

CLINIC NEPAL

Bharatpur- 27, Meghauri Chitwan,

P.O.Box 13896, Kathmandu, Nepal

Telephone: 00 977 1 4397774 (Kathmandu)

00 977-9862101043 (Meghauri)

Email: haribhandary@hotmail.com

Website:

German: <http://www.clinicnepal.de/>

Spanish: <https://www.facebook.com/fundacionvidautil/>

English: <https://www.clinicnepal.com/>

Facebook: <https://www.facebook.com/ClinicNepal1997/>

ANNUAL REPORT - 17th July 2022 to 16th July 2023

Namaste!

Dearest friends, kind supporters, volunteers, donors and everyone directly or indirectly involved with Clinic Nepal. We would like to extend our appreciation and gratitude to you as we come to the end of yet another successful year of Clinic Nepal. With great pleasure we present to you our twenty-sixth annual report: 2022-2023. Here you will find the details of the projects that your generosity has helped make into a reality. Our expectations regarding the future of our projects are optimistic, and with your generous support we can fulfill these ambitions, bringing positive changes to Chitwan, Nawalparasi and other Nepali communities. We encourage you to provide us with any valuable suggestions, comments, or opinions via our contact information listed above.

Warm regards from the entire Clinic Nepal Family.

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1. Number of Patients Treated:

The past year was indicative of the wonderful positive changes that Clinic Nepal has had on the community. During 2022-2023 a total of 4,162 (female 2,332 and male 1,830) patients were treated, and 1,627 laboratory tests for 708 female and 919 male patients were carried out. The total number of patients treated is slightly smaller compared to the figures from previous years: 4,568 during 2018-19, 4,450 during 2019-20, 4,455 during 2020-2021 and 3,827 during 2021-22. As the standard of living and health awareness improved, there was a slow reduction in patients during 2018-2022. The following year saw an increase in patients, which may have been related to the introduction of health care specialists which the community did not have access to before.

A small increase in the number of patients followed in 2020-2021. The current political situation and the March 2020 COVID-19 pandemic continue to be challenges for the country as well as the Clinic. Doctors and patients are less able to connect due to the lockdown and fear of contagion decreased medical contact post-lockdown. The same phenomenon can be observed looking at 2021-2022. The increase might also be related to the Social Health Security scheme launched by the government in 2015 which has successfully increased the number of people who have access to health care.

In past decades, Nepal made notable progress in improving the overall health status of the population. However, overall progress in health outcomes masks the significant equity gap that continues to persist. Many citizens still face several barriers in accessing quality health care services – financial, socio-cultural, geographical, and institutional. To protect people from catastrophic health care spending, thereby preventing people from falling into a poverty trap, the government rolled out the Social Health Security scheme in February 2015. This scheme increases citizen financial protection by promoting pre-payment and risk pooling in the health sector. Before the social health insurance scheme, different health insurance schemes were implemented in Nepal, but none of them succeeded. On the basis of evidence from the previous insurance schemes, social health insurance is now implemented with the aim of universal coverage and with the plan for subsidizing premiums for poor groups who are not able to pay for the insurance package. However, universal coverage remains a challenge given the present poverty level, awareness regarding need, and the actual functional modality of health insurance among the general population. Beginning with FY 2016-17 Nepal's government health insurance policy enrolled about 1,236,458 people by October, 2018 (653,486 were male and 582,972 were female).

The political instability and the April 2015 earthquake in Nepal continue to be the major challenges for the country as well as the Clinic. Doctors are less able to visit on time due to petrol shortages and sometimes not at all at the time of preparing this report. We came to understand that the government of Nepal had launched their new health insurance policy in 36 districts, starting with Kailali district on April 7, 2016. Within a very short period of time, it has been able to enroll an encouraging number of members, which is one of the significant reasons behind decreasing number of patients at clinic somewhat this year. Nevertheless, it's something we must keep in mind for the future. Clinic Nepal's projects and awareness campaigns have helped to decrease the prevalence of preventable illnesses as well as making more health facilities in local villages available.

Development projects such as the Safe Drinking Water and Sanitation Project continuously help to enhance the level of community health. Advancements made in basic health understanding can yield great short- and long-term positive effects in public healthcare. Health awareness campaigns provided by Clinic Nepal staff as well as government programs incentivized by our organization have greatly improved the knowledge of hygiene, first aid, and health issues. Moreover, fewer women in the community are seeking pre-natal care at Clinic Nepal since the government has developed a women's health center in the area that provides monetary incentives for participation.

There has been a notable shift in the type of diseases being treated by the Clinic. Hygienic problems were the major reasons behind the frequent visits during the early years of Clinic Nepal. However, as the level of public awareness and knowledge of these issues has been raised, the focus has changed to diseases such as cancer, diabetes, and hypertension. The top 10 leading causes of death in Nepal are chronic obstructive pulmonary disease, ischemic heart disease, stroke, lower respiratory infections, diarrheal diseases, self-harm, tuberculosis, diabetes mellitus, road injury, and pre-term birth complications, according to the World Health Organization.

We were able to raise funds to buy an ultra sound machine (U.S.G.) which was installed in December 2018. Our main goal was to provide diagnosed treatment as well as to help woman's health care and pregnancy. Every Wednesday the gynaecology and radiology services are carried out at a reasonable price. A total of 155 patients (Female 128, Male 27) have benefitted from this technology in 2021-022, among them 17 patients (Female 12, Male 5) got services free of cost. The total number of patients is comparable to the figures from previous years. We are proud to help individuals and families to attain and enjoy good health, with the new Ultrasound Machine at the Clinic Nepal. Unfortunately, the ultrasound machine is currently not in service and we are in need of replacement parts which have been estimated to cost as much as a new machine. This means that locals needing the ultrasound service have to travel to the nearest medical center. This is over an hour away and getting there is no easy task. This journey and access to ultrasound is also more expensive. This is disappointing as we know how life changing this machine can be for the people in the surrounding area.

The success of the X-ray machine acquired during 2013-2014 has been overwhelming. The total number of patients over the first year was 730. 29 of these patients received this service free of cost. This type of investigation was not available at the clinic before and it has further established our orthopaedic care at the clinic. We are committed to further development with the goal of providing better care for our patients every year.

A tetanus vaccination service is offered by us to any patients who require boosters. However, this is the only vaccination provided, as the government currently funds all World Health Organization recommended vaccines completely free of charge via local government health posts.

In addition to the total number of patients treated in the clinic (4,162), a large number of people were provided with healthcare through in-home visits (outreach clinics). In total, twenty-seven patients have been treated at home (9 female, 18 male). Clinic Nepal has been continuing physiotherapy and wound dressing to the community who are not able to visit us.

2. Free Mobile Health Camps in Remote Districts and Villages

Since the inception of Clinic Nepal, one of the foremost goals has been the improvement of health in even the most remote areas of Chitwan, where access to medical care is very difficult. The organization of free health camps in some remote areas of Chitwan district in collaboration with the Bharatpur metropolitan, DPHO and Government Teaching Hospital, has been beneficial to the locals. The distribution of medicines, medical examinations, treatments and health education was offered free of charge to everybody, regardless of age or gender.

According to the United Nations Office for the Coordination of Humanitarian Affairs, more than 90% of the Nepalese population has been successfully vaccinated. This has significantly tackled the burden of

COVID-19 in Nepal, amongst other communicable diseases.

Following the implementation of the Lockdown policy by the Government of Nepal in March 2020, public gatherings and programs were restricted to avoid contagion. This limited our ability to conduct any medical mobile health camps in 2021. Fortunately, these restrictions were lifted in 2022, as a result of the efficient and thorough vaccination programme. Therefore, the Friendship Organization was able to treat patients in mobile health camps once again, reaching more people in need.

On 7th April 2023, a successful free heart health camp at Clinic Nepal (Friendship Clinic Megghauli) was organized by Shahid Gangalal National Heart Center, Bansbari Kathmandu, led by Dr. Binay Kumar Rauniyar MD "Interventional Cardiologist Chief of Invasive cardiology", Dr. Arun Kandel, Dr. Sushant Kharel and team. A total of 171 patients benefitted from the camp. More than 142 patients received ECHO services, with a further 13 patients receiving ECG services. Most importantly, the service was provided free of charge for all in need. Following the camp, 4 patients were advised to go to Shahid Gangalal National Heart Center, Kathmandu, for further treatment and investigations.

During the mobile medicine camp in 2022-2023, a total of 952 patients (26 girls, 606 women, 27 boys and 293 men) were seen and treated free of charge. The total number of patients treated was comparable to figures from previous years: 5090 during 2016-17, 6901 during 2017-2018, 4116 during 2018-2019, and 1,513 during 2021-2022. As seen in previous years, dermatological, eye, ENT, gynecologic and orthopedic problems such as back and joint pain, continue to be major health issues. For several years we have also seen that hypertension, diabetes and psychological issues are on the rise.

⇒ **The following table shows the details of each Health Camp:**

S.N	Date	Location	Number of Beneficiaries/Patients
1	17 th September 2022	Bharatpur - 27 Megghauli	58
2	19 th February 2023	Ikshyakamana -9 Warling	317
3	9 th March 2023	Bharatpur-18 Gunjanagar	90
4	7 th April 2023	Friendship Clinic Megghauli, Bharatpur - 27	165
5	12 th April 2023	Friendship Clinic Megghauli, Bharatpur - 27	208
6	3 rd May 2023	Bharatpur-27, Megghauli	68
7	13 th May 2023	Friendship Clinic Megghauli, Bharatpur - 27	46
	Total		952

3. Specific Financial Assistance for Treatments

Over the twenty-five-year history of Clinic Nepal we have strived to deliver healthcare treatment to patients who cannot afford specialized medical care. Through relationships developed over the years with multiple medical facilities, we can ensure good communication and excellent specialist referrals for our patients. Financial assistance for those below the poverty level requiring further medical intervention was arranged and paid for by our organization.

