



YEAR BIRTHDAY OF
SIR EDMUND HILLARY, KG ONZ KBE

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

ANNUAL PROGRESS REPORT 2018/19

AUGUST 2019

Write-up

Dr. Mingma Norbu Sherpa, **CEO**
Mr. Dawa Tshering Sherpa, **Programme Officer**
Ms. Pema Diki Sherpa, **Admin. Assistant**

Editor

Lakpa Sherpa

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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 continuous 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 programme of Himalayan Trust in Solukhumbu district. Under the chairmanship of Richard C. Blum of San Francisco, AHF continues financial support to the Himalayan Trust Nepal educational programme, cultural

preservation and conservation of century-old monastery, maintenance of schools and rural community programme. 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 of the Thame Hostel Construction Project. 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 and Bruce Moore, the regional director in Kathmandu for their valuable support.

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.

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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 Mrs. 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, 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 Poyan 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 for the living costs of Poyan village students at Chaurikharka High School. HTN highly appreciates the support of Chairwoman Mrs. Ursula Heuscher, board members Werner Heuscher, Werne Luthy and rest of board of trustees to the students of this remote mountain villages.

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, Chheskam, Bung and Juving schools. HTN extends its sincere appreciation to 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.

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12. Himalayan Sherpa Foundation-Nepal

We acknowledge the hard work of Dr. Kami Temba, Dr. Mingma Kanchi Sherpa and his 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.

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Mr. Mahendra Bahadur Kathet, Mr. Isworman Rai and Mr. Bishnu Rayamajhi teacher trainers of the HTN have delivered School-Based Teacher Training Programme (SBTTP) in 11 schools under Kharikhola, Juving and Takshindo High School clusters over the last three years successfully. They have been coordinating with the respective local government authorities, school management committees, parents and teachers' association and stakeholders to improve the learning achievements of primary level students. Thanks go to HTN trainers for their hard work in the field. I thanks to Mr. Naba Bahadur Bhujel for his coordination role from the district headquarter.

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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
Himalayan Trust Nepal



Pasang Dawa Sherpa
Chairman
Himalayan Trust Nepal

TABLE OF CONTENT

Acknowledgements
List of Abbreviations
Map of Solukhumbu
Executive Summary

Chapter-1

Background of Report

- | | | |
|-----|------------------------|-----|
| 1.1 | Introduction | |
| 1.2 | Objectives | |
| 1.3 | Presentation of Report | 1-2 |

Chapter-2

Education Programme

- | | | |
|-----|---|------|
| 2.1 | Background | |
| 2.2 | Objectives | |
| 2.3 | Activities | 5-24 |
| | 2.3.1 Teaching Materials Support | |
| | 2.3.2 Computer Lab Support in Solukhumbu Schools | |
| | 2.3.3 School WaSH Project | |
| | 2.3.4 Monju Community Hall Construction Project | |
| | 2.3.5 Child-friendly Classroom Furniture | |
| | 2.3.6 Teacher Support | |
| | 2.3.7 School-Based Teacher Training Programme | |
| | 2.3.8 Scholarships | |
| | 2.3.9 Career Counseling | |
| | 2.3.10 School Management Plan | |
| | 2.3.11 Thame School Hostel Construction Project | |
| | 2.3.12 MFAT reviewed the education programme of HTN | |
| 2.4 | Achievements and Accomplishments | |

Chapter-3

Health Programme

27-43

- | | | |
|-----|--|--|
| 3.1 | Background | |
| 3.2 | Objectives | |
| 3.3 | Activities | |
| | 3.3.1 Kunde Hospital Management | |
| | 3.3.2 Management of Peripheral Clinics | |
| | 3.3.3 Free Eye Camp at Kunde Hospital | |
| | 3.3.4 Drugs Support | |
| | 3.3.5 Phaplu Hospital | |
| | 3.3.6 Incentives to Phaplu Hospital Staffs | |
| | 3.3.7 Management of clinics supported by | |

- Forgotten Sherpa of Nepal Trust
- 3.3.8 Patale Community Health Service
- 3.3.9 Likhu-Pike Rural George Hunter Health Service
- 3.4 Achievements and Accomplishments

Chapter-4

Cultural Programme 47-48

- 4.1 Background
- 4.2 Objectives
- 4.3 Activities
 - 4.3.1 Teachers Support
 - 4.3.2 Partial Support to Tengboche Monastery and Debucho Nunnery
- 4.4 Achievements and Accomplishments

Chapter-5

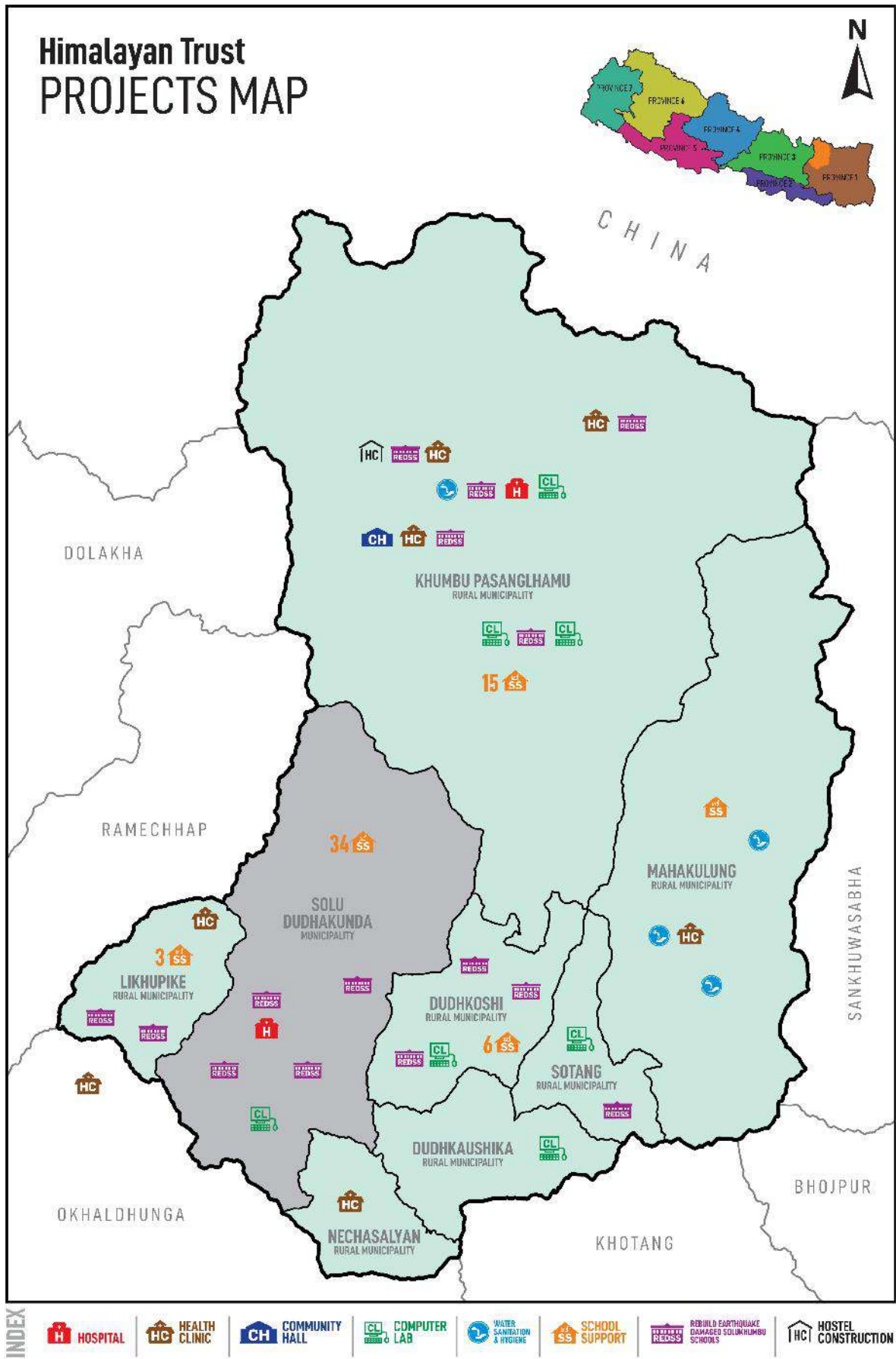
Management and Governance 51-58

- 5.1 Annual General Meeting
- 5.2 DPAC Meeting
- 5.3 Changes in the Management and the Executive Board
- 5.4 11th Anniversary of Sir Ed marked
- 5.5 Helen Clark's visit
- 5.6 Reception at British Embassy
- 5.7 Sir Ed's Centenary celebrated
- 5.8 Team building workshop conducted
- 5.9 HTN activities aired
- 5.10 Monitoring
- 5.11 Conclusion

Annex-1 Articles from HTN Scholarship Recipients

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
GHF	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
MSMT	Medical Service Management Trust
NZMFAT	New Zealand Ministry of Foreign Affairs and Trade
PLRM	Pasang Lhamu Rural Municipality
PO	Programme Officer
REDSS	Rebuild Earthquake Damaged Solukhumbu Schools
SBTTP	School Based Teacher Training Programme
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



EXECUTIVE SUMMARY

The fiscal year 2018/19 has been one of the most successful years in the history of Himalayan Trust as it achieved many milestone changes. Apart from regular operation and management of its ongoing projects such as Kunde and Phaplu hospitals and Khumjung School, Himalayan Trust Nepal could accomplish the School Based Teacher Training Programme (SBTTP) and Monju Community Hall Building Project. HTN could help furnish eight schools with child-friendly furniture. Some of the new interventions like building of gender friendly toilets with flush water system and the implementation of School Water, Hygiene and Sanitation Project in Bung, Pelmang and Chheskam Schools with financial support from the Grand Circle Foundation of USA are a few of the new undertakings. School-based teachers training through Himalayan Trust Nepal's trainers and exchange visit and training of teachers in Little Angels and Solukhumbu schools have built skills and motivation of local teachers.

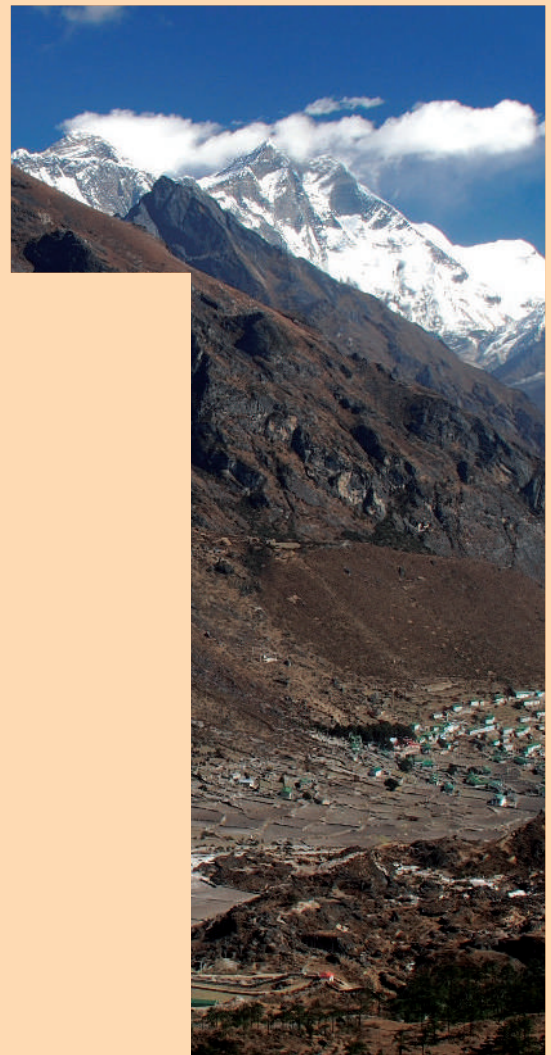
The HTN successfully organized various activities to celebrate Sir Ed's centenary. Among the activities HTN hosted the dinner reception and the field trip of Rt. Honorable Helen Clark and her team in the Solukhumbu from 16th to 29th May 2019. Other programme activities undertaken to celebrate Sir Ed's centenary included publication of centenary magazine, documentary film, posters and congregational event at Himalayan Trust on the 20th of July 2019.

HTN could also hire Mr. Lhakpa Tenji Lama as a consultant to prepare Junbesi and Khumjung school management plans, Kunde hospital staff training plan, new project proposal and centenary magazine publication. HTN got help from Mrs. Yangji Doma Sherpa to prepare Kunde hospital brochure and promotional area maps.

Himalayan Trust Nepal could meet many important and high-level officials and delegates from Himalayan Trust New Zealand and American Himalayan Foundation USA. HTN's CEO Dr. Mingma Norbu Sherpa attended Himalayan Trust New Zealand AGM in November 2018 and strengthened the institutional relation with Himalayan Trust New Zealand. Meeting with all the supporting and implementing partners of HTN to share and exchange ideas.

The new CEO along with its board members and staff made regular planning and monitoring visits to field project sites such as Thame, Monju, Sano Gumela, Chaurikharka, Bung, Chheskam, Sotang and Junbesi over the year. HTN's chairperson and board members could make field visits to Khumjung school and Kunde hospital in 2019. The field visits have been effective for planning, observation, monitoring and evaluation of HTN's work progress and identify the real needs of community and stakeholders.

CHAPTER



BACKGROUND

1.1 Introduction

Himalayan Trust Nepal (HTN) implemented various programme activities on health, education and livelihood in the fiscal year 2018/19. The year marked one of the most successful years as the organization could accomplish some of the milestone projects such as School Based Teacher Training Programme (SBTTP), Monju community hall building, computer lab establishment and furnished the classrooms with child-friendly desk and bench in schools. HTN could continue its long-term ongoing projects such as operation and management of Kunde Hospital, financial support to Phaplu hospital and various clinics, successful implementation of scholarship programme. The organization could also remarkably progress on computer lab establishment in 8 schools of Solukhumbu in partnership with Edu-Tech 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 Monju, School WaSH Project at Juving School. HTN could also commission a planning mission team to Junbesi and Khumjung high schools to prepare their 10-years school management plans. Similarly, a feasibility study for bee farming in the Sotang, Bung, Cheskam and Juving areas were also conducted and a proposal developed.

