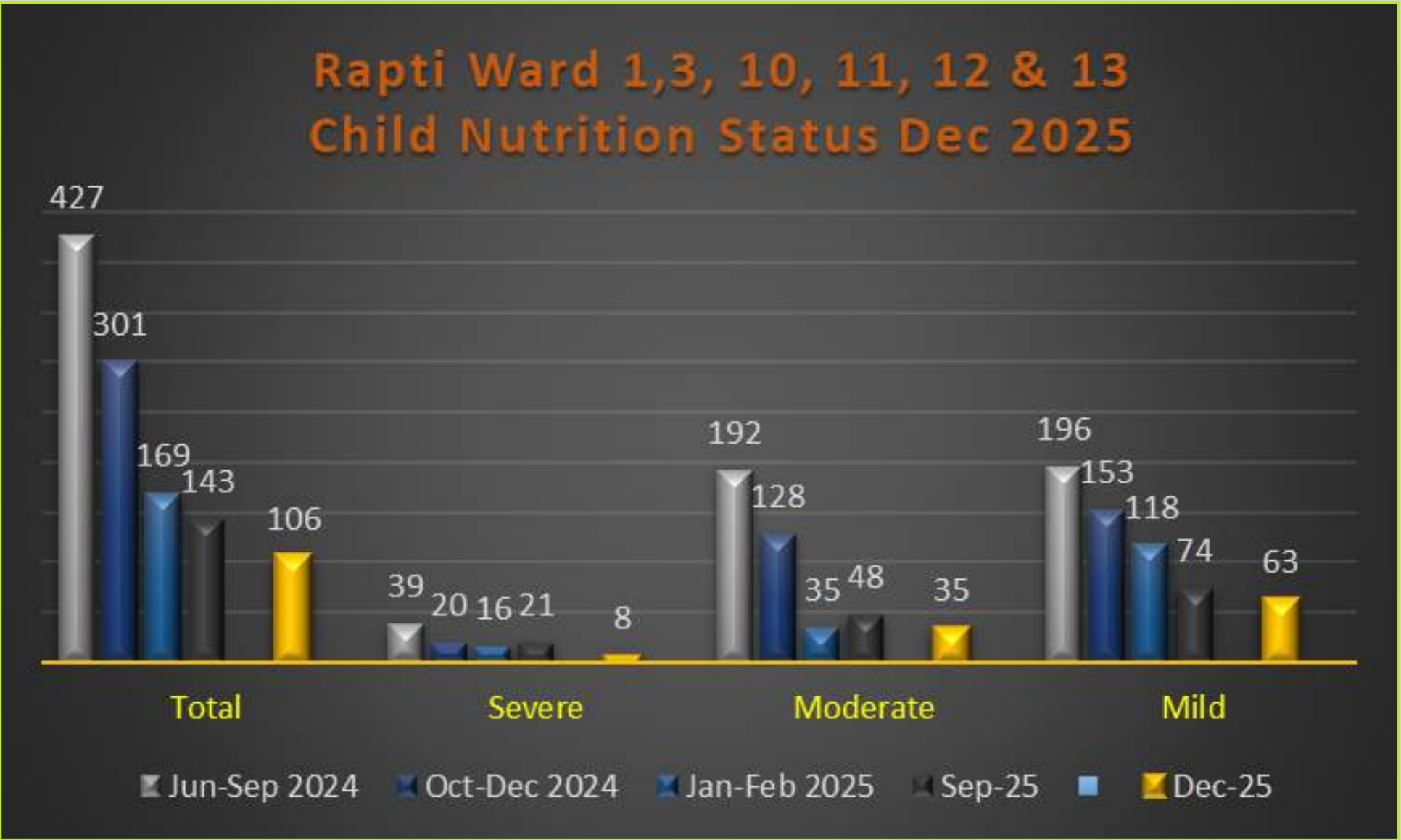
Details click here

CHILD NUTRITION

Sep '24 - 1 in 3 children malnourished or 32%
Sep '25 - 1 in 10 or 11% after start of treatment
Dec '25 - 1 in 9 or 9%
Click this box for latest report