In some cases, emergency patients who are poor are not required to pay for transportation between medical facilities as it is provided by our pick up and ambulances. The patients greatly benefit from the service as many of them would otherwise not have had the resources to receive quick and efficient treatment at their time of need.

4. Emergency Aid

Our emergency aid service is ready to deliver valuable aid (medical care, food, clothes) quickly in the event of any crisis or natural disaster such as earthquakes, floods or landslides.

Last year COVID-19 created challenges for most countries and Nepal was no exception. Clinic Nepal stands to provide Covid-19 safety awareness, and supplies food relief to those in need. For this, Clinic Nepal collaborated with different local health organizations, institutes and local governments for distribution of Personal Protective Equipment (PPE), face masks, hand sanitisers and oxygen cylinders and concentrators. Special thanks and well wishes to our donors for providing funds and handing over essentials during this period. The distribution was done in adherence to COVID-19 protocols as set by Nepal Government.

This year there was a large flood on the Naryani River in Meghauri and the road was cut off by the flood. The Nepal Army, police, and the local community, were all involved in building a dam. Clinic Nepal supplied snacks and drinking water to those involved in the emergency efforts. We also provided the financial support to the one Chaudhary Tharu family to build house with the help of individual donors.

5. The Clinic's Antenatal, Health Awareness and Medical Services Door-to-Door Project.

The government implemented a birthing center in Meghauri in 2012 as a part of the Health Post, employing midwives and health practitioners to provide health services to expecting mothers. This allowed Clinic Nepal to focus on other areas of need. Nevertheless, we continue to offer consultations and advices to pregnant women. For instance, we are proud to be able to provide free pregnancy tests for any woman who needs it. Furthermore, the clinic's gynaecologist continues to have a weekly time slot, delivering specialist care. This is supported by a radiologist for ultrasound exams. Though the government clinic relieves some of the pressure on Clinic Nepal, we still offer treatment to women and children in need of medical care.

Great improvements in personal and community health can be seen. This has been the result of our continued health awareness program that improved and continues to improve villager's awareness of personal hygiene, thereby reducing communicable diseases and illnesses related to poor knowledge of general health care.

Not everyone who needs medical assistance is able to come to the clinic, for example palliative patients. Our “door-to-door” home visitation service offers medical care to those who would otherwise not receive medical assistance. This includes applying dressings, stroke rehab, pressure areas/sores treatment, delivering medicines and *physiotherapy services*. This year 27 patients (9 female and 18 male) were able to be treated in their homes.

As in year 2018-19, Dr. Klaus Harbig from Germany brought Heike Frenzel (alternative practitioner) and Jürgen Mans (physiotherapist) with him. They used their knowledge and expertise in their specialist fields to improve the health status of residents in and around Meghauli in ways generally not available in our country. Heike created a relaxing and healing atmosphere in our cottage to help people suffering from chronic pain and other symptoms. As an alternative practitioner, she is skilled in methods such as light therapy and acupuncture. These methods that go beyond the usual medical treatments were highly appreciated amongst the patients, who felt some new relief from their chronic pain. A few rooms away Jürgen took care of many stroke patients and people with long term orthopedic problems. Under the touch of his experienced hands many joints were adjusted to regain their flexibility and power, and muscles were relieved from stress and tension. He also taught useful exercises to maintain physical health that could be used by patients to improve their condition on their own.

6. Psychological Counseling Project

Since 2012/2013 the government has been providing psychological counseling services in its health posts. The need for psychological counseling is acknowledged by Clinic Nepal. To address the problems of mental health we have now collaborated with a Psychiatric and Mental Health Consultant. We are also introducing Psychiatric Consultant services in Friendship Clinic at least once a month. Patients in further need are referred to Bharatpur hospital for different treatment options.

7. Support and Improvement of Government Health Post (primary health care facility)

Medical Supplies and equipment handover to Panauti Health Post:

On 14th December 2022, In a joint effort of Clinic Nepal and the Nepalese Army Wives Association (NAWA)- Mrs. Sunita Sharma, Chairman of NAWA handed over the Medical Supplies and equipment to Upgrade Panauti Health Post and Birthing Centre located in Kavrepalanchok District, Panauti Municipality, Ward No. 7.

Prior to this, on 7th August 2021, another joint effort between Clinic Nepal and NAWA - Mrs. Deepa Thapa, Chairman NAWA hand over the Medical Supplies and equipment to Upgrade Hoske Birthing Centre located in Kavrepalanchok District, Panchkhal Municipality, Ward No. 8, which was damaged during the earthquake on 25th April 2015 and rebuilt with the financial support of Clinic Nepal and NAWA, later handover to local government in November 2016.

On 26th August 2021, Clinic Nepal handover FOUR sets of 10LPM Oxygen Concentrator along with PPE Medical supplies to Dr. Bishow Bandhu Bagale-Chief Medical Superintendent, Bakullar Ratnanagar Hospital with the Coordination of Mr. Dipak Parsad Tiwari - Senior Public Health Administrator, District Health Office, Chitwan, and Gopal Karmacharya-Chairman, Bakullar Hospital Management. Clinic Nepal

is honored to be able to provide Oxygen Concentrators for COVID patients and others in need of Oxygen Therapy at Bakullar Ratnanagar Hospital, Ratnanagar-2, Chitwan.

On 17th September 2021, Clinic Nepal handover 2 sets of 10 LPM Oxygen Concentrator along with PPE Medical Supplies to :1) Health post-In-charge Shree Kumar Sapkota of Korak Health Post, Rapti Municipality-10 and 2) Health Assistant Shree Prabhu Prasad Patel of Washwang Health Post, Rapti Municipality-13 for the birthing labor room and people in need of those Health Post(s) with Coordination of Chitwan District Health office (Ram Kumar KC) and Health Department-SAHW officer of Rapti Municipality (Shree Rammani Silwal)

On 17th March 2021, Birthing Centre named “Kopila” inaugurated and handover by incumbent Chief of the Army Staff Mrs. Deepa Thapa. Over the last year the Birthing Centre by NAWA brought hope to the people of Kailash Rural Municipality-8, Bharta of Makawanpur. Clinic Nepal is honored to be a part of this project together with the Nepal Army Wives Association (NAWA). The needs of the local people in the Kaverplanchok were previously met by a health center that was severely damaged by the devastating earthquake in 2015. The Birthing Centre and Clinic provide basic maternity and general health services, leading to a reduction in the mortality rates of mothers and babies. They also provide better and safer health services to all local people, and a better and more sanitary work place for Government health workers.

The cost of the project was funded by the prize money from THE ONE International Humanitarian Award 2016 of the Rotary International District 3450 in Hong Kong, given to Hari Bhandary, Founder and Director of Clinic Nepal. Thank you to all our donors and supporters for making this possible.

For the past 5 years a health assistant was appointed to and ran the Ghaughar Clinic to diagnose and treat patients (primary health care center for women and children) in one of the branches of the Gunjanagar Health Post 6 days a week. It was fully funded by Clinic Nepal for 2 years and they received medicine that was available to them free of charge by the government. Now Chitrawan marketplace generates income from the rental charges paid by the shops and installs at Market place, which will continue the funding of the Gunjanagar Health Post and the cost will be managed by local government.

8. Pickup Truck:

At the end of February 2020, we dismantled the ambulance since it was no longer in working condition. As per Nepali law, the ambulance was purchased import tax exempted. We had to submit the engine of the ambulance to the Vehicle and Transportation Management Department of the Nepal Government and cancel the vehicle's registration.

Vida Util of Barcelona Spain raised and donated funds that allowed Clinic Nepal to buy a pickup truck for the transportation of medicines for the Mobile Medical Health Camps, emergency patient transport to hospitals, and to support the general activities of Clinic Nepal.

In 2020/21 the pickup truck made more than 15 trips to Kathmandu-Chitwan carrying COVID-19 PPE Medical Supplies, and also reached more than 100 health institutions and non-profit organization of various parts of Chitwan districts including rural villages with PPE Medical supplies.

In 2022/23 the pickup supported our medical health camps, by carrying medicine and technical staff. Additionally, more than 7 trips were made to Bharatpur with emergency cases, in which immediate intervention was crucial for preservation of life.

9. Sponsored children

Clinic Nepal is pleased to report that during the academic year 2022/23 Clinic Nepal sponsored a total of 141 students/children from under-privileged families, some of whom are orphans. They were fully funded by the Clinic's program. 34 of these children reside in Aasha ko Kiran Hostel in Daldale, while the remaining live mostly in Meghauri, Bharatpur, and Kathmandu. The children who receive full scholarships go to Daldale while the ones who only receive school fees stay with their parents. Their expressed aspirations are to become doctors, pilots, nurses, teachers, policemen, and soldiers.

Students Sponsored by Clinic Nepal 2022/2023		
S.N	Name of School & Place	Number of Student
1	Aasha Ko Kiran Hostel Daldale	34
2	Paramount English Boarding School Meghauri	15
3	Shree Janaki Secondary School (Science, Management)	41
4	Bharatpur , Daldale, Kathmandu primary and higher studies	40
5	Vocational and higher studies in different cities	6
6	Higher Education in Germany	5
	Total	141

10. Aasha ko Kiran Children's Hostel

Aasha ko Kiran Children's Hostel in Daldale was founded in 2002, starting with just 7 children in one small room. It is now a happy home to 34 youngsters, ranging from ages 5 to 16. In this group there are 18 boys and 16 girls. This year two students have successfully passed their SEE exams and finished school. Some of these children are orphans or from broken homes, but the majority were originally from Meghauri with many of them from the very poor area surrounding the clinic. All are coming from families who simply cannot afford to provide their children with an acceptable standard of living or education. The crucial funding comes from donors, initially from Gibraltar, Vida Util Barcelona, SIS Yoga group, Germany Clinic Nepal, and now from other international benefactors. The home was set up and is running free of charge on the land and in the house belonging to Hari's sister Bhagwati and her husband Bishnu on the same site as Aasha ko Kiran Kindergarten. Our decision to run the hostel from this site was made because the cost of renting a property in Meghauri was prohibitive and unsustainable.