In terms of programme management and governance, HTN could appoint two sub-engineers for School WASH Project and Thame hostel building project within the fiscal year. Most importantly, the new management and governance body could meet many of its donors and strengthen institutional relations. The body could also approach some of the new donors, such as New Zealand High Commission, Slovak Aid, Slovakia High Commission.

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 (2018/9) to inform its target beneficiaries, donor community, government line agencies and concerned stakeholders. The report analyzes what went on well and what did not go on well and why?

1.2 Objectives

The overall objective of the Annual Progress Report is to share its annual progress achievements to 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 Report

The overall progress achievement of the fiscal year 2018/9 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, various educational activities undertaken in the fiscal year with achievements.

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

Chapter four provides information about progress on cultural 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



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 and quality education in the same area, HTN has been supporting over 65 schools. 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 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 facilities in schools; 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 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 School-Based Teachers Training Programme.
- ◆ To provide teaching material support including computer labs to 65 community schools.
- ◆ Support to build earthquake-resistant classrooms with child-friendly furniture.
- ◆ To create a child center teaching and learning environment.

2.3 Activities (Inputs)

There are more than twelve different components of activities implemented under the education programme in the fiscal year 2018/19. They are basically teachers support in 10 schools, teaching materials support in 59 schools, child-friendly classroom furniture support in 8 schools, School-Based Teacher Training Programme in 11 schools, Scholarships for basic, high school and college level students, career counseling for SEE graduates of Khumjung, Chaurikharka and Kharikhola

high schools; School WaSH projects in Bung, Pelmang and Chheskam schools; establishment of computer labs in 8 schools, community hall building in Monju basic school, hostel building in Thame basic school and formulation of school management plans. Further details about these activities are briefly presented under the following sub-headings:

2.3.1 Teaching Materials Support



Teaching Materials ready for dispatch

schools after the Himalayan Trust initiated its Primary Teacher Training Programme from 1998 to 2004. The programme was effective throughout the district since 2015. However, as per the recommendation of HTNZ's education programme evaluation of 2015, the teaching material support programme was downsized gradually and ended in 2018. As a result, the

Himalayan Trust has been supporting teaching and learning materials such as stationeries, sports materials and musical instruments to schools of Solukhumbu since 1986. The intention behind this support was to encourage more students to join school and help parents reduce their financial burden. Sir Edmund Hillary himself started this programme in 1989. The teaching material support programme was expanded to 63

teaching material support project was supposed to phase out in 2019. Nevertheless, the monitoring visit of Himalayan Trust New Zealand Chairman Dr. Mike Gill and General Manager John Loof along with Teacher Training Coordinator Mahendra Bahadur Kathet and CEO Dr. Mingma Norbu Sherpa of Himalayan Trust Nepal with board decision from both countries could revive the teaching material support project in 60 plus schools. Parents,



Teaching Materials ready for dispatch

teachers and all stakeholders strongly demanded that the teaching material support was very important for their children. The materials were procured in Kathmandu, transported to Khumbu and Salleri through planes and helicopters. It was then carried by porters and delivered to the respective schools. The materials were given to 60 plus schools with the financial support of Himalayan Trust New Zealand. This year's materials list did not include note books and pens to students. There is a strong request on such materials in some of the backward areas. The quantity of the materials are provided on the basis of the number of students.

2.3.2 Computer Lab Support in Solukhumbu Schools

Edu-Tech Nepal, HTN and the School Management Committees (SMCs) agreed to establish computer labs as shown in the picture in seven different high schools with the aim of providing computer-based education and skills in the modern and tech-savvy world of the present day. Edu-Tech Nepal is an NGO based in Nepal and supported by Mike Chisholm and Sheryl Chisholm of New Zealand, and is responsible for providing the computers, which include 20 computers in each lab. HTN is responsible for the transportation and coordination and monitoring, and respective SMCs have to bear the cost for furnishing, painting and carpeting the lab.



Computer Lab at Lukla School.

Along with the installation of computer labs, EduTech Nepal in coordination with HTN provided comprehensive computer lab training to the seven teachers from seven schools at Janajagriti Secondary School in Salleri in 2019. The main aim of the training was to enhance the skills of the computer teachers to operate and manage the computer labs properly and to maintain the hardware and software parts in an effective manner.

The computer lab in Khumjung Secondary School was jointly inaugurated by Dr. Mike Gill and Mr. John Loof of Himalayan Trust New Zealand, Mr. Mike Chisholm of EduTech Nepal, Mr. Pasang Dawa Sherpa of Himalayan Trust Nepal



Computer Lab at Khumjung School.

and Mr. Laxman Adhikari, Ward Chairman of Khumbu Pasanglhamu Rural Municipality - 4 on the 2nd of December 2018. The inauguration event was a grand one attended by more than 500 participants. A cultural programme was organized to welcome guests and thank supporters.

The computer teacher for Khumjung School is supported by the Greater Himalayas Foundation (TGHF) – *Honoring the legacy of Late Mingma Norbu Sherpa*. The computer lab of Junbesi Secondary School was inaugurated by Rt. Honorable Helen Clark, former Prime Minister and Patron of Himalayan Trust New Zealand on the 28th of May 2019 during her Sir Ed's centenary

visit to the Everest region. Dr. Mike Gill and John Loof inaugurated the computer labs at Juving and Kharikhola high schools in November 2019.

The list of Schools which set up computer labs in FY 2018/19

S.N.	Name of the School	Address
1	Janta High School	Lokhim
2	Birendra Jyoti High School	Sotang
3	Janajagrity High School	Salleri
4	Juving High School	Juving
5	Kharikhola High School	Kharikhola
6	Khumjung High School	Khumjung
7	Lukla Basic School	Lukla
8	Junbesi Secondary School	Junbesi

Seven more schools have been selected for computer lab installation in the fiscal year 2019/20. Lab installation orientation has been given to teachers and SMC chairs in EduTech Nepal in July 2019. The teachers and SMC members of the seven schools were given orientation and instructions for establishing computer labs. A tri-partite MoU was signed on the 5th July 2019 between EduTech Nepal, Himalayan Trust Nepal and the respective schools as listed below.

- ◆ Shree Kanku Secondary School, Bhedachaur
- ◆ Shree Padma Kanya Basic School, Basa
- ◆ Shree Janasewa Basic School, Sano Gumela
- ◆ Shree Mahendra Jyoti Secondary School, Chaurikharka
- ◆ Shree Basakhali Secondary School, Basa
- ◆ Shree Himalaya Secondary School, Basa
- ◆ Shree Garma Secondary School, Garma

2.3.3 School WaSH Project

Water, Sanitation and Hygiene (WaSH) are the fundamental aspects of a good school environment. Adequate provision of clean water supply; gender-friendly, inclusive sanitation and good hygiene practices in schools reduce cases of hygiene-related diseases; increase students' attendance and improve learning achievement; and contribute to dignity, inclusion, and equity. The needs-assessment survey conducted by HTN in 2017 showed that community schools located in the remote mountain region of Solukhumbu district still lack resources, knowledge and capacity to build, operate and maintain Water, Sanitation and Hygiene (WaSH) facilities. Therefore, HTN designed a two-year school WaSH programme to sustainably improve access to safe, sufficient water; adequate,

inclusive sanitation facilities; and promote good hygiene practices to improve learning environments and educational performances. The first project of this nature integrated by hardware and software components has been implemented in three community schools, namely 1) Chheskam Secondary School, Chheskam, (2) Bung Secondary School, Bung and (3) Pelmang Basic School, Pelmang and continues to support the WASH project. The hardware part includes construction of drinking water supply, gender-friendly toilets and water filtration system. The software component includes training, orientation, capacity building and institutionalization of WaSH system in creating a child-friendly learning environment.

The construction of toilet and drinking water project at Chheskam high school and Pemang basic school have been completed. Likewise, construction of a reservoir tank for drinking water supply at Sagarmatha high school Bung has been completed by 95 percent.

The software activities such as maintenance training, menstrual hygiene training to raise public awareness and orientation programme on personal hygiene and sanitation of the School WaSH project have been conducted in Chheskam Secondary School, Sagarmatha Secondary School, Bung and Pelmang Basic School. The WaSH Project is fully funded and supported by Grand Circle Foundation (GCF) of USA.

The two classroom building construction at Sotang school has been completed by 80 percent. The rooms will be used for Early Grade classes and the project is supported and funded by Josef Wessinger.

The support was provided on the request of the School Management Committee, local government and community. Himalayan Trust and



EduTech Nepal supported Sotang high school to set up a computer lab in 2018. This earthquake resistant classroom building support is our second project in Sotang high school. Provincial government has selected Sotang high school as a model school in 2019.

2.3.4 Monju Community Hall Construction Project



▲
Monju Community Hall after completion

The Monju Community Hall construction project has been completed in May 2019. Rt. Honorable former Prime Minister and Patron of Himalayan Trust New Zealand Helen Clark officially inaugurated the building on the 18th of May 2019. The inaugural ceremony was attended by more than 100 participants from Nepal and New Zealand. Some of the distinguished guests included

Dr. Mike Gill, Sarah Hillary, Dr. John McKinnon, Diane McKinnon, John Loof, Christ Carter (former education minister of New Zealand), Himalayan Trust members and staff, Himalayan Trust Nepal Chairperson Mr. Pasang Dawa Sherpa, CEO Dr. Mingma Norbu Sherpa, Joint Secretary Lhakpa Tenji Lama, staff members, deputy chairwoman of Khumbu Pasang Lhamu Rural Municipality Ms. Tashi Lhamu Sherpa, local leaders, government officials and local community.



▲
Monju Community Hall inaugurated by Rt. Honorable former Prime Minister Helen Clark.

Mr. Pasang Dawa Sherpa officially handed over the key and certificate of the community hall to Mr. Furtemba Sherpa, chairman of School Management Committee in presence of all the distinguished guests. Appreciation letters were awarded to all the supporting donors, local contributors and contractors. Mrs. Ingrid Versen, Chairwoman of Sir Edmund Hillary Stiftung Germany and Mr. Manfred Haupl of HAUSER Exkursionen

International were the principal donors who provided funding for the implementation of the project. Likewise, Mrs. Phurba Sona Sherpa from The Greater Himalayas Foundation of USA and Dr. Pasang Yangjee Sherpa from Monju provided the additional fund for internal furnishing.

2.3.5 Child-Friendly Classroom Furniture

Fifteen schools with 70 earthquake resistant classrooms have been rebuilt through Himalayan Trust in 2016 and 2017. Those schools have new classrooms but do not have desks and benches. Therefore, Himalayan Trust decided to provide child-friendly desks and benches in 2018 and 2019. The new child-friendly desks, benches, carpets and cushions were distributed to respective schools that were



▲
Child-friendly furniture ready to distribute.

selected to be furnished in 2019 with new classroom furniture for the grades from Early Childhood Development (ECD) to five. District Coordinator Mr. Nava Bahadur Bhujel handed over the child-friendly furniture of Chomolongma Basic School on 18th of December 2019. Likewise, the child-friendly furniture of Junbesi Secondary School was handed over by HTN Programme Officer Mr. Dawa Tshering Sherpa on the 21st of December 2019. Similarly, the child-friendly furniture for Janakalyan Basic School, Juving Secondary School, Saraswoti Basic School, Takshindu Secondary School and Dipjyoti Basic School was handed over to respective schools by our Teacher Training Coordinator Mr. Mahendra Bahadur Kathet and Teacher Trainers, Mr. Ishwor Man Rai and Mr. Bishnu Kumar Rayamajhi on 2nd of March 2019 at Phaplu.

The child-friendly furniture of Khumjung School was transported to Phaplu on 4th of May and thereafter was airlifted to Syangboche on 13th of May 2019. Therefore, all the above schools that were selected for the furnishing of new child-friendly furniture has been accomplished this year. This part of the furniture is



▲
Child-friendly furniture handed over by Mr. Dawa Tshering Sherpa (PO) to Junbesi School.

being supported by Himalayan Trust New Zealand and Nepal. The details of the schools receiving classroom furniture in 2019 are provided in the following table:

Details of Schools receiving furniture in 2018/19

S.N.	Category	Grade 1-2			Grade 3-5	Grade 6-10
	Particulars	Carpet	Cushion	Low table	Low desk bench	Desk bench
	Name of school	Quantity	Quantity	Quantity	Quantity	Quantity
1	Janakalyan Basic School	30	20	8	8	
2	Juving Se condary School	30	25	8	8	
3	Saraswati Basic School	34	32	8	12	
4	Takshindu Secondary School	30	33	8	26	
5	Khumjung Secondary School			13	28	
6	Dipjyoti Basic School				7	
7	Junbesi Basic School					36
8	Chhomolongma Basic School	3	14	8	20	
Total		127	124	53	109	36

2.3.6 Teachers Support

After the successful celebration of the 50th anniversary of Khumjung Secondary School in 2010, the SMC and local stakeholders decided to adopt English as the medium of teaching in Khumjung and its feeder schools, namely Phortse, Pangboche, Thame and Namche in 2011. Likewise, English-medium based teaching was introduced in seven schools of the Pharak region in 2012 under Mahendra Jyoti Secondary School cluster. Therefore, to implement this decision and improve the quality of education in Khumbu schools, Himalayan Trust decided to provide teachers support to teach major subjects like English, Science, Social Studies and Math in the English medium. HTN, with the financial assistance of American Himalayan Foundation, Himalayan Trust New Zealand, Himalayan Trust UK, The Greater Himalayas Foundation and Rotary Club Koblenz Dt. Eck, Germany, supported nine schools with twenty-one teachers.

