

Integrated development of **Health, Education, Environment, Culture** and **Livelihood** in the Himalayan region of Solukhumbu district



ANNUAL PROGRESS REPORT

2019/20
SEPTEMBER 2020

Integrated development of **Health, Education, Environment, Culture** and **Livelihood** in the Himalayan region of Solukhumbu district

ANNUAL PROGRESS REPORT

2019/20
SEPTEMBER 2020

Write-up

Dr. Mingma Norbu Sherpa
Mr. Dawa Tshering Sherpa
Ms. Pema Diki Sherpa

Editor

Lakpa Sherpa

Published Date

September 2020

Publisher

Himalayan Trust Nepal

Layout & Print

V Graphics
Chuchhepati, Kathmandu
T: 01-4485165

ACKNOWLEDGEMENTS

The Himalayan Trust Nepal (HTN) would like to express its gratitude to the Social Welfare Council, Ministry of Women, Children and Social Welfare, Education and Health Ministries, Home Ministry, Labor Department and National Planning Commission in central level for their constructive suggestions and feedbacks for the implementation of our projects in the Solukhumbu district.

HTN coordinates with the government mechanisms at the local level for the improvement of education, health and livelihood. Special recognition goes to the District Administration Office, District Coordination Committee, District Education and Health Coordination Units, Solu Dhudkunda Municipality, Khumbu Pasang Lhamu Rural Municipality, Mahakulung Rural Municipality, Sotang Rural Municipality, Likhu-Pike Rural Municipality and other respective municipalities for their support and cooperation.

The HTN highly acknowledges the supports received from Himalayan Trust New Zealand (HTNZ), the Ministry of Foreign Affairs and Trades (MFAT), Land Rover Company and individual donors of New Zealand. The support was mainly provided for Improvement of Quality Education in Solukhumbu through teacher training, scholarships, teachers support and teaching material support, classroom furniture and office management cost. The HTN would like to thank HTNZ Patron and former Prime Minister of New Zealand Mrs. Helen Clark, Chairman Dr. Mike Gill, General

Manager Mr. John Loof, board members and general members for their major role in strengthening and supporting the programme of the Himalayan Trust in Nepal. HTN would like to thank New Zealand High Commission for their generous support to develop A Schoolhouse in the Clouds Sir Edmund Hillary Visitor Center in the Khumjung High School.

The HTN would like to thank President Ms. Karen O'Connor and all the Sir Edmund Hillary Foundation Canada, Board of Directors and staff personnel for their continued support. The support of the Foundation is predominantly focused on the management of Kunde Hospital and its peripheral health clinics in Thame, Phortse and Monju villages. The founder and executive director of Sir Edmund Hillary Foundation Canada, William F. (Zeke) O'Connor, and President Karen O'Connor's untiring leadership and support to the people of Khumbu are highly appreciated.

The HTN highly values the financial support received from the American Himalayan Foundation (AHF) over many years for the educational and health programmes of Himalayan Trust in Solukhumbu district. Under the chairmanship of Richard C. Blum, AHF continues financial support to the Himalayan Trust Nepal's educational, health and livelihood improvement programmes and conservation of ancient monastery. AHF has kindly extended their support for managing the health service of the Himalayan Trust in the Khumbu region from early

2018 and is going to cover fifty percent of the Kunde Hospital operation cost from 2020. In addition, AHF has also donated half cost of the Thame Hostel Construction Project. AHF also supported the procurement of COVID-19 prevention materials for Kunde Hospital and food relief material support to the people of Thame valley. The Himalayan Trust would like to extend its gratitude to all its board members and especially to Chairman Richard Blum, President Erica Stone, Vice President Norbu Tenzing, Programme Director Betsy Horan, Regional Director Bruce Moore and the staff members for their valuable support. HTN acknowledges fifty percent of financial support from Thame Sherpa Heritage Fund to construct the Thame school hostel.

The HTN also acknowledges the considerable support received from Himalayan Trust UK for rebuilding the earthquake-damaged Solukhumbu schools, for supporting child-friendly school furniture, additional teacher support and scholarship support projects. The Himalayan Trust Nepal would like to extend sincere thanks to Mr. Graham Wrigley, the Chairman of HTUK, 1953 Patron Mrs. Mary Lowe, Geoff Wolstenholme and all its trustees for their contribution in Solukhumbu through Himalayan Trust Nepal. Mary Lowe has been providing scholarships to the batch-topping male and female of Bung High School annually.

Grants from Sir Edmund Hillary Stiftung (SEHS) of Germany go to Phaplu Hospital, Bung, Salyan and Sotang Health clinics in the Solu region in the form of medicine, subsidies and incentives to doctors and other technical and administrative staff. SEHS has also supported Phaplu Hospital to build a maternity ward. Their support to Phaplu Hospital continues through an agreement with the hospital development board with an aim to provide better services from Phaplu Hospital in Solukhumbu district. SEHS Germany and HAUSER Exkursionen International Germany

have also provided a grant to build Monju Community Hall and Sir Ed's Visitor Center at Khumjung school, and funding for two students to pursue a bachelor's degree under "Louise and Belinda Hillary Memorial Scholarship" scheme. Thanks to Chairperson Ingrid Versen, Deputy Chair Manfred Haupl and its Board Members in Germany who have continuously helped to raise fund for Phaplu Hospital and people of Solukhumbu.

Support from Hillary Foundation USA for educational activities of the Himalayan Trust Nepal has also been highly appreciated. The Hillary Foundation had been active for 40 years. They were initiated in 1975. On the 40th Anniversary of their support to the Himalayan Trust in Nepal, the Himalayan Trust Nepal board expressed their heartfelt gratitude to John and Larry Witherbee and their board members in April 2015. In 2010, the Hillary Foundation USA committed its support to Himalayan Trust Nepal until 2015. Their major funding ceased in 2016. We extend our sincere thanks for all your supports.

The Himalayan Trust Nepal is extremely grateful and indebted to all above donors who have contributed immensely to schools, scholarship programmes, hospitals, health clinics and community projects in the Everest region of Solukhumbu district, Nepal.

Himalayan Trust Nepal highly appreciates the supports of Benoit Chamoux Foundation and its board of directors for their humanitarian assistance to semi-orphan children of mountain disaster victims for their school and college level education. Through this foundation, more than 35 children have received the scholarship in reputed schools of Kathmandu. Special appreciation goes to Ms Fabienne Clauss, the spiritual mother of the BCF children and founder of the organization. She remains in regular contact with the children and tracks their progress and successes.

Himalayan Trust New Zealand, American Himalayan Foundation and Himalayan Trust UK have also supported schooling of 2014 Mt. Everest avalanche victims' children (MDRES) from grade 1 – 12 through Himalayan Trust Nepal with mutual understanding between Himalayan Trust Nepal and Nepal Mountaineering Association. The Himalayan Trust Nepal plays bridging role between the schools and above organizations for managing the scholarship programme, monitoring, counselling and overseeing academic progress of children.

Naulekh Foundation has been supporting Poyang Basic School and a village health clinic in Poyan village. After the completion of primary level education from Poyan School, students are sent to Chaurikharka High School. The Foundation supports the living expenses of Poyan village students at Chaurikharka High School. HTN highly appreciates the support of Chairwoman Ms Ursula Heuscher, board members Werner Heuscher and Werne Luthy and the rest of board of trustees to the students of this remote mountain village.

The Himalayan Trust Nepal is highly indebted to the Grand Circle Foundation (GCF) of USA for their continued support in teacher training programme, REDSS Project and School WaSH Project in Pelmang, Chheshkam, Bung and Juving schools. HTN extends its sincere appreciation to Chairman Mr. Alan Lewis, Vice President Ms. Jan Byrnes, and the board of directors of GCF for their continued support to the people of Solukhumbu through HTN.

The Himalayan Trust Nepal expresses its sincere gratitude to the Forgotten Sherpas of Nepal Trust (FSNT) for their support to operate Goli and Patale Community Health clinics. FSNT is a New Zealand based NGO set up to support the health project of Goli and Patale communities.

The HTN highly appreciates the

Department for Development Assistance and Humanitarian Aid, Ministry of Foreign and European Affairs of the Slovak Republic by Slovak Aid, through Embassy of the Slovak Republic in New Delhi in coordination with Mr. Pasang Dawa Sherpa, Honorary Consul of Slovakia to Nepal, Reinhold Messner Mountain Foundation, Land Rover Company of New Zealand through Himalayan Trust New Zealand for their assistance to build the Monju Community Drinking Water and Fire Hydrant Project. Khumbu Pasang Lhamu Rural Municipality and Chaurikharka Buffer Zone User Committee deserve special appreciation for their contribution and partnership with Himalayan Trust Nepal on this important project.

The HTN also highly values the support of The Greater Himalayas Foundation (TGHF) USA- Honoring The Legacy of Mingma Norbu Sherpa for their support in education programme of HTN. TGHF have been supporting computer teacher and Sherpa language teacher' salary, scholarship and Khumjung School rebuilding projects. Chairperson Mrs. Phurba Sona Sherpa and board members deserve special thanks.

Himalayan Trust Nepal is pleased to express its heartfelt gratitude to EduTech Nepal and its founders and donors Mike Chisholm and Sheryl Chisholm for supporting computer lab projects in the Solukhumbu district.

Himalayan Trust Nepal expresses its sincere gratitude to the following donors for their generous support to rebuild earthquake-damaged Solukhumbu Schools (REDSS) Project 2016-2017:

1. Himalayan Trust New Zealand (HTNZ)
2. Himalayan Trust UK (HTUK)
3. The Sir Edmund Hillary Foundation (SEHF)-Canada
4. The Peter Cundil Foundation Canada
5. Grand Circle Foundation-USA

6. Bergretter Helfen Im Himalaya-Austria
7. The Greater Himalayas Foundation-USA
8. Association of Ventus Spei-Switzerland
9. Sir Edmund Hillary-Stiftung Deutshlande.V.-Germany
10. Ballarat Grammar School-Australia
11. Shan Miller Saver UK and
12. Himalayan Sherpa Foundation-Nepal

We acknowledge the hard work of Dr. Kami Temba, Dr. Mingma Kanchi Sherpa and their entire staff at Kunde Hospital for their efficient and effective management in delivering excellent health services at the hospital and outreach clinics in the Khumbu region.

Sister Sani Sherpa, in-charge of Phaplu Hospital management, and medical in-charge Dr. Dilip Kumar Shah (MDGP), Dr. Krishna Neupane, Dr. Om Prakash Thapa Magar and the entire team at Phaplu Hospital deserve special appreciation for the competent medical and surgical services and overall management of the hospital effectively. Phaplu Hospital, in particular, could play a very crucial role in preventing Covid-19 infection in the Solukhumbu district while providing all other general medical services.

Mr. Mahendra Bahadur Kathet, Mr. Iswornan Rai, Mr. Bishnu Rayamajhi and Mr. Nava Bahadur Bhujel, the teacher trainers of the HTN, have successfully delivered School-Based Teacher Training Programme (SBTTP) in 11 schools under Kharikhola, Juving

and Takshindo High School clusters between 2017 to 2019. They have been coordinating with 32 schools of Solukhumbu for the implementation of a five-year education programme, which is being funded by the Ministry of Foreign Affairs and Trades (MFAT) and Himalayan Trust New Zealand. Credit goes to HTN trainers for their hard work in the field.

Thanks to HTN consultant Mr. Lhakpa Tenji Lama for his expert consultancy service and cooperation. We appreciate Mr. Baween Raj Tandukar and Mr. Dawa Tshering Sherpa, Mr. Bidur Mukhiya Sunuwar, Dilli Mahato, Dipu Sherpa, Ms. Pema Diki Sherpa, Ms. Ang Fura Sherpa, Mr. Man Bahadur Magar and Mr. Chhiring Sherpa of HTN for their hard work and positive team spirit at the Trust Office.

We would also like to acknowledge the active support of all executive as well as general members of the Himalayan Trust Nepal for giving much of their time to the affairs of the institution and for setting up future guidelines for the welfare of the community of Solukhumbu in keeping with the path set by Sir Edmund Hillary.

Himalayan Trust Nepal family is extremely thankful to Ms. Lisa Choegyal, Honorary Consul of New Zealand to Nepal, for her active and continued cooperation.

Finally, the HTN expresses its heartfelt gratitude to all its overseas well-wishers, friends, donors and foundations for their generous support and cooperation.



Mingma Norbu Sherpa, PhD
Chief Executive Officer



Pasang Dawa Sherpa
Chairman

CONTENTS

	LIST OF ABBREVIATIONS	9
	MAP OF SOLUKHUMBU	10
	EXECUTIVE SUMMARY	11
CHAPTER 01	BACKGROUND	15
	1.1 Introduction	15
	1.2 Objectives	16
	1.3 Presentation of the Report	16
CHAPTER 02	EDUCATION PROGRAMME	19
	2.1 Background	19
	2.2 Objectives	20
	2.3 Activities (Inputs)	20
	2.3.1 Teaching Materials Support	20
	2.3.2 Computer Labs Support in Solukhumbu Schools	22
	2.3.3 Completion of School WaSH Project	23
	2.3.4 Teachers Support	23
	2.3.5 Quality Education Programme in Solukhumbu	24
	2.3.6 Alternative classes during the lockdown	25
	2.3.7 Scholarships	26
	2.3.8 Counselling	28
	2.3.9 Thame School Hostel Construction Project	29
	2.3.10 A Schoolhouse in the Clouds Sir Ed's Visitor Center	30
CHAPTER 03	HEALTH PROGRAMME	33
	3.1 Background	33
	3.2 Objectives	34
	3.3 Activities (Inputs)	34
	3.3.1 Kunde Hospital Management	34
	3.3.2 Management of Peripheral Clinics	37
	3.3.3 Drugs Support	41
	3.3.4 Phaplu Hospital	42
	3.3.5 Incentives to Phaplu Hospital Staff	47
	3.3.6 Management of Clinics Supported by Forgotten Sherpas of Nepal Trust	47
	a. Patle Community Health Service	47
	b. Likhu-Pike Rural George Hunter Health Clinic	50
	3.3.7 COVID-19 Response	53
	a. Awareness Programme	53
	b. Covid-19 Preventive Materials	55

**CHAPTER
04**

CULTURAL AND LIVELIHOOD PROGRAMME	63
4.1 Background	63
4.2 Objectives	63
4.3 Activities (Inputs)	64
4.3.1 Teacher Support	64
4.3.2 Partial Support to Tengboche Monastery and Debucho Nunnery	64
4.3.3 Financial Support to Arya Tara Renovation Project Lukla	65
4.3.4 Monjo Community Drinking Water and Fire Hydrant Project	65
4.3.5 Food Relief Materials Distribution	72

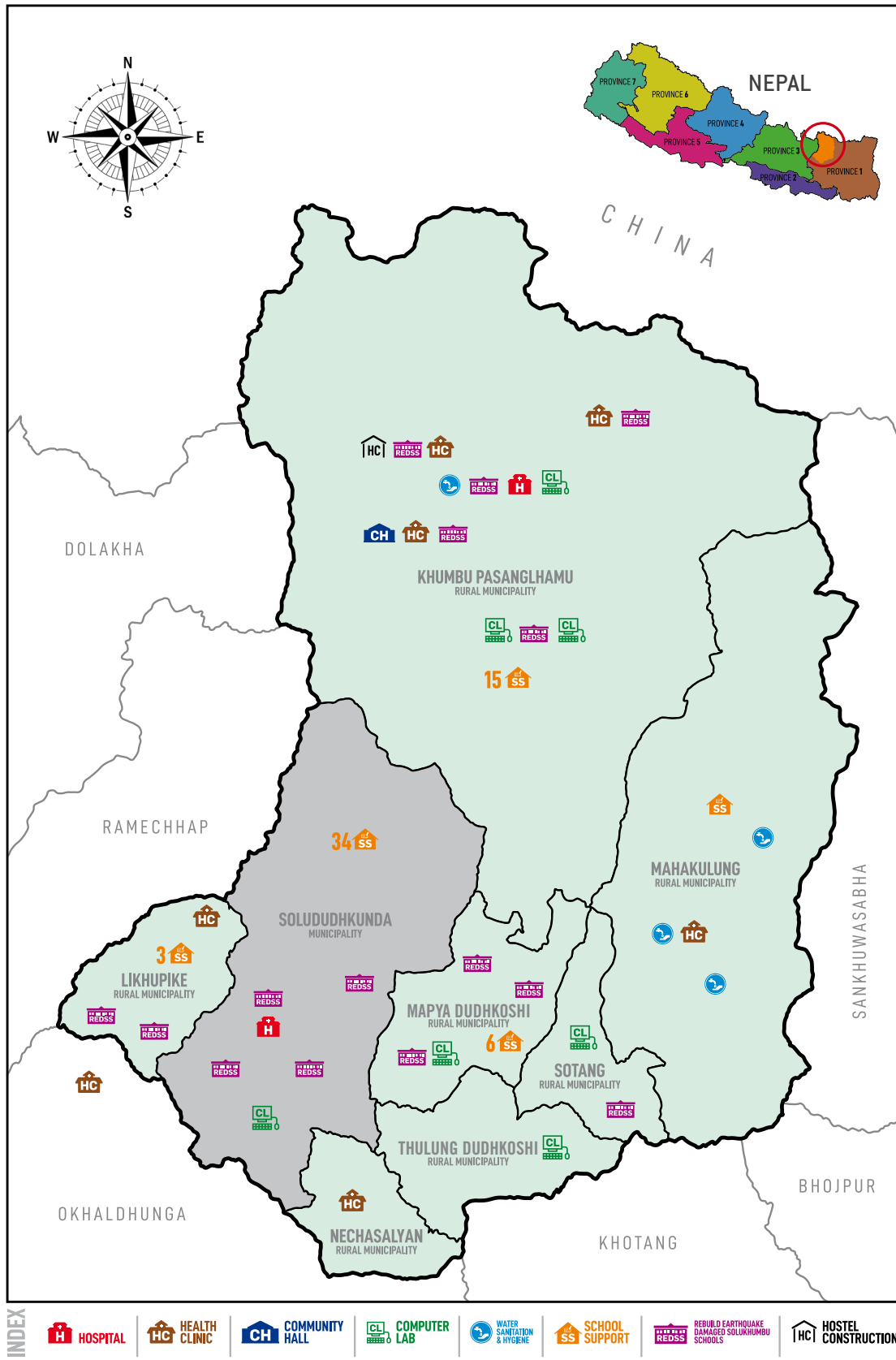
**CHAPTER
05**

MANAGEMENT & GOVERNANCE	75
5.1 Annual General Meeting Held	77
5.2 High Level Visit from New Zealand Government to HTN	78
5.3 Slovak Diplomats Visit HTN Office	79
5.4 CEO Attended HT AGM in Auckland	79
5.5 Changes in the Management	81
5.6 Fundraising Film Screening	81
5.7 12 th Anniversary of Sir Ed Marked	83
5.8 Monitoring	83
5.9 Conclusion	83
Financial Table	85
Executive Committee	86
Our Partners	87
Annex 1 : Articles from Himalayan Trust Beneficiaries	88
Annex 2 : Teaching materials (stationery supplies) for 65 schools of Solukhumbu for the year 2020	96