Bhagwati is responsible for running the children's hostel and the children thrive due, in part, to our support. The children are offered accommodation and all meals in a caring home-style setting. Every child is in full-time education in kindergarten, public school, or private school depending on their age, thanks to the individual sponsors. Time not spent in school is used by the children to study. This is aided by additional donations such as a laptop (with internet access), stationery, and books. In order to increase the quality of

this facility, we always have a need for clothes, play items, and educational materials. An on-site farm provides the home as well as the kindergarten with food, milk and bio-gas. This year on September 2022, kitchen and dining house was destroyed from fire at night due to the electricity short circuit. Luckily there was no human casualties.

Through donations received over the years, the hostel now consists of ten fully-furnished bedrooms and three bathrooms. Facilities also include volunteer guest bedrooms and a library/computer room. In 2011, thanks to fundraising, we were able to contribute more furniture to the children's hostel, as well as renovate all of the bathrooms.

All of this creates a great space to live and learn, and helps the children to develop positive personal attributes for a lifetime of success. For example, they learn how to cook, garden, and do other tasks related to daily life. In the past year we have taken the ambitious aim to grant access to all levels of education for every child in the hostel. We firmly believe that with the support from our donors we can achieve this goal, opening new opportunities for the children involved.

Last year, 2 children successfully passed SEE (grade 10) with good marks. Additionally, 3 students did complete their +2 (grade 12). Now that they are back home, Clinic Nepal will support their further studies based on their interests. Two students completed their Sub-Overseas (Diploma/+2) in civil engineering, one student from previous years is continuing his engineering studies, one girl is continuing with her nursing courses, and one student is continuing her management coursework. Another is continuing agriculture science in grade 12. However, these accomplishments raise another need: as the children are motivated to attend further education, funds are required to ensure that these needs can be met.

11. Vocational and Skill Development Training

Sponsoring young people from the Meghauri area for higher education and for vocational and skill development training forms an integral part of the Clinic's endeavors. This aims to support long-term improvement in the economic status of local youths.

This year, six students are being sponsored for higher education. Of these six students, one girl is studying Nursing and a girl and a boy are studying a diploma in Engineering. Another girl is completing a diploma in Dental Hygiene. Furthermore, a female student is studying an Advanced Beauty Parlour course and two boys are studying the German and Japanese. Although we are focused on improving our communities' health sectors, supporting higher education studies remains one of the major interests of Clinic Nepal as a means of providing longer term economic opportunities for Chitwan and its neighboring districts and its people.

12. Kindergarten Projects

The establishment of our kindergartens began in 2001. The inspiration for this initiative came from Hari Bhandary, who began searching for more opportunities to build on the success of the clinic. He saw that the methods of education and care for young children in Nepal differed greatly from those which he had seen in developed countries. After gaining experiences in many kindergartens abroad, he recognized that their holistic, comprehensive approach to education would be a valuable addition to his community in Chitwan. Therefore, he founded the first kindergarten facility in Sukranagar, Chitwan, and began the long process of changing the views and practices of teachers, parents and children. The teachers are trained in

the Montessori methods of teaching as well as local methods. Clinic Nepal manages and funds three kindergartens in Nepal for children, (in the beginning ages 3-6, now ages 2-6 years). Families are encouraged to provide ingredients for the daily hot meal that is given to all children in the kindergartens.

- **Prabhat Bal Shikchhya Sadan Kindergarten, Sukranagar, Chitwan**

Prabhat Bal Shikchhya Sadan was established in 2001. It has been continually funded and run by Clinic Nepal for 17 years. Every year 40 to 60 children have received positive care and good schooling.

For the past several years Clinic Nepal has given more responsibility for running the kindergarten to Prabhat School, which is located right next to the kindergarten, and its committee member. Since January 2019 onwards, the School Management has been accountable for management of this kindergarten and its staff.

Over recent years, the kindergarten has been newly renovated with a metal roof being installed onto the building.

- **Aasha Ko Kiran Kindergarten, Daldale, Nawalparasi**

During the past year 94 children (46 girls and 48 boys) were taught by 5 child care providers at the kindergarten. Thirty-two children are in the nursery class (15 girls and 17 boys), 35 are in the lower kindergarten class (17 girls and 18 boys), and 27 children are in the upper kindergarten class (14 girls and 13 boys). The child care providers received training in Montessori methods, enabling this kindergarten to provide both Nepali and Montessori styles of teaching and learning.

Living standards and the income of villagers in Daldale are improving. In discussions about how to sustain the kindergarten for the long term with parents and kindergarten staff it was decided to raise the school fee. In addition, the parents and staff felt that a school van was needed. Bhagwati bought a school van with her own money and they charge a reasonable transportation fee for the students. As the Aasha ko Kiran Kindergarten now has its own source of income, Clinic Nepal only pays staff social security funds, some staff salary, and some running costs for the kindergarten.

- **Wolfgang Linke Kindergarten**

Eighty-two children attended this school during this past year: 31 girls and 45 boys. Twenty-six children completed the kindergarten and continued on to government or private boarding schools. Currently there are 12 girls and 11 boys who are new admissions to the play group. The nursery class has 7 girls and 6 boys, and the lower kindergarten 3 girls and 7 boys.

We are very happy that we were successfully able to install play materials such as slides a swing in a designated play area. The children also have access to a PlayStation. Thank you very much all who has been supporting it and we are very happy to see kids are enjoying it.

The Wolfgang Linke building on Aashaban Farm in Dharampur, Meghauli, has now been enhanced with the construction of a compound wall, a gate and a wonderful playground as well as mosaic tiles that now cover the floor and make a perfect playing area. The kindergarten also provides space for the local Scout group to meet every Saturday.

All of the kindergartens follow a similar approach to education, including lessons in daily living, health

and hygiene promotion in both the Nepali and English language as well as following the Montessori program of education, taught to the kindergarten's teachers by visiting volunteer international professionals. Each day a hot meal is provided for every child; parents are encouraged to supply the ingredients for their own child's meal in order to establish family involvement in the school. This is a new initiative and is still being formed. Once a month we meet with the children's mothers to discuss the topics taught to the children in order to create a unified understanding and forward-thinking family environment. The aim is to enable each child to reach their full potential and increase their chances of entering further education, thus improving their and their families' long-term prospects for a healthy and productive life.

13. Scouts

The Scouts form an important group in the village community. They serve as a social and educational institution and provide environmental, hygienic, and social assistance to the area. Clinic Nepal operates two Scout Groups, one in the Megghauli area and one in the Aasha ko Kiran Hostel, Daldale. The Friendship Scout troop Daldale at the Aasha ko Kiran Hostel was established in 2015. A total of 23 children from the hostel joined the troop and meet twice a month with the part-time Scout leader Mr. Shiva Baral.

Scout meetings occur for two hours every Saturday morning at the Wolfgang Linke Kindergarten in Dharampur, Megghauli. They are run by Mrs. Shrijana B.K. We also employ a part-time Scout leader, Mr. Shiva Baral, to teach. The 36 scouts aged 11 to 15 years are divided in three groups of girls (Crow, Koili, and Dove) and three groups of boys (Goat, Horse and Lion). Classes are based on the teaching of key life lessons, responsibility, and positive attitudes. Physical games, English lessons, painting, music, and arts and crafts create the foundations of a fun and educational program from which both the children and the population of Megghauli benefit. Every year volunteers from different countries generously contribute their experience to the scouting program. We can proudly report that through donations, the scout group has now received the official Nepali Scout uniform which makes them stand out as young leaders and role models in the community.

Our energetic Friendship Scout Troop has very actively been involved in our COVID-19 Awareness Campaign and have been to every household of Megghauli, Bharatpur-27 and Bharatpur 28 spreading the awareness and teaching prevention measures of COVID-19 spread in the community. We are very proud and happy to have the Friendship Scout Troop!

The Friendship Scout Troop celebrated its 17th Anniversary on its premises in Wolfgang Linke Kindergarten, Bharatpur-27, Chitwan. At this special event, Scouts receive their certificate of appreciation in recognition of their valuable contribution and great team spirit in Scouts.

14. Income Generating Program

While many of Clinic Nepal's projects treat healthcare problems, it is widely acknowledged that poverty is a primary cause of ill-health. In order to address this crucial issue, the Income Generating Program uses funds to purchase goats to donate to some of the poorest families and widows in Megghauli. This enables the families to utilize the goat for its products and for breeding so that they can sell the young, thus creating a sustainable and self-sufficient form of income.

15. Safe Drinking Water and Sanitation Project

The current beneficiaries of the Megghauli Town Water Supply and Sanitation Project (MTWSS) are more than 2400 households out of 2798 households in the Megghauli.

In 2013 the construction of our Safe Drinking and Sanitation Program began. From 2013 to 2016 all the construction was completed. Contract hand-over of the project to the local Megghauli Water Project Committee took place in July 2016. The aim of this project is to deliver running water to most households in Megghauli VDC (Village Development Community). The project impacted around 20,000 people in total. The community itself had to pay an upfront contribution of 5% of the total cost of the \$2.5 million project. Each household paid US \$100 for the tap connection to the running water. For many families this was a large amount of money.

Clinic Nepal contributed a large sum of money to bring this plan to fruition. The management of the project is the responsibility of the Megghauli Water Project Committee consisting of local people. A new board of members was elected in 2014 and was tasked with continuing the excellent work. Last year it was challenging for the Megghauli Water Project committee to collect the bills amount of the water consumption from some consumers. The clinic continues to monitor the facilities to ensure the project runs efficiently and effectively.

On the occasion of the 8th annual function of MSTWSS in February 2021, 100kW grid-tied solar panels were officially inaugurated by the Clinic Nepal's Founding Chairman Hari Bhandary. The system is generating around 12,000 units of electricity annually. Clinic Nepal built this project with global warming in mind, aware of its severe effect on humanity and nature.