The English medium-based teaching in the eleven of the Khumbu schools have been highly successful as the last three badges of SEE graduates of Khumjung and Chaurikharka schools secured higher GPA than in the previous years. The Khumbu SEE graduates were also successful in getting admission in English medium colleges in Kathmandu and were able to cope up with English medium teaching. This has increased the chances of getting more academically qualified students produced in the future.

2.3.7 School-Based Teacher Training Programme

Himalayan Trust Nepal has been implementing School Based Teacher Training Programme in 11 different schools of Kharikhola, Juving and Takshindu clusters since 2016 with the funding from Himalayan Trust New Zealand. During an academic year, three monitoring and observation visits were carried out to strengthen and sustain the quality teaching and learning strategy in the

schools. The three-year programme has been successfully completed from the 16th of July 2019 with a review programme conducted by Education Coordinator Mr. Mahendra Bahadur Kathet and his team including Teacher Trainers, Mr. Ishwor Man Rai and Mr. Bishnu Kumar Rayamajhi. This review programme was necessary so as to assess the effectiveness of the programme through the perspective of the stakeholders. Other reasons for conducting the review programme were that it helped all the teachers to recall, revise and revive the child-centered teaching and learning skills that they have practiced and discussed over the training period.



▲
Group Photo of SBTTP teachers & HTN trainers.

Also, the newly appointed teachers would get the opportunity to capture the ideas of child-centered teaching skills through the programme. More importantly, another major objective that the programme had focused on was exploring the ways for the sustainability of the programme and identifying the challenges and management in the process of increasing the quality of basic education.



2.3.8 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. Currently, more than 152 students are studying in Nepal and abroad on various streams. The scholarships have enabled many students from the remote mountain villages to achieve higher education and have been successful in producing medical doctors, environmentalists, engineers, teachers, nurses, leaders, successful business entrepreneurs and many professionals over the years. Certain numbers of scholarships are reserved for students who are interested in technical and vocational education. These skills are important to obtain for the students and also to meet the service requirement of the local community.



▲
HTN Scholars Group Photo taken during celebration of Sir Ed's centenary.

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 fulfillment 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 fulfill the job demand in the Solukhumbu region

The recent value of the scholarship does not cover all the educational expenses of the students but it does help to cover the cost of tuition and books in colleges. The rest is covered by their parents. HTN has been providing various scholarships under the financial support of the following organizations:

- ◆ Himalayan Trust New Zealand –Sir Edmund Hillary Memorial Scholarship
- ◆ American Himalayan Foundation – Mountain Disaster Relief Education Scholarship (MDRES)
- ◆ Sir Edmund Hillary Foundation Canada – Medical Scholarship
- ◆ Benoit Chamoux Foundation France – MDRES
- ◆ The Greater Himalayas Foundation USA - *Honoring the legacy of Mingma Norbu Sherpa*
- ◆ Himalayan Trust UK –MDRES
- ◆ Sir Edmund Hillary Stiftung Germany – Louise and Belinda Hillary Memorial Scholarship
- ◆ Poyan Foundation Switzerland

2.3.9 Career Counseling



Career Counseling session

Himalayan Trust Nepal provides funding support to conduct a career-counseling programme for the SEE graduates before they join igh School (10+2) every year. For that, Sherwi Yondhen Tshokpa (Khumbu Sherpa Student's Forum), Khumjung School Alumni Association and Mahendra Jyoti Ex- Student's Forum jointly conduct career counseling programme every year.

The counseling methodologies help students to assess their strength and identify their academic interests and goals and to improve their mental and emotional wellbeing. This component leads to:

2.3.11 Thame School Hostel Construction Project



Thame School Hostel being Constructed

students from the next academic session. The main aim of building this hostel is to retain the local students in the village, educate them in Sherpa culture settings and ease the lives of the parents. Mr. Dipu Sherpa has been appointed as Field Supervisor to implement the Thame School hostel



construction project at Thame Basic School. The physical construction of the hostel building targeted for December is likely to complete by October 2019. The internal part of the hostel project is planned to complete within March 2020 and will be operated from April 2020. The design of the hostel project was prepared by ETH Zurich.

2.3.12 MFAT reviewed the education programme of HTN



Students offering khata to Mr. John Loof, General Manager of Himalayan Trust NZ.

over the last three years in the Solukhumbu district. The evaluation report has been already submitted to MFAT and on the recommendation of the report, Himalayan Trust New Zealand has been formulating a five year's education programme for Nepal.

The Ministry of Foreign Affairs and Trades (MFAT) of New Zealand reviewed the education programme of Himalayan Trust from 15th to 23rd March 2019. The CEO of Himalayan Trust Nepal, Dr. Mingma Norbu Sherpa visited Khumbu schools along with delegates from MFAT, New Zealand and General Manager of Himalayan Trust New Zealand, Mr. John Loof, to evaluate the education programme implemented by HTN

2.4 Accomplishments & Achievements

Himalayan Trust Nepal is proud to produce hundreds of educated, young professionals every year. HTN scholarship-recipient students are the working force of Solukhumbu and of wider Nepal today. They are transforming the lives and livelihoods of many Solukhumbu people and contributing to the national development.

List of Schools getting teaching materials support in 2018/19

Cluster Name	59S.N.	School Name
Salleri 1 Cluster	1	Dudhkunda Basic School, Phaplu
	2	Phaplu Community Secondary School
	3	Chiwang Basic School
	4	Swornim Basic School, Thating
	5	Kyamje Basic School
	6	Serga Bagam Basic School
	7	Jana Jagriti Basic School
	8	Dorpu Basic School
	9	Jana Jagriti Secondary School
Salleri 2 Cluster	10	Jana Sudhar Basic School, Khoriya
	11	Ramailo Jyoti Basic School, Jaidu
	12	Saraswoti Basic School, Kuni Khop
	13	Manjushree Basic School, Lura
Junbesi Cluster	14	Junbesi Secondary School
	15	Himalayan Sherpa Buddhist Basic School, Phungboche
	16	Mopung Basic School
	17	Buddha Academy, Tumbuk
	18	Beni Basic School, Beni
	19	Beni Basic School, Salabesi
	20	Namo Buddha Basic School, Phera
	21	Seti Devi Basic School, Charchhare
	22	Chandrajyoti Secondary School, Bhakanje
	23	Lumukarma Basic School
	24	Goli Basic School
	25	PK Loding Secondary School
	26	Jwalamai Basic School
	27	Tenzing Norgay Basic School
Taksindu Cluster	28	Phalamkhani Basic School
	29	Taksindu Secondary School, Nunthala
	30	Saraswoti Basic School, Fuleli
	31	Ringmu Basic School
	32	Bal Bikash Basic School, Chhulemu
	33	Dudhkunda Basic School, Hewa
	34	Babu Chhiri Basic School, Sat
	35	Deku Basic School, Deku

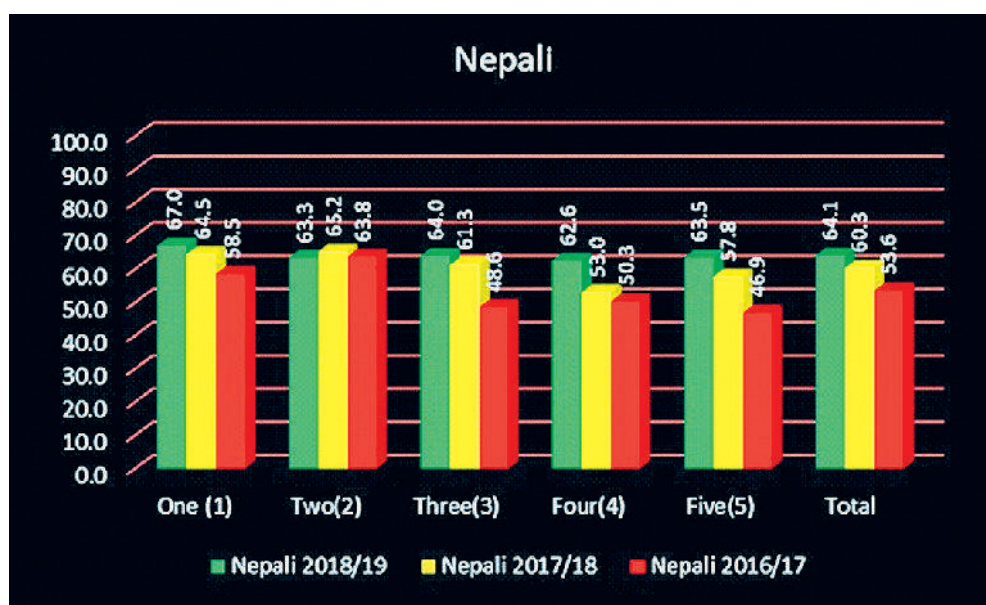
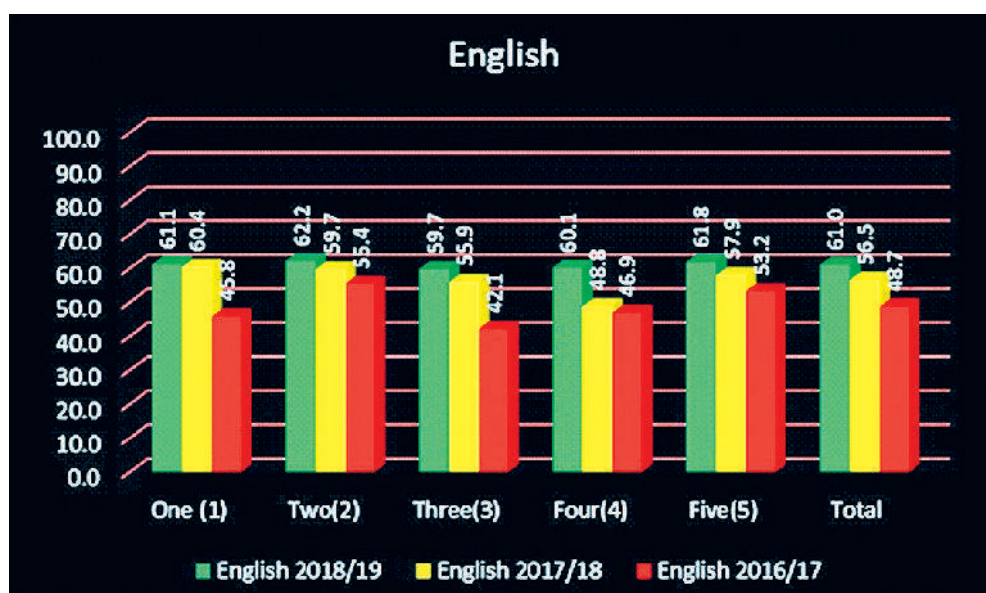
Kharikhola Cluster	36	Kharikhola Secondary School
	37	Juving Secondary School
	38	Dudhkoshi Basic School, Bumburi
	39	Buddhibikash Basic School, Solaban
	40	Buksa Basic School, Buksa
	41	Janakalyan Basic School, Hatemu
	42	Dipjyoti Basic School, Didam
	43	Mera Basic School, Kopra
	44	Inkhu Basic School, Sibuche
Khumjung Cluster	45	Pankonija Basic School, Pangom
	46	Khumjung Secondary School, Khumjung
	47	Pangboche Basic School, Pangboche
	48	Phortse Basic School, Phortse
	49	Thame Basic School, Thame
Chaurikharka Cluster	50	Himalaya Basic School, Namche
	51	Mahendra Jyoti Secondary School, Chaurikharka
	52	Janasewa Basic School, Sanogumela
	53	Yubabarsa Basic School, Monjo
	54	Lukla Basic School, Lukla
	55	Pema Chholing Basic School, Ghat
Bung Cluster	56	Naulekh Basic School, Poiyan
Cheskam Cluster	57	Sagarmatha Secondary School, Bung
	58	Pelmang Basic School, Pelmang
	59	Chomolungmo Basic School, Pelmang