LIST OF ABBREVIATIONS

AHF	American Himalayan Foundation
AGM	Annual General Meeting
BCF	Benoit Chamoux Foundation
CEO	Chief Executive Officer
FAO	Finance and Admin Officer
FSNT	Forgotten Sherpas of Nepal Trust
GCF	Grand Circle Foundation
GPA	Grade Percent Average
HTN	Himalayan Trust Nepal
HTNZ	Himalayan Trust New Zealand
HTUK	Himalayan Trust United Kingdom
KSAA	Khumjung School Alumni Association
MJESF	Mahindra Jyoti Ex-Students Forum
NZMFAT	New Zealand Ministry of Foreign Affairs and Trade
KPLRM	Khumbu Pasang Lhamu Rural Municipality
PO	Programme Officer
SEHF	Sir Edmund Hillary Foundation, Canada
SEHS	Sir Edmund Hillary Stiftung, Germany
SWC	Social Welfare Council
SYT	Sherwi Yondhen Tshokpa
TGHF	The Greater Himalayas Foundation

HIMALAYAN TRUST PROJECT MAP



EXECUTIVE SUMMARY

The fiscal year 2019/20 has been one of the successful years for HTN. Apart from regular operation and management of its ongoing projects, such as Kunde and Phaplu Hospitals and Khumjung School, Himalayan Trust Nepal (HTN) accomplished the School Water, Hygiene and Sanitation Project in Bung, Pelmang, Chomolungma and Chheskam School with the financial support from the Grand Circle Foundation of USA and Thame School Hostel Construction Project with the financial support from American Himalayan Foundation and Thame Sherpa Heritage Fund.


HTN also developed and signed a five-year contract to implement a Quality Education in the Solukhumbu district programme with the Himalayan Trust and Ministry of Foreign Affairs and Trades of New Zealand in November 2019. The programme is in a full-fledged implementation stage. However, the COVID-19 has been a major impediment for the implementation due to the lockdown and closure of all schools and transportation systems.


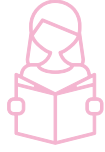
HTN met many important and high-level officials and delegates from Himalayan Trust New Zealand, American Himalayan Foundation USA and Slovak Diplomats. HTN's CEO Dr. Mingma Norbu Sherpa attended Himalayan Trust New Zealand AGM in November 2019 and strengthened the institutional relation with Himalayan Trust New Zealand.

The HTN chairperson, along with its board members and staff, made regular planning and monitoring visits to field project sites such as Bung, Chheskam and Sotang;

Thame, Monju, Sano Gumela, Chaurikharka over the year. The regular monitoring at the Thame hostel construction project and Monju Community Drinking Water and Fire Hydrant Project sites were made in the year. The field visits have been effective for planning, observation, monitoring and evaluation of HTN's work progress and identifying the real needs of community and stakeholders.


HTN INFOGRAPH

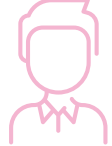


SCHOLARSHIPS
126 STUDENTS


 **MALE : 69** |  **FEMALE : 57**


STATIONARY SUPPORT
65 SCHOOLS

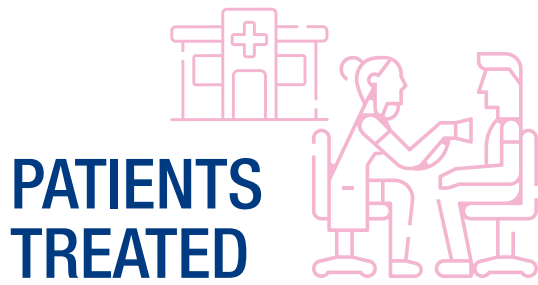

TEACHERS
SALARY SUPPORT
18 TEACHERS


COMPUTER LAB
7 SCHOOLS

 **MALE : 13** |  **FEMALE : 05**


COVID-19
PREVENTIVE MATERIALS
2 HOSPITALS &
15 CLINICS


MEDICINE SUPPLY
2 HOSPITALS &
7 CLINICS



PATIENTS TREATED

KHUNDE HOSPITAL
4,295

MALE : 1,678 | **FEMALE : 2,617**

PERIPHERAL CLINICS
(Monju, Phortse and Thame)
1,467

MALE : 658 | **FEMALE : 809**

NAMCHE DENTAL CLINIC
1,059

MALE : 394 | **FEMALE : 665**

PHAPLU HOSPITAL
12,604

MALE : 5,104 | **FEMALE : 7,500**

PATLE COMMUNITY HEALTH SERVICE
791

MALE : 275 | **FEMALE : 516**

LIKHU-PIKEY RURAL GEORGE HUNTER HEALTH CLINIC
1,628

MALE : 707 | **FEMALE : 921**

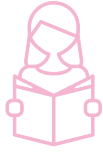


**WATER SANITATION
& HYGIENE (WASH)
4 SCHOOLS**

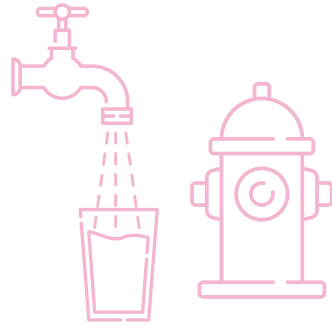
BENEFICIARY : 1991



MALE : 994



FEMALE : 997



**DRINKING WATER
AND FIRE HYDRANT : 1**

**BENEFICIARY :
MORE THAN 267 LOCAL
AND THOUSANDS OF
TREKKERS**



HOSTEL CONSTRUCTION : 1

BENEFICIARY : 72



MALE : 36



FEMALE : 36

CHAPTER

01



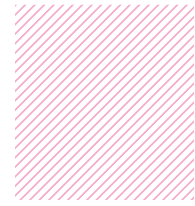
BACKGROUND

1.1 Introduction

1.2 Objectives

1.3 Presentation of the Report

BACKGROUND



1.1 | INTRODUCTION

Himalayan Trust Nepal (HTN) is a non-governmental organization established to support the Government of Nepal and the people of Solukhumbu in education, health, culture, environment and livelihood programmes through an inclusive, innovative and locally-driven governance approach. Established as part of the work of Sir Edmund Hillary and his Sherpa friends in the Everest Region, HTN is dedicated to achieving community-led, sustainable mountain development in Solukhumbu District and wider Nepal.

Although the Himalayan Trust has been active in the Solukhumbu district since the 1960s, HTN was officially registered as an NGO in 2007 and is affiliated with the Social Welfare Council of Nepal. HTN is governed by its own constitution as an autonomous body. HTN is supported by the Himalayan Trust New Zealand, the Himalayan Trust UK, American Himalayan Foundation, Sir Edmund Hillary Foundation Canada, Sir Edmund Hillary Stiftung Germany, Grand Circle Foundation USA and partners from Benoit Chamoux Foundation, Naulekh Foundation, Forgotten Sherpas of Nepal Trust New Zealand, The Greater Himalayas Foundation-*Honouring the Legacy of Mingma Norbu Sherpa*, Reinhold Messner Mountain Foundation, Italy, Nepal Hilftirol Austria and many organizational and institutional donors and partners.

With the financial contribution from the above-mentioned supporters, HTN implemented various programme activities on health, education and livelihood in the fiscal year 2019/20. The year marked one of the most successful years as the organization could start the five-year quality education programme in the Solukhumbu district and accomplish some of the important projects such as School WaSH Project, Thame Hostel Construction Project and computer lab establishment. HTN could continue its long-term ongoing projects such as operation and management of Kunde Hospital, financial support to Phaplu Hospital, building two room Goli clinic and support various clinics, successful implementation of scholarship programme. The organization could also remarkably progress on computer lab establishment in 7 schools of Solukhumbu in partnership with EduTech Nepal and respective School Management Committees (SMCs). HTN could

also secure fund and launch new projects such as Drinking Water and Fire Hydrant Project for Monjo and Chumoa villages in the Everest region.

As the whole world, including Nepal, was going through the problem of COVID-19 pandemic, HTN was able to respond timely in Solukhumbu to prevent the potential infection risks to the frontline health staff of Phaplu and Khunde hospitals and a dozen peripheral clinics in the Solukhumbu district (Everest region). HTN, with the financial support of the American Himalayan Foundation, Himalayan Trust New Zealand, and Sir Edmund Hillary Stiftung Germany, provided COVID-19 preventive equipment to the frontline health workers. The COVID-19 preventive material support included PPE sets, KN95 masks, gloves, thermometers, hand sanitizers, disinfection room sprays, etc.

HTN's board members and staff personnel remained busy in planning, implementing and monitoring its annual programme activities in the Solukhumbu and Okhaldunga districts. This annual report summarizes achievements of various activities implemented over the last fiscal year (2019/20) to inform its target beneficiaries, donor community, government line agencies and concerned stakeholders. The report presents the major achievement of the year and the way forward.

1.2 | OBJECTIVES

The overall objective of the Annual Progress Report is to share its annual progress achievements with its board, honorary and general members, donors, implementing partners, government agencies, beneficiaries and wider stakeholders and seek feedbacks for improvement of the Trust's programme activities.

1.3 | PRESENTATION OF THE REPORT

The overall progress achievement of the fiscal year 2019/20 has been presented in five different chapters. Chapter One contains the introduction, objectives and presentation structure of the report.

Chapter Two describes the education programme with details of background, objectives, and various educational activities undertaken in the fiscal year, along with the achievements.

Similarly, Chapter Three describes health programme, with background, objectives, description of various activities implemented in the last fiscal year, along with the achievements.

Chapter Four provides information about progress on cultural and livelihood programme activities in the same format as other chapters. Chapter Five is about the management and governance of the organization. It provides the description of various activities undertaken in terms of organizational management and governance. It is followed by the conclusion of the report.

CHAPTER

02



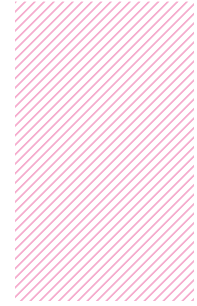
EDUCATION PROGRAMME

2.1 Background

2.2 Objectives

2.3 Activities (Inputs)

EDUCATION PROGRAMME



2.1 | BACKGROUND

Education is one of the major programmes of Himalayan Trust Nepal. The history of Himalayan Trust's education programme dates back to the 1960s with the building of its first school in Khumjung village. Sir Ed himself built more than 27 schools throughout Solukhumbu district through Himalayan Trust and continued to support them. With the objective to provide equal, equitable and quality education in the same area, HTN has been supporting over 65 schools annually. HTN aims to improve the quality of education in the local public schools, reduce the number of out-migrating students, promote local teachers, develop child and gender friendly equitable education system, provide education through computer technology and help reduce rural poverty. HTN's area of intervention in the education sector includes rebuilding of earthquake-damaged schools, repairing and maintaining classroom facilities in schools, establishing computer labs for technology-based education, operating schools in child-friendly environment and improving the quality of education with the support of dedicated, trained teachers; supporting students to secure higher education to work in different sectors, including teaching job at local schools; increasing the rate of students' learning achievement; managing and operating ECED classrooms effectively; providing various scholarship; empowering school management committees and parents in inclusive and democratic governance and decision-making processes.

2.2 | OBJECTIVES

- ↳ To provide additional teacher support to community schools of Solukhumbu.
- ↳ To provide quality education to the students enrolled in community schools of Solukhumbu through Quality Education Programme.
- ↳ To provide teaching material support, including computer labs to 65 community schools.
- ↳ To support building earthquake-resistant classrooms with child-friendly furniture.
- ↳ To create a child center teaching and learning environment.
- ↳ To provide scholarships to high schools and college students to pursue their higher level education.

2.3 | ACTIVITIES (INPUTS)

There are more than ten different components of activities implemented under the education programme in the fiscal year 2019/20. They are basically teachers support in 10 schools, teaching materials support in 65 schools, Quality Education Programme in 32 schools of Solukhumbu, scholarships for basic, high school and college level students, career counselling for SEE graduates of Khumjung, Chaurikharka and Kharikhola high schools; School WaSH projects in Bung, Pelmang, Chomolungmo, Cheskam and Juving schools; establishment of computer labs in 7 schools, hostel building in Thame basic school, facilitation of alternative learning classes to the Solukhumbu students during the lockdown, and Schoolhouse in the Clouds Sir Ed Memorial Visitor Center. Further details about these activities are briefly presented under the following sub-headings:

2.3.1 Teaching Materials Support

Teaching and learning materials support to 65 plus schools has been one of the beneficial supports that the Himalayan Trust has been undertaking since 1986. With the intention of encouraging the students to join school and help the parents in reducing their financial burden, Himalayan Trust has distributed teaching materials to the schools of Solukhumbu. Teaching materials, including stationery for office management, note books, pencils and sport materials for students in at least 65 schools; were distributed in March 2020, the list of the materials are given in Annex 2. The overall procurement process took three months. Teacher trainers from the Himalayan Trust Nepal formed two teams and delivered the materials to the respective schools. Teaching materials for the Khumbu region was transported to Lukla by flight and then carried by porters to the respective schools. The requisition of teaching materials for this year was collected by the HTN teacher trainers in consultation with the School Management Committees and head teachers in the district. Ministry of Foreign Affairs and Trade of New Zealand and Himalayan Trust New Zealand funded this project. The materials have been very beneficial to the economically backward students and the poorly resourced community schools of Solukhumbu.



Teaching materials handover to Junbesi School.



Himalayan Trust teacher trainers distributing teaching materials at Salleri.

Buksa Basic School

On November 25, 2019, Charlie M Rose (DJCS) and his group of students from Australia visited HTN office. Finance and Admin Officer Mr. Baween Raj Tandukar made a short presentation on HTN projects and its activities. Charlie has been helping the Buksa Basic School with stationeries and sports materials.



Charlie M Rose and his group of students from Australia during their visit to HTN office.



2.3.2 Computer Labs Support in Solukhumbu Schools

One of the main projects of Himalayan Trust Nepal is to support Solukhumbu schools establish computer labs for educating local students in computer technology. This project was implemented in 7 schools of Solukhumbu in 2019 in partnership with EduTech Nepal.

Himalayan Trust Nepal, in partnership with EduTech Nepal and School Management committees of Padmakanya Basic School, Himalaya Secondary School, Basakhali Secondary School, Kanku Secondary School and Garma Secondary School in the Solu region and Mahendra Jyoti Secondary School and Janasewa Basic School in the Khumbu region, set up 7 computer labs in 2019/20. Inauguration of the labs and the training of them are yet to take place.

The supply of technical support and hardware materials are the responsibility of EduTech Nepal. Himalayan Trust Nepal is responsible for local-level coordination, transportation of hardware materials and monitoring. The transportation cost of hardware materials for the computer labs is supported by Himalayan Trust New Zealand. Respective school management committees are responsible for providing the furniture and for carrying out the management. With these 7 labs, HTN and EduTech Nepal have built 15 computer labs in the Solukhumbu district over the last two years. Seven more labs have been proposed for the year 2020.