The total cost of the panels and its boundary wall was NPR 16,322,644.00 (USD 141,936.03). NPR 10,940,827.00 (USD 95,137.63) were donated by people from Germany with the initiation of Hari Bhandary and NPR 5,381,817.0 (USD 46,798.40) by the Government of Nepal through the Town Development Fund for sustainability of MTWSS.

16. Farm Project

Aashaban Farm in Dharampur, Megghauli, situated next to Wolfgang Linke Kindergarten, continues to be a source of farm products such as rice, lentils and fruits (mangoes, bananas and lychees). The money generated from the sales of these products helps the farm for its long-term sustainability and development. For the past two years, Clinic Nepal has supported a family from mountains, who lost their house from an earthquake. They stay at Aashaban Farm. Half of the rice from the farm they use for their family and half is sent to Aasha Ko Kiran Daldale hostel. Furthermore, the fruit from the trees on the land is shared with the Asha Ko Kiran Children's hostel in Daldale, staff, and other kindergartens.

17. Support of Government Schools

Clinic Nepal is happy to continue its joint effort with Mr. Durga Parsad Sapkota, head teacher of the Shree Janaki Secondary School, and the school committee members.

Shree Janaki Secondary School is the central government school in the Meghauri area, educating approximately 750 pupils from nursery-level up to class 12. General education ends with the Secondary Education Exam (School Leaving Exam) at the end of class 10, after which students start working and go on to study specialised +2 college courses, or attend a technical college for further training. Until recently, Shree Janaki Secondary School only offered +2 coursework in education and management. However, starting from now, Shree Janaki will be the only secondary school in western Chitwan to offer a +2 program in Science.

Clinic Nepal financially supported the floor constructions on the school which were completed in 2020. In addition, we were able to get money from the government for roofing and painting and organised volunteers to paint the inside and outside of the third floor of the Shree Janaki secondary school building. In January 2020 Clinic Nepal also handed over furniture for the students of Class 11 and 12.

On 22nd March 2023, Clinic Nepal Chairman Hari Bhandary, Dr. Frank Benhard Zimmermann MD., and the team handed over the cheque amount of NPR 7,23,200.00 (Seven lakh twenty-three thousand and two hundred rupees) to Shree Janaki Secondary School for scholarship to 41 deserving students in +2 Science and Management stream for the Academic year 2022/2023.

Success of +2 Science Students from Shree Janaki Secondary School: 3 students, Sita Regmi, Sandhya Sapkota, and Ayush Ghimire B.K received the full scholarship for their studies in Bachelor in Agriculture and forestry at the prestigious Rampur Agriculture and Forestry University in Rampur Chitwan. We are also very happy to share that, 7 out of 8 students passed with good marks in Shree Janaki secondary School Meghauri Science Faculty (+2).

A big thank you to everyone who made this possible and best wishes for further studies and a bright future to the passing students.

18. Internship Program

Nepalese and foreign volunteer doctors and experts have helped to teach medical interns. Interns assisted whenever possible, and were able to learn about medical issues not commonly encountered in their home countries. They have the opportunity to view a different style of healthcare delivered in remote areas and compare it with the system they are more familiar with. Interns are also involved in the kindergarten--improving their teaching skills by shadowing the child care providers and working with the children. Meeting with the Scouts, the interns not only deliver lessons but also learn about Nepali culture, language, and the work undertaken by the Scouts. Through teaching English and playing new games, interns interacted with children in the community, which benefited both the children and the interns. The interns also learn how to treat basic wounds and provide basic care in the case of medical emergencies. We hope that our work with the two universities will create a culture of sustainability in which community members will be able to train many others! We are developing lifelong friendships by partnering with university students from all over the world. Interns live with local families allowing them to better understand life in Meghauri and providing an opportunity for cultural immersion. Interns are able to build friendships with the local citizens of Meghauri and have a cross-cultural exchange of ideas and practices.

Forty nursing students from Oasis Medical College, Bharatpur, visited in Clinic Nepal Meghauri to learn how our organization works, to and visit the clinic. Clinic staff explained the different services provide by Clinic Nepal and its various projects.

19. Community Building / Tiger Youth Club

A few years ago, Clinic Nepal helped the Tiger Youth Club in Meghauli fund the construction of a multi-use community building that includes space for 4 shops and an office for the Youth Club. This past year, Clinic Nepal further assisted the Club by providing funds to organize the blood donation campaign and other social environment activities. Now the project runs sustainably and maintenance costs are covered by income from renting out the room. Through its continued support of the Tiger Youth Club, Clinic Nepal aims to promote responsibility, leadership, and ownership among the community's youth.

20. Collection Centre for Local Agricultural Products (Marketplace)

Clinic Nepal started the Chitwan Haat Bazaar marketplace in 2017. It was the only one of its kind in Western Chitwan. Now you can see many markets like this in different places in Chitwan. After the big opening ceremony in December 2017, the first market was held on the 3rd of February 2018. Now the Haat Bazaar is running and thriving every Saturday from 10am to 9 pm. It is managed by a group of 15 local people, seven of whom are female as is required by quota.

The market hosts all kinds of different stalls, ranging from clothes, beauty products, fresh fruit, vegetables, fish, boards and dart games, food, and candy. In addition, there are dancing and cultural programs that are well-attended. Shopkeepers inside the building pay a rental fee of 100 NPR (91 cents US), and outside 50 NPR (46 cents US) per day. There is no waiting list, everyone who is interested and can pay the fee and participate.

This multipurpose building was established by Clinic Nepal to provide local farmers and artisans with the opportunity to sell and buy goods. In addition to the market place, the multipurpose building also serves as a collection center for products to be transported and sold at larger marketplaces, as an emergency shelter, and as a community center to hold local events.

21. Bote Tribal Agricultural Project

Clinic Nepal and its partner Project Nepal, Gibraltar have been cooperating for the past 4 years working with the Bote Tribe from Andraulli Meghauli Chitwan on an agricultural project. The project encourages economic growth within the Bote (fisherman) tribal group of Andrauli. Clinic Nepal rented land and offered it to the Bote families. Out of 18 families, so far 16 families have been provided with 5-10 kattha (1690 - 3380 square meters) of land to grow crops for their own use. The families are now working on the land and producing food for the whole year with the opportunity to sell any additional crops and make extra money from their sale.

To assist the Bote Tribe village in becoming self-sustaining, Clinic Nepal provided a motor to cut firewood, two sewing machines (to create their own clothes), as well as a small shop that brings business to the families and also for promoting self-empowerment. In addition, animals like goats and cows were provided at the start of the project. The tribe's children received stationary and a blanket was given to each family.

Clinic Nepal organized monthly meetings that taught participants about smart spending habits as well as how to obtain a small group loan with low interest to help them improve their economic situation. The Sanakishan Sasthan group also created a life insurance policy whereby, if something happens to one of the

members in this group (made up of the mothers of the Bote community), they will be insured by Clinic Nepal. Additionally this insurance and savings/credit organization provides the opportunity for the tribe to obtain loans at a low interest rate. Fifteen out of 18 members are taking loans from the Sanakisan saving and credit organization. Monthly meetings are held and the dues (200 NPR or \$1.82 USD) are all paid on time.

The positive impact the project has had on the everyday life of participating families has been significant. Before this, these people were only able to find occasional day labor and did not earn enough to buy more than a small amount of food at a time. They had to constantly worry about where the next day's food would come from. By being able to grow their own food, they do not need to buy as much and can sell any surplus for profit. In one year they can grow corn, rice and mustard, the last of which is not only used for seasoning but for producing their own cooking oil.

Before the project, the tribe lived in small thatched mud-hut. Now they are able to build larger mud houses with metal roofs and in some cases even concrete floors. There is also an increase in educational participation with 20 out of the 36 school aged children attending school. Most children used to drop out of school after 5th class at the latest, but now most of them complete grade 10 along with the SEE (School Ending Examination). Some even go on to attend grades eleven and twelve.

22. Thumka Awas Nirman Aayojana (Thumka House Development Project)

On the 25th of April and 12th of May 2015 devastating earthquakes struck Nepal. As a consequence, hundreds of thousands of people were forced into homelessness with entire villages flattened across many districts of the country. The Thumka Awas Nirman Aayojana project within Clinic Nepal aimed to mitigate the devastating consequences of the earthquakes in Gorkha, Nepal.

Clinic Nepal built 31 houses and 1 community building after getting funds and finances from the donors and well-wishers of different countries.

The building of the 32 structures was done almost entirely by the villagers under Wagle's guidance. Clinic Nepal hosted the ceremony to celebrate the completion of this multi-phased project, and also to bring together different groups of Nepali citizens. Major General Chhetri handed over a final gift of money from Clinic Nepal. The end result of the project has provided a much higher standard of living for the 280 people of Thumka Village. We are pleased to report that the goal to mitigate the devastating consequences of the earthquake was met and exceeded. Furthermore, the pride of the villagers and the desire to improve their lives is a direct result of the time and money spent on the project.

23. Technical College Vocational Training Course and College- Level Faculty of Science Program in Class 11 and 12 of Shree Janaki Secondary School, Meghauli

Shree Janaki Secondary School, Meghauli -27, Bharatpur, Chitwan¹ established on 2025/9/10 (25th November 1968) is a government community school which is funded by Nepal Government and is sustained

¹ Chitwan District is in the western part of Narayani Zone with Bharatpur, the seventh largest city of Nepal, as its district headquarters. It covers an area of 2,218 km² (856 sq mi), and in 2001 had a population of 472,048 people.

with the help of local government and local community. The school is managed by 2 different management committees, the School Management Committee and Parents Teachers Committee which changes in every 3 years. There are 21 teachers for Basic Education (PG-Grade 8) and 12 teachers for Secondary Education Level (Grade 9-12) with 3 school staff. Total number of students is 658 (male-304 female-354).