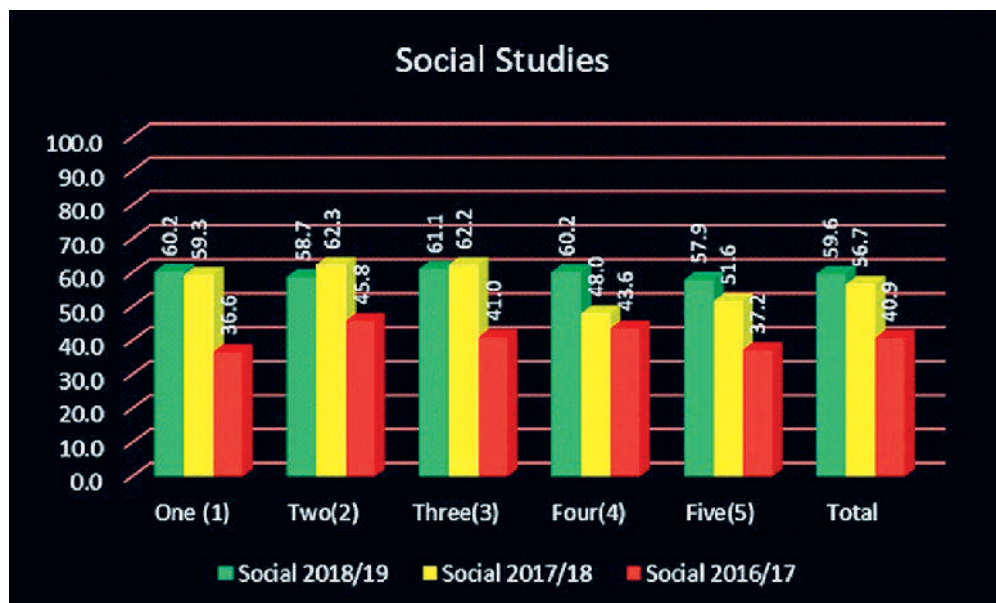
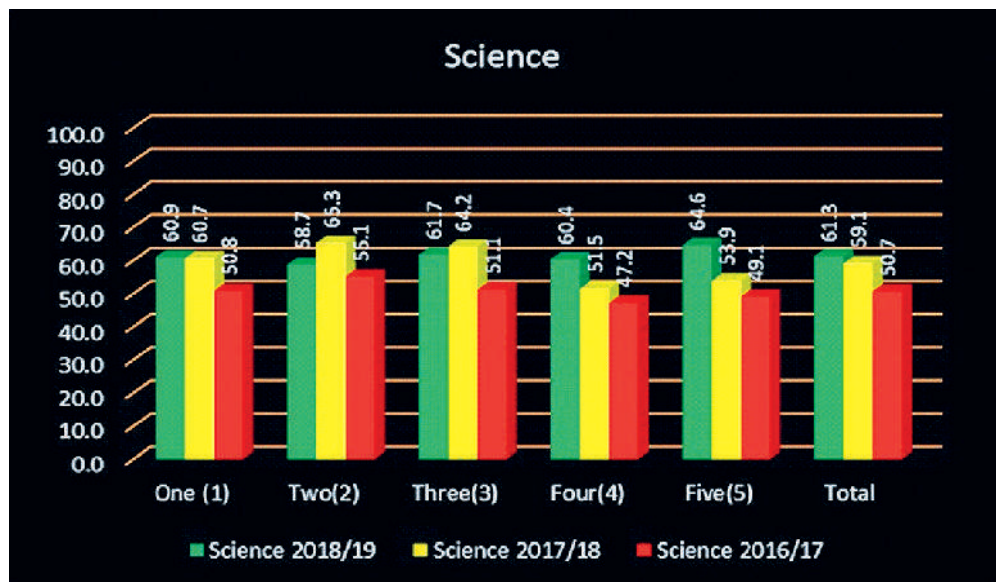
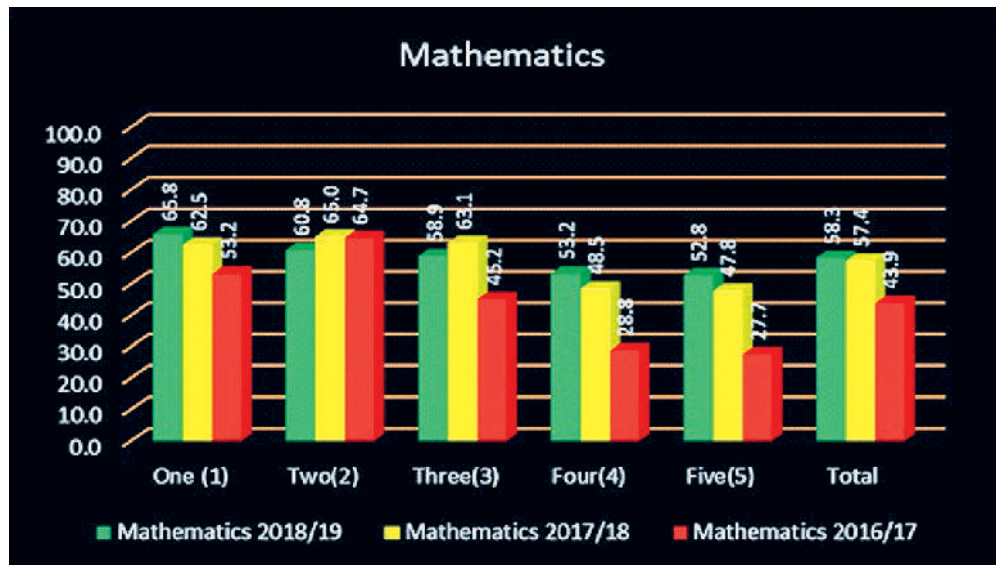
Himalayan Trust Nepal Supported Teachers in 2018/19

S.N.	TEACHER'S NAME	QUALIFICATION	SCHOOL	SUBJECT	SUPPORTED BY
1	Ashik Baraili	10+2	Himalayan Basic School	Math	Himalayan Trust NZ
2	Pasang Futi Sherpa	10+2	Phortse Basic School	Social	Himalayan Trust NZ
3	Sher Kumar Rai	Bachelor in Arts	Khumjung Secondary School	Arts	Himalayan Trust NZ
4	Rabindra Ghimire	Master in Science	Khumjung Secondary School	Science	Himalayan Trust NZ
5	Mingma Nuru Sherpa	Sherpa culture	Khumjung Secondary School	Sherpa Language	Himalayan Trust NZ
6	Kami Doma Sherpa	10+2	Thame Basic School	English	Himalayan Trust NZ
7	Lhakpa Rita Sherpa	Bachelor	Thame Basic School	Science	Himalayan Trust NZ
8	Da Doma Sherpa	10+2	Himalayan Basic School	Science	Himalayan Trust NZ
9	Ngawang Doma Sherpa	10+2	Yuva Barsa Basic School	English	Himalayan Trust NZ
10	Navin Kafle	Bachelor in Arts	Khumjung Secondary School	Social	Himalayan Trust NZ
11	Prakash Pahadi	Master in Tourism	Kharikhola Secondary School	Tourism	Himalayan Trust NZ
12	Tila Bahadur BK	10+2	Khumjung Secondary School	Computer	Greater Himalayas F. Foundation
13	Pasang Doma Sherpa	10+2	Khumjung Secondary School	ECED	Himalayan Trust NZ
14	Upendra Shah	Bachelor in Science	Khumjung Secondary School	Math	Himalayan Trust NZ

15	Dillisher Tamang	10+2	Janasewa Basic School	Math	Himalayan Trust NZ
16	Phura Lhamu Sherpa	10+2	Janasewa Basic School	Science	Himalayan Trust NZ
17	Pasang Lama	Sherpa Culture	Junbesi Secondary School	Sherpa Language	Himalayan Trust NZ
18	Prakash Karki	Bachelor in Science	Lukla Basic School	Science	Himalayan Trust NZ
19	Sher Bahadur Rai	Master in Education	Mahendra Jyoti S. School	Economics	Himalayan Trust UK
20	Pasang Sherpa	Sherpa Culture	Mahendra Jyoti S. School	Sherpa Language	Himalayan Trust UK
21	Nam Hang Nem-bang	Bachelor in Science	Mahendra Jyoti S. School	Science	Himalayan Trust UK
22	Pasang Dawa Sherpa	10+2	Yuva Barsa Basic School	English	Rotary Club Koblenz Dt. Eck, Germany
23	Phurba Lama		Thechen Pema Chholing Gumba Primary School	Sherpa language	Himalayan Trust NZ

The detail of Subject and class wise learning achievements of SBTTP





Involvement of students in the SBTTP Programme 2018/19

Name of School	Class 1		Class 2		Class 3		Class 4		Class 5		Total	Total	Grand
	B	G	B	G	B	G	B	G	B	G	Boys	Girls	Total
1.Taksindu SS	6	10	8	3	11	7	4	9	10	7	39	36	75
2.Chhulemu BS	6	5	0	0	1	5	6	0	4	0	17	10	27
3.Hewa BS	1	1	1	1	1	0	1	0	1	2	5	4	9
4.Phuleli BS	4	4	9	8	7	3	6	8	8	1	34	24	58
5.Hatemu BS	3	2	4	4	3	2	3	2	2	4	15	14	29
6.Deepjyoti BS	5	2	2	4	4	5	3	3	1	3	15	17	32
7.Bumburi BS	4	5	3	8	4	3	6	7	3	3	20	26	46
8.Kharikhola SS	6	9	3	8	10	11	7	8	4	16	30	52	82
9.Juving SS	2	4	5	6	3	4	2	4	7	5	19	23	42
10.Buksa BS	4	3	4	3	4	1	1	3	4	5	17	15	32
11.Mera BS	2	3	0	0	5	0	4	1	0	0	11	4	15
Total	43	48	39	45	53	41	43	45	44	46	222	225	447

Participants of teachers, parents and SMC in the SBTTP from 2017-2019

School	Total no. of teachers			Trained through SBTTP			SMC		
	Total	M	F	Total	M	F	Total	M	F
1. Taksindu SS	16	10	6	7	4	3	9	7	2
2. Kharikhola SS	18	12	6	7	3	4	12	8	4
3. Juving SS	14	8	6	8	4	4	9	6	3
4. Phuleli BS	9	4	5	8	4	4	9	7	2
5.Hatemu BS	5	3	2	5	3	2	9	5	4
6.Deepjyoti BS	6	2	4	6	2	4	9	5	4
7. Buksa BS	8	6	2	7	5	2	9	5	4
8.Chhulemu BS	5	3	2	4	3	1	9	8	1
9.Hewa BS	2	1	1	2	1	1	9	5	4
10. Bumburi BS	9	6	3	7	4	3	9	5	4
11. Mera BS	4	1	3	4	1	3	9	6	3
Total	96	56	40	65	34	31	102	67	35

Total Students Supported by Himalayan Trust New Zealand

SN	Particulars	No. of Students	Female	Male
1	General +2 Students	21	12	9
2	General Bachelor Students	5	3	2
3	General Master Students	4	3	1
4	SEHM +2 Students	21	14	7
5	SEHM +2 Students (New)	24	12	12
6	SEHM Bachelor Students	4	2	2
7	MDRES Students HTNZ/HTUK	5	2	3
	Total	84	48	36

Total Students Supported by American Himalayan Foundation, USA

SN	Particulars	No. of Students	Female	Male
1	MDRES Students	3	1	2
Total		3	1	2

Total Students Supported by Sir Edmund Hillary Foundation, Canada

SN	Particulars	No. of Students	Female	Male
1	Bachelor Level (MBBS)	1	0	1
Total		1	0	1

Total Students Supported by Benoit Chamoux Foundation, Switzerland

SN	Particulars	No. of Students	Female	Male
1	School Level Students	7	2	5
2	10+2 Level Students	4	2	2
3	Bachelor Level Students	7	5	2
Total		18	9	9

Total Students Supported by Greater Himalayas Foundation, USA

SN	Particulars	No. of Students	Female	Male
1	10+2 Level Students	4	3	1
2	Bachelor level Students	1	0	1
Total		5	3	2

Total Students Supported by Sir Edmund Hillary Stiftung, Germany

SN	Particulars	No. of Students	Female	Male
1	Bachelor Level Students	3	2	1
Total		3	2	1

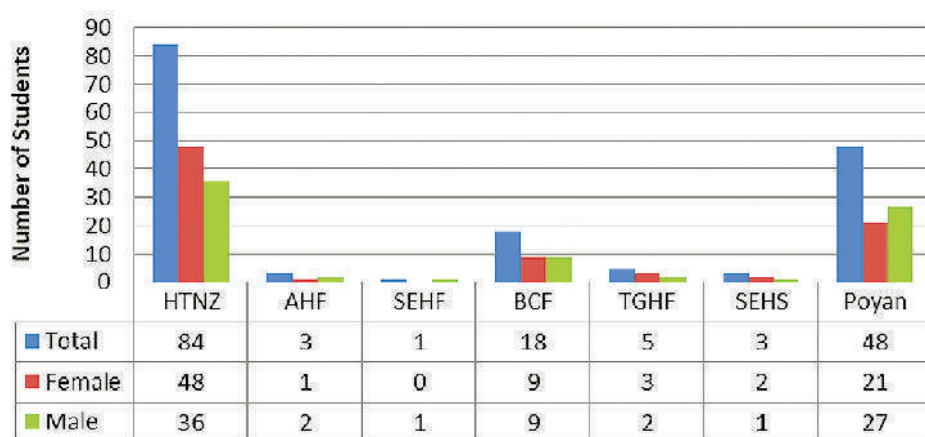
Total Students Supported by Poyan Foundation, Switzerland

SN	Particulars	No. of Students	Female	Male
1	School Level Students	35	15	20
2	10+2 Level Students	8	3	5
3	Bachelor Level Students	5	3	2
Total		48	21	27

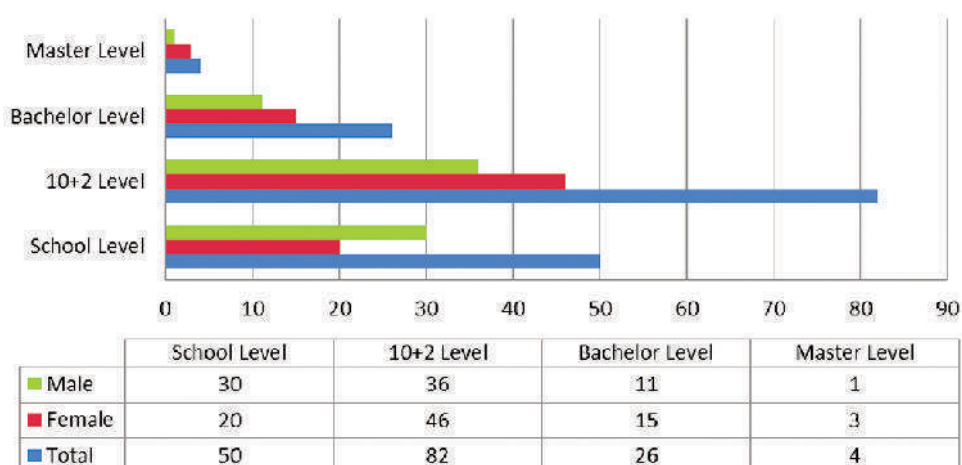
Total Number of Scholarship managed by Himalayan Trust Nepal in 2018/19

SN	Supported by	Total	Female	Male
1	Himalayan Trust New Zealand	84	48	36
2	American Himalayan Foundation	3	1	2
3	Sir Edmund Hillary Foundation, Canada	1	0	1
4	Benoit Chamoux Foundation	18	9	9
5	Greater Himalayas Foundation, USA	5	3	2
6	Sir Edmund Hillary Stiftung, Germany	3	2	1
7	Poyan Foundation, Switzerland	48	21	27
Total		162	84	78

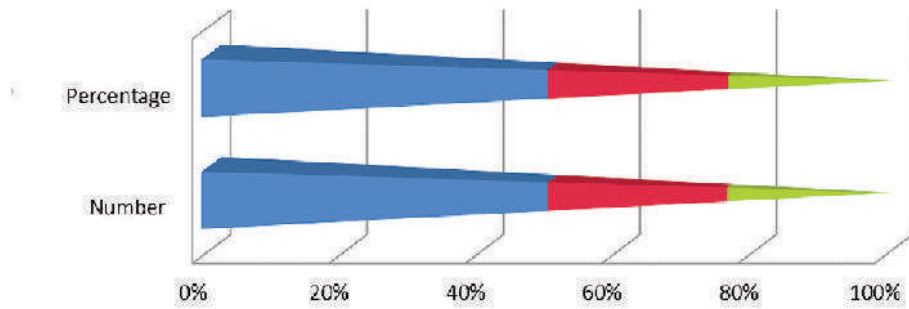
Donors -wise Scholarship 2019



Level-wise Scholarship 2019



Gender-wise Scholarship 2019



	Number	Percentage
Total	162	100
Female	84	52
Male	78	48

CHAPTER



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 goiter, tuberculosis, malnutrition and to provide primary health care service to local people. To fulfill this requirement, Kunde Hospital was built in 1966. The hospital was operated by the New Zealand, Canadian and American volunteer-doctors up until 2005 and was replaced by local doctors since then. 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.