Click for info
on special
foods, etc.. for
child
treatment



ORGANIC FARMING

HHC established a farming center in 2015 and supports hundreds of farmers in remote Rubi Valley through projects, training, seeds, fruit trees, cash crops, plastic tunnels, equipment, etc., for food security and cash income



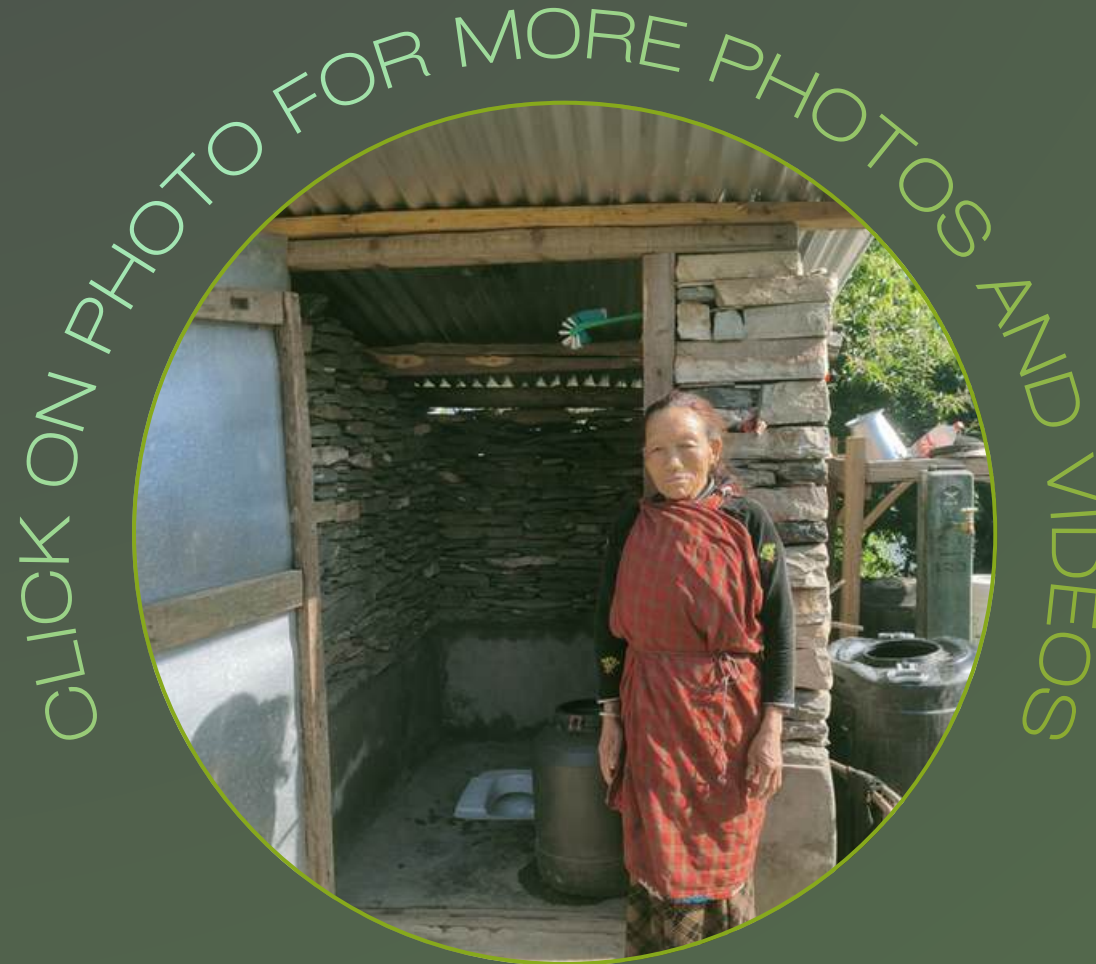
Farmers Training by HHC Agro-tech at site	50+
Farmers garden visit by HHC Agro-tech	1130
Seedling provided to farmers from HHC agro-center	20,000+
Vegetables produced by 106 women farmers through HHC project	22 tons
Tea saplings provided to farmers	320
Harvest of new potato planting technique by 12 Households	9.5 tons
Fruit trees introduction	644
Fruit yield start	40kg lemon, 30kg orange, 335 kg kiwi, 8 kg peach