Hari Bhandary, Founding Chairman of Clinic Nepal, received his basic education from the Shree Janaki Secondary School in Meghauli. Since 1992, Hari has been very supportive to the school and has enabled various professional development opportunities for Shree Janaki's teachers as well as providing school supplies. In 1997 Hari established the NGO "Clinic Nepal" with the help of local and international friends and his family. His hope was to provide not only education but also health care and sanitation to the people of Meghauli. Being a former student, Hari saw that if the school was able to offer professional and vocational education, as well as college-level science courses (known as +2 Science), it would directly benefit the local youths of Meghauli and help them learn new skills to adapt and thrive in this ever-changing world. It would also have a positive long-term impact on the socioeconomic status of the people of Meghauli.

An award was given by the Rotary International District 3450 in Hong Kong in recognition of Hari's outstanding humanitarian efforts over the past 25 years. Hari invested the prize money from "THE ONE International Humanitarian Award" into buying the first school bus, to add an additional floor to the school and for the improvement of the school's laboratory.

To fulfill his dreams and improve the infrastructure of "Shree Janaki Secondary school" an additional floor for this building has been under construction for the last 3 years. More than 85 percent work is completed. Four rooms, 1 meeting hall and 2 toilet are completed. The next job will be to provide furnishings. After a visit of political leaders, and educational officers seeing who saw the progress on Janaki School, the school received a budget for roofing and paint from the government. By arrangement of Clinic Nepal on 10th Jun 2020 youth from Telauli (Tiger youth Club) voluntarily applied primer and paint to Shree Janaki secondary school's third floor and the outside of building.

Sustainability

-  Shree Janaki is a government-funded school, meaning Clinic Nepal would not have to worry about the ongoing running costs.
-  The school has enough land to be expanded. Enlarging the building would mean it can provide further education to students in need, who would not have been able to otherwise participate.
-  On completion of this project it will provide opportunities for local youth to get educated near their homes, fuelling positive sustainable economic growth in Meghauli in the long-term. Therefore, this project is crucial--given a decade long civil war that only ended in 2006 and the destructions and economic hardship the 2015 earthquake brought to the people of Nepal.

Additional Needs

-  While the financing of the roof and the three rooms is secured, eight more classrooms are needed in order to fully function, The expenses for building these rooms will be roughly US\$ 50,000.

Bharatpur is a commercial and service centre of central south Nepal and merger destination for higher education, health care and transportation of the region.

- ✚ For the classrooms and auditorium hall of the Technical College to be fully functional, we will need classroom supplies, tools and equipment such as classroom furniture, multimedia projectors, science lab equipment, and a computer lab. This is estimated to cost around US\$ 45,000. Required materials other than these will be funded by the government.
- ✚ One bus is not sufficient to fulfill the transport needs while avoiding carrying more students than maximum capacity. A second school bus is crucial for this reason. The cost of a 50 +1 seat TATA bus is about US\$26,000.

This year, Clinic Nepal is happy to announce that the new education projects will be a joint effort between Clinic Nepal with Mr. Durga Parsad Sapkota (Headmaster of the Shree Janaki Secondary School) and the school committee--one vocational and one science-related. The approval for the science program had been received earlier by the Department of Education Hetauda. The science program classes for 11 and 12 (age group 15-18 years) started in July of 2018. Meanwhile, we are still waiting to receive an approval from the government Department of Education for the approval of a Technical College/ Vocational Skills Centre. As per the new Government declaration High Schools to have 30% of the 11 and 12 grade students studying science. Therefore the government will be covering the running costs of the science program in the future.

General education ends with the Secondary Education Examination in grade ten, after which students either start working, go on to study specialized +2 courses (Grade 11 and 12), or attend a technical college/ vocational skills centre for further skills training. So far, Shree Janaki Secondary School only offers +2 courses in the fields of education and management. With these programs being added, Shree Janaki will be the second Government school in Western Chitwan to offer students science courses and further vocational classes. Up until now, the only school that provides a higher education is located 25 km away from Megghauli. Due to the poor conditions of the roads, it takes over one and a half hours to travel via Megghauli and the school on the local bus. Commuting is not just time consuming but also expensive even by Nepali standards. Additionally, for people to rent a room in the city and pay higher education fees is one of the reasons why getting a higher education is often out of reach for many Nepali youth. Given all these challenges and difficulties, coming from an economically deprived family makes it nearly impossible to get even a basic education.

Among a cohort of 50 students who pass class 10 from any government school, there are 20 to 25 students who need financial support for college. Very little support is given by the government. Due to these circumstances, most of these students end up withdrawing from schooling after the tenth grade.

The same applies to technical training in the Megghauli area, as the closest technical college is in Bharatpur. To fill this gap, this planned Technical College will provide training for over one hundred students in two technical subjects, which will equip our youths with necessary skills for them to be able to contribute to a sustainable economy, both locally and nationally.

+2 Science School (11 and 12 class from age 15 – 18 years): Progress Report

The +2 Science faculties are running very well. This year 28 students are enrolled Class 11 and successfully passed with good marks and are continuing their studies in grade 12. 8 students from class 12 have passed with good marks and are receiving full/partial scholarship from Clinic Nepal. The coordinator earns about 40,000 NRS (about US\$360), the other teachers are receiving a salary of about 35,000 NRS (about US\$315) per month. The Bharatpur Metropolitan City Education Department has promised to appoint one additional teacher for science faculties.

To support this great opportunity for people within and close to Meghauri, Clinic Nepal is committed to providing financial support to of NPR 18,000 (US\$140) per students. The financial award will go towards paying their school fees as many interested and committed children come from deprived family backgrounds and are not able to pay the fees themselves. Clinic Nepal is also seeking individual donors to support individual students by sponsoring their school fees.

Technical College and Vocational Training: Progress Report

We are in the process of receiving the license from the Department of Education that will allow us to offer a Technical College and vocational training courses.

Professional Technical College with a 3 year course of study resulting in a diploma. Courses include:

- Civil Engineering
- Electronics
- Computer science
- Veterinary science
- Agriculture
- Hotel management

Vocational training courses will be either 2, 6, 9, 12, or 18months in length. Courses include:

- Carpentry
- Plumbing
- Masonry
- Welding
- Tailoring
- Electronic Repair

We aim to initiate this programme with courses in veterinary science, agriculture, and hotel management, however a final decision is yet to be made. This is because our initial educational provision depends on resource availability and local/national needs and requirements. Therefore, this is currently under discussion with the School Management Committee, Parents Committee, and educators.

Clinic Nepal is already providing support with the new 51-seat TATA bus and the building of needed infrastructure to host future classes. This is the first school bus in Meghauri and it makes four trips a day--two in the morning and two in the evening--for a total of about 200 km of travel a day. Altogether 100 students benefit from the school transport. So far, a new roof and railing have been built on top of the main school building. The next step will be the construction of three rooms, giving space to one office and two additional classrooms, which should be completed soon.

“For the first time in the history of Shree Janaki Secondary School, it now offers advanced science courses for grades 11 and 12. On behalf of the Shree Janaki School Community, faculty, staff, and students, we would like to express our sincere thanks to Hari Bhandary, Clinic Nepal, The Rotary Club, and “THE ONE” for making this dream come true for the people of Meghauri, Nepal” - **Head Master. Durga Prasad Sapkota.**

24. Monitoring and Evaluation-

Clinic Nepal constantly seeks feedback and suggestions from relevant authorities to review the quality of services provided and continuously working on improvement. The latest visit was on 3rd November 2022 by Chitwan District administration office Vice CDO Mr. Chirinjibi Sharma, Chitwan District health office senior Public Health Administrator Mr. Umesh Chandra Panthee, National Investigation Chitwan Department (Rastriya Anusandhan Bibhag) SSP Mr. Uttam Khanal and Sasatra prahari uparikshak Mr. Dipak Thapa. Thank you very much to all of you and we appreciate all your suggestion and well coordination.

A team from the Social Welfare Council (SWC) monitored and evaluated Clinic Nepal's last five years (2014/2015 to 2018/2019). The most recent evaluation was carried out on the 27th February 2020. Thanks go to the entire SWC team, especially Mrs. Anupama Regmi and Mr. Dilli Prasad Dahal for your valuable time and suggestions on our work and projects.

Summary of their evaluation :

Give a quick overview of the overall task, its structure, objectives, purpose, methodology, and instrumentation. then produce a precise picture of the key findings reflecting the project status followed by the Clinic Nepal an NGO registered in DAO Chitwan and affiliated to Social Welfare Council. carrying project named, Health, Education, Sanitation and Socio-economic support project" The Project has been run as per the general and project agreement with the Social Welfare Council (SWC) dated 17th September 2015. The tenure of the Project is of five years from January 2015 to December 2019. This Five years project is funded by more than nine donors agency. The budget of the Project is NPR 10,65,16,150.00. The overall objective of the project has been to contribute to the overall socio-economic development of the country. The final evaluation report has been prepared with research-based methods by the evaluation team. The evaluation team used interview guidelines, FGD guidelines, observation, and related previous documents as tools for the collection of data and information. Team also used purposive sampling in the field and used qualitative and quantitative design for the analysis and interpretation of data. After the review the reports and interviews with key stakeholders, it found that Clinic Nepal was delivered with high reliability, participatory and high satisfaction. Impact of this project on Children's, students, parents, teachers, youth clubs, women group, Bote community, patients, and Government in the expected direction. After the intervention of this project, there is a significant improvement in community people's health, education, and economic status. The evaluation team found that most of the project activities have been implemented according to plan. Encountered problems/challenges have been addressed as much as possible. This project has the potential to increase community people's health, education, and economic status. findings has suggested that the Clinic Nepal approach is feasible and portability to Nepal context.

Conclusion of the report

Clinic Nepal project made significant contributions to bring significant changes in Health, education, and economic status along with the change in the livelihood of people around project sites. The project contributed to empowering the local and community people, students, and poor and marginal group people in the project districts. This project is helping people not only health and sanitation but also socioeconomically. The number of beneficiaries will be increased gradually by the next year and lessons learned from the past experiences will be used to scale up the program activities.