Phaplu Hospital

Kunde Hospital is located in the Kunde village in the Khumbu Pasang Lhamu Rural Municipality, ward no. 4 of Solukhumbu district, Nepal. It has expanded its services in Thame, Phortse and Monjo villages apart from Kunde Hospital. Kunde Hospital has been managing three community clinics in these villages. The hospital and its peripheral outreach clinics have been entirely funded by Sir Edmund Hillary Foundation of Canada for the last 46 years. The hospital has provided high-quality health care services to the local community as well as visitors in the region for nearly five decades.

The hospital's service area used to be whole of the Solukhumbu region in addition to international trekkers in the early days. Due to increase in the service sector, Kunde hospital's service area coverage has been confined to the Khumbu and Pharak regions nowadays. The area is in a very remote mountainous region of Solukhumbu district that extends from an altitude of 2800 meters to 4300 meters from the mean sea level. Historically, the largest population group in the area has been Sherpa and is still the same case. More recently, other ethnic groups have moved into the area, largely in Government services and in tourism, such as tea shops and lodges. In addition, thousands of trekkers and a large number of seasonal workers (porters and guides) also visit the area during the trekking seasons. More than 7000 local people and international visitors get free medical service with 24 hours' service in the hospital and clinics.



Khunde Hospital

Phaplu Hospital is located in Solu Dudhkunda Municipality. The objective was to provide medical services to the population of southern part of Solukhumbu district. On completion of the building, the hospital was staffed by New Zealand volunteer doctors and local paramedical staff. The Himalayan Trust had directly managed the hospital from 1975 to 1984.

In 1985, Himalayan Trust officially handed over Phaplu hospital to the government of Nepal and eventually it became the district hospital of Solukhumbu district. The HTN has continued its support to the hospital even after its handing over to the government. The support of the HTN to Phaplu Hospital has enabled the doctors and staff to maintain its quality medical services to the local community and also made it possible to keep the physical facilities in good order. The Sir Edmund Hillary-Stiftung Deutschland, under the chairmanship of Mrs. Ingrid Verse, has been raising the necessary funds in Germany to support the Phaplu Hospital for many years in the past and is still continuing in the same level.

3.2 Objectives

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

3.3 Activities (Inputs)

There are mainly six components of activities which have been implemented under the health programme for this fiscal year. They are Kunde Hospital management, management of peripheral clinics, drugs support, eye camp, incentives to Phaplu hospital staff, management of clinics supported by Forgotten Sherpas of Nepal Trust New Zealand. 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 seven staff including two doctors manage the hospital on regular basis. Since the funding from SEHF Canada was decreased

from January 2018, American Himalayan Foundation has stepped in and agreed to provide the deficit amount. As SEHF Canada concludes its funding from 2020, American Himalayan Foundation has agreed to fulfil the 50 percent operation and management cost of Kunde hospital and its three village clinics.



All the four blocks of the hospital were rebuilt after it was damaged by the 2015 earthquake. The reconstruction had been possible through the financial support of SEHF Canada, Messer Mountain Foundation and through the individual support of Professor Wolfgang Nairz of Italy. The slate pavement task in the courtyard of the hospital was completed this year.



Table 1: Distribution of OPD services provided by Kunde Hospital and Outreach Clinics: July 15, 2018 to July 15, 2019

SN	Month	OPD-Kunde Hospital				Total	OPD-Outreach Clinics				Total	Referral
		Adult		Child			Adult		Child			
		M	F	M	F		M	F	M	F		
01	Jul/Aug	144	239	33	25	441	60	64	9	6	139	
02	Aug/Sep	166	237	40	18	461	50	60	6	5	121	
03	Sep/Oct	152	223	32	38	445	68	40	8	5	121	
04	Oct/Nov	154	237	25	18	434	41	35	10	8	94	
05	Nov/Dec	126	202	30	25	383	41	40	7	6	94	
06	Dec/Jan	75	173	17	11	276	30	28	3	2	63	
07	Jan/Feb	57	131	6	12	206	25	25	1	2	53	
08	Feb/Mar	124	215	37	29	405	29	27	1	2	59	
09	Mar/Apr	110	200	33	24	367	45	29	10	7	91	
10	Apr/May	154	243	48	52	497	50	49	19	22	140	
11	May/Jun	168	217	36	27	448	49	60	21	20	150	
12	Jun/Jul	154	162	27	20	363	40	37	3	7	87	
	Total	1584	2479	364	299	4726	528	494	98	92	1212	

Table 2: Delivery and Maternal/Child health services from 15 July, 2018 to 15 July, 2019

SN	Month	Delivery						Prenatal Care	Postnatal Care	D&C	Referral
		SVD	Vacuum	Breech	Retained placenta	PPH	Still birth				
01	Jul/Aug	1	-	-	-	-	-	15	1	-	
02	Aug/Sep	1	-	-	-	-	-	20	1	-	
03	Sep/Oct	2	-	-	-	-	-	15	2	-	
04	Oct/Nov	2	-	-	-	-	-	19	2	-	
05	Nov/Dec	1	-	-	-	-	-	17	1	-	
06	Dec/Jan	1	-	-	-	-	-	15	1	-	
07	Jan/Feb	-	-	-	-	-	-	14	-	-	
08	Feb/Mar	-	-	-	-	-	-	19	-	-	
09	Mar/Apr	4	-	-	1	1	-	27	4	-	1
10	Apr/May	1	-	-	-	-	-	15	1	-	
11	May/June	2	-	-	-	-	-	16	2	-	
12	Jun/Jul	3	-	-	1	-	-	13	3	-	
Total		18			2	1	-	205	18	-	1

Table 3: Distribution of Contraceptive and Immunization services: 15 July, 2018 to 15 July, 2019

SN	Month	Contraceptive Services					Immunization Program							
		DMPA	Norplant	OCP	IUCD	Others	BCG	Dpt, hepB, hiB	Polio	PCV	J.E	Measles/Rubella	DT	VitA
01	Jul/Aug	21	2	-	-	-	-	10	10	-	-	10	3	1
02	Aug/Sep	26	1	1	-	-	-	10	10	-	-	4	2	1
03	Sep/Oct	30	-	-	-	-	7	9	9	-	-	2	1	2
04	Oct/Nov	27	1	-	1	-	3	6	6	9	3	5	3	2
05	Nov/Dec	36	1	2	-	-	3	7	7	9	10	-	5	-
06	Dec/Jan	40	2	-	-	-	1	4	4	-	-	7	2	1
07	Jan/Feb	32	1	-	-	-	-	2	2	5	3	7	2	-
08	Feb/Mar	46	1	3	-	-	2	5	5	8	3	12	3	-
09	Mar/Apr	33	1	-	-	-	4	8	8	10	1	7	4	4
10	Apr/May	21	1	-	-	-	6	12	12	17	4	7	5	1
11	May/June	30	4	-	-	1	-	13	13	-	5	2	4	2
12	Jun/Jul	27	3	1	-	-	4	11	11	6	4	4	4	2
Total		369	18	7	1	1	30	97	97	58	33	67	38	16

Table 4: Khunde Hospital Patient Morbidity-15 July, 2018 to 15 July, 2019

SN	Disease Categories	M	F	Total
01	Communicable/immunisable diseases	-	1	1
02	Communicable water and food borne diseases	44	45	89
03	Communicable STD	1	-	1
04	Other infection (Respiratory/urinary/reproductive)	454	391	845
05	Nutritional and Metabolic disorder	63	59	122
06	Skin and soft tissue infection	132	113	245
07	ENT related infection/disorder	95	81	176
08	Oral and dental health related disorder	22	31	53
09	Eye problem	50	61	111
10	OB/Gynae related complication	-	30	30
11	Mental Health related problems	33	57	90
12	Cardiovascular related problems	128	273	401
13	Falls/injuries/fractures	135	49	184
14	Malignancy	-	1	1
15	Surgical problem	8	7	15
16	Gastritis/peptic ulcer disease	174	296	470
17	Arthritis	109	161	270
18	Disease not mentioned above	430	457	887
Total		1878	2113	3991

Table 5: Distribution of Inpatients and other services: from 15 July, 2018 to 15 July, 2019

SN	Months	Admission			Emergency	Minor surgery	Diagnostic test			
		Total	Recovery	Death			X-ray	USG	ECG	Lab test
1	Jul/Aug	3	3	-	8	6	5	12	6	60
2	Aug/Sep	4	4	-	16	5	11	20	1	66
3	Sep/Oct	6	6	-	18	6	8	15	1	62
4	Oct/Nov	5	5	-	9	4	3	12	-	28
5	Nov/Dec	3	3	-	8	5	6	10	1	47
6	Dec/Jan	2	2	-	-	2	3	12	2	31
7	Jan/Feb	-	-	-	1	4	1	15	1	46
8	Feb/Mar	2	2	-	8	3	5	15	3	106
9	Mar/Apr	9	9	-	6	8	3	16	4	108
10	Apr/May	2	2	-	12	9	12	12	4	53
11	May/Jun	5	5	-	10	7	16	14	2	51
12	Jun/Jul	5	5	-	5	8	4	10	3	19
Total		46	46	-	101	67	77	163	28	677

3.3.2 Management of Peripheral Clinics

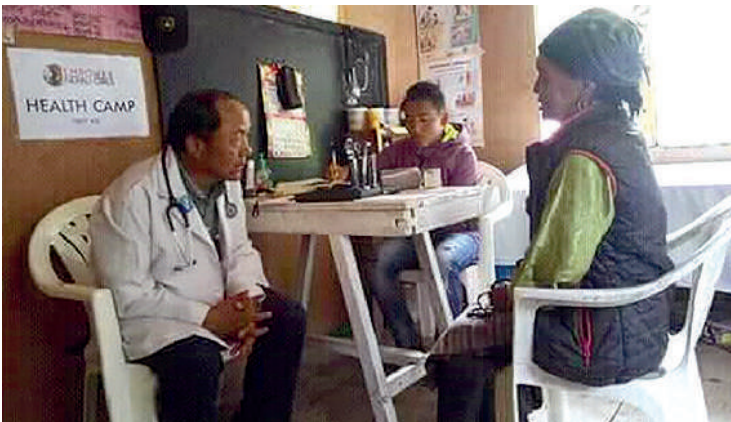


Patients waiting for health check-up at Phortse clinic on the 4th of July, 2018

HTN believes that the health workers in village health clinics play a crucial role in delivering public health and primary medical service to the community where it takes several hours to reach to the nearest hospital. A doctor and a nurse from Kunde Hospital visited one of its peripheral clinics on monthly basis to provide regular on-the-job training for its health workers while organizing one-day health camp.

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 which remained closed for the last two years have come to the operation from last



Dr. Kami Temba Sherpa of Kunde Hospital and CMA Mr. Lhakpa Gyalzen Sherpa of Monju checking the patients

April. 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 from the 1st of April 2019.

Thame clinic has remained closed since last year after CMA Ms. Kami Yangji Sherpa left for nursing school. However, Dr. Kami Temba Sherpa from Kunde hospital has been looking after the patients every Sunday. A Health Assistant will be hired to run the Thame clinic from September 2019 after the completion of the health worker's quarter construction project. The clinic quarter construction project is progressing with the financial support from Mrs. Hazel Nash of UK.

3.3.3 Free Eye Camp at Kunde Hospital

Kunde Hospital with technical support from Tilganga Institute of Ophthalmology conducted a free eye camp on 15th, 16th and 17th of May 2019 at Kunde Hospital. More than 900 local people from the Everest region benefited from the eye camp. At first, eye screenings were done by a team of eye specialists and later those people who had cataract were called for surgery at Kunde Hospital. 51 cataract surgeries were performed successfully by the team of eye specialists from Tilganga eye hospital. With their vision restored, the patients as well as their family members were overjoyed and expressed their gratitude.