Computer lab in Mahendra Jyoti Secondary School and Janasewa Basic School, Sanogumela

The list of Schools that set up computer labs in FY 2019/20

S.N.	Name of the School	Address
1	Padmakanya Basic School	Damku
2	Himalaya Secondary School	Basa
3	Basakhali Secondary School	Rapchha
4	Kanku Secondary School	Bhedachaur
5	Garma Secondary School	Garma
6	Mahendra Jyoti Secondary School	Chaurikharka
7	Janasewa Basic School	Sano Gumela

2.3.3 Completion of School WaSH Project

A two-year School Water, Sanitation and Hygiene Project (S-WaSH Project) designed and implemented by HTN to improve access to safe, sufficient water; adequate, inclusive sanitation facilities; and promote good hygiene practices to improve learning environments and educational performances in the remote mountain region of Solukhumbu has been completed. The implementation of S-WaSH Project in Chheskam High School, Chheskam; Sagarmatha High School, Bung; as well as in Pelmang and Chomolungmo Basic Schools of Mahakulung Rural Municipality, Solukhumbu through the funding of Grand Circle Foundation of USA was completed and handed over to the respective communities. The project built drinking water supplies, gender and differently able people friendly toilets and incinerators. It also created public awareness about health, hygiene and sanitation in the region. The project played an important role while the country suffered from Covid-19 pandemic and required fresh and clean water supplies. Himalayan Trust, the local government and Grand Circle Foundation are hopeful that the learning achievement of the students in this remote part of the district will increase and the dropout rate will decrease in the future.



Water supply in Pelmang Basic School.



Toilet with water supply in Chomolungmo Basic School

2.3.4 Teachers Support

To implement the decision of adopting English as the medium of teaching and improve the quality of education in Khumbu schools, HTN has been providing teachers support to teach major subjects like English, Science, Social Studies and Math through English medium. With the financial assistance of Himalayan Trust New Zealand, Ministry of Foreign Affairs and Trades of New Zealand, Himalayan Trust UK, The Greater Himalayas Foundation and Rotary Club Koblenz Dt. Eck, Germany, HTN has supported ten schools with 20 teachers. The teachers supported by the Himalayan Trust has been making the major impact in the remote part of the Mt. Everest region in Nepal. If those teachers have not been there, the quality of the education in the region can drop down drastically. The future strategies of the Trust is to encourage and train those teachers to apply for obtaining teaching license and engage in government service as professional teachers.

2.3.5 Quality Education Programme in Solukhumbu

Himalayan Trust Nepal has developed a five-year programme on “Quality Education in Solukhumbu” for the period of five years that is November 2019 through April 2025. The programme will be implemented in 32 community schools of Solu and Khumbu and is being funded by the Ministry of Foreign Affairs and Trades (MFAT) of New Zealand and Himalayan Trust New Zealand.

The Covid-19 pandemic and the nationwide lockdown affected the lives of millions of people, including the students. All the educational institutions were forced to shut down. Despite the crisis, in order to respond and mitigate the effects of the pandemic so as to support teaching and learning process, necessary plans were made and materials such as relevant guidelines, reading text, worksheets of English, Mathematics, Nepali and Science were prepared and distributed in order to support local teachers to facilitate interim-classes for children. The teachers then formed a group of 4-5 students and taught them despite the crisis. The main objective of the initiative was to support the children to continue learning through the implementation of key activities (short duration, safety measures, social distancing, observation and guidance) aimed at maintaining learning habit and preserving safe environment for teachers, learners and school communities during the lockdown. Along with the educational teaching materials, preventive materials such as masks, hand sanitizers, washable cloths and, soaps were also distributed. From the interim teaching plan more than 1000 students got the learning opportunity even during the lockdown.



↗ Fuleli Basic School



↗ Tenzing Norgay Sherpa
B.S. Boldo

Because of the lockdown, two center-based teacher training programmes planned for April 2020 could not take place. Hence, the center-based and school-based trainings were postponed for uncertain time as the Covid-19 situation is very uncertain until August 2020.

2.3.6 Alternative classes during the lockdown

Himalayan Trust Nepal facilitated to implement the virtual class programme designed by the Department of Education in the Solukhumbu district. Himalayan Trust coordinated with the Solu Dhudkunda Municipality to make the education programme accessible to children during the lockdown. The audio-visual programme designed and aired by the Department of Education through radio and television was informed to the children and parents with the help of local teachers from a distance. The teacher would inform about the programme, distribute the worksheets, collect the weekly assignments and provide feedbacks. At the same time, the local teacher would also educate students and parents about COVID-19 and distribute hand-washing soaps, hand sanitizers and masks.



Alternative class in Seti Devi Basic School, Chargare



Alternative class in Thame School, August 2020.

2.3.7 Scholarships

Himalayan Trust Nepal provides various scholarships to more than 43 students annually to pursue higher studies after their successful completion of secondary school level education from the Solukhumbu district.

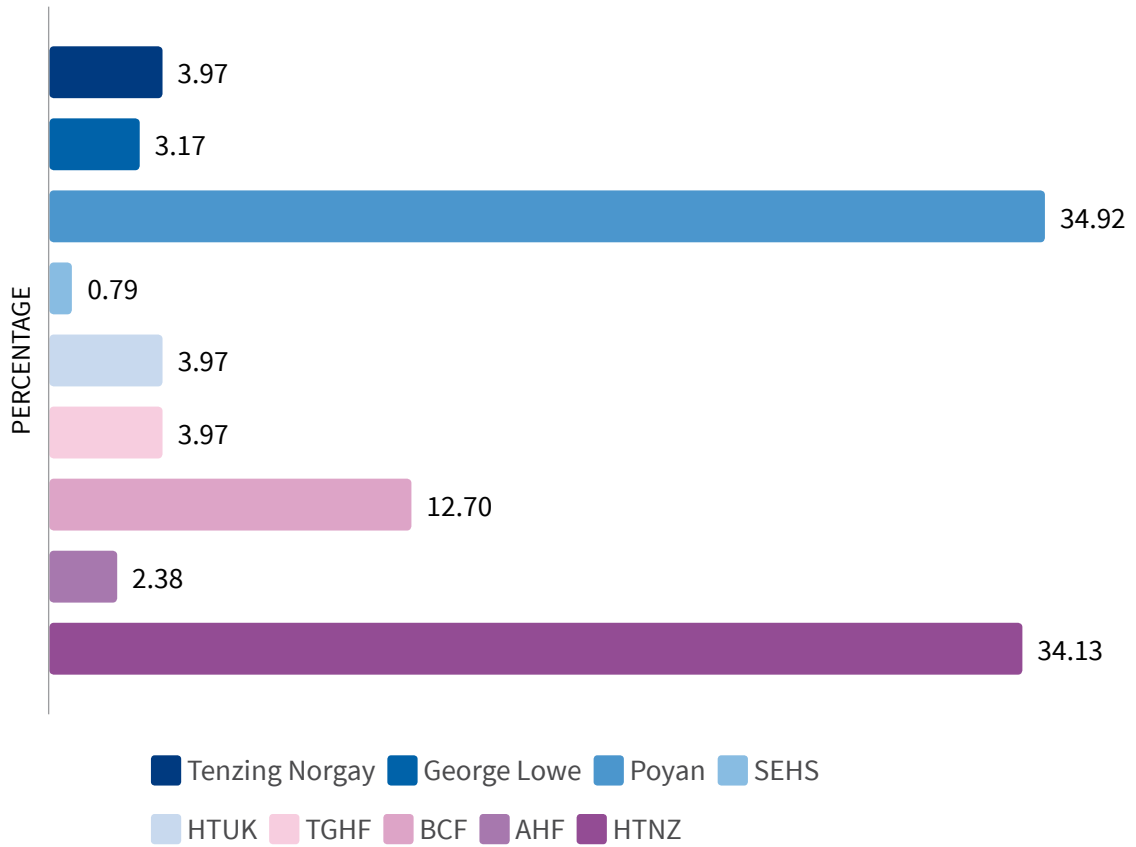
The main goal of the scholarship programme is to support students in pursuing higher education in different fields of study after completion of their secondary school-level education. Similarly, the research fellowship is to stimulate the scholars to conduct research on relevant topics such as partial fulfilment of their course of study. The specific objectives to achieve the above goals are as follows:

- To provide partial scholarship grants to the student to complete their higher education
- To encourage students to develop their future careers to fulfil the job demand in the Solukhumbu region

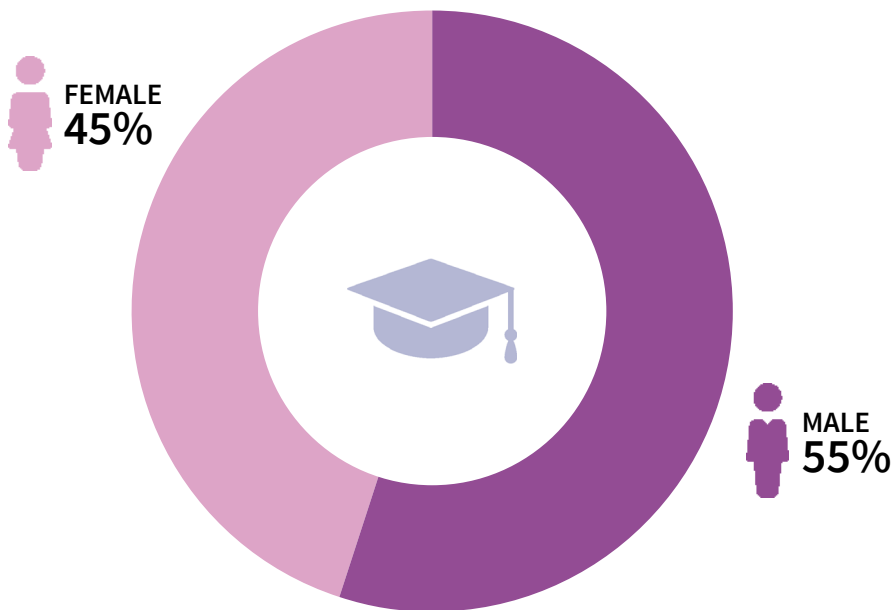
HTN has been providing various scholarships with the financial support of the following organizations:

SN	Supported by	Total	Male	Female
1	Himalayan Trust New Zealand	43	21	22
2	American Himalayan Foundation(MDRES)	3	2	1
3	Benoit Chamoux Foundation	16	10	6
4	Greater Himalayas Foundation, USA	5	5	0
5	Himalayan Trust UK (MDRES)	5	3	2
6	Sir Edmund Hillary Stiftung, Germany Luise and Belinda Memorial Scholarship	1	0	1
7	Poyan Foundation, Switzerland	44	25	19
8	George Lowe Memorial Scholarship	4	2	2
9	Tenzing Norgay Sherpa Foundation Scholarship	5	1	4
	Total	126	69	57

Donorswise Percentage Scholarship 2019



Genderwise Scholarship 2019



School toppers (one female and one male student) from Sagarmatha Secondary School, Bung receive the George Lowe Memorial Scholarship from

HTN every year. This scholarship was established by Mary Lower in memory of Late George Lowe who was one of the dearest friends of Sir Edmund Hillary. Mary Lowe has been providing the scholarship in the name of her late husband George Lowe as a Memorial Scholarship through Himalayan Trust UK to Nepal. The scholarship is a stipend to help the outstanding students of Bung School to continue their high school level education in Nepal.

Louise and Belinda Hillary Memorial Scholarship:

Louise and Belinda Hillary Memorial Scholarship 2020 is being awarded to Ms. Chandani Khaling Rai of Sotang village, Solukhumbu. Ms. Rai is pursuing a three-year's Health Assistant Course in Martyr Memorial Institute of Science and Technology (MMIST), Kathmandu. Her entire tuition fee for the course has been donated by Sir Edmund Hillary Stiftung of Germany in memory of Louise and Belinda Hillary Memorial Scholarship 2020. Chandani Khaling Rai lost both parents when she was an infant. Louise and Belinda Hillary, who lost their lives in a plane crash in 1975 while traveling to Phaplu Hospital construction site, were the wife and daughter of Sir Edmund Hillary.

Miss Elizabeth Hawley Memorial Scholarship:

Miss Elizabeth Hawley Memorial Scholarship 2020 has been awarded to Ms. Sapana Neupane. Miss Hawley Memorial Scholarship is provided to a female Nepali journalist to pursue Master's degree in journalism. The scholarship is funded by the American Himalayan Foundation through Himalayan Trust Nepal. The scholarship covers the total tuition fee and a laptop computer. The first batch scholar of this programme is Ms. Srijana Rai and she is working on her final year.

Tenzing Norgay Sherpa Foundation Scholarship:

Tshering Yangjee Sherpa, MBBS, Phurba Yangchen Sherpa (Rai) BBA, Sabitri Kulung Rai and Lhakpa Gyalzen Sherpa, Health Assistant and Rita Phuti Sherpa, CA students received the Tenzing Norgay Sherpa Foundation Scholarship 2019. The students who received this category of scholarships are needy ones having specific problems.

Naulekh Foundation:

The trustees of Naulekh Foundation from Switzerland, Ms. Ursula Heuscher and her husband, visited HTN office on 20th November 2019. The Naulekh Foundation has been sponsoring the children of Poyan School graduates. It was their first meeting with Dr. Mike Gill, the chairman of Himalayan Trust New Zealand, who was in Nepal for a short visit during that time.

2.3.8 Counselling

Himalayan Trust Nepal provides funding support to conduct a career-counselling programme for the SEE graduates before they join College (10+2) every year. Sherwi Yondhen Tshokpa (Khumbu Sherpa Student's Forum), Khumjung School Alumni Association and Mahendra Jyoti Ex- Student's Forum jointly conduct career counselling programme every year. However, the counselling programme could not be held this year due to the risk of Covid-19.

The counselling programme helps students assess their strength and identify their academic interests and goals and improve their mental and emotional wellbeing. This component leads to a) better processing regarding career exploration and development b) facilitation of "who we are?" (Identification of ourselves and how we see our personal development/growth) c) clearer

perception and acceptance of the self and vice versa (acquiring knowledge of self and others). Besides counselling, it is also an opportunity for students to ask questions regarding their concerns, doubts, or feasibility options in the context of their academic, personal, and professional goals. Sketching, painting, photography, sculpture, singing, writing, etc., support the process of counselling.

2.3.9 Thame School Hostel Construction Project

The Thame school hostel construction project was completed in December 2019. The hostel will come into operation once the Covid-19 threat subsides. The internal furnishing, fittings and retention wall building part of the project are progressing. The procurement of raw materials for furniture and fittings has been completed and carpenters and stone masons are working on furniture, fittings and retaining wall are under the leadership of Field Supervisor Mr. Dipu Sherpa. The hostel will be ready to use by the second week of August 2020. Fifteen students have already registered for using the hostel facility in 2020. The construction and furnishing of the hostel project are funded by the American Himalayan Foundation and Thame Sherpa Heritage Fund. The hostel can accommodate 24 students and two caretakers. The hostel manager and cook have been hired by the Hostel Management Committee.



Thame Hostel



Dinning and study hall

2.3.10 A Schoolhouse in the Clouds Sir Ed’s Visitor Center

The first-ever school block built out of aluminium by Sir Edmund Hillary at Khumjung School in 1961 will be renovated and preserved into the Schoolhouse in the Clouds Sir Ed Memorial Visitor Center. As part of the renovation project, 200 pieces of mined slates have been procured from Kharikhola and have reached Khumjung School in the first week of June 2020. Himalayan Trust Nepal is working in close consultation with Sarah Hillary and her team of experts to complete the project. Himalayan Trust Nepal and Sarah’s team in New Zealand are raising fund for the Center. Up until now, New Zealand High Commission, Sir Edmund Hillary Stiftung Germany, The Greater Himalayas Foundation, USA and Dr. Tshering Wangdi Sherpa, an early student of Khumjung School and the scholarship recipient of Himalayan Trust and now living in the States, are the donors for the project. The first phase of the project is planned to be completed by early May 2020.



↗ Design of purposed Visitor Center

CHAPTER

03



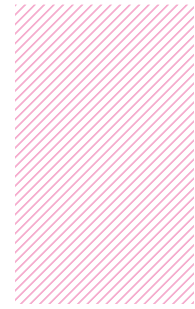
HEALTH PROGRAMME

3.1 Background

3.2 Objectives

3.3 Activities (Inputs)

HEALTH PROGRAMME



3.1 | BACKGROUND

Health sector has been one of the major programmes of Himalayan Trust since its inception in the 1960s. Health Programme was initiated by Sir Edmund Hillary in the Khumbu region to address some of the endemic health issues such as goitre, tuberculosis, malnutrition and to provide primary health care service to the local people. To fulfil this requirement, Kunde Hospital was built in 1966. The hospital was operated by the New Zealand and Canadian volunteer-doctors up until 2005 and were replaced by local doctors. Dr. John Mackinnon from New Zealand was the first doctor of Kunde Hospital. Currently, Dr. Kami Temba and Dr. Mingma Kanchi Sherpa, along with a team consisting of nurses, a community-medicine assistant, a lab technician and a maintainer manage the hospital in a very professional manner. Kunde Hospital still plays very important role in the Khumbu region because of its geographical location, local needs and the quality of service it delivers through well-qualified Sherpa health professionals.

The year 2020 has been a challenging year in the healthcare sector due to the Covid-19 pandemic. In order to control the possible outbreak of the virus, Nepal Government imposed lockdown from 24th March to 17th August 2020. The lockdown was partially eased from 14th June to 17th August 2020.