At the end of this final evaluation this evaluation team found the following strengths of the project:

- The clinic Nepal project is one of the popular and well-known projects in the Meghauli, Chitwan districts.

- Local stakeholders along with Beneficiary are fully satisfied with this project and its activities.

25. Covid-19 Public Awareness, Food Relief and Medical Supplies Program.

Clinic Nepal has taken many kinds of programs to prevent COVID-19. Because prevention is better than cure. Our aims to raise general awareness particularly young, student, adolescent, mass peoples, overseas migrant workers, etc. to reducing the spread of COVID-19 and keeping people physically and mentally healthy. We aim to provide basic relief from some of its economic effects and immediately supply of oxygen to the covid-19 holding centers and hospitals of Chitwan as well as health and hygiene support to frontline workers, health centers, quarantine and communities in coordination with the Government of Nepal and local government bodies.

OXYGEN SUPPLY SUPPORT:-

Since Covid-19's second variant bringing health crises in Nepal, Clinic Nepal focusing mainly to supporting health sector and Frontline health workers. We purchased and provided 10 Oxygen Cylinder, 5 oxygen flow meter and 10 oxygen Mask and same day it has been hand over for the operation of Shardanagar Covid Hospital in Chitwan through Bharatpur Metropolitan City.

Thank you very much to SIS project as well as friends for your donation to this project and Metropolitan City / Mayor, Vice Mayor/ Health department, Chitwan District Administration office/ CDO and District Public Health office Chitwan for your well coordination to make it possible.

Clinic Nepal is honored to be a part of the Great work done by B. P. Koirala Memorial Cancer Hospital, Bharatpur, Chitwan. They are running a 140-bed facility for treating COVID-19 patients at the hospital during this pandemic. Koirala Memorial Cancer Hospital, Bharatpur, Chitwan, Nepal. On 7th June 2021, Clinic Nepal provided 6 sets of patient monitors (5 parameters) to Dr. Dej Kumar Gautam- Executive Director, B. P. Koirala Memorial Cancer Hospital, Bharatpur, Chitwan with the Coordination of CDO Mr. Prem Lamichhane- District Administration Office, Chitwan and Mr. Dipak Prasad Tiwari, - Senior Public Health Administrator, District Health Office, Chitwan. Clinic Nepal is honored to be able to manage and install 6 Patients Monitors for running 6 Bed high-dependency *unit* (HDU) in the COVID-19 isolation ward of B. P. Koirala Memorial Cancer Hospital, Bharatpur, Chitwan.

On 3 June 2021, Clinic Nepal handed over COVID 19 safety material to the journalists in Chitwan to help support their constant hard work in documenting the COVID pandemic.

On 3rd June 2021, Clinic Nepal handover the COVID-19 PPE medical supplies to Dipak Prasad Tiwari- Senior Public Health Administrator, Ministry of Health and Population, DPHO Chitwan and with coordination of District Administration Office Chitwan at District Health Office, Chitwan for all the front line health workers of different Public Primary Health posts, care centers, and a Hospital through Health departments of Metropolitan city, Municipalities and Rural Municipality in Chitwan District

During this year we have supported PPE Medical Supplies to more than 98 different health institutions and non-profit organization with more than 45,100 Surgical Facemasks, 1100 liters of sanitizers, around 12,350 KN95 masks, 31pcs Infrared thermometer, more than 750pcs of PPE Barrier gown, more than 2,000 face shields, around 7,000 Reusable Cotton Bag with Covid awareness message, 131 pulse oximeters, 5 Nebulizers, 9 Oxygen Concentrators, 8 patients monitor for HDU, 120 oxygen masks, 5 oxygen flow meter, 10 oxygen cylinder with refill, batteries for IF thermometer, Digital thermometer, etc.

Additionally, 290 families in need were provided with Food Ration supplies. This included 25kg rice, 1kg Lentils, Iodine salt, 0.5liter cooking oil, toothbrush, toothpaste and Soaps to each family.

Thankfully, the COVID cases are now declining. The Nepal Government has lifted Lockdown, and implemented smart lockdowns in order to adapt to the changing environment.

Clinic Nepal has been organizing COVID-friendly public awareness events around the local communities of Bharatpur 27 & 28 about the safety and precaution of the spread of the second wave in our communities. Thank you very much to all who made it possible and special thanks to Nepal police Meghauli.

26. Extension and Renovations of Clinic:

Clinic Nepal, Meghauli, Chitwan completed an extension to the south part of the existing building that is 32.11ft x 14.4ft. This is providing enough space for the flow of patients with an emergency exit. One room will be used for physiotherapy – providing additional patient facilities and privacy space. Another room is used for the improved laboratory given the increase in number of patients. Recently we have also renovated the ceiling of the building.

APPENDICES:

1. National and International Awards and Recognition

- ✚ Clinic Nepal, Meghauli received an award in 2015 for its outstanding contribution to social service from Florida State University and the prize money was used to build a multipurpose building in Chitwan municipality.
- ✚ THE ONE International Humanitarian Award 2016 of the Rotary International District 3450 in Hong Kong was given in recognition of Hari's outstanding humanitarian efforts over 23 years, first through his work with leprosy organizations, the work of Clinic Nepal in Meghauli, Chitwan, and in other areas. The prize money was used to support a government health post (Bearing Center In Kaverplanchok- 7 Hoske) and a government school (Shree Janaki Secondary School in Meghauli) to build and run a +2 science and technical school.
- ✚ The Nepal Army Commendation (COAS) was given to founder Hari Bhandary on March 7, 2016. Hari was privileged to be decorated with the Chief of Army Staff (COAS) Commendation badge from the Nepal Army, an award for humanitarianism. Hari stated that "I want to share this honor with all of my colleagues and co-workers as we could not have come as far as we have without our joint dedication and hard work – whether it is rebuilding rural communities since the 2015 earthquake or providing healthcare to those in need at Clinic Nepal. Thank you very much too my entire family and friends, and to our donors."
- ✚ The JANASEWA SHREE award was given to Hari on the 4th of September, 2018. He was pleased to receive the JANASEWA SHREE award from the President of Nepal, Ms. Bidya Devi Bhandari. Hari shared that "I am pleased, honored, and humbled to accept an award from the President of Nepal, Bidya Devi Bhandari, and to join 344 other recipients who I have long admired and respected. The award was given in recognition of my work with Clinic Nepal for over 25 years."
- ✚ On 6th August 2021, Hari Bhandary, Founding Chairman attended the Supporters' recognition program organized by the Nepalese Army Wives Association (Nepal Army) at the premises of Army Headquarter, Bhadrakali.

2. Celebrations!

Dear Volunteers, Supporters, Friends and Family of Clinic Nepal,
Namaste!!

March 2022 marks the 25th Anniversary of Clinic Nepal. The Clinic continues to maintain a keen focus on improving not only the medical care but also the general welfare of thousands of Nepalese citizens.

Under the watchful eye of Hari Bhandary Clinic Nepal Founder and Director the bonds between like minded individuals in Nepal have strengthened to improve living conditions for those less fortunate in one of the poorest countries in the world.

The work of the Clinic Family has not gone unnoticed in Nepal or Internationally and is recognized as one of the most successful models for community development in an underserved area. It has not happened by accident but by adhering to the principle that all people are entitled to respect and humane living conditions. Numerous organizations in Germany, the United Kingdom, Gibraltar, Denmark, the US, Hong Kong, Spain, France, Austria, and other countries continue to help sustain the invaluable services that the Clinic provides. Success has also come from recognition by the Nepalese government and military providing support for many clinic projects. These range from mobile health camps in remote areas and disaster relief to establishing a higher level of science education in secondary public schools. Youth development has been encouraged with the building of a community center and scouting initiatives.

Sanitation and water management projects have also provided a blueprint for development in other districts of Nepal for more than a decade. Vocational training and providing daycare have allowed for citizens to work locally and not have to leave their family and pursue employment in Kathmandu or a foreign country. A community marketplace was established with the help of the clinic and has exceeded all expectations. It allows farmers and other local merchants to avoid long distance difficult travel especially in the rainy season in order to make a living wage. Solar energy in the community has been expanded with the help of international friends to lessen dependence on foreign petrol and to protect the environment. The Clinic is adjacent to the National Forest in Chitwan, The jewel of Nepal. The children are of course the most precious asset of any nation and continue to be a priority for the clinic. Established services include prenatal care, home visits for mothers, a birthing center, rotating clinic obstetricians , ultrasound, and a loving home for orphans if needed. Older children desiring further education for a highly skilled or professional career may also be sponsored by friends of the clinic. Computers have even been provided for some students whose ancestors

were once discouraged from learning to read or write. Foreign students from many different countries visit and participate in clinic activities ranging from medical to education to construction. Cultural exchange continues to make the world a better place.

Despite civil war, floods, earthquakes, and now covid Clinic Nepal has endured stronger than ever overcoming all obstacles. The foundation of any thriving community involves providing clean water, food, shelter, medical care, education and security for its people. Clinic Nepal has been involved in all of these endeavors for the past 25 years and never lost sight of the most important element respect for human life.

Thanks to all supporters volunteers friends and family of the Clinic going forward with great expectations for the next 25 years.

Clinic Nepal Celebrating its 25th Anniversary

Clinic Nepal's 25th Anniversary Celebration 2022 and Unveiling of the Names on stone ceremony:

On 22nd October 2022, Clinic Nepal celebrated its 25th Anniversary with a get-together for all the staff from clinic Nepal over the last 25 years. The ceremony was also attended by national and international friends, supporters, families, distinguished guests, ward chairmen of Bharatpur 27 & 28, local communities plus special guests from our project activities like health, education, and sanitation.

Vice Mayor of Bharatpur Metropolitan City Mr. Chitrasen Adhikari, was the Chief guest of the ceremony. Special guests and friends from the UK, USA, and Germany were there including the Secretariat of the Federal parliament Mr. Sudarsan Khadka, and his family. Other attendees were local dignitaries, doctors, and key persons involved in Clinic Nepal and the Clinic's larger family.