3.3.4 Drugs Support

Drug supply to Kunde and Phaplu hospitals and clinics at Monju, Thame, Phortse, Bung and Salyan is one of the major activities of the HTN's health programme. HTN purchases life-saving medicines in line with allocated budget and transports them to the respective hospitals and clinics. All the medicines are purchased from Medical Service Management Trust (MSMT) in Kathmandu, where good quality medicines are found at reasonable price compared to other drugs suppliers. MSMT is a non-profit organization which supplies medicine only to non-profit making organizations.



▲ Drug support to Phaplu hospital

The medicine that Himalayan Trust Nepal provided to Salyan health clinic has benefitted over 7,787 patients. Out of this total number 4,372 are female and 3,415 are male. Some of the major and common diseases observed in the patients those came to the clinic are: Gastritis, Tonsillitis, Hypertension, Acute Gastroenteritis (AGE), Pneumonia, Upper Respiratory Tract Infection (URTI), Pelvic Inflammatory Disorder (PID), Wound, Herpes zoster, Diarrhea etc.

Monthly patient data of Salyan clinic

S.N.	Month	Male	Female	Total
1	Srawan (Jul/Aug)	355	413	768
2	Bhadra (Aug/Sep)	314	460	774
3	Asoj (Sep/Oct)	373	415	788
4	Kartik (Oct/Nov)	269	327	596
5	Mangsir (Nov/Dec)	222	299	521
6	Poush (Dec/Jan)	237	295	532
7	Magh (Jan/Feb)	277	395	672
8	Falgun (Feb/Mar)	311	345	656
9	Chhaitra (Mar/Apr)	213	338	551
10	Baisakh (Apr/May)	265	321	586
11	Jestha (May/Jun)	320	388	708
12	Asar (Jun/Jul)	259	376	635
Total		3415	4372	7787

Similarly, Himalayan Trust Nepal has been providing necessary medicines to Bung clinic. With the medicines, the clinic has been able to cure and take care of the common diseases of the local people. Some of the most common diseases in the area are: Common cold, Gastritis, Diarrhea, Worm infection, Fungal infection, Arthritis, Polyneuritis, Bronchial Asthma, Headache, Back pain etc. The medicine supply in Bung clinic has benefited more than 1858 patients annually. Out of this total number 986 are male and 870 are female.

Monthly patient data of Bung Clinic in 2019/19.

S.N.	Month	Male	Female	Total
1	Srawan (Jul/Aug)	88	65	153
2	Bhadra (Aug/Sep)	100	74	174
3	Asoj (Sep/Oct)	130	122	252
4	Kartik (Oct/Nov)	70	57	127
5	Mangsir (Nov/Dec)	76	68	144
6	Poush (Dec/Jan)	50	40	90
7	Magh (Jan/Feb)	69	70	139
8	Falgun (Feb/Mar)	79	78	157
9	Chhaitra (Mar/Apr)	66	62	128
10	Baisakh (Apr/May)	73	74	147
11	Jestha (May/Jun)	89	75	164
12	Asar (Jun/Jul)	96	85	181
Total		986	870	1856

3.3.5 Phaplu Hospital

Phaplu Hospital also known as the District Hospital lies in the heart of the Solududhkunda Municipality – 4, Phaplu, Solukhumbu. It is the only government hospital based in the district with multiple medical services.

1. General OPD services:

The medical doctors start their duty starting 10 am in the morning and stay until the time the patients for that day are provided with outpatient services on a daily basis. The hospital treated 15623 patients including 9,472 female and 6,151 male over the fiscal year 2018/19. The detail data of patient treated on a general OPD services are as follows:

S.N.	Months	0-9 YRS		10-19 YRS		20-59YRS		>60 YRS		Total	
		Female	Male	Female	Male	Female	Male	Female	Male	Female	Male
1	Jul17-Aug16	86	93	114	86	534	258	73	52	807	489
2	Aug17-Sep16	104	141	95	81	527	211	90	68	816	501
3	Sep17-Oct17	92	140	105	70	521	246	75	65	793	521
4	Oct18-Nov16	58	72	94	58	421	175	62	65	635	370
5	Nov17-Dec15	89	112	82	65	452	197	80	69	703	443
6	Dec16-Jan14	84	103	91	39	530	251	67	67	772	460
7	Jan15-Feb12	56	110	62	39	479	207	69	71	666	427
8	Feb13-Mar14	85	109	89	84	518	192	88	88	780	473
9	Mar15-Apr13	94	116	105	73	614	302	102	84	915	575
10	Apr14-May14	96	115	110	79	584	326	115	81	905	601
11	May 15 –June15	88	96	104	86	542	369	95	89	829	640
12	June 15- July 16	92	102	98	81	563	382	98	86	851	651
Total										9472	6151

2. Emergency services:

The hospital has been providing the emergency services all round the clock other than the OPD hours. The hospital provided emergency service to 1,733 patients which included 863 female and 1,050 male over the fiscal year 2018.19. The charge for emergency service has been designated minimal cost according to the hospital management committee decision. The emergency service receiving patient data are provided in the following table:

S.N.	Months	0-9 YRS		10-19 YRS		20-59 YRS		> 60 YRS		Total	
		Female	Male	Female	Male	Female	Male	Female	Male	Female	Male
1	Jul17-Aug16	6	7	9	12	26	37	12	11	53	67
2	Aug17-Sep16	9	12	11	12	25	44	9	4	54	72
3	Sep17-Oct17	11	16	4	8	21	36	4	9	40	69
4	Oct18-Nov16	12	13	15	2	24	41	2	12	53	68
5	Nov17-Dec15	6	18	3	10	20	34	5	5	34	67
6	Dec16-Jan14	11	20	2	7	11	31	6	6	30	64
7	Jan15-Feb12	8	12	6	10	27	44	3	4	44	70
8	Feb13-Mar14	22	35	12	17	35	52	18	12	87	116

9	Mar15-Apr13	18	20	10	20	33	72	15	10	76	122
10	Apr14-May14	21	26	9	16	36	78	18	13	84	133
11	May 15- June 15	17	20	6	9	33	55	15	5	71	89
12	June 16- July 16	10	16	9	18	32	60	6	19	57	113
Total										683	1050

3. Maternity services:

Maternity services are one of the most important services of this hospital. Phaplu hospital is only the hospital in the district which has Comprehensive Emergency Obstetric and Neonatal Services (CEONC) center in Solukhumbu district. The hospital provides every kind of obstetrics and neonatal services on free of cost. The hospital provided normal delivery service to 194 and caesarian section service to 28 patients over the last fiscal year. The detail data is presented in the following table.

S.N.	Month	Normal delivery	Caesarian section	Blood transfusion
1	Jul 17-Aug 16	12	3	0
2	Aug 17- Sep 16	17	1	1
3	Sep 17- Oct 17	16	0	0
4	Oct 18- Nov 16	10	0	0
5	Nov 17- Dec 15	17	0	0
6	Dec 16- Jan 14	17	0	0
7	Jan 15- Feb 12	8	1	0
8	Feb 13- Mar 14	23	2	0
9	Mar 15 – Apr 13	19	4	1
10	Apr 14- May 14	18	5	1
11	May 15- June 15	15	3	0
12	June 16- July 16	21+1 Vacuum delivery	9	0
Total		194	28	3

4. Immunization services:

The Solukhumbu district hospital has been providing immunization services to children up to 15 months according to the EPI schedule. The hospital also provides Immunization to pregnant ladies with injection of Tetanus diphtheria according to the national protocol. The hospital provided immunization service to 1081 patients in FY 2018/9.

MONTH	BCG	DPT1	DPT2	DPT3	OPV1	OPV2	OPV3	PCV1	PCV2	PCV3	FIPV1	FIPV2	MR1	MR2	JE	TD1	TD2	TD2+	Total
Jul17-Aug16	7	5	3	6	5	3	6	5	3	6	0	0	5	4	5	18	6	3	90
Aug17-Sep16	9	4	6	4	4	6	4	4	6	3	2	0	6	3	13	17	8	4	103
Sep17-Oct17	5	11	6	3	11	6	3	11	6	2	11	0	5	0	6	2	8	3	99

Oct18- Nov16	4	8	3	5	8	3	5	8	3	5	5	0	8	1	4	9	9	5	93
Nov17- Dec15	8	3	9	5	3	9	5	3	9	3	2	0	5	9	8	22	4	2	109
Dec16- Jan14	4	9	5	5	9	5	5	9	5	3	9	0	9	3	4	15	9	4	112
Jan15- Feb12	6	2	6	1	2	6	1	2	6	2	3	4	2	0	6	12	2	4	67
Feb13- Mar14	7	6	6	2	6	6	2	6	6	0	5	0	3	2	4	22	7	1	91
Mar15- Apr13	4	4	6	3	4	6	3	4	6	3	0	0	3	0	1	6	2	1	56
Apr14- May14	5	7	3	7	7	3	7	7	3	7	7	1	3	6	3	28	1	0	105
May15- June15	1	6	3	4	6	3	4	6	3	4	8	1	5	5	3	11	6	2	81
June16- July16	6	4	3	5	4	3	5	4	3	3	4	1	5	4	2	11	6	2	75

5. Family planning services:

The hospital provides all the seven kinds of family planning (temporary) measures and permanent sterilization service. Clients requiring those services can get the facility on every working day. A total of 1800 users got family planning service from the Phaplu hospital in the fiscal year 2018/19.

S.N.	Month	New user (<20 years)	New users (>20 years)	Current users	Defaulter	Total
1	Shrawan	1	9	117	8	135
2	Bhadra	1	10	119	9	139
3	Ashoj	1	8	109	19	137
4	Kartik	0	10	115	4	129
5	Mangsir	4	11	127	5	147
6	Poush	0	10	125	10	145
7	Magh	0	11	125	11	147
8	Falgun	0	12	130	7	149
9	Chaitra	0	11	137	7	155
10	Baisakh	1	15	140	13	169
11	Jestha	0	13	141	12	166
12	Asar	0	20	147	15	182
Total		8	140	1532	120	1800

6. Radiology and laboratory services:

Solukhumbu hospital provides radiological services including X-ray at minimal cost. Similarly, the laboratory fees are reasonable, free to poor and destitute. The ultrasound service is free of cost to all pregnant ladies and pregnancy related patients. 4,892 patients used radiology and laboratory services in 2018/19.

S.N.	Month	X-Ray	Ultrasonography	Electrocardiography	Total
1	Jul17-Aug16	297	213	26	536
2	Aug17-Sep16	135	119	22	276
3	Sep17-Oct17	180	158	22	360
4	Oct18-Nov16	197	188	42	427
5	Nov17-Dec15	219	151	46	416
6	Dec16-Jan14	250	168	59	477
7	Jan15-Feb12	160	165	74	399
8	Feb13-Mar14	177	166	67	410
9	Mar15-Apr13	88	178	58	324
10	Apr14-May14	136	172	50	358
11	May15-June15	175	203	57	435
12	June16-July16	193	228	53	474
Total		2207	2109	576	4892

7. Inpatient services:

The hospital has been providing inpatient services all-round the year with 24 hours nursing care. The hospital was sanctioned to 15 beds whereas the hospital has been providing services from 29 beds. Altogether 829 patients were admitted over the last fiscal year and their total hospital stay day was 2262.

Month	Total no. of admitted patients	Total hospital stay day
Jul17-Aug16	72	180
Aug17-Sep16	87	184
Sep17-Oct17	68	185
Oct18-Nov16	65	105
Nov17-Dec15	53	149
Dec16-Jan14	48	123
Jan15-Feb12	78	244
Feb13-Mar14	80	257
Mar15-Apr13	70	213
Apr14-May14	64	184
May15-June15	66	214
June16-July16	78	224
Total	829	2262

8. Other services:

The hospital is the only one hospital in the district to handle the medico-legal cases all around the districts. Similarly, one step crisis management center provides free services to the gender based violence clients.

3.3.6 Incentives to Phaplu Hospital Staffs

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 patients. Sir Edmund Hillary Stiftung Germany has been supporting the medicine supplies to Bung, Salyan and Phaplu hospital and the staff incentives. The support is highly acknowledged from the local beneficiaries.

3.3.7 Management of clinics supported by Forgotten Sherpas of Nepal Trust

In July 2018, a three year's Memorandum of Understanding (MoU) was signed between Himalayan Trust Nepal and Forgotten Sherpas of Nepal Trust New Zealand. Since then, HTN has been managing health clinics at Damar, Bhakhre and Nalidanda villages of Okhaldunga and a clinic at Goligepchuka in Solukhumbu district. Mr. Nawang Lhakpa Sherpa



▲ **FSNT Tustees meet CEO Mr. Mingma Norbu sherpa in New Zealand**

has been kind and has volunteered to lend a room in his house in Goli to run the clinic for the time being. Since Okhaldunga Nine Hills Committee wanted to operate Damar, Bhakhre and Nalidanda village clinics by themselves securing operating permission from the local government, Himalayan Trust Nepal with consent from Forgotten Sherpas of Nepal Trust has opened a new clinic in Patale village of Okhaldunga since beginning of 2019.

The patient data of Damar, Nalidanda, Bakhre and Patale from April 2018 till February 2019 is as follows:

S.N.	Name of place	Male	Female	Total
1	Damar	425	785	1210
2	Nalidanda	20	45	65
3	Bakhre	53	75	128
4	Patale (March to July 2019)	118	145	263
Total		616	1050	1666

During this period, a total of 1,666 people were benefitted with necessary medicine and clinical health service.

3.3.8 Patale Community Health Service



Patale village is located at an elevation of 2648m from the mean sea level in Ward No. 7 of Molung Rural Municipality, Province No. 1 of Okhaldunga district. People belonging to different ethnic groups such as Sherpa, Tamang, Sunuwar, Magar, Pahari, Chhetri, Shrestha and B.K. reside in this village. There are total of 96 households in the village. The total population of the village is 3200 among which 1400 are female and 1800 are male. People have to

walk three hours on foot to reach the nearest health care center. Therefore, Himalayan Trust Nepal with the financial support from the Forgotten Sherpas of Nepal Trust New Zealand has been providing basic health care service to the people of this and surrounding villages since March 2019.