To prevent potential infection risks to the frontline health staff of Phaplu and Kunde hospitals and a dozen peripheral clinics, Himalayan Trust Nepal with the financial support of the American Himalayan Foundation, Himalayan Trust New Zealand and Sir Edmund Hillary Stiftung Germany supported Covid-19 preventive equipment to the health workers. The Covid-19 preventive material support included PPE sets, KN95 masks, gloves, thermometers, hand sanitizers, disinfection room sprays, etc.

3.2 | OBJECTIVES

- ↳ To provide prompt and quality medical care in the remote mountain region of Solukhumbu.
- ↳ To provide public health and primary health care services within the Solukhumbu region.
- ↳ To provide medical services to the densely-populated southern part of Solukhumbu district.
- ↳ To generate awareness about health, hygiene, sanitation and safety among the general public.

2.3 | ACTIVITIES (INPUTS)

There are mainly six components of activities which have been implemented under the health programme over the last fiscal year. They are Kunde hospital management, management of peripheral clinics, Covid-19 awareness programmes, drugs support, incentives to Phaplu hospital staff and clinics supported by the Forgotten Sherpas of Nepal Trust. The brief details about the components are as follows:

3.3.1 Kunde Hospital Management

Kunde Hospital is being managed by HTN through the financial support of Sir Edmund Hillary Foundation (SEHF) Canada. It includes management of staff, medical supplies, and logistical management on regular operation part. Altogether ten staff, including two doctors and health workers, manage the hospital and three community clinics on regular basis. Since the funding from SEHF Canada was reduced from January 2018, American Himalayan Foundation has stepped in and agreed to provide the deficit amount until 2020 and then 50 percent of the whole operation budget then onwards until 2023.

The following table shows 4,295 patients received treatment from Kunde Hospital in 2019/20. Out of this figure 2,355 females 1,398 male adults received the service. The figure shows that that the hospital service is well used by females in terms of gender. Likewise, 1,467 patients received medical services from three outreach clinics. The majority of the adult patients are females. The outreach clinic patients could have gone even more if the Thame clinic was not closed for at least five months due to staff shortage.

Table 1: Kunde Hospital and Outreach Clinics Attendances by Age and Gender (July 15, 2019 to July 15, 2020)

SN	Month	Kunde Hospital				Total	Outreach Clinics				Total
		Adult		Child			Adult		Child		
		M	F	M	F		M	F	M	F	
1	Jul/Aug	156	204	29	31	420	38	51	7	13	109
2	Aug/Sep	162	244	26	15	447	61	64	15	16	156
3	Sep/Oct	145	220	23	18	406	46	76	18	18	158
4	Oct/Nov	135	219	32	23	409	71	94	21	9	195
5	Nov/Dec	143	192	38	40	413	34	59	8	9	110
6	Dec/Jan	68	119	15	22	224	24	32	9	1	66
7	Jan/Feb	46	115	15	11	187	11	16	10	6	43
8	Feb/Mar	106	203	29	23	361	26	19	2	1	48
9	Mar/Apr	113	223	26	27	389	48	70	13	10	141
10	Apr/May	91	190	14	20	315	44	65	5	12	126
11	May/June	112	200	22	14	348	50	82	2	1	135
12	June/July	119	226	13	18	376	82	75	13	10	180
	Total	1396	2355	282	262	4295	535	703	123	106	1467

Table 2: Maternal/Child health services provided by Kunde Hospital (July 15, 2019 to July 15, 2020)

SN	Month	Obstetric (delivery)						Prenatal Care	Postnatal Care	Referral
		SVD	Vacuum	Breech	Retained placenta	Pph	Still birth			
1	Jul/Aug	-	-	-	-	-	-	7	-	-
2	Aug/Sep	3	-	-	-	-	-	8	3	-
3	Sep/Oct	-	1	-	-	-	-	9	1	-
4	Oct/Nov	-	-	-	-	-	-	5	-	-
5	Nov/Dec	-	-	-	-	-	-	8	-	-
6	Dec/Jan	-	-	-	-	-	-	4	-	-
7	Jan/Feb	1	-	-	-	-	-	6	1	-
8	Feb/Mar	-	-	-	-	-	-	18	-	-
9	Mar/Apr	-	-	-	-	-	-	16	-	2
10	Apr/May	2	-	-	-	-	-	13	2	-
11	May/June	1	-	-	-	-	-	20	1	-
12	June/July	2	-	-	-	-	-	19	2	1
	Total	9	1	0	0	0	0	133	10	3

Table 3: Contraception method and Immunization given at Kunde Hospital (July 15, 2019 to July 15, 2020)

SN	Month	Contraceptive Services					Immunization Programme							
		DMPA	Norplant	OCP	IUCD	Others	BCG	Dpt, hepB, hiB	Polio	PCV	J.E	Measles/Rubella	DT	VitA
1	Jul/Aug	26	-	1	-	-	1	10	10	6	5	4	5	-
2	Aug/Sep	42	3	1	-	-	2	6	6	5	3	6	3	3
3	Sep/Oct	29	2	-	-	-	-	8	8	7	1	7	5	1
4	Oct/Nov	30	-	3	-	-	-	6	6	4	1	7	5	-
5	Nov/Dec	38	1	-	-	-	-	4	4	-	1	-	5	-
6	Dec/Jan	25	1	1	-	-	1	3	3	3	2	6	8	-
7	Jan/Feb	23	1	-	-	-	1	7	7	10	-	6	12	-
8	Feb/Mar	47	-	1	-	-	-	2	2	3	-	1	10	-
9	Mar/Apr	24	3	2	-	1	-	-	-	-	-	-	12	2
10	Apr/May	25	1	2	-	-	2	5	5	9	11	7	9	1
11	May/June	49	2	2	-	1	2	5	5	6	4	5	10	2
12	June/July	26	6	-	-	1	2	3	3	4	5	5	10	1
	Total	384	20	13	-	3	11	59	59	57	33	54	94	10

Table 4: Kunde Hospital Clinic attendances, by main category (July 15, 2019 to July 15, 2020)

SN	Month	Male	Female	Total
1	Communicable/immunisable diseases	15	15	30
2	Communicable water and food borne diseases	53	47	100
3	Communicable STD	2	1	3
4	Other infection (Respiratory/urinary/reproductive)	209	276	485
5	Nutritional and Metabolic disorder	59	55	114
6	Skin and soft tissue infection	108	135	243
7	ENT related infection/disorder	73	74	147
8	Oral and dental health related disorder	19	23	42
9	Eye problem	42	42	84
10	OB/Gynae related complication	-	39	39
11	Mental Health related problems	53	117	170
12	Cardiovascular related problems	143	308	451
13	Falls/injuries/fractures	185	77	262
14	Surgical problem	19	14	33
15	Gastritis/peptic ulcer disease	146	279	425
16	Arthritis	109	142	251
17	Disease not mentioned above	322	300	622
	Total	1557	1944	3501

Table 5: Kunde Hospital - Inpatients and other activities (July 15, 2019 to July 15, 2020)

SN	Month	Admission			Emergency	Minor surgery	Diagnostic test			
		Total	Recovery	Referred			Xray	USG	ECG	Lab test
1	Jul/Aug	-	-	-	8	7	5	9	1	37
2	Aug/Sep	11	9	2	13	9	11	12	-	54
3	Sep/Oct	2	2	-	14	3	13	15	3	46
4	Oct/Nov	4	4	-	16	6	5	8	2	30
5	Nov/Dec	1	-	1	10	5	12	7	3	39
6	Dec/Jan	1	-	1	5	3	6	11	-	18
7	Jan/Feb	3	3	-	4	3	8	9	1	8
8	Feb/Mar	3	2	1	8	1	4	8	1	69
9	Mar/Apr	-	-	2	7	3	5	9	1	49
10	Apr/May	2	2	-	7	2	11	15	-	62
11	May/June	5	4	1	7	8	11	17	-	74
12	June/July	5	4	1	4	8	5	20	4	67
	Total	37	30	9	103	58	96	140	16	553

Kunde Hospital Staff Trained Through Digital Platform

The staff of Kunde Hospital and peripheral clinics participated in a very important and much needed two-day online health consultation training. This training is probably the first in Nepal, especially in the Khumbu region. The training was conducted by Salesforce, California, one of the largest IT companies based in the USA. The participants were overwhelmed by the opportunity they got and have committed to make the best use of the training and to put it into action by transforming the health care system and services provided in the Khumbu region. If this attempt has been successful, then the IT professionals of Salesforce believe that they can spread this use of technology throughout Nepal, so that every individual can get access to the best health care service from experienced medical professionals online.

3.3.2 Management of Peripheral Clinics

HTN believes that the health workers in village health clinics play a crucial role in delivering public health and primary medical service to the communities that have to travel several hours to reach the nearest hospital.

Supporting the village health workers through training and basic supplies of medicines and equipment continues to be the major responsibility and a high priority of Kunde Hospital. Kunde Hospital continues to supervise three village health clinics located in the most remote villages in the region. The village health clinics are based in Thame, Phortse, and Monju. These clinics are directly supervised by Kunde Hospital, fully funded by the SEHF Canada and managed by HTN.

Phortse Clinic

The Phortse clinic which remained closed for almost two years is in operation now. Mrs. Ang Dawa Sherpa, who got CMA training in Kathmandu with financial support from Mrs. Sheila Freake, UK and Sudy from New Zealand, joined the clinic on the 1st of April 2019. The Phortse clinic, which was partly damaged by the 2015 earthquake, has been renovated. The fund for the renovation was given by the Little Sherpa Foundation of UK to the Phortse community in 2019.



↗ Phortse clinic

Thame Clinic

The clinic at Thame is in operation from the first week of April 2020. The clinic was closed since December 2019 after the health worker changed his job. Mr. Saran Dwoj Kulung (Rai) has been employed as a Community Medicine Assistant (CMA) since April 2020 and he is running the clinic regularly. The construction of the health worker's quarter has been completed with the financial support from Mrs. Hazel Nash of UK.



↗ Thame Clinic

Namche Dental Clinic

American Himalayan Foundation USA (AHF) helped build the Namche Dental Clinic in 1991 to address the growing problem of tooth decay among Sherpa people, especially Sherpa children of the Khumbu region. The dental clinic has been providing basic and fundamental dental care services in the region since 1991. Apart from the tooth scaling, extraction and hygiene services, it also provides dental education and awareness service to educate local children about preventive dental care. The children learn about the importance of a healthy diet and dangers to teeth from sweets and tobacco. And they have something to smile about: in the 25 years since the clinic's founding, the staff have seen a noticeable decline in tooth decay among children at the altitude of 11,300 feet. Namche Dental Clinic is the world's highest dental clinic. It is the only dental care facility in the Khumbu region which treats about 1,300 people a year from Namche Bazaar to as far as Gokyo—a three-day walking distance—and serves locals with cleanings, fillings, and extractions for a minimal fee. To continue the support, HTN signed a MOU with Namche Dental Clinic Management Committee on 31st December 2020. Thanks go to American Himalayan Foundation for their continuous support.

Namche Dental Clinic provided more than 20 different types of dental services (Table 1) to 1059 people of Khumbu and beyond over the year. Among the total number of patients who received service from the clinic, 660 were female and 399 male patients (Table 2). The majority of the clinic patients were local people as shown in Table 1. The services delivered by the clinic over the year are given in the following table.



Missing teeth



Replaced the missing teeth

Table 1: Types of dental services

SN	Types of dental services provided from the clinic
1.	Treatment of Odontogenic pain and infection originating from dental origin
2.	Treatment of Non-odontogenic pain and infection originating form or facial origin
3.	Dental X-ray (bisecting angle and Bitewing techniques)
4.	Pedodontic Simple GIC restoration
5.	Pedodontic Pit and fissure sealants application
6.	Pedodontic Fluoride application
7.	Pedodontic pulpotomy and pulpectomy
8.	Simple composite restoration
9.	Composite restoration by Sandwich techniques
10.	Root Canal Treatment (anterior and posterior)
11.	Re- Root Canal Treatment
12.	Fixed partial dentures (Crown and bridge)
13.	Removable Complete dentures
14.	Removable partial rigid and flexible dentures
15.	Simple Extraction
16.	Complex Extraction
17.	Surgical Extraction of impacted teeth
18.	Operculectomy
19.	Scaling and polishing of teeth
20.	Gingival Curettage

Table 2: Patients belonging to different ethnic groups

SN	Month	Dalit		Janajatee		Foreigner		Brahmin/Chhetri		Total
		Female	Male	Female	Male	Female	Male	Female	Male	
1	Jul/Aug	0	0	70	49	0	0	0	1	120
2	Aug/Sep	1	0	108	49	0	1	0	1	160
3	Sep/Oct	0	2	90	74	1	4	1	3	175
4	Oct/Nov	0	0	81	42	1	4	0	2	130
5	Nov/Dec	0	0	68	2	0	0	0	0	70
6	Dec/Jan	Winter break								0
7	Jan/Feb	Winter break								0
8	Feb/Mar	0	0	30	25	0	0	0	0	55
9	Mar/Apr	1	3	46	29	0	0	0	3	82
10	Apr/May	6	0	72	33	0	0	1	0	112
11	May/Jun	0	0	43	30	0	0	0	2	75
12	Jun/Jul	0	0	44	32	0	0	1	3	80
	Total	8	5	652	365	2	9	3	15	1059

Table 3: Age group beneficiaries of Namche Dental Clinic from August 2019 to July 2020

SN	Months	0-9 YRS		10-19 YRS		20-59 YRS		>60 YRS		Total	
		Female	Male	Female	Male	Female	Male	Female	Male	Female	Male
1	August	12	15	23	7	30	24	5	4	70	50
2	September	10	13	40	10	55	28	4	0	109	51
3	October	15	12	20	20	50	47	7	4	92	83
4	November	11	5	25	15	45	25	1	3	82	48
5	December	10	0	22	0	36	2	0	0	68	2
6	January	Winter		Winter		Winter		Winter		Winter	
7	February	Winter		Winter		Winter		Winter		Winter	
8	March	4	2	5	5	16	19	0	4	25	30
9	April	5	3	15	10	17	22	10	0	47	35
10	May	20	2	35	15	17	13	7	3	79	33
11	June	7	5	25	17	11	8	0	2	43	32
12	July	6	7	22	12	15	9	2	7	45	35
	Total	100	64	232	111	292	197	36	27	660	399
	Grand Total									1059	

3.3.3 Drugs Support

One of the major activities of HTN under the health programme has been the continuous support of essential medicines to Kunde and Phaplu Hospital and clinics at Monjo, Thame, Phortse, Bung, and Salyan.

Sir Edmund Hillary Stiftung (SEHS) Germany has been supporting Bung clinic with medicine supplies worth Rs. 100,000 per year. Similarly, SEHS has been supporting Salyan Clinic with necessary medicine supplies on a regular basis. With the medicines provided, they were able to cure some of the most common diseases seen in the patients coming to the clinic. Some of those diseases are Hypertension, Headache, Urticaria, Acid Peptic disease, Chronic Obstructive Pulmonary Disease (COPD), Upper Respiratory Tract Infection (URTI) and Acute Gastroenteritis (AGE) etc.

Number of patients benefitting from the medicines provided by HTN.

SN	Month	Female	Male	Total
1	Shrawan	155	105	260
2.	Bhadra	169	137	306
3.	Ashoj	107	99	206
4.	Kartik	170	110	280
5.	Mangsir	177	156	333
6.	Poush	115	105	220
7.	Magh	121	110	231

SN	Month	Female	Male	Total
8.	Falgun	193	174	367
9.	Chaitra	151	127	278
10.	Baisakh	109	93	202
11.	Jestha	160	152	312
12.	Asar	184	179	363
	Total	1811	1547	3358

This year, SEHS has extended its medicine support to Sotang Primary Health Center, effective from January 2020. Himalayan Trust provided 6-patient beds, along with medicine, from the grant. The health post is run by two MBBS doctors. More than 20 patients get primary health care service on daily basis. Sotang clinic is centrally located at the Mahakulung and Sotang Rural Municipalities of Solukhumbu.

3.3.4 Phaplu Hospital

Phaplu Hospital also called the District Hospital is located in Solududhkunda Municipality-4, Phaplu, Solukhumbu. In 1985, Himalayan Trust officially handed over the hospital to the government of Nepal and it is the only government-based hospital in the district. HTN has continued its support to the hospital even after the hospital was handed over to the government.

Himalayan Trust Nepal signed a two-year MOU with the Phaplu Hospital development and management board for the continuation of its medicine and staff support. The support of the Himalayan Trust to Solu Hospital has enabled the doctors and staff at this hospital to maintain its quality medical services to the local community and also to keep the physical facilities in good order. The Sir Edmund Hillary-Stiftung Deutschland (SEHS), under the Chairmanship of Mrs. Ingrid Versen, has been raising necessary funds in Germany to support the Solu Hospital for many years in the past and has been continuing to do so at the same level.

On 2nd December 2019, Deputy Chairman of Sir Edmund Hillary Stiftung, Germany Mr. Manfred Haupl visited HTN office.