The Unveiling ceremony was carried out by the Vice Mayor, after which certificates of appreciation were handed out to the many supporters, friends, families, and employees of Clinic Nepal.

Hari Bhandary shared his experience from 25 years of Clinic Nepal in the ceremony and thanked all his friends, supporters, donors, and families. Guests were entertained with music and dancing from local children from Aashako Kiran kindergarten, Daldale, and Scouts.

After the ceremony concluded, a nice dinner party was held where guests could share happiness and stories of success.

Thanks to all supporters, volunteers, friends, and family of the Clinic going forward with great expectations for the next 25 years.

March 22, 2023

It is an honor to have Dr. Frank Bernhard Zimmermann MD., Mrs. Barbara Julia Brigitte Zimmermann, and the Family from Witten Germany for the Appreciation ceremony of the Dr. Zimmermann family held on 22nd March 2023 at Friendship Clinic Meghauli.

The ceremony was also attended by national and international friends, supporters, families, distinguished guests, ward chairmen of Bharatpur 27 & 28, plus special guests from our project activities like health, education, and sanitation.

3. Presentations and Gatherings

Nov 14, 2022

Presentation and Celebrating 25th Clinic Nepal Anniversary in Freiburg Germany.

We commemorated Clinic Nepal's 25th anniversary in Herdecke, Germany, on May 13, 2023.

Ute Herminghaus, a dear friend of ours, offered her home as the venue for the gathering. The celebration kicked out with a welcoming speech from our close friend Gudrun Penn, followed by Hari Bhandary and a speech from a student we are helping with her master's studies in Germany. A hearty Nepali dinner marked the evening's conclusion.

Nov 29, 2022

Hari presented Certificates of Appreciation to Beryl Shore, Marion Collis and Westbury-on-Trym Methodist Church in recognition of their support over more than 25 years.

Hari also visited Katherine Howe at her home in Clevedon, near Bristol, and presented her with a Certificate to recognize her wonderful support over many years.

December 5, 2022

Hari Bhandary presented Certificates of Appreciation to chief of the Universitäts Klinikum Freiburg:

Prof. Dr. Frederik Wenz (Ärztlicher Direktor) and vice president of Personalrat Universitäts Klinikum Freiburg in recognition of their support over many years.

December 8, 2022

Hari Bhandary visit Universitäts Klinikum Freiburg meeting Mrs. Petra Mergenthale president and a board of director Personalrat Universitäts Klinikum Freiburg in recognition of their support over many years.

February 2023

Nepal visit of Clinic Nepal Sister Organizations representatives in Clinic Nepal:

Thank you, Mrs. Marina Nadal-Founder and Chairman of Vida Util Barcelona Spain and Maria Herzog- Board of Director of Stiftung Namaste Nepal Christa Schwens Germany for representing Clinic Nepal's Sister organizations and field visits of Clinic Nepal project activities.

During the stay, they visited Aashako Kiran kindergarten, Wolfgang Linke kindergarten, Shree Janaki Sec. School, Friendship Clinic Meghauli, Pragya Academy, etc.

March 27, 2023

We're thrilled to share our experience at the AMWA conference in Philadelphia! We showcased the incredible impact Clinic Nepal is making in healthcare, schools, safe drinking water, solar power, and beyond. Connecting with passionate healthcare professionals and learning from their experiences was truly inspiring. A huge thanks to AMWA, Dr. Laura Helfman, and Dr. Eliza Chin for their unwavering support. Let's continue working together to make a positive difference in the world!

4. An Article from Friends of Clinic Nepal

It was 2019 when I decided to volunteer in Nepal. At that time I had bought a one-way ticket to Kathmandu without knowing where I would finally get to. So I was open to everything that might come. And everything turned out wonderfully.

I sent Hari Bhandari an e-mail from Switzerland and "applied" as a 48-year-old volunteer at the time. It took less than 24 hours and Hari wrote back to me. His answer was short and to the point: "You are welcome".

And that's how it is for all of us who come from Europe, America, Australia, Japan etc.: The Nepali say to us: "Welcome to Nepal". I find that so beautiful. Thank you, thank you, thank you for your incredibly beautiful hospitality, dear Nepalis!

So this is how I came to Meghauli in Chitwan with my intention of volunteering here. That's what I did and since then I've given countless reflexology therapies and foot reflexology massages, but also hypnotherapies and coachings here. All free of charge, of course. At the end I'm not allowed to work with a tourist visa anyway ;-)

In addition to my therapies, the Nepali have also used a lot of other Western know-how from me and my friends. We have renovated the clinic (repainted the interior and added 2 rooms), made plans for the reconstruction of the kitchen building at the children's home in Daldale after the fire and much more.

My time in Nepal is always very enriching and that is probably the case on both sides and I am incredibly grateful to be part of the family here. You are wonderful, dear Clinic-Nepal family.

The activities of Clinic Nepal are so extensive that I have hardly seen any other volunteer organization. Thanks to Hari's vision in which everyone has the right for drinking water, medical care and education, the activities of the Clinic Nepal have a "red thread" as we say in Switzerland. Everything the charity organisation does is aligned with Hari's vision. And that just leads to efficiency. There is no other way. In this way, Hari is also a role model for western managers!

So I was allowed to take part in the daily care of patients in Meghauli and I was also present at several health camps where we drive the Clinic Nepal vehicle to remote and rural areas of Nepal where the people are very poor and where there are no doctors. At these health camps, free doctor's visits are offered and people are given medicines at very low prices. They wouldn't be able to afford normal prices. Also the goat donations (goat giving ceremonies), which we also carry out in the remote areas, are impressive. The female

goats can then be used by the poor families for further breeding and so the Clinic Nepal makes a significant contribution to self-sufficiency in Nepal.

In Megghauli there is drinking water of a quality comparable to that in Switzerland. What we take for granted in Switzerland was only here before 25 years (!) unimaginable. Thanks to Hari Bhandari, a water tower could be built and the groundwater is extracted from a depth of approx. 100 meter, filtered with a system and preserved. Today, drinking water flows from every tap in Megghauli. Just yesterday I saw another water tower under construction in the neighboring village. I was particularly pleased because it also shows that Hari's commitment is exemplary and is being replicated in other parts of Nepal.

Since 2019, there is also a remarkable solar power system next to the water tower in Megghauli. I don't know exactly when it was connected to the grid, but I was able to see for myself that the power supply in Megghauli is much more stable on my subsequent visits. During my first stay, the power went out several times a day. Now it's maybe once a week. A great success for the care of the people here!

Hari also spends a lot of the donation money on education. I was able to meet many people who, thanks to Hari's support, are able to receive a better education. This would not be possible with the family's own means. Hari has invested in schools, built new children's playgrounds in kindergartens, made it possible to study at universities in Nepal and Germany, etc.

Hari, that's wonderful!!

I also have a sponsor child in Nepal and several friends in Switzerland followed this idea and also support children in Nepal with a financial contribution. In this way, we support further training significantly and, for example, in the Daldale children's home, we make it possible for children (whose parents have no money) to be provided with a home, food and a school uniform. The school fees and the teaching material are also financed by the sponsors. Hari and his team are managing the donations in an exemplary manner and ensure that the children are only sponsored for as long as they are actually going to school and perform well.

Dear Hari, dear Clinic Nepal family. This is my fourth time here in Nepal since my first stay. It is always a «coming home». Not even the global COVID-19 lockdowns could stop me. I have been to Nepal twice during the COVID period. Every time I can experience new miracles that Hari makes possible with his big heart and his team. I will always come back and support you wherever I can. A very big compliment and my greatest appreciation for everything you have been able to achieve in the last 25 years. It is unique, great, wonderful! We need more people like this in this world! I wish you all the best for your anniversary and continued success in realizing Hari's vision!

13th october 2022

Tony Schaller, Switzerland – currently in Megghauli, Chitwan, Nepal

November - December 2022

We are four doctors from Germany and working in different fields; internal medicine and surgery. We spend one week in the Clinic Nepal to see the circumstances of the health care system and to help there.

Every day we visit the Clinic Nepal; one surgeon and one internal physician went together to the clinic to see patients or to assist the doctors who are working there.

We saw different patients with trauma, skin infections or chronic diseases.

Every afternoon there was a doctor from different fields to see his patients. Every day there was a different focus. Some days an orthopaedic came by, another day an ophthalmologist or oral doctor. The people, who are living in Megghauli know which day which doctor is coming, so they are going to the Clinic Nepal when the specialized doctor is there.

For diagnostic examination there is an x- ray and normally an ultra sound which was broken at the time.

In general there is a good network and organization at the Clinic Nepal. We were happy to visit and see the work that the doctors, Assistents and nurses are doing there.

Dr. Alina Burau, Switzerland

5. Clinic Nepal would like to extend its warmest gratitude to:

- ✚ All of Clinic Nepal's dedicated staff and compassionate volunteers, to the local people, and to those from overseas.
- ✚ Special thanks to all those kind doctors and experts who came to the clinic and provided their valuable health services and care.