The clinic is run by two community-medicine assistants, Mr. Buddha Bir Tamang and Ms. Tukuni Sherpa. The most commonly seen diseases among the people are common cold, diarrhea, pneumonia, allergies, eye related problems, dental problems, gastritis, Chronic Obstructive Pulmonary Disease (COPD) etc.

Patient details from March to July 2019.

Patient belonging to different ethnic group	Number
Sherpa	88
Tamang	20
Sunuwar	17
B.K.	3
Shrestha	4
Pahari	7
Magar	1
Chhetri	2
Total number of patients	142

The services provided by this health clinic are as follows:

1. Free medical checkup
2. Free medicine distribution
3. Free consultation service
4. Family planning service
5. Health education service
6. Patient service

3.3.9 Likhu-Pike Rural George Hunter Health Service

Goli is a rural and remote village located in Solukhumbu district in the western part of Nepal. There are about 1050 population residing in the village of Goli among which male population consists of 430 and female population consists of 570. People belonging to different ethnic groups such as Chhetri, Sherpa, Kami, Damai, Tamang etc. live in the village and there are a total of 230 households in the village of Goli.



People of this village have to walk for three hours on foot to reach the nearest health clinic. Himalayan Trust Nepal with funding from the Forgotten Sherpas of Nepal Trust, New Zealand has been running the clinic in a room of the ward office of Likhu-Pikey Rural Municipality. The clinic is operated by one Auxiliary Nurse Midwifery (ANM), Ms. Parwati Katwal and an office assistant, Mrs. Lhamu Dolker Sherpa. People of the rural municipality and neighboring district of Okhaldungha Khijidemba



ward no 7 and 8 have benefitted from the health services. Some of the most common diseases seen in the patients coming to the clinic are gastritis, Acute Respiratory Infection- Upper Respiratory Tract Infection (URTI) and Lower Respiratory Tract Infection (LRTI), Arthritis and Lower abdomen pain. 1,094 patients including 590 female and 504 male were treated over the last fiscal year from the Likhu-Pike George Hunter Health Service.

Age group Gender-wise General OPD services in 2018/19

Age group	Patient number	
	Male	Female
0-9	64	42
10-19	84	57
20-59	327	424
>= 60	88	121
Total	563	644

Patient data on monthly basis for the period of July 2018 –June 2019

S.N.	Month	Male	Female	Total
1	Srawan (Jul/Aug)	53	49	102
2	Bhadra (Aug/Sep)	62	114	176
3	Asoj (Sep/Oct)	38	50	88
4	Kartik (Oct/Nov)	32	51	83
5	Mangsir (Nov/Dec)	38	36	74
6	Poush (Dec/Jan)	49	53	102
7	Magh (Jan/Feb)	18	21	39
8	Falgun (Feb/Mar)	57	48	105
9	Chhaitra (Mar/Apr)	52	57	109
10	Baisakh (Apr/May)	45	31	76
11	Jestha (May/Jun)	60	80	140
12	Asar (Jun/Jul)			
Total		504	590	1094

3.4 Achievements & Accomplishments

HTN has been able to maintain and improve the regular operation and management of its hospitals and clinics. The rebuilding of Kunde Hospital has been accomplished and its operation is regular. Likewise, three clinics are on a regular operation. Phaplu hospital is running smoothly and support from HTN and SEHS Germany has been provided. Two more clinics through the support of Forgotten Sherpas of Nepal Trust New Zealand under the management of HTN have been operated in Okhaldunga and Solukhumbu districts.

Number and Country wise doctors who served in Kunde Hospital from 1966 to 2019

Details	Numbers
Total doctors served in Kunde till 2019	47
Number of countries:	5
• NZ doctors	17
• Canadian doctors	13
• American doctors	5
• Australian doctors	2
• Nepalese doctors	10

Name list of doctors who served Kunde hospital from 1996 to 2019.

SN	Last Name	Given Names	Country	Service period
1	McKinnon	Dr. John and Diane	New Zealand	September 1966 – August 1968
2	Evans	DR. Richard and Lesley	New Zealand	September 1968 – December 1969
3	Lang	Dr. Selwyn and Dr. Ann	New Zealand	December 1969 – December 1971
4	Strang	Dr. Lindsay and Genevieve	New Zealand	November 1971 – January 1974
5	Silvester	Dr. Paul and Glen	New Zealand	January 1974 – December 1975
6	Riley	D r. Rob and Leigh	New Zealand	January 1976 – November 1977
7	Jerram	Dr. Jim and Hillary	New Zealand	November 1977 – October 1979
8	Reekie	Dr. John and Sue	New Zealand	September 1979 – August 1981
9	Ford	Dr. Joan	Canada	1980
10	Uhrig	Dr. Jamie and Dr. Penny Dawson	Canada	September 1981 – September 1983
11	Buswell	Dr. Keith and D. Elly Kroef	New Zealand	September 1983 – August 1985
12	Kokernot	Dr. Bruce and Dr. Wendy Gilchrist	USA	August 1985 – August 1987
13	Maclauren	Dr. Simon and Dr. Marianne Wood	Australia	July 1987 – July 1989
14	Schlokking	Dr. Ian and Dr. Catherine Hagen	Canada	June 1989 – May 1991
15	Murdoch	Dr. David and Dr. Lynley Cook	New Zealand	May 1991 – May 1993
16	Harding	Dr. Liz and DI Bush	New Zealand	May 1993 – March 1995
17	Zimmerman	Dr. Bob and Dr. Sally McDonald	Canada	February 1995 – June 1996
18	Heydon	Dr. John and Sue	New Zealand	June 1996 – October 1998
19	Sherpa	Dr. Ngawang Karsang	USA	1996
20	Litch	Dr. Jim and Dr. Rachel Bishop	USA	September 1998 – May 2000
21	Nicholson	Dr. Carol and Ian	New Zealand	August 2000 – September 2002
22	Leighton	Dr. Rod and Dr. Heather Culbert	Canada	2002
23	Sherpa	Dr. Kami Temba	Nepal	2002 – present day
24	Pulfrey	Dr. Simon	Canada	December 2002
25	Morgenstern	Dr. Katie	Canada	December 2002
26	Rawling	Dr. Jean	Canada	July 2003
27	Banner	Dr. Larra	Canada	July 2003
28	Fletcher	Dr. Tim and Janet	New Zealand	December 2004
29	Dawadi	Dr. Bisowa	Nepal	November 2005
30	Sherpa	Dr. Sonam Jangbu	Nepal	January 2007
31	Sherpa	Dr. Mingma Chhiring	Nepal	March 2008
32	Sherpa	Dr. Tshering Wangdi	Nepal	January 2009
33	Bajracharya	Dr. Eliza	Nepal	January 2011
34	Panthi	Dr. Sagar	Nepal	March 2014
35	Pant	Dr. Sushil	Nepal	September 2014
36	Sherpa	Dr. Mingma Tshering	Nepal	March 2014
37	Sherpa	Dr. Mingma Kanchhi	Nepal	January 2016 – present day

CHAPTER



CULTURAL
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 Nepal 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

4.3 Activities (Inputs)

There is only one activity under the cultural programme for this year. That is Sherpa language teacher support. Brief details about the components are as following:

4.3.1 Teachers Support

Sherpa language and culture are gradually being replaced by 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 also to Salleri and Thulo Gumela Gumba 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*. Sherpa language is taught up to grade five of Khumbu and Pharak schools.

4.4 Achievements & Accomplishments

- ◆ Sherpa Language Teachers supported to Khumjung, Mahendrajyoti, Junbesi Secondary Schools have taught Sherpa language to Sherpa and non-Sherpa students. Salleri and Rimijung monasteries are supported with Sherpa language teachers.

CHAPTER



MANAGEMENT & GOVERNANCE

5.1 Annual General Meeting Held

The 11th Annual General Meeting of Himalayan Trust Nepal was held on the 28th of August, 2018 at Hotel Kaze Darbar, Kamalpokhari. The AGM was attended by the board and general members and the staff of HTN. The AGM was successful in endorsing annual financial report, progress report and next year's work plan, including selection of auditors.



5.2 DPAC Meeting Held

The District Project Advisory Committee (DPAC) meeting was held on the 3rd of April 2019 at Hotel Dhaulagiri in the district headquarter Salleri. The meeting was attended by 11 participants. Dr. Mingma Norbu Sherpa, Mr. Lhakpa Tenji Lama, Mr. Nava Bahadur Bhujel and Ms. Pema Diki Sherpa of HTN also participated in the meeting. Mr. Nava Bahadur made the presentation of annual progress report 2018/19. Question-and-answer sessions were entertained. Dr. Mingma Norbu Sherpa clarified and facilitated various questions raised by the participants.



5.3 Changes in the Management and the Executive Board

Since Mr. Thukten Sherpa resigned from the post of the Treasurer owing to his personal reasons, Mr. Pasang Sherpa Lama was elected to the post of treasurer of HTN. Likewise, Mr. Lhakpa Tenji Lama is being elected as the new Joint-secretary of the board. Similarly, Mr. Ang Temba Sherpa from Khunde and Mr. Pasang Dawa Sherpa from Khumjung villages were selected as the new executive members of HTN in the year 2018/19.



Mr. Dilli Ram Mahato and Mr. Dipu Sherpa were hired as Technical Field Supervisors to implement the School WaSH Project of Bung, Pelmang and Chheskam schools, and Thame School Hostel Construction Project respectively. Mr. Mahato and Mr. Sherpa have been stationed at their respective project sites.

5.4 11th Anniversary of Sir Ed Marked



The executive board, honorary member, general member, mayor of Khumbu Pasanglhamu Rural Municipality, ward representatives and staff met at HTN office, lit butter lamp and offered khada to Sir Ed's portrait to commemorate the 11th

death Anniversary of Sir Ed on the 11th of January 2019. On that very day, an interaction programme was organized between the local government representatives, HTN board members and staff at HTN office for expanding the collaboration.

5.5 Helen Clark's Visit



The fiscal year 2018/19 has been a very special year for the HTN family. Rt. Honorable Helen Clark, Patron of Himalayan Trust New Zealand and Former Prime Minister of New Zealand and her family and friends from Himalayan Trust New Zealand visited Nepal from 16th to 29th May 2019. Helen arrived on the 16th May 2019. HTN organized a dinner reception in honor of Rt. Honorable

Helen Clark on the same day. Different cultural activities were performed to welcome the distinguished guests and speeches were delivered. The dinner reception was attended by more than 120 distinguished guests, which included Rt. Honorable Helen Clark and her husband Mr. Peter Davis, Mr. Chris Carter, former education minister of New Zealand, Ms. Sarah Hillary, Dr. Mike Gill, Diane and John McKinnon, Ms. Sandra Clark, sister of Helen, Ms. Erica Stone, Mr. Norbu Tenzing, Mr. Bruce Moore, Mr. Mike Dillon, Ambassadors of America, Australia and Germany, Mayor of Solududhkunda Municipality, Chairman of Khumbu Pasanglhamu Rural Municipality and his team, Chairman of Sagarmatha National Park Buffer Zone Management Committee and local leaders. The dinner programme was a grand success.

Helen also visited Himalayan Trust Nepal office on 29th May 2019. HTN Chair Mr. Pasang Dawa Sherpa welcomed Rt. Honorable and distinguished guests from New Zealand. CEO Dr. Mingma Norbu Sherpa briefed about Himalayan Trust Nepal and its activities to the distinguished guests. NZ Consul to Nepal Ms. Lisa Choegyal, Himalayan Trust NZ Chair Dr. Mike Gill and guests from New Zealand attended the programme.



5.6 Reception at British Embassy

A centenary reception programme was organized by the British Ambassador to Nepal His Excellency Mr. Richard Morris at the residence of the Ambassador on the 29th May 2019. May 29 marks the successful climb of the world's tallest mountain Mount Everest by Sir Edmund Hillary and Tenzing Norgay Sherpa as well. The reception was attended by high-level officials, diplomats, climbers and many other distinguished

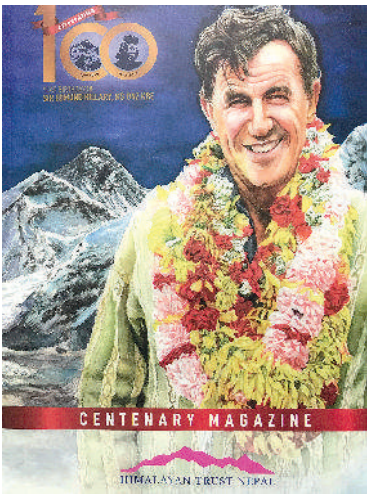


guests. HTN board members, honorary member and staff participated in the programme. Among the many guests was Honorable Helen Clark, patron of Himalayan Trust and former Prime Minister of New Zealand who attended the reception. Himalayan Trust New Zealand and Nepal demonstrated their project activities and the Sir Ed's centenary magazine was distributed to the audience.

5.7 Sir Ed's Centenary Celebrated

On the occasion of Sir Edmund Hillary's 100 year birthday, HTN organized a centenary celebration event in the premises of HTN office on the 20th July 2019. The centenary event was attended by more than 150 guests which included politicians, diplomats, teachers, students, NGO partners and community representatives. On





that occasion, 108 butter lamps, along with khada, was offered to Sir Ed's poster. Speeches by the distinguished guests were delivered highlighting Sir Ed's contributions in different fields.

Meanwhile, different schools in Solukhumbu organized various events and celebrated Sir Ed's 100 year birthday. HTN also published a centenary magazine on his centenary. The magazine features articles and messages of Sir Ed's family, friends and various authors relaying their short messages and articles dedicated to Sir Ed and his contribution in the Everest region.