The different services provided by Phaplu Hospital are as follows:

1. General OPD services

Phaplu Hospital provides outpatient services on a daily basis. The detail data of patient treated on a general OPD services are as follows:

SN	Months	0-9 YRS		10-19 YRS		20-59 YRS		>60 YRS		Total	
		F	M	F	M	F	M	F	M	F	M
1	Jul 17-Aug 16	156	192	155	82	767	482	110	99	1188	855
2	Aug 17-Sep 16	136	142	122	76	676	318	120	86	1054	622
3	Sep 17-Oct 17	91	128	86	66	491	261	70	76	738	531
4	Oct 18-Nov 16	75	96	80	59	379	156	55	53	589	364
5	Nov 17-Dec 15	84	117	98	95	446	210	90	62	718	484
6	Dec 16-Jan 14	87	96	91	48	210	460	93	47	481	651

SN	Months	0-9 YRS		10-19 YRS		20-59 YRS		>60 YRS		Total	
		F	M	F	M	F	M	F	M	F	M
7	Jan 15-Feb 12	87	90	79	44	459	195	70	43	695	372
8	Feb 13- Mar 14	109	108	74	82	520	239	87	66	790	495
9	Mar15-Apr 13	39	35	28	18	159	43	23	46	249	142
10	Apr 14-May 14	7	4	10	5	71	48	5	8	93	65
11	May 15-June 15	14	30	32	19	271	125	41	14	358	188
12	June 16-July 16	14	30	55	65	432	198	46	42	547	335
	Total									7500	5104

2. Emergency services

The hospital has been providing the emergency services all round the clock other than the OPD hours. Below are the number of emergency services provided in this fiscal year.

SN	Months	0-9 YRS		10-19 YRS		20-59 YRS		>60 YRS		Total	
		F	M	F	M	F	M	F	M	F	M
1	Jul 17-Aug 16	22	30	6	16	43	69	17	16	88	131
2	Aug 17-Sep 16	14	17	7	6	30	30	10	16	61	69
3	Sep 17-Oct 17	26	40	15	22	49	67	17	23	107	152
4	Oct 18-Nov 16	17	12	5	15	26	48	10	9	58	84
5	Nov 17-Dec 15	12	15	3	6	40	46	4	6	59	73
6	Dec 16-Jan 14	8	6	6	8	21	47	2	10	37	71
7	Jan 15-Feb 12	9	9	11	9	20	33	6	6	46	57
8	Feb 13- Mar 14	11	18	10	12	41	62	16	15	78	107
9	Mar15-Apr 13	18	20	10	20	49	74	7	19	84	133
10	Apr 14-May 14	12	17	16	28	133	152	35	41	196	238
11	May 15-June 15	9	7	8	10	41	58	4	8	62	83
12	June 16-July 16	3	6	5	6	29	48	9	8	46	68
	Total									922	1266

3. Maternity services

Maternity services are one of the most important services provided by the hospital. Phaplu Hospital is the only Comprehensive Emergency Obstetric and Neonatal Services (CEONC) center of Solukhumbu district. The hospital provides every kind of obstetrics and neonatal services free of cost. The details of the delivery conducted during this year are as follows:

S.N	Month	S.V. Delivery	Caesarean section	Blood transfusion	CAC	PAC
1	Jul 17-Aug 16	13	0	0	16	0
2	Aug 17-Sep 16	21	0	1	13	0
3	Sep 17-Oct 17	9	0	0	11	0
4	Oct 18-Nov 16	7	0	0	10	0
5	Nov 17-Dec 15	8	0	0	8	0
6	Dec 16-Jan 14	3	0	0	9	1
7	Jan 15-Feb 12	10	0	0	16	0
8	Feb 13- Mar 14	7	0	0	12	0
9	Mar15-Apr 13	11	1	1	6	1
10	Apr 14-May 14	17	3	0	12	2
11	May 15-June 15	13	4	3	5	0
12	June 16-July 16	19	7	0	8	0
	Total	138	15	5	126	4

Note:

IUFD	- 2	Eclampsia	- 1
Preterm	- 1	Retained Placenta with P.P.H	- 2
Twins	- 1	MRP	- 2
Breech	- 1		

4. Immunization services

The district hospital of Solukhumbu has been providing immunization services to children up to 15 months according to the EPI schedule. The hospital also provides immunization to pregnant ladies according to the national protocol. The details of the immunization services are as follows:

S.N	BCG	DPT 1	DPT 2	DPT 3	OPV 1	OPV 2	OPV 3	PVC1	PVC2	PVC3	FI PV1	FI PV2	MR 1	MR 2	JE	TD 1	TD 2	TD 2+	Total
Jul17-Aug16	6	5	3	6	5	3	6	5	3	6	5	6	5	4	6	12	4	0	90
Aug17-Sep16	7	5	8	1	5	8	1	5	8	1	4	0	6	1	3	30	2	3	98
Sep17-Oct17	1	5	0	0	5	0	0	5	0	0	5	0	1	0	0	13	11	4	50
Oct18-Nov16	8	2	6	0	2	8	0	2	8	6	5	0	4	2	2	1	5	0	61
Nov17-Dec15	2	7	1	7	7	1	5	6	1	8	8	8	7	8	5	0	0	0	81
Dec16-Jan14	6	6	6	3	5	3	3	5	3	1	6	3	1	3	2	7	3	1	67
Jan15-Feb12	4	2	5	3	2	5	3	2	3	4	5	1	2	4	7	9	8	1	70
Feb13-Mar14	7	5	2	4	4	3	4	4	3	2	4	4	2	0	1	6	8	4	67
Mar15-Apr13	6	1	1	0	2	1	0	1	1	0	0	0	1	0	1	1	6	0	22
Apr14-May14	6	9	2	1	9	3	2	14	3	4	14	2	5	4	6	12	2	0	98
May15-Jun15	8	3	9	2	2	10	3	3	10	3	3	2	2	1	1	7	12	0	81
Jun16-Jul16	11	4	2	7	2	3	5	1	1	1	3	5	1	1	5	14	5	1	72
Total	72	54	45	34	50	48	32	53	44	36	62	31	37	28	39	112	66	14	857

5. Family planning services

The hospital provides all 7 kinds of family planning (temporary) measures and permanent sterilization too. The services are provided on every working day for those who seek the services.

S.N	Month	New users (<20 years)	New users (<20 years)	Current users	Defaulter	Icud	Depo	Pills	Implant	Total
1	Shrawan					40	26	3	86	155
2	Bhadra					41	28	4	85	158
3	Ashoj					42	34	5	84	165
4	Kartik					42	37	5	84	168
5	Mangsir					40	39	5	89	173
6	Poush					37	43	0	92	172
7	Magh					36	48	0	91	175
8	Falgun					35	62	1	97	195
9	Chaitra					36	59	0	103	198
10	Baisakh					36	30	1	101	168
11	Jestha					38	33	2	100	173
12	Asar					38	36	2	100	176
	Total	0	0	0	0	461	475	28	1112	2076

6. Radiology and laboratory services

Phaplu Hospital provides radiological services, including X-rays, at minimal cost. Similarly, the laboratory fee are reasonable, sometimes free for the poor and destitute. The ultrasound service is free of cost to all pregnant ladies and pregnancy-related clients. The following table shows the details.

S.N	Month	X-Ray	Ultrasonography	Electrocardiography	Lab	Total
1	Jul 17-Aug 16	314	209	51	446	1020
2	Aug 17-Sep 16	215	203	55	471	944
3	Sep 17-Oct 17	192	139	22	292	645
4	Oct 18-Nov 16	111	159	6	247	523
5	Nov 17-Dec 15	139	149	20	319	627
6	Dec 16-Jan 14	70	182	16	273	541
7	Jan 15-Feb 12	154	204	8	314	680
8	Feb 13- Mar 14	196	134	9	452	791
9	Mar15-Apr 13	122	101	7	233	463
10	Apr 14-May 14	125	197	13	260	595
11	May 15-June 15	125	150	12	180	467
12	June 16-July 16	153	266	65	437	921
	Total	1916	2093	284	3924	8217

7. Inpatient services

The hospital has been providing inpatient services all-round the year with 24 hours nursing care. The table below shows the details.

S.N	Month	Total no. of admitted patients	Total Hospital stay day
1	Jul 17-Aug 16	91	228
2	Aug 17-Sep 16	70	178
3	Sep 17-Oct 17	59	148
4	Oct 18-Nov 16	22	55
5	Nov 17-Dec 15	20	50
6	Dec 16-Jan 14	17	43
7	Jan 15-Feb 12	20	50
8	Feb 13- Mar 14	36	90
9	Mar15-Apr 13	45	113
10	Apr 14-May 14	54	162
11	May 15-June 15	27	98
12	June 16-July 16	72	223
	Total	533	1438

8. Other services

Phaplu Hospital is the only hospital in the district to handle the medico-legal cases all around the districts. Similarly, one-stop crisis management center provides free services to the gender-based violence clients. The table below shows the data.

SN	Months	Physical assault		Mental torture		Sexual assault		Others		Total	
		F	M	F	M	F	M	F	M	F	M
1	Jul 17-Aug 16	7	1							7	1
2	Aug 17-Sep 16	2								2	0
3	Sep 17-Oct 17	1								1	0
4	Oct 18-Nov 16	2								2	0
5	Nov 17-Dec 15	1								1	0
6	Dec 16-Jan 14	1				3				4	0
7	Jan 15-Feb 12					2				2	0
8	Feb 13- Mar 14	2				2		1		5	0
9	Mar15-Apr 13					1				1	0
10	Apr 14-May 14					3				3	0
11	May 15-June 15					1				1	0
12	June 16-July 16	2		1		1				4	0
	Total									33	1

3.3.5 Incentives to Phaplu Hospital Staff

Himalayan Trust Nepal provides incentives to the staff of Phaplu Hospital in line with the MoU signed with the Hospital Development Board. HTN values the hardworking staff who continuously work for the betterment of Phaplu Hospital and for giving good service to the general public. So as to acknowledge their hard work, HTN provides incentives to hospital staff with the financial support from Sir Edmund Hillary Stiftung Germany. The scheme of the incentive is to motivate the hospital staff to stay for long-term and provide quality service to the patients. The support is highly acknowledged by the local beneficiaries and the government.

3.3.6 Management of Clinics Supported by Forgotten Sherpas of Nepal Trust

The Trustees of Forgotten Sherpas of Nepal Trust (FSNT), Ms. Margaret Stocker, Ms. Colleen Winington and a friend, along with the Ward Chairman of Goli, Mr. Ngawang Lhakpa Sherpa, visited Himalayan Trust Nepal office on 20th October 2019.

HTN has been managing health clinics at Patale and Kartike villages of Okhaldunga and a clinic at Goligepchuka village in Solukhumbu District with the financial support from Forgotten Sherpas of Nepal Trust, New Zealand.



Trustees of FSNT during their visit at the HTN office.

a) Patle Community Health Service

Patle Community Health Service is located in Patle of Molung Rural Municipality, Ward No. 7 in Okhaldhunga. The clinic came into operation on 1st of July 2018. Since then the clinic has been providing essential health services to the general public. Services include general health check-ups, medicine distribution services, free counselling services, health education programme services, free family planning services and referral services on a regular basis. The clinic is located in a very remote area of Okhaldhunga

district. The people of Patle area have to walk on foot for 3 hours even to seek a basic and common medical attention. They are very content with the services provided by the clinic. All the inhabitants of Molung Rural Municipality Ward No.7 and Siddhicharan Municipality Ward No. 6 come to seek medical service in the clinic. People belonging to different castes such as Brahmin, Chhetri, Sherpa, Tamang, Magar, Sunuwar, Pahari, Dalit (Kami, Damai) live in the community service area. There are total of 750 households in the village. The total population of the village is 3985, among which 1785 are male and 2200 are female.

Besides that, they also provide mobile health service to the people of Kattike twice a month. In the span of two years, about 1200 people have benefitted from the health services provided by the clinic.

The clinic is operated by two Community Medicine Assistants, Mr. Buddha Bir Tamang and Ms. Tukuni Sherpa. Some of the most commonly seen diseases in the patients coming to the clinic are gastritis, arthritis, dental related problems, Chronic Obstructive Pulmonary Disease (COPD), fall and injuries etc.

Currently, the clinic is being operated in a rented room. It is difficult to provide service as the room is quite small. The health workers of the clinic made a continuous appeal to the ward office and to the rural municipality. Thus, the rural municipality has allocated a budget of Rs. 5 lakhs (US \$ 4000) for the construction of a clinic building and the local community has informed that they will provide land for the clinic building free of cost. There is still a need for more fund to build the clinic building.

Patient Morbidity: 15 July, 2019 - 15 July, 2020

SN	Disease categories	Female	Male	Total
1	Gastritis, Peptic ulcer disease	78	32	110
2	Communicable water & food borne disease	44	28	72
3	Skin and soft tissue infection	43	17	60
4	Eye/Ear problem	25	11	36
5	OB/gynae related complication	48	0	48
6	Falls/ Injuries and fractures	24	35	59
7	Hypertension	14	2	16
8	Other infection (Respiratory/Urinary/Reproductive)	32	30	62
9	Oral and Dental health related disorder	36	19	55
10	Nutritional and Metabolic disease	22	19	41
11	Disease not mentioned above and other	150	82	232
	Total	516	275	791
	Grand Total	791		

Age and Gender-Wise General OPD Service Recipient in 2019/20

SN	Months	0-9 YRS		10-19 YRS		20-59 YRS		>60 YRS		Total	
		F	M	F	M	F	M	F	M	F	M
1	Jul/ Aug	4	7	4	1	30	4	8	5	46	17
2	Aug/Sept	6	8	4	2	28	15	5	3	43	28
3	Sept/Oct	7	6	8	5	25	11	7	1	47	23
4	Oct/Nov	6	7	2	4	20	11	5	2	33	24
5	Nov/Dec	5	3	5	3	17	12	7	4	34	22
6	Dec/Jan	2	2	6	2	32	7	2	0	42	11
7	Jan/Feb	0	1	9	18	42	8	7	2	58	29
8	Feb/Mar	7	6	20	2	17	15	5	4	49	27
9	Mar/Apr	8	5	11	6	23	9	6	2	48	22
10	Apr/May	5	0	2	2	19	13	2	5	28	20
11	May/June	6	3	5	4	3	13	6	4	20	24
12	June/July	5	6	5	3	26	13	5	2	41	24
	Total	61	54	81	52	282	131	65	34	489	271
	Grand Total									760	

Distribution of Contraceptive Services: July 15, 2019 to July 15, 2020

SN	Month	Contraceptive Services		Total
		DMPA	OCP	
1	Jul/ Aug	6	2	8
2	Aug/Sept	4	0	4
3	Sept/Oct	10	1	11
4	Oct/Nov	5	0	5
5	Nov/Dec	3	0	3
6	Dec/Jan	4	0	4
7	Jan/Feb	6	2	8
8	Feb/Mar	5	0	5
9	Mar/Apr	3	1	4
10	Apr/May	4	0	4
11	May/June	4	0	4
12	June/July	5	2	7
	Total	59	8	67

Patient Belonging to Different Ethnic Group

SN	Month	Dalit		Janajatee		Brahmin/Chhetri		Total
		Female	Male	Female	Male	Female	Male	
1	July/Aug	3	2	40	14	3	1	63
2	Aug/Sept	5	1	32	27	6	2	73
3	Sept/Oct	4	0	36	22	7	1	70
4	Oct/Nov	2	3	26	27	6	2	66
5	Nov/Dec	1	2	28	19	5	1	56
6	Dec/Jan	2	0	40	6	7	2	57
7	Jan/Feb	4	0	54	27	0	1	86
8	Feb/Mar	5	2	43	24	1	0	75
9	Mar/Apr	6	1	40	20	2	1	70
10	Apr/May	0	2	25	18	3	0	48
11	May/Jun	1	0	44	23	2	1	71
12	Jun/July	2	1	35	21	4	2	65
	Total	35	14	443	248	46	14	800

b) Likhu-Pike Rural George Hunter Health Clinic

Pike Rural George Hunter Clinic has been established in Likhu Pike Rural Municipality Ward No. 1 of Solukhumbu district on 1st of July 2018. Since then the clinic has been providing essential health services to general public. Services include general health check-ups, family planning services and safe maternity services on a regular basis. People belonging to different castes such as Brahmin, Chhetri, Sherpa, Tamang, Kami, Damai, Thami and Bhujel of the Likhu Pike Ward No. 1, 2, 3, 4, 5 and Khijidemba, Okhaldungha are the regular users of the services.

Besides that, they also provide mobile health service to the people of Maili village in Likhu Pike Rural Municipality Ward No. 2 twice a month. In the span of two years, about 2700 people have benefitted from the health services provided by the clinic.

Some of the most common diseases that have been seen in the patient visiting the clinic are gastritis, hypertension, arthritis, respiratory disease, gynae problems, fall and injury.

With the joint financial support from Likhu Pike Rural municipality and Himalayan Trust Nepal through funding of Slovak Embassy New Delhi with the coordination of Honorary Consul of Slovak Government in Nepal Mr. Pasang Dawa Sherpa, a two-room clinic building construction project was completed in March 2020. The building was constructed with light-weight prefab materials. Due to Covid-19 lockdown, the clinic building has not been formally handed over to the clinic management committee. As a result, the clinic is still being managed through the small room thereby facing some congestion problems. The official inauguration of the clinic building will take place once the Corona -19 pandemic comes under control.