6. Members of Clinic Staff

- ✚ Suman Poudel – Clinic Manager
- ✚ Sanjay Ghimire – Assistant Manager
- ✚ Tulsi Thapa Magar – A.N.M. (Nurse)
- ✚ Saraswoti Mahato – A.N.M. (Nurse)
- ✚ Sudeep/ Chandra mani Aryal – Laboratory Technician
- ✚ Sabita Subedil – General duties
- ✚ Bal Bahadthur Mahato – Night Guard

- Friendship Scout Troop

- ✚ Sirjana B.K Scout
- ✚ Shiva Baral Scout

- Aasha ko Kiran Kindergarten

- ✚ Bishnu Sapkota
- ✚ Bhagwat Bhandari
- ✚ Gita Raut
- ✚ Sita Gautam
- ✚ Bishnu Kumarai Ghimire
- ✚ Asha Shrestha
- ✚ Dhurbha Poudel (Hostel)
- ✚ Ranjana Majhi (Hostel)
- ✚ Tikisara Rana Magar (Hostel)
- ✚ Goma Chhetri (Hostel)

- Wolfgang Linke Kindergarten

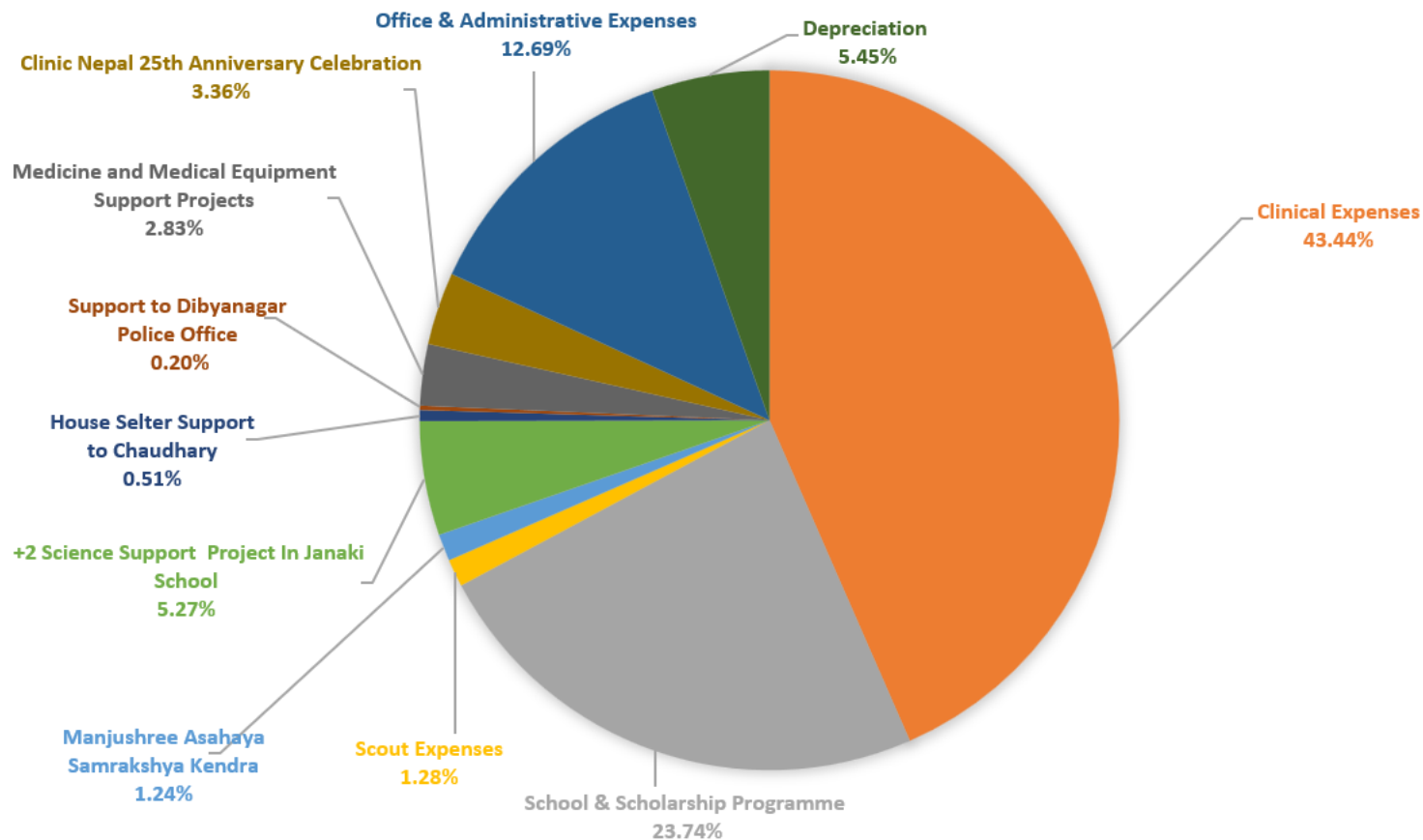
- ✚ Hari Kala Pokheral
- ✚ Hira K.C
- ✚ Sun Maya Mahato Chaudhari
- ✚ Sabita Mahato

7. **Our Sister Supporting Organizations:**

- ✚ Partners in Practice (PiP), Denmark
- ✚ Förderkreis “Friendship Clinic Nepal” e.V. Germany
- ✚ Klinik Nepal e. V. Hagen, Germany
- ✚ Committed Supporters for Development e.V. Germany
- ✚ G.B.C., Gibraltar
- ✚ Clinic Nepal Charity, Gibraltar
- ✚ Integral Yoga Centre, Gibraltar
- ✚ Fundacion Privada Vida Util, Barcelona, Spain
- ✚ Service in Satchidananda (SIS)
- ✚ GB Group, Chester, UK
- ✚ Namaste Nepal Scout Active Support Unit, Bristol, UK
- ✚ Friendship Clinic Nepal, Bristol, UK
- ✚ Florida State University, Diehl Family Social Enterprise Competition, USA
- ✚ Global peace exchange, (GPE) FSU/ BSC,USA
- ✚ American Medical Women's Association, USA
- ✚ Clinic Nepal Inc. GA. USA
- ✚ Stiftung Namaste Christa Schwens Germany
- ✚ Rotary District 3450, Hong-kong The One International Humanitarian Award – 2016
- ✚ Vijit Dhammanuvati (Vong) Bhikku, Rong Province of Thailand
- ✚ Nepal Kinderhilfe e.V, Germany
- ✚ All generous donors, individual sponsors, and kind supporters

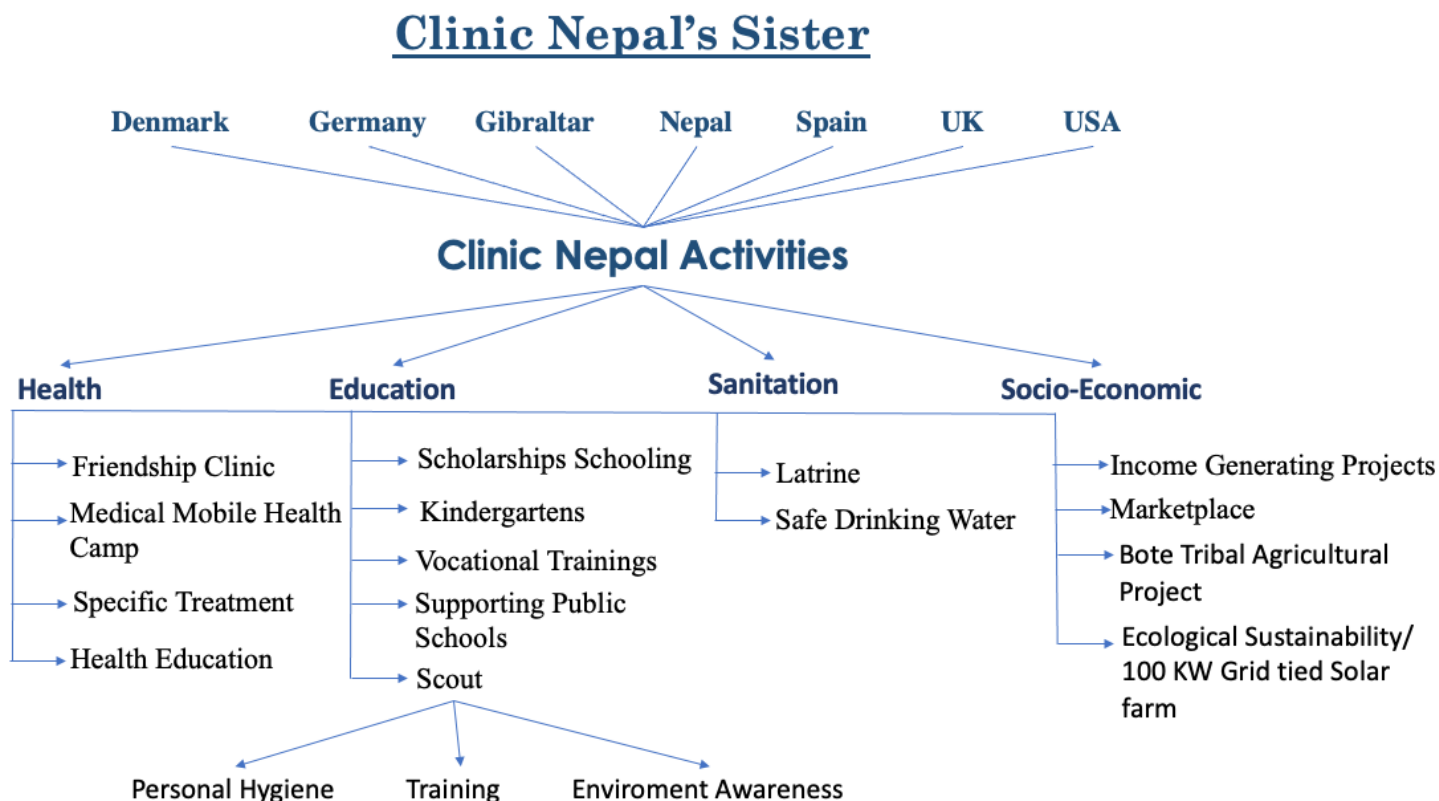
8. Clinic Nepal Expenditures- Project activities wise:

CLINIC NEPAL EXPENDITURE FROM 17TH JULY 2022 TO 16TH JULY 2023 (IN PERCENTAGE)



9. Sister Charities

Clinic Nepal has registered sister charities supporting its work in the following countries.



10. Links

www.clinicnepal.com

www.clinicnepal.de

<https://www.facebook.com/pages/Clinic-Nepal/466717603339757?ref=hl>

<https://www.facebook.com/Friendshipclinicnepal>

<https://www.facebook.com/fundacionvidautil/>

Hari Bhandary

Founder and Chairman

Clinic Nepal

Bharatpur – 27 Meghauri, Chitwan

19th September 2023.