TOILET

79 new permanent home squat toilets were constructed in ward # 3, 4, 5 & 6 of Rubi valley in 2025 for **395** community members

Plus **41** toilets completed in Chotesh in Benighat Rorang Rural Municipality for 204 Chepang community members who did not have a toilet

Over **1300** toilets built in Rubi Valley by HHC where once there was no toilet. 500 more are needed for (ODF) Open Defecation Free status



JEEVANKALA

JeevanKala is an important income generating arm of HHC, where 50 women and their family make living wages.

[Click here to buy JK crafts](#) or

or email us at
parajuli.soni@gmail.com



JK IS PARTNERED WITH WOMEN OF THE CLOUD FOREST,
COLOURS OF AUSTRALIA, DORI, ETC., INTERNATIONALLY

STUDENT SUPPORT

HHC sponsors children in remote Rubi Valley in schools, colleges and technical centers

HHC sponsored the S.E.E. national exam prep pilot in Sertung High School. 22 students passed for the very first time. HHC plans to continue this support



	<u>HHC Sponsorship</u>
1	29 Village school students in Rubi Valley 17 girls, 12 boys, 10 Dalit
2	4 village students in Kathmandu 1. Rojina Tamang, grade 9 2. Roshan Tamang, grade 6 3. Bhawana Tamang, grade 4 4. Bhivasha Tamang, grade 10
3	1 College Student Grishma Tamang, Bachelors in Rural Development, 5th semester, Namuna Machindra College
4	2 Staff Children 1. Bikash Basnet, Bachelors in Science, Mechi Multiple Campus, Jhapa 2. Sofiya Shrestha, Grade 9, Kalika S H School, Dhulikhel

WOMEN EMPOWEMENT PROJECTS - INCOME

MUSHROOM FARMING



20 women farmers will cultivate Sitake and local mushroom for food and income. Tissue culture of local mushrooms for seed production

CARPET WEAVING



20 women will be provided looms + 2 month training to make hand-knotted carpet at home & earn \$100 per month as supplemental income. Wholesaler will provide threads and wages

BEAUTY & HAIRSTYLING



4 women will be provided 10 weeks training in hairdressing and nail art to serve Rubi valley for the first time and make a living. They will be provided tools.

MUSTARD OIL PRODUCTION



150 farmers will be served by a mustard press (mill) for cooking oil and to sell locally. More farmers will be provided seeds at cost price by HHC farming center.

VEGETABLE FARMING



10 women farmers will be provided seeds of peas and beans by wholesaler to grow and sell back. Vegetable market will be explored outside of Rubi Valley

BAKING



4 women will receive 4 weeks training in Kathmandu to serve Rubi Valley and earn a living. A clay oven will be created for each at home, other tools and small electric oven will be provided to each.

OTHERS

HHC is grateful to all the partners who have made our work possible.

Thank you to Chao Foundation, Transparent Fish Fund, Weyerhaeuser Family Foundation, St. Thomas Episcopal Church and Mr. and Mrs. Ramesh Shankar Shrestha.



SIX REFERRED PATIENTS SERVED

Bimala M, Dhading – gall bladder surgery
Surenda B, Jhapa – heart
Bill T, Kavre – lung
Grishma T – chronic anemia
Shanti P - Physio
Kedar Man Basnet - ER

EQUIPMENT DONATED

HHC provided eight portable oxygen concentrators to government health posts in villages of Chitwan and Dhading District.

SCHOOL SUPPORT

HHC provided financial support to the Sertung High School in Rubi Valley after a part of the school was burnt in a fire by arsonists.

SUPPORT TO MOTHERS

HHC provided hygiene kit to 200 mothers of malnourished children during a child nutrition camp in Rapti Municipality to further help the children and family.

Please Note: Photos from this report and also it's links cannot be downloaded, copied or used unless with a specific written consent of HHC. These are for strictly viewing only, to help the communities we serve.