The clinic is operated by four health workers – one Auxiliary Nurse Midwife (ANM), Ms. Parwati Katwal and an office assistant, Ms. Lhamu Dolker Sherpa supported by the Forgotten Sherpas of Nepal Trust, New Zealand and one Community Medicine Assistant (CMA) and one office assistant supported by the rural municipality. The local government provides 35 different types of medicines to the clinic and provided Rs. 50,000 to make office drawer, chairs, beds, etc.

As per the instruction of the government, the two-room clinic building has been used as a 5 beds' quarantine. Once the threat of the virus is relieved, Pike Rural George Hunter Clinic will move to the building to provide clinical service to the local people. The medicines and services of the clinic are being supported by the Forgotten Sherpas of Nepal Trust, New Zealand.



➤ Goli clinic building being used as a quarantine center.

Patient Morbidity: 15 July, 2019 - 15 July, 2020

SN	Disease categories	Female	Male	Total
1	Communicable water and food borne disease	38	52	90
2	Other infection (Respiratory/Urinary/Reproductive)	95	76	171
3	Nutritional and Metabolic disease	32	32	64
4	Skin and soft tissue infection	27	30	57
5	Oral and Dental health related disorder	52	39	91
6	Eye/Ear problem	42	51	93
7	OB/Gynae related complication	55	0	55
8	Hypertension	198	113	311
9	Falls/Injuries/Fractures	115	126	241
10	Gastritis/Peptic Ulcer disease	156	132	288
11	Disease not mentioned above and other	111	56	167
	Total	921	707	1628

Age and Gender-Wise General OPD Service Recipient in 2019/20

SN	Months	0-9 YRS		10-19 YRS		20-59 YRS		>60 YRS		Total	
		F	M	F	M	F	M	F	M	F	M
1	Jul/ Aug	2	3	12	4	55	33	15	13	84	53
2	Aug/Sept	2	4	7	3	36	28	13	9	58	44
3	Sept/Oct	5	9	13	3	37	29	18	9	73	50
4	Oct/Nov	6	4	2	3	40	27	13	7	61	41
5	Nov/Dec	4	7	7	7	54	46	29	13	94	73
6	Dec/Jan	5	9	3	6	32	27	14	7	54	49
7	Jan/Feb	2	6	2	5	32	32	13	8	49	51
8	Feb/Mar	6	8	6	4	47	18	9	5	68	35
9	Mar/Apr	10	15	20	9	55	42	14	17	99	83
10	Apr/May	6	10	11	5	55	38	20	16	92	69
11	May/June	4	6	9	5	62	48	25	11	100	70
12	June/July	0	7	9	10	44	38	16	7	69	62
	Total	52	88	101	64	549	406	199	122	901	680
	Grand Total									1581	

Distribution of Contraceptive Services: July 15, 2019 to July 15, 2020

SN	Month	Contraceptive Services		Total
		DMPA	OCP	
1	Jul/ Aug	2	0	2
2	Aug/Sept	5	2	7
3	Sept/Oct	6	1	7
4	Oct/Nov	6	2	8
5	Nov/Dec	6	3	9
6	Dec/Jan	8	0	8
7	Jan/Feb	13	1	14
8	Feb/Mar	15	0	15
9	Mar/Apr	18	3	21
10	Apr/May	15	1	16
11	May/June	15	1	16
12	June/July	15	1	16
	Total	124	15	139

Patient Belonging to Different Ethnic Groups

SN	Month	Dalit		Janajatee		Brahmin/Chhetri		Total
		Female	Male	Female	Male	Female	Male	
1	July/Aug	5	7	65	31	14	15	137
2	Aug/Sept	11	5	42	24	7	15	104
3	Sept/Oct	5	2	58	35	10	13	123
4	Oct/Nov	3	0	52	31	6	10	102
5	Nov/Dec	3	2	85	58	6	13	167
6	Dec/Jan	4	0	44	44	6	5	103
7	Jan/Feb	3	5	43	42	3	4	100
8	Feb/Mar	4	0	52	31	12	4	103
9	Mar/Apr	12	5	75	63	12	15	182
10	Apr/May	5	0	80	60	7	9	161
11	May/June	7	3	77	54	16	13	170
12	June/July	5	3	57	49	7	10	131
	Total	67	32	730	522	106	126	1583

3.3.7 COVID-19 Response

World Health Organisation (WHO) declared Coronavirus disease (COVID-19) as a pandemic in March 2020. Nepal too has been affected by it. Covid-19 is caused by severe acute respiratory syndrome coronavirus 2 (SARS-CoV-2). The first case in Nepal was recorded in January 2020 and in subsequent months it spread in all the provinces and districts of Nepal. In Solukhumbu, as of July 2020, seven cases were recorded from the Nepalese arriving from abroad.

Himalayan Trust Nepal was quick to respond the control of the pandemic in the Solukhumbu district. The Trust prepared response plans, proposals and approached its donors like American Himalayan Foundation, Himalayan Trust New Zealand and Sir Edmund Hillary Stiftung Germany. Covid-19 preventive materials were procured in Kathmandu and transported to Kunde and Phaplu hospitals and over a dozen community clinics in the Solukhumbu district during lockdown.

Phaplu and Kunde hospitals, including clinics, played crucial roles in controlling the spread of disease while providing regular medical services. With the help of Covid-19 prevention materials, health staff and medicines support, Phaplu Hospital identified 7 infections among the quarantined people. They were sent to Covid treatment hospitals and all of them managed to recover.

a) Awareness Programme

Kunde Hospital team took steps to prevent spread of disease in the Khumbu region. The hospital team visited Monjo, Thame, Phortse, Pangboche and Khumjung villages and delivered public awareness about Covid-19 and ways to prevent it. Kunde Hospital and its peripheral clinics set up the hand washing station at the hospital and clinic premises. Although the Nepal

Government imposed nationwide lockdown and closure of all outpatient clinics, Kunde Hospital and its peripheral clinics continued its service following safety measures despite the risk.

The regular monthly vaccination was conducted taking appropriate Covid-19 precautionary measures. Kunde Hospital faced great challenge in rescuing emergency patients to Kathmandu who had surgical conditions but was able to send them to Kathmandu with support from local government. The hospital team is pleased that all four patients had successful operations at Kathmandu. The preventive materials for Covid-19 received from the AHF had helped Kunde Hospital and peripheral clinics to continue its service during the pandemic and be prepared for worst-case scenario.

Whereas, HTN developed a radio jingle about Corona Virus and subscribed to Himel FM to air the jingle. Himel FM is an FM station based in Salleri with a wide range of coverage.



Community awareness talks about Covid-19 held at Pangboche and Phortse villages.



Covid-19 prevention talk programme held at Monjo Clinic.

b) Covid-19 Preventive Materials

Kunde Hospital and Outreach Clinics

In early May 2020, the COVID-19 preventive materials for Kunde Hospital and outreach clinics reached Kunde Hospital. These materials included PPE sets, hand sanitizer, N95 masks, surgical masks, sterilized and non-sterilized gloves, thermal guns, disinfection room sprays, etc. With the financial support from the American Himalayan Foundation, HTN was able to deliver the most needed materials during these difficult times to Kunde Hospital. The materials have been used in Kunde Hospital, Thame, Phortse, Monjo and Namche Dental clinics.



COVID-19 materials supported by AHF to Kunde Hospital and outreach clinics, May 2020

Phaplu Hospital and Other Clinics in Solu Region

On 1st May 2020, Covid-19 preventive materials were handed over to Phaplu Hospital and Junbesi health post in Solu. The materials were handed over to the Chairperson of Phaplu Hospital Board, Mr. Bir Kumar Rai, and Hospital In-charge Mrs. Sani Sherpa. The materials for the Junbesi health post was handed over to the frontline health staff of the health post. The support materials included hand sanitizer, N95 masks, surgical masks, gloves, digital thermometer, infrared thermometer, disinfection room spray, nebulizer and phenyl.



First lot of Covid-19 materials handed over to Phaplu Hospital.



Covid-19 materials handed over to Junbesi health post.

Likewise, a second lot of the Covid-19 prevention materials (PPE sets, KN95 masks, gloves, hand sanitizers, disinfection room sprays, etc.) were handed over to the hospital on 6th June 2020. The hospital staff handled one of the Covid-19 infected patients very well with the PPE sets that Himalayan Trust had provided in the first lot. Taking into consideration the rising cases of Covid-19 infections in Nepal and the high risks to the frontline health workers of Phaplu Hospital and local people, Himalayan Trust supported a second lot of preventive materials. Himalayan Trust representative, Mr. Nava Bahadur Bhujel handed over the materials to the Chairman of Hospital Management Board, Mr. Bir Kumar Rai, and Hospital In-charge, Ms. Sani Sherpa, and other staff personnel. The funding for the procurement of the essential materials was possible through the support of Himalayan Trust New Zealand and Sir Edmund Hillary Stiftung Germany.



➤ Second lot of Covid-19 preventive materials handed over to Phaplu Hospital.

Covid-19 preventive materials were handed over to Community Medicine Assistant (CMA), Mr. Sachin Rai of the Bung Clinic on 5th May 2020 in the presence of Chairperson of Mahakulung Rural Municipality, Mr. Sagar Kirat Rai. The clinic is visited by more than 15 patients daily. Currently, six senior citizens have been taking shelter at the Sir Edmund Hillary Elderly Health Care Center. Both the clinic and the elderly home are managed by a single management committee. The procurement of the essential prevention materials was supported by Himalayan Trust New Zealand.



↗ Covid-19 preventive materials handed over to CMA, Mr. Sachin Rai of Bung Clinic.

The preventive materials were handed over to the Sotang Primary Health Care Center on 4th May. The materials were handed over to Mr. Shree Dwoj Rai, Manager of the center, in the presence of Chairperson of District Coordination Committee, Mr. Bir Kumar Rai, and Chairperson of Sotang Rural Municipality, Mr. Bir Bahadur Rai. The procurement of the essential materials was supported by Himalayan Trust New Zealand.



↗ Covid-19 preventive materials for the frontline health staff of Sotang Primary Health Care Center.

Similarly, HTN handed over the Covid-19 preventive materials to the Salyan and Kangel Health clinic. In Kangel, the materials were over handed over in presence of the legislative member of Solukhumbu Mr. Uttam Kumar Basnet, and District Coordination Committee Chairperson, Mr. Bir Kumar Rai, including clinic staff and local community. The funding for this support came from Himalayan Trust New Zealand.



CHAPTER

04



CULTURAL AND LIVELIHOOD PROGRAMME

4.1 Background

4.2 Objectives

4.3 Activities (Inputs)

CULTURAL AND LIVELIHOOD PROGRAMME

4.1 | BACKGROUND

Health, education and culture are integral parts of Sherpa people's livelihood. Therefore, helping to conserve the important cultural heritage is equally necessary for the quality of life in the region. Himalayan Trust has supported to rebuild dozens of important Buddhist monasteries, chortens, prayer wheels and monuments. These cultural sites are not only important assets for spiritual purpose but they also are equally important tourist-attraction sites for the economic development of the community and the country. Apart from physical infrastructure preservation support, HTN has been helping local schools and monasteries to teach Sherpa cultural education. For this purpose, HTN has been supporting the salaries of Sherpa cultural teachers. The Sherpa culture preservation, particularly through teaching Sherpa language in local schools and monasteries, are supported by Himalayan Trust New Zealand.

4.2 | OBJECTIVES

- To help preserve Sherpa cultural heritage
- To introduce Sherpa language education in local public schools and monasteries
- To help maintain the monastic institutions

- ↳ To rebuild earthquake-damaged old monuments
- ↳ To improve the livelihood of local community

4.3 | ACTIVITIES (INPUTS)

There are five main activities under the cultural and livelihood programme in the last fiscal year: Teachers support and partial support to Tengboche monastery and Debuche Nunnery and Arya Tara project Lukla. Brief details about the components are as follows:

4.3.1 Teacher Support

Sherpa language and culture are gradually declining due to other dominant languages and cultures these days. In order to help preserve the local language and culture of the region, HTN provides Sherpa language teachers support to Khumjung, Chaurikharka and Junbesi schools, and Salleri and Pema Chholing Monarstery schools. The Sherpa language teacher support to the Pema Chholing monastery, Thulo Gumela has been possible through the financial support of The Greater Himalayas Foundation- honoring the legacy of Mingma Norbu Sherpa, other teachers are supported by Himalayan Trust New Zealand.

4.3.2 Partial Support to Tengboche Monastery and Debuche Nunnery

With the support from American Himalayan Foundation, Himalayan Trust Nepal provides an annual grant equivalent to US \$ 1000 and \$ 1,700 to Tengboche Monastery and Debuchey Nunnery respectively. The annual grant is only a token support to manage and operate these monastic institutions. The Tengboche monastery and Debuche Nunnery are two of the major monasteries of the region where more than thirty-five monks and four nuns operate these institutions.



↗ Mr. Dawa Tshering Sherpa, HTN representative handing over the cash support to Tengboche Monastery and Deboche Nunnery representatives respectively.

4.3.3 Financial Support to Arya Tara Renovation Project Lukla

Himalayan Trust provided a grant assistance of Rs. 400,000 (US \$ 3500 Appx.) to the Arya Tara Renovation Committee of Lukla for painting of the Arya Tara statue located on top of Lukla airport. The statue is believed to protect the sentence being and fulfils wishes of all. HTN board member Dawa Futi Sherpa facilitated the project at the site. The funding for this cultural project has been possible through Himalayan Trust New Zealand.



Arya Tara statue painting supported by Himalayan Trust at Lukla, May, 2020

4.3.4 Monjo Community Drinking Water and Fire Hydrant Project

Monjo Community Drinking Water and Fire Hydrant Project is one of the biggest and newest projects that Himalayan Trust Nepal has initiated over the last decade. The project of this nature and scale is a new initiative as it involves multi donors both at national and international levels. This project is jointly funded by the Jaguar Land Rover Company through Himalayan Trust New Zealand, Ministry of Foreign and European Affairs of the Slovak Republic, Reinhold Messner Mountain Foundation, Khumbu Pasang Lhamu Rural Municipality, Chaurikharka Buffer Zone User's Committee and local community.

The project is being implemented through the local user committee formed under the chairmanship of Mr. Nim Tenji Sherpa. A separate five-member Procurement Committee under the coordination of Dr. Mingma Norbu Sherpa, CEO of HTN, including representatives from Khumbu Pasanglhamu Rural Municipality, Chaurikharka Buffer Zone User's Committee, Himalayan Trust

Nepal and Monjo and Chumoa Drinking Water User Committee has been formed to foresee the overall procurement and implementation processes in September 2019.

The local community has taken great ownership and leadership of the project. The project will benefit more than 267 local people and thousands of trekkers who pass through Monjo and Chumoa villages. Once the project is complete, it will fulfil three major objectives:

1. Provide clean drinking water supply to local people and visitors;
2. Provide fire risk management facility; and
3. Provide small irrigation facility to local farmers to improve their livelihood.

Monjo and Chumoa are the villages located adjacent to the Sagarmatha National Park (a UNESCO natural world heritage site) and Buffer Zone. These villages are passed by more than 50,000 trekkers annually. The village community as well as trekkers however do not have a safe and reliable water supply and fire control system. At the request of the local community, HTN is implementing the project at Monjo and Chumoa villages.

The overall implementation status of the project is remarkable despite of delays by shortage of helicopter service and Covid-19 lockdown. Within September 2019 to July 2020, the overall procurement process of non-local materials was completed. Non-local materials included polythene pipes, fitting materials, fire hydrant hose, iron rebar and cement. These materials were procured following standard procurement policy and practices and transported to the project site in March and July 2020. Kailash Heli transported the entire materials by road from Kathmandu to Takshindo and then by a heli lift from Takshindo to Monjo. Mr. Dipu Sherpa, the field supervisor appointed by the Himalaya Trust for the construction of the project, has received the cargo materials, maintained the inventory and stored them. Collection of aggregate, sand and stone have been completed in May. Two groups of labour force laid the pipelines in the ground. First group has five Rai people and second group consisted of 22 local Sherpa people. The project provided part time income generation opportunity to the local people during the lockdown period. This employment opportunity helped the local people generate income some extent and made their life easier.

The regular work of the pipeline work was disrupted by the lockdown for Covid-19 control. The construction materials for the reservoirs were stranded at Takshindo for a couple of months. The entire project has been pushed back by the delay in transportation of the construction materials and Covid-19 lockdown. The project is replanned to be completed within December 2020.



↗ Kailash Heli transporting Monjo Water Project materials, May 2020; Local youths performing pipeline works after training.



↗ Local youths working for the pipeline trench.



Local youths building the water intake tank. User committee members paying the employees.

4.3.5 Food Relief Materials Distribution

Yambu Thamicho Kydug distributed food relief support to 195 households of Thame valley in July 2020. The food relief materials were distributed to each and every household beyond Namche Bazaar in the Thame valley. The campaign was organized in order to ease the lives of the Thame valley people who are largely dependent on mountaineering and trekking employment, and were affected by the COVID-19 and lockdown. The American Himalayan Foundation granted the funding for this humanitarian assistance. Himalayan Trust Nepal coordinated the food relief materials distribution programme with the donor, local government and stakeholders.



Beneficiaries carrying food relief materials



↗ Food relief materials separated for distribution



↗ Beneficiaries from Phurte, Samsing, Theso



↗ Beneficiaries from Thameteng

CHAPTER

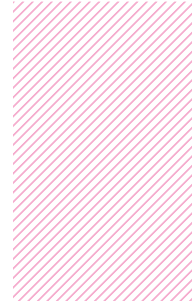
05



MANAGEMENT & GOVERNANCE

- 5.1 Annual General Meeting Held
- 5.2 High Level Visit from New Zealand Government to HTN
- 5.3 Slovak Diplomats Visit HTN Office
- 5.4 CEO Attended HT AGM in Auckland
- 5.5 Changes in the Management
- 5.6 Fundraising Film Screening
- 5.7 12th Anniversary of Sir Ed Marked
- 5.8 Monitoring
- 5.9 Conclusion

MANAGEMENT & GOVERNANCE



Himalayan Trust Nepal considers inclusiveness and equity as the guiding principle in governance and management. Decision-making body represents governance institution and staff represents management. Himalayan Trust Nepal is dedicated to bring equality and equity in both the governance and management structure of the organization and apply the same in the programme activities it undertakes.

5.1 | ANNUAL GENERAL MEETING HELD

The 12th Annual General Meeting (AGM) of Himalayan Trust Nepal was successfully conducted on the 26th August 2019 at Hotel Tibet, Lazimpat. The meeting was attended by the board members, general members, honorary member Ms. Phurba Sona Sherpa, along with the staff of HTN. Medical Officer, Dr. Mingma Kanchi Sherpa, Community Medicine Assistant (CMA) of Patle Community Health Service, Okhaldunga, Mr. Buddha Bir Tamang and Auxiliary Nurse Midwife (ANM) of Pike Rural George Hunter Health Clinic, Ms. Parwati Katwal also attended the AGM of HTN this year.





↗ Glimpses of 12th AGM of HTN held on 26th August 2019 at Hotel Tibet.

5.2 | HIGH LEVEL VISIT FROM NEW ZEALAND GOVERNMENT TO HTN

His Excellency Mr. Andrew Needs, Divisional Manager of South and South East Asia of NZ MFAT, Her Excellency Joanna Kempkers, New Zealand High Commissioner New Delhi, Honorary Consul Lisa Choegyol and Daniel from NZ MFAT High Commission New Delhi visited Himalayan Trust Nepal office on 3rd of October 2019.



5.3 | SLOVAK DIPLOMATS VISIT HTN OFFICE

Mr. Patrick Liska, Economic Diplomat from Embassy of the Slovak Republic in New Delhi, and his friends visited Himalayan Trust Nepal office on 13th October 2019. The Slovak Aid and the Embassy have been supporting projects such as Monjo Drinking Water and Fire Hydrant Project and Goli clinic along with several other donors.



Mr. Patrick Liska and his friends, along with the chairman of HTN, Mr. Pasang Dawa Sherpa, and CEO, Dr. Mingma Norbu Sherpa, and staff at HTN office.

5.4 | CEO ATTENDED HT AGM IN AUCKLAND

On 27th October 2019, CEO of HTN, Dr. Mingma Norbu Sherpa, traveled to New Zealand to attend the Annual General Meeting (AGM) of Himalayan Trust New Zealand. He attended the AGM on 2nd November 2019 and gave a brief presentation on HTN projects and activities supported by HTNZ. During his visit, he also attended a seminar at Lincoln University. He then met with the trustees of Forgotten Sherpas of Nepal Trust (FSNT). During his visit, he also met with Lady June Hillary.



CEO, Dr. Mingma Norbu Sherpa giving presentation on HTN projects and activities.



↗ Dr. Mike Gill addressing the participants during the AGM of HTNZ that was held on 2nd November 2019.



↗ Dr. Mingma Norbu Sherpa, Dr. Lindsay Strang and Lincoln students at Christchurch.



↗ Dr. Mingma Norbu Sherpa and Dr. Lindsay Strang with the Trustees of Forgotten Sherpas of Nepal Trust, Mr. George Hunter, Ms. Margaret Stocker and colleagues.



➤ Dr. Mingma Norbu Sherpa with Lady June Hillary during his visit to New Zealand.

5.5 | CHANGES IN THE MANAGEMENT

Himalayan Trust Nepal expanded its education expert team from December 2019. Ms. Babita Chapagain, primary education expert, and Mr. Dhruva Raj Rai, Science Teacher Trainer, joined HTN in December 2019 and February 2020 respectively. The newly appointed experts work in close consultation with the Himalayan Trust education team, which is coordinated by Mr. Mahendra Bahadur Kathet.

Likewise, Ms. Fura Yangjee Sherpa has been appointed to the position of Finance Assistant. She joined Himalayan Trust Nepal in January 2020.

Engineer Mr. Bijay Shrestha, the permanent resident of Panauti-6, Kavre, has been appointed to the post of Project Coordinator as a successor to Mr. Bidur Mukhiya, effective from the 1st of June 2020. He is an NEC registered Civil Engineer. He has completed a Bachelor in Technology in Civil Engineering from Punjab Technical University, India. He has more than four years' experience as a civil engineer, working in WASH, School construction, shelter, health post, urban planning, and other relative construction projects.

5.6 | FUNDRAISING FILM SCREENING

A special fundraising screening of *Ocean to Sky* was successfully conducted at QFX cinemas Kumari Hall. The documentary film features Sir Edmund Hillary's extraordinary journey - boating through India's holy river Ganges in its entirety. The film was directed by Michael Dillon. All the proceeds and donations will help in establishing Sir Edmund Hillary's Schoolhouse in the Clouds Visitor Center in Khumjung School.



➤ During the screening of the feature film *Ocean to Sky*



5.7 | 12TH ANNIVERSARY OF SIR ED MARKED

Sir Edmund Hillary's 12th death anniversary was observed at Himalayan Trust on the 11th of January 2020. The anniversary was marked by hosting a function in the Himalayan Trust office. Sir Edmund Hillary passed away at the age of 88 (11th January 2008) in his birth place, Auckland, New Zealand.



5.8 | MONITORING

Regular monitoring of project progress in the field is an important aspect of project management. Timely feedbacks and suggestions from the project management team, experts and board members can make difference in the overall effect of the project implementation and achievement. HTN's District Coordinator, Mr. Nava Bahadur Bhujel visited the schools in Khumbu and in Mapya Dudhkoshi Rural Municipality from 8th to 14th September 2019 to monitor the ongoing progress of computer lab setup. Similarly, HTN's then Technical Supervisor, Mr. Bidur Mukhiya, and Program Officer, Mr. Dawa Tshering Sherpa, visited the Thame Hostel Construction site on 14th September 2019 and monitored the progress of the project and project activities and provided feedback to the project field team. Later, CEO, Dr. Mingma Norbu Sherpa visited the project site and monitored the overall progress of the project and provided necessary feedback and suggestions to the Construction Committee team during his visit. Likewise, HTN's Chairperson Mr. Pasang Dawa Sherpa, CEO Dr. Mingma Norbu Sherpa, Joint Secretary Mr. Lhakpa Tenji Lama visited Sotang, Bung, Pelmang and Chheskam to hand over the School Water, Sanitation and Hygiene Project and monitor different ongoing projects from 16 to 23 December 2019.

5.9 | CONCLUSION

The fiscal year 2019/20 has been a successful year as HTN achieved a number of important goals this year. The two-year-long school water, hygiene and sanitation (S-WaSH) project implemented in the Bung, Pelmang and Chheskam schools were

successfully concluded in March 2020. Likewise, a two-room ECED classroom in Sotang High School has been completed, with furniture and handed over to the school management committee. A 24-bedded hostel at the Thame Basic School has been completed and furnished. It is ready to use from the current academic year. Seven computer labs in partnership with EduTech Nepal have been established in 7 schools of Solukhumbu. On the health infrastructure sector, a two-room Goli clinic building has been successfully built and is ready for use. Monju Community Drinking Water and Fire Hydrant Project with multi-donor support project has been almost completed.

Secondly, a five-year-long “quality education Programme in Solukhumbu, under the funding of Ministry of Foreign Affairs and Trades and Himalayan Trust New Zealand, has been launched in 33 schools of Solukhumbu. Various components, such as teaching materials support to 65 schools, including computer labs, teachers support and scholarships, are different components of the quality education programme. The scholarship programme has been implemented with improved inclusive and equity-based policy guidelines.

Thirdly, on the health sector, Kunde Hospital has been able to maintain the quality of service that it has been provided to its beneficiaries in the Khumbu region. Three of the community clinics operated by Kunde Hospital at Monju, Thame and Phortse with the support from Himalayan Trust has provided basic health services to its beneficiaries. Likewise, Phaplu Hospital has been able to overcome the medical staff shortages due to transition of government structuring under federal system. Phaplu Hospital which faced absence of MDGP and general doctors for couple of months could fulfill the positions. Himalayan Trust could facilitate the fulfillment process thereby organizing meetings and communicating with government stakeholders and partner organizations. Himalayan Trust could also support the Phaplu Hospital with staff incentives and medicine supplies.

In addition, Himalayan Trust has been able to support the Phaplu and Kunde hospitals and more than a dozen clinics operated in the Solukhumbu district with COVID-19 prevention materials. Himalayan Trust donors and partners had been very generous and acted positively at the harsh time of pandemic period. Because of their support, 7 COVID-19 infection cases were identified and sent to Covid hospitals for treatment. All the seven patients recovered from the infection and returned home. As a result, Solukhumbu district is included in Green Zone.

However, besides many challenges, Himalayan Trust had to face the COVID-19 pandemic and the subsequent lockdown. Due of the lockdown, all schools remained closed, exams of high schools and colleges got postponed. Therefore, HTN had to postpone all teacher training programmes, along with many other important activities. The lockdown also delayed the implementation of the Monjo Water and Fire Hydrant Project.

On the other side, due to the COVID-19 and lockdown, many of the privately-operated clinics and health-related organizations in the Khumbu region could not operate as they were dependent on tourism. As a result, the role of Himalayan Trust and Kunde Hospital were clearly visible and realized. The active coordination, facilitation and managerial role that Himalayan Trust Nepal could play throughout the Solukhumbu district could save the lives of many people through its regular medical services and COVID-19 prevention in particular. Therefore, it is fair to say that COVID-19 pandemic has educated many people about the importance of Himalayan Trust and reinstated its necessity at the community and stakeholder level. Long live Sir Ed’s Legacy.

HIMALAYAN TRUST NEPAL
SOLUKHUMBU, NEPAL
STATEMENT OF FINANCIAL PERFORMANCE
For the year Ended 31st Ashad 2077 (15 July 2020)

	Note	Sub-Total Amount (Rs)	Current Year Amount	Sub-Total Amount (Rs)	Previous Year Amount
INCOME /RECEIPT					
Membership Fee			1,400.00	2,500.00	2,500.00
Grant and Contribution					
Grant and Contribution (HTN)	7	76,230,119.29		74,487,083.62	88,683,206.55
Contribution from Projects (Annex: B)	8	3,246,177.64	91,049,229.14	3,410,220.05	
SEHF Project (Khunde Hospital)	9	11,572,932.21		10,785,902.88	
Other Income (Internal)					
Contribution / Donation Box	10	18,600.00	3,505,240.51	66,900.00	2,783,655.60
Miscellaneous income		275,744.00			
Bank Interest (Annex: C)		3,210,896.51		2,716,755.60	
Total Income/Receipt			94,555,869.65	91,469,362.15	91,469,362.15
EXPENDITURE					
Project Expenses					
HTNZ Projects	i	19,388,821.66	90,023,792.35	13,399,516.82	85,700,507.03
Scholarship and Incentives (HTNZ)	ii	2,219,736.80		10,373,627.78	
Phaplu Hospital Project	iii	3,045,727.54		5,688,868.82	
HTN Admin. Expenses and Internal Activities	iv	12,913,995.30		10,488,350.94	
BCF Scholarship	v	973,757.40		4,368,395.00	
Messner Mountain Foundation	vi	-		239,746.40	
Grand Circle Foundation	vii	4,435,677.98		7,012,412.49	
AHF Projects	viii	9,506,996.98		1,882,806.00	
TGHF Scholarships	ix	1,249,461.00		1,975,180.00	
Naulekh Foundation Scholarship	x	3,873,948.00		4,975,853.00	
HTUK Scholarships	xi	797,400.00		1,630,913.50	
Others Donor grant for Scholarship	xii	1,285,141.86		598,035.00	
Forgotten Sherpas of Nepal Trust	xiii	1,886,421.11		2,143,867.00	
Jossef Wessenger	xiv	428,530.50		1,696,242.04	
Thame Sherpa Heritage Fund	xv	12,294,342.52		8,603,445.72	
KSVC Donors	xvi	266,877.75			
MCDWP Donor	xvii	3,965,143.06			
Slovak Embassy	xviii	1,157,417.12			
Kunde Hospital (SEHF)	-	10,334,395.77		10,623,246.52	
Net Operating Expenditure			90,023,792.35		85,700,507.03
HTN Surplus	xvii	3,293,540.86		5,606,517.56	5,606,517.56
SEHF Project (Khunde Hospital)	12.IV	1,238,536.44		162,656.36	162,656.36
Surplus for the Year(2076-77)					
Excess Tax paid for the year 75.76			(1,593,624.34)		
Adjustment of Kunde reserve & surplus			(673,793.94)		
Accumulated Surplus Balance (2075-76)			17,563,045.01		11,794,189.89
Accumulated Surplus for the Year			19,827,704.03		17,563,045.01

The accompanying form an integral part of these financial statements

Baween Raj Tandukar
 Baween Raj Tandukar
 Accountant

Pasang Dawa Sherpa
 Pasang Dawa Sherpa
 Chairman



Mingma Norbu Sherpa
 Mingma Norbu Sherpa
 Chief Exe. Officer

Janak Tamang
 Janak Tamang
 J. Tamang Association
 Regd. Auditor



Pasang Sherpa Lama
 Pasang Sherpa Lama
 Treasurer

EXECUTIVE COMMITTEE



PASANG DAWA SHERPA
Chairman



TASHI JANGBU SHERPA
Vice Chairman



PASANG SHERPA LAMA
Treasurer



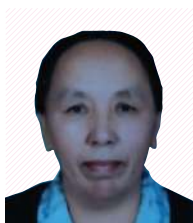
MINGMA NORBU SHERPA, PhD
Secretary



LHAKPA TENJI LAMA SHERPA
Joint secretary



YANGJI DOMA SHERPA
Member



DAWA FUTI SHERPA
Member



PASANG DAWA SHERPA
Member



ANG TEMBA SHERPA
Member

OUR PARTNERS



Government of Nepal



Hillary Foundation of USA

Naulekh (Poyan) Foundation Switzerland

Reinhold Messner Mountain Foundation

Sir Edmund Hillary
Stiftung Deutschland e. V.

 Grand Circle Foundation
Giving back to the world we travel



FOUNDATION BENOIT CHAMOUX



THAME SHERPA



HERITAGE FUND

 SlovakAid
GOOD IDEA SLOVAKIA

ANNEX 1

Articles from Himalayan Trust Beneficiaries

GRATEFUL FOR THE RELENTLESS SUPPORT

My name is Tshering Tashi Sherpa. I was born in Khunde, Solukhumbu. My parents are both natives of Khumbu. At an early age my father brought me to Kathmandu for my education. I started my schooling at Elites Co-Ed. After completing my primary education at Elites I joined Little Angels School from where I completed my secondary school as well as high school in Biology.

After completing my high school, like every student, I pondered on my options. Eventually, I was determined to get into a medical college in Nepal. However, pursuing medical education in Nepal is challenging both from academic and economic perspectives. I was looking into medical scholarship schemes and learnt about the then Sir Edmund Hillary Foundation (SEHF) Canada Medical Scholarship. I was fortunate to be granted the scholarship, which made me even more determined to get a medical degree. I got enrolled at Nepal Medical College, Kathmandu for MBBS and graduated as a doctor in 2018. My parents have been my strongest supporters and motivators. However, this journey wouldn't have been smooth without the grant from SEHF and mediation by The Himalayan Trust Nepal. I am very thankful and indebted to Zeke O' Connor and Karen O'Connor of the Foundation for their trust in me. I would like to thank



the Himalayan Trust Nepal for their relentless support to me personally and the mountain communities of Nepal.

Currently, I am working as a medical officer in Norvic International Hospital, Kathmandu and preparing for my Post-Graduate (Specialty) entrance examinations simultaneously.

Thank you, Himalayan Trust, for your support in realizing my dream.

Dr. Tshering Tashi Sherpa
Medical Officer, Norvic International Hospital

MY DREAM HAS COME TRUE

My name is Dadiki Sherpa. I am 22 years old. I was brought up in the capital city of Nepal, Kathmandu, but was born in a small village of Solukhumbhu where there is a lack of basic needs due to its geographical condition. There are no schools, hospitals, roads, colleges, etc. My parents, despite being uneducated, knew the importance of education and wanted to provide better education to their children. So they decided to migrate to Kathmandu with their children.

My father worked really hard as a mountaineer and my mom as a housewife so that they could provide better education to me and my brothers. My parents did everything they could to give us a better life. Everything was running smoothly with my family: we were getting better education, better grades and we were happy together. Everything was fine until one day when I returned from school, I saw a lot of people were gathered at our home and my mom was crying. Nobody told me what was wrong but somehow I figured it out and came to know that my father was no more. He was taken away by the avalanche. I was shattered. I couldn't neither speak nor think anything. It was like a dream for me. I never imagined such a thing could happen. He was the only hope of our family.

After my father's death my family suffered huge financial crisis, as he was the only person earning in our family. It was difficult for us to pay rent, school fees and other basic needs. My mother had a really hard time. She opened a small tea shop but it wasn't enough to cover our expenses. I was really worried



that I would not be able to complete my education. I was hopeless and almost gave up on my education. My mother was really sad that she couldn't afford our school fees. One day she came to know about the Himalayan Trust from one of her friends, so she requested my uncle to have a talk with the CEO of Himalayan Trust and see if they could provide some help. The people at Himalayan Trust kindly accepted the request. After that, through Himalayan Trust, I came to know about Fabienne ma'am of Benoit Chamoux Foundation. She was like a godmother to me: really kind, sweet and wanted to help me with my education. She, along with Himalayan Trust, gave me an opportunity to continue my studies in a very good school. I was hopeful again. The support we were getting from Fabienne ma'am and Himalayan Trust made our burden lighter. Our family was happy once again.

The Himalayan Trust, along with Fabienne ma'am, supported me with my education and other expenses. They motivated me to study hard and

was always there for me, like my own parents. With their help and support, I completed my school with good grades. After completing my school, Fabienne ma'am asked me what I wanted to do next. I told her that I want to join a nursing college as I aspire to be a nurse. Even after the completion of my school, she was there for me to help with my nursing course. Ever since I met her, she never made me feel like I was alone, hopeless and worthless, in every step of my life and with her support and courage, I was able to complete my nursing course and become a nurse.

Today I am working at Phaplu Hospital as a staff nurse, which is a great success for me. My dream has come true. I feel very happy and proud all because of my godmother Fabienne ma'am and with the help of Himalayan Trust. They have always supported me from the day I met them from my school days to college and even helped me get a job. I am very grateful, honoured and lucky to have a person like Fabienne ma'am who lightened up my world, gave me hope, trusted me and never gave up on me.

There are a lot of children like me who have lost their father and had to discontinue their education but I was lucky enough that I got an opportunity to continue my education. I feel honoured and lucky to be a part of Himalayan Trust and would like to sincerely appreciate and thank the entire team of Himalayan Trust who are working every day to fulfil the dream of many helpless children, giving them hope and support to create a better future. Lastly, I would like to thank my godmother Fabienne ma'am for being an angel who believed in me when nobody was there for me and helped me when I was helpless and was having a hard time. Whoever I am today is all because she believed in me. I am humbled and grateful for her great contribution and for being a blessing to not only me but to a lot of children she is helping.

Dadiki Sherpa, Staff Nurse
District Hospital Phaplu, Solukhumbu

SUPPORTING MY PASSION TO STUDY SCIENCE

When I started my schooling in Khumjung, a remote village in the Mt. Everest region of Nepal Khumjung Secondary School, I never thought I would be pursuing a doctorate in a STEM field, being a girl from a country where women in sciences, technology, engineering, and mathematics are extremely rare.

After accomplishing the school leaving certificate, also famously known as SLC, as a district topper (with the highest score) among all in the entire district of Solukhumbu, I went to the capital city, Kathmandu, to pursue my higher education level. While in Kathmandu, I received a call to visit a place in Dillibazar in Kathmandu, which was my first introduction to the Himalayan Trust. I was invited to receive the *District Topper Award and District Topper in Female award* by the board members. During that time, I saw a notice to pursue a scholarship in sciences program by the Himalayan Trust on its notice board. Even though science program was (probably still is) considered to be one of the toughest courses one could take in Nepal, I decided to pursue my career in sciences program, and I applied for the scholarship of Himalayan Trust. Receiving the scholarship from Himalayan Trust not only helped with the financial support to pursue higher education level in the capital city, it also encouraged and motivated me to do well in the field I chose to pursue because of the scholarship support and the investment and belief of them on me I received in addition to family support.



I feel very grateful to be one of the students who received scholarship support from Himalayan Trust throughout my higher studies almost until my master's in a research program in Nepal before leaving the home country to pursue my educational dream in the United States of America. I am proud and grateful to be part of this family which supported me and many other Sherpa children and others in the Khumbu in pursuing their education through either sponsoring amazing teachers for the schools in remote areas of Khumbu or financially helping and encouraging Sherpa Children in pursuing higher-level education in sciences, arts, designing and many other fields. As I reflect and write about this today as a Ph.D. candidate of the School of Earth and Space Sciences at Arizona State University in the United State, I am thankful to Himalayan Trust for supporting my passion for sciences.

Sonam Futi Sherpa
Ph.D. Candidate, Arizona State University, USA

HIMALAYAN TRUST TEACHER TRAINING: A SUCCESS STORY

Teaching methods in our schools until the early 1990s were not considered child-friendly. Teachers would usually train the children by intimidating them with a baton rather than training them through proper lesson plans and teaching materials. The classrooms were poorly managed.

In 1997, Himalayan Trust initiated a one-month primary school teacher training programme at Junbesi School and then gradually extended it to all the schools of Khumbu. This was the first phase of teacher training. Prior to the training, there were no general standards for setting up a classroom. The first phase of the training basically focused on classroom management, group division and preparation of teaching materials. From thereon, the traditional teaching methods began to transform into the modern child-friendly teaching methods.

The training outcomes were very effective from the first phase itself. There was constant demand for it. The training was provided to the teachers up to lower secondary and secondary level. The training proved to be very fruitful and the demand for it began to come from schools outside the Himalayan Trust's area schools as well. Relationships between the headmaster, teachers, management committee, parents, and students continued to improve. Classroom management, educational materials development, its use and management, planning, subject-wise teaching methods, child-friendly teaching methods, relationship building skills, and leadership have improved. I got the opportunity to



attend all the long-term and short-term teacher training conducted by Himalayan Trust since 1997. I feel fortunate to be able to be part of such great initiatives. The experience, skills, and knowledge that we learned during the training have been very useful in the classroom.

Himalayan Trust not only provided training and skills but also supported adequate educational materials to the schools. Head teacher, teachers, and students jointly created, used, and managed the educational materials. This created an atmosphere of excitement among the students and in the classroom itself. Along with the training, the rights of the children were being protected. Instead of a baton, educational materials and plans were found in the hands of the teachers. The community and parents expressed their happiness over the change in the classrooms and in the school and their increment in the attraction of their

children towards the school. On the other hand, regular school monitoring, problem-solving, and continuous observation support work continued in the school. There was a big change seen in the head teacher and teachers of the school. A great change was observed in the students and teachers and all the credits go to the teacher training provided by the Himalayan Trust. Training were also provided by the government sector from time to time; however, the training and skills provided by Himalayan Trust proved to be practical.

In the year 2011 and 2012, one-month teacher training was conducted in Rato Bangla School in Kathmandu. Then, 10 days training was conducted in Mahendra Jyoti School in Chaurikharka in the year 2013, 2014 and 2015, focusing on teaching in English. Since 2015, HTN provided classroom-based teacher training involving the teacher and students to strengthen the application of the skills built in the training. School-based teacher training was continued in order to monitor and observe the implementation and success of the teachers and students.

We adopted a completely new method of teaching in our school, that is, “child-friendly teaching”. When teaching and learning began with the use of experimental methods, along with educational materials, the learning progress of the children as well as the quality of education increased. As a result, the educational quality of the school increased rapidly. If Himalayan Trust had not provided such a training opportunity, my teaching methods and leadership skills as a Head Teacher

would have remained traditional. I feel very proud about the progress and the achievement of my school, compared to other schools. After completing class 7, the students of our schools either go to Khumjung Secondary School in Khumjung or Mahendra Jyoti Secondary School in Chaurikharka for further education. The records of the school proved that the students who go to study in these schools are securing first, second, and third positions in each class every year and in other higher classes as well. The overall educational quality of the schools within the area of the Himalayan Trust has been found satisfactory. I would like to thank Himalayan Trust for their support and cooperation towards the school. Due to the Trust’s facilitation support and training, it has become even more feasible for our Khumbu area schools to conduct English-medium education 10 years ahead. Khumbu is grateful to the Himalayan Trust and its donors for their continuous support in education.

Finally, the turnover of teachers at the schools is a continuous process. In addition, there is a need for skill-based teacher training in Khumbu schools in the future. Also, the continuous support of the Trust for subject-wise training, classroom management, classroom observation, and demo teaching are most essential to improve and maintain the quality of education in Khumbu.

Mr. Chitra Basnet, Head Teacher
Sano Gumela Basic School
Khumbu Pasang Lhamu Rural
Municipality, Khumbu, Solukhumbu

SCHOOL-BASED TEACHER TRAINING PROGRAMME (SBTTP): A SUCCESS STORY

When I first began teaching at Hatemu Basic School, Solukhumbu, I felt I was too young to be a teacher. I did not know how to teach and used to get very confused. So I would just depend on teaching directly from the textbook. I would read the lessons and asked them to follow. The innocent children would follow my reading and listen to me indifferently. It was hard for me to get the children to engage and participate enthusiastically in the reading. My teaching was tiresome and ineffective. I did not have any idea of classroom management, lesson planning, teaching materials, and child-friendly activities.

In August 2017, I got an opportunity to attend a six-day classroom-based teaching training programme conducted by the trainers of Himalayan Trust Nepal at Hatemu Basic School, Juving. It was the first time I was participating in a professional classroom training programme.

I felt myself very lucky to be working with the trainers. They regularly undertook demonstration lessons and then made us teach the children immediately thereafter. I learnt the process of teaching thoroughly. I learnt pre planning, warm up activities for motivating students, developing and using teaching aids to make the teaching child friendly and the ways of evaluation. It was a great time for me to learn the skills of teaching and to build my confidence. I also learnt the concept and importance of group work.

Through the training I learnt a lot of interesting and child-friendly skills for teaching. With a strong enthusiasm, I first practiced classroom management. Using the guidelines I learnt from the training, I began to build groups of students and encouraged them to learn in groups and pairs. While teaching I used short rhymes and interesting games and puzzles. I also used role-play methods, which the children enjoyed very much. Children would get motivated and would keep themselves busy in learning. Gradually, my teaching became interesting and enjoyable to the children and I was able to teach them effectively. I felt proud of myself.

I eagerly waited for the next phase of School-Based Training of 2018. In June 2018, the trainers arrived at our school. This time I participated in the training more curiously and actively in order to increase my knowledge of child-centered teaching. This time the trainers focused on the application of Continuous Assessment System (CAS) as the formative evaluation. I and my staff had very little knowledge about the process of CAS. Before the training, we used to prepare the finale report just by guessing the ability of the students and putting tick marks on the form. We did not have any evidence of the students' progress.

We had a progressive time to work with the trainers in the real classroom. We developed worksheets and worked with the students applying the five criteria of CAS as class work, project work,

creative work, behavior observation and encouraged daily attendance of students. We built individual student's portfolio and filed all the works of student in the folders. Since then, at the end of each unit, I have practiced doing this. I realized that if we use the CAS honestly it is sure to improve the quality of teaching and learning, as the process of CAS is – teach- assess- re-teach and proceed forward. It was the most important thing that I enjoyed learning in the next phase of SBTP. Another most interesting part of the training was the five days workshop of art and craft, which helped me to create birds, animals, objects, and flowers from coloured paper and drawing and painting, a very important skill necessary to be a good teacher.

During the year, my students actively involved in learning, developed interactive skills for asking questions, reading stories, learning through games, songs, role play and many

other creative activities. Now I find my teaching very enjoyable. I'm easily able to teach even the complicated topics by linking them to the life experiences of the students. As a result, the learning achievements of the students have been gradually improving.

All the parents are well informed about their children's progress. We timely call parents meeting to discuss about their children's learning and find ways to improve further. They actively involve themselves in all school activities. Most importantly, I passed the last exams of Teacher Service Commission and got a permanent teacher's job. This is all because of the teacher training programme conducted by Himalayan Trust Nepal. Thanks a lot to Himalayan Trust and its training team.

Yagyaraj Acharya
Janakalyan Basic School, Juving,
Solukhumbu

ANNEX 2

Teaching materials (stationery supplies) for 65 schools of Solukhumbu for the year 2020

SN	Particulars	Specification	Unit	Quantity	Rate	Total
GENERAL STATIONERY						
1	Stapler	Kangaro no. 10	Pc.	147	61	8967
2	Staples	Kangaro no. 10	Pkt.	399	10	3990
3	Mount Cutter	Chinese medium size, sdi 426	Pc.	146	50	7300
4	Pencil	Doms, no:-8, 7502 Fusion	Doz.	1431	65	93015
5	Exam copy	400 pcs 58 gsm	Ream	326	315	102690
6	Tipex	gangi metal tip	Pc.	91	48	4368
7	A4 paper	75 gsm JK Copier	Ream	324	430	139320
8	Student attendance register	100 sheet, FC hard cover	Pc.	337	40	13480
9	Teacher attendance register	50 sheet, Nepali paper, hard cover	Pc.	29	300	8700
10	Mix color drawing paper	25"x35 1/2", 120gsm, Indonesia paper	Pc.	2827	10	28270
11	News print white paper	23x36 inch, 70gsm, maplitho	Ream	18	1000	18000
12	White board duster	shoe brush, good quality	Pc.	366	60	21960
13	Glue stick	Amos ,35gm	Pc.	335	55	18425
15	Masking tape	oddy, 20meter, 1 inch	Pc.	545	45	24525
16	Brown tape	2 inch, 90meter, comet	Pc.	229	50	11450
17	String ball	cotton thread, 100meter	Pc.	422	20	8440
18	White board marker	Snowman Japan	Doz.	156	350	54600
19	Dot pen black	Maxwriter	Doz.	119	160	19040
20	Dot pen red	Maxwriter	Doz.	120	160	19200
21	Scissor	9 inch, oddy	Pc.	194	75	14550
22	Push Pin	Color Head, deli	Pkt.	299	35	10465
23	Permanent marker	4 Color Mix, Snowman Japan	Doz.	83	250	20750
25	Nepali File	Nepali paper pasting, good quality	Pc.	1032	3	3096
26	Register	leather binding, no:-4	Pc.	221	85	18785
28	Stapler	Large ,23x24, Kangaroo	Pc.	8	2100	16800
29	Staples	Large , 23x17, Kangaroo	Pkt.	70	50	3500
30	Marker ink	Snowman Japan, 90ml bottle	Doz.	30	1050	31500
31	Envelope	letter size, Yellow, thick ,9x4	Pc.	1910	2.5	4775
32	Envelope	A4 size, Yellow, thick	Pc.	455	5	2275

SN	Particulars	Specification	Unit	Quantity	Rate	Total
33	Multicolor paper	A4 Size, 250 pcs, Indonesian, 120gm	Ream	27	325	8775
34	Graph Chart paper	large size, 20"x30", 80gsm	Pc.	100	4	400
35	Punching Machine	kangaroo dp 600	Pc.	7	140	980
36	Calculator	large, citizen ct 9600n	Pc.	12	425	5100
37	Pencil Sharpener	large table sharpener, kw 310	Pc.	49	350	17150
38	Carbon Paper	100 sheet, Camel	Pkt.	12	200	2400
39	Duplicating Paper	500 Sheet 8.5"x13"	Ream	32	150	4800
40	Measuring Tape	50 meter, fiber glass botao taiwan	Pc.	3	350	1050
41	Ruler	Plastic- 1ft., Nataraj	Pc.	197	12	2364
42	Large Copy 100 page	Indian fine maplithoquantam 7"x9.25, 60 gsm	Doz.	1098	225	247050

SPORTS ITEM

1	Volleyball	mikasa japan original	Pc.	39	1500	58500
2	Volleyball net	vixen good quality	Pc.	10	1500	15000
3	Football	vixen, india	Pc.	36	1000	36000
4	Basketball	Sportage, good quality	Pc.	4	1000	4000
5	Badminton Racket	vinex, normal	Set	78	450	35100
6	Badminton cock	plastic, good quality, 6 pcs	Box	46	250	11500
7	Skipping Rope	good quality,	Pc.	75	90	6750
8	Jabbling Throw	Boy + girl (800gm + 600gm)	Set	2	1800	3600
9	Football net	Vinex, good quality	Set	3	3000	9000
10	Futsal net	Vinex, good quality	Set	1	3500	3500
11	Badminton net	Vinex, good quality	Pc.	7	650	4550
12	Basketball Ring	Vinex, good quality	Set	1	3750	3750
13	Rope	Korean, 8mm	Meter	200	15	3000
14	Table Tennis Bat	Vinex double mat	Set	18	350	6300
15	Tennis ball	Double fish, 6 pcs, high quality	Box	15	100	1500
16	Shot Put	boy+girl (16 pound+10 pound)	Set	1	2500	2500
	Total					1226855
	Vat 13%					159491.15
	Grand Total					1386346.15



Khumjung Green Valley



HIMALAYAN TRUST NEPAL

Dillibazar, Kathmandu, Nepal
Tel: +977 1 4512168, 4514750
Email: info@himalayantrust.org.np
www.himalayantrust.org.np