Sir Ed's centenary was celebrated in Khumjung Secondary School, Mahendra Jyoti Secondary School, Chaurikharka, Junbesi Secondary School, Pike Secondary School, Loding, Janajagriti

<p> PAGE NO. : _____ DATE : _____ </p> <p> Hillary devoted most of his life serving in sherpa people of Solukhumbu region through Himalayan Trust and many other organization. At the request of local community, he built first school in Khumjung in 1961 followed by additional 26 school in Solukhumbu region. By his big big contribution by making school in Khumjung many student are able to get education. Many student are being doctor, Engineer, Teacher etc. Also Khunde Hospital is the first Hospital in Khumbu region built by Sir Edmund Hillary in 1966 followed by phopki Hospital and many health clinics. Sir Edmund Hillary also built Lukla airport (Tenzing Hillary Airport) which is the main gateway to Everest region. Sir Edmund Hillary also built bridge, trails etc. He also helped in established the Sagarmatha National park. He also help in Heritage by building many gombas such as Khumjung Gomba etc. He Sir Edmund Hillary also published many books. His first book was "High Adventure". </p> <p> Sir Edmund Hillary is considered as the god father of Khumbu region. He is shining light guiding sherpas in Twenty first century. Sir Edmund Hillary died from heart failure on January 11 - 2008 at Auckland city hospital. As the result of his life time devotion, he remain us "Global Hero". </p>	<p> PAGE NO. : _____ DATE : _____ </p> <p> Name : Fuva Doma Sherpa School : Himalayan Basic School </p> <p> (Sir Edmund Hillary and his contribution in Khumbu region) Sir Edmund Hillary was the world famous mountaineer, Explorer and philanthropist (Humanitarian). He was born in a small town of Turakau on the north island of New Zealand. He was born on 20th July 1919 AD. He was educated at Turakau Primary school and Auckland Grammar school. His parents were beekeeper, so he also worked as beekeeper in his father beekeeping business. </p> <p> In 1943, he joined the Royal New Zealand Airforce as navigator. Hillary became interested in mountaineering while in Secondary School. In 1948, he achieved his first great mountaineering feat by ascending the south ridge of Annapurna/M.T. Cooks, New Zealand highest mountain. Prior to the Everest Expedition, Hillary had been part of British reconnaissance Expedition to Mawntain in 1951 as well as unsuccessful attempt to climb cha-cho in 1951. On 29th May 1953 Hillary and the Nepalese sherpa Tenzing Norgay had been the first climber confirmed to have reach the summit of Mount Everest. They were the part of ninth British Expedition to Everest lead by John Hunt. After his ascent on Everest, He was made knight Commander of the order of the British Empire (KBE) and became Sir Edmund Hillary. In 1985, He was also appointed to the post of New Zealand High Commissioner to India. Sir Edmund </p>
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Secondary School, Salleri, Chandra Jyoti Secondary School, Bhakanje and Takshindo Secondary School, Nunthala. Everest Judo Club in Yuwa Barsa Basic School, Monju also paid tribute to Sir Ed on his centenary. Different activities, such as drawing competition, essay writing, speech competition about Sir Ed and his contribution in Solukhumbu were conducted. The winners of the competition were awarded with prizes and certificates.

The celebration highlighted the major role that Sir Ed played in improving the livelihood status of Solukhumbu people. The different programme activities held to celebrate the centenary programme has helped to mainstream his contribution among the younger generation and local people in the Everest region.

5.8 Team Building Workshop

A two-day team building workshop was organized by the Himalayan Trust Nepal for its board members and staff at Nagarkot on the 1st and 2nd of February 2019. The main objective of the team building exercise was to understand the strengths and weaknesses of each of the members and strengthen their interpersonal relation and cooperation among the team and to perform better in order to achieve organizational goals. Altogether 18 staff and board members took part in the workshop. The workshop was facilitated by Mr. Lhakpa Tenji Lama Sherpa.



5.9 HTN Activities Aired

With the objective to generate public awareness about Himalayan Trust project activities, Himal FM and Solu FM were selected to broadcast Himalayan Trust activities. These two FM radios are the most listened and have broader coverage in the Solukhumbu district. The programme is being targeted to provide wider education to various stakeholders throughout Solukhumbu district. The radio programme has been run under the School WaSH project funded by Grand Circle Foundation (GCF). The radio programme mainly focuses on sharing of information and news of Himalayan Trust Nepal activities, generating awareness and informing people of villages regarding water, hygiene and sanitation. The programme is broadcasted once every month.

5.10 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 and board members can make difference in the overall effect of the project implementation and achievement. HTN board member Mr. Lhakpa Tenji Lama, technician and WaSH Project Coordinator Mr. Bidur Mukhiya Sunuwar visited Sotang, Bung, Pelmang and Chheskam on the first week of January 2019 and monitored its various

project activities and progress and reviewed the progress and provided feedback to the project field team. Similarly, HTN's Chairperson Mr. Pasang Dawa Sherpa, CEO Dr. Mingma Norbu Sherpa, Board member Mr. Lhakpa Tenji Lama and Education Coordinator Mr. Mahendra Bahadur Kathet visited Khumbu on 20th May 2019 and monitored the ongoing process of the Thame Hostel Construction Project in Thame and provided feedback and recommendations to the hostel construction committee. Likewise, Dr. Mingma Norbu Sherpa monitored the Thame hostel construction project in June 2019 as well.

Apart from these internal programme monitoring visits, as per the agreement with the government of Nepal under the umbrella of Social Welfare Council, there are two provisions of evaluations to be conducted by the Social Welfare Council for a three- to five-year Project Agreement. A mid-term monitoring and evaluation of the Himalayan Trust project evaluation was conducted in September 2018. Likewise, the final evaluation of Himalayan Trust New Zealand and Nepal as per the General Agreement with Social Welfare Council of Nepal was conducted in July/August 2019.

5.11 Conclusion

The fiscal year 2018/19 remained one of the most successful years and a turning point in the history of Himalayan Trust Nepal. The successful completion of School Based Teacher Training Programme and Monju Community Hall Construction Project, smooth implementation of School WaSH Project in Bung, Pelmang and Chheskam Schools; successful implementation of Thame School Hostel construction project and continuation of scholarship programme are some of the milestone projects we managed to accomplish in this fiscal year. Moreover, Himalayan Trust built eight computer labs over the fiscal year in partnership with EduTech Nepal and respective school management committees. MOU for seven new labs have been signed and will be established within 2019.

Similarly, HTN has been successful to operate its Kunde Hospital and three of its outreach clinics regularly. Doctors of Kunde Hospital have initiated monthly health check-up service and monitoring visit to its Monju, Phortse and Thame clinics from July 2018. This kind of clinic visits by doctors has really helped elderly, disabled people, children and woman patients to get timely treatment. The free eye camp hosted at the Kunde hospital remained a historical success. Free surgery of 51 cataract patients were conducted successfully in partnership with Tilganga Eye Hospital at Kunde hospital.

Secondly, HTN is proud to observe Phaplu hospital running effectively. HTN has supported Phaplu hospital with medicine supplies and hospital staff's incentives with the funding from Sir Edmund Hillary Stiftung Germany

(SEHS Germany). The joint monitoring visit of HTN board members and Himalayan Trust New Zealand Chair Dr. Mike Gill and General Manager Mr. John Loof in November and official visit of Helen Clark and her team in May 2019 could examine the progress of the hospital and materialized its support. Bung and Salyan clinics performed their best to provide medical services through the medicine supply support of Himalayan Trust with funding from Sir Edmund Hillary Stiftung Germany in the fiscal year.

The third achievement in the health sector is that under the three year's MOU signed with Forgotten Sherpas of Nepal Trust New Zealand to manage two clinics in Okhaldunga and Solukhumbu districts from July 2018, Goli and Patale clinics are running smoothly. The performance of both clinics are commendable. FSNT is a New Zealand based philanthropic organization, which has been following the giant footsteps of Sir Edmund Hillary in the underdeveloped part of Solukhumbu and Okhaldunga districts.

On the institutional development aspect, HTN re-arranged its executive committee and recruited two sub-engineers to oversee various construction projects.

The new management team could meet with most of HTN's prominent donors, supporters and well-wishers within a year and reposition Himalayan Trust Nepal as an active and legitimate organization of Sir Edmund Hillary set up in the early 1960s.

One of the challenges we faced in the fiscal year was the transportation of school furniture from Kathmandu to Salleri and then to Khumbu schools. Desk and bench for those schools have been stranded in Kathmandu due to heavy snowfall en route to Solu and then shortage of cargo-carriage flight. The furniture project for the fiscal year was supported by Himalayan Trust New Zealand.

On the education side, the implementation of school-based teacher training programme was successful in many regards. However, some of the factors like transfer of head teachers, turnover of more than 18 teachers, and the retirement of temporary teachers after they failed exam or took the golden handshake created challenges to the sustainability of the training.

The overall performance and achievement over the fiscal year 2018/9 has proven that Himalayan Trust is a vibrant NGO. It has worked in partnership with local government, partner organizations, local communities and various stakeholders. It has played a catalytic role to explore local level problems, develop them into realistic project proposals and reach to donors. More importantly, it has been able to mainstream health, education and livelihood improvement programmes of Himalayan Trust into the local governance system and institutionalize for long-term sustainability.

Considering all these positive and negative effects and aspects of the project implementation, regular operation and management, the management team is prepared to face the coming year with more effective planning and result-based management. The management team is fully committed to implementing the decision of the executive board and annual general body. The working strategy of the current management and the governing body are based on need base, realistic planning, effective and efficient management and inclusive and participatory decision.

HIMALAYAN TRUST NEPAL
SOLUKHUMBU, NEPAL
STATEMENT OF FINANCIAL PERFORMANCE
For the year Ended 31st Ashad 2076 (16th July 2019)

	Note	Sub-Total Amount (Rs)	Current Year Amount	Previous Year Amount
<u>INCOME / RECEIPT</u>				
Membership Fee			2,500.00	2,300.00
<u>Grant and Contribution</u>				
Grant and Contribution (HTN)	7	74,487,083.62		70,797,690.23
Contribution from Projects (Annex: B)	8	3,410,538.85		7,778,474.54
SEHF Project (Khunde Hospital)	9.ii	8,992,472.29		11,972,713.79
REDSS Programme		-		24,672,753.11
<u>Other Income (Internal)</u>				
Contribution / Donation Box	10	65,900.00	2,783,655.60	67,000.00
Miscellaneous Income		-		2,000.00
Bank Interest (Annex: C)		2,716,755.60		716,169.10
<u>Khunde Hospital (SEHF)</u>				
Donation (Donation box)		755,860.00	1,793,430.59	747,430.00
Donation from Community Clinic		68,300.00		26,390.00
Donation from Local Patient		698,340.00		441,425.00
Bank Interest		270,930.59		9,167.45
Total Income/Receipt			91,469,680.95	117,233,513.22
<u>EXPENDITURE</u>				
<u>Project Expenses</u>				
HTNZ Projects	11		75,077,260.51	
Scholarship and Incentives (HTNZ)	i	13,399,516.82		13,470,696.49
Phaplu Hospital Project	ii	10,373,627.78		10,048,687.72
Administration Expenses	iii	5,688,868.82		7,240,268.33
BCF Scholarship	iv	10,488,350.94		9,801,677.36
Messner Mountain Foundation	v	4,368,395.00		4,832,303.52
Grand Circle Foundation	vi	239,746.40		
AHF Scholarships	vii	7,012,412.49		930,262.79
TGHF Scholarships	viii	1,882,806.00		1,411,693.50
Naulekh Foundation Scholarship	ix	1,975,180.00		1,193,846.50
HTUK Scholarships	x	4,975,853.00		4,132,348.00
Others Donor grant for Scholarship	xi	1,630,913.50		2,246,085.00
Forgotten Sherpas of Nepal Trust	xii	598,035.00		1,906,350.71
Jossef Wessengger	xiii	2,143,867.00		
Thame Sherpa Heritage Fund	xiv	1,696,242.04		
REDSS Programme	xv	8,603,445.72		46,418,881.53
Khunde Hospital (SEHF)	-	-	10,623,246.52	21,174,901.78
OPERATING EXPENDITURE FOR THE YEAR			85,700,507.03	124,808,003.23
<u>Add Surplus during the year 2075-76</u>				
HTN Surplus	xvii	5,606,517.56		22,492,242.35
SEHF Project (Khunde Hospital)	12.IV	162,656.36		(7,977,775.54)
REDSS Programme		-		(21,746,128.42)
Surplus for the Year(2075-76)			5,769,173.92	(7,231,661.61)
Accumulated Surplus Balance (2074-75)			11,794,189.88	19,025,851.49
Accumulated Surplus for the Year			17,563,363.80	11,794,189.88

The accompanying form an integral part of these financial statements

Baween Raj Tandukar
Accountant

Mingma Norbu Sherpa
Chief Exe. Officer

Pasang Sherpa Lama
Treasurer

Pasang Dawa Sherpa
Chairman

Janak Tamang
J.Tamang Association
Regd. Auditor



EXECUTIVE COMMITTEE



PASANG DAWA SHERPA
CHAIRMAN



**TASHI
JANGBU SHERPA**
VICE CHAIRMAN



**PASANG
SHERPA LAMA**
TREASURER



**DR. MINGMA
NORBU SHERPA**
SECRETARY



**LHAKPA TENJI
LAMA SHERPA**
JOINT SECRETARY



**YANGJI DOMA
SHERPA**
MEMBER



**DAWA FUTU
SHERPA**
MEMBER



**PASANG DAWA
SHERPA**
MEMBER



**ANG TEMBA
SHERPA**
MEMBER

OUR PARTNERS



FOUNDATION BENOÎT CHAMOUX



Grand Circle Foundation
Giving back to the world we travel



Forgotten Sherpa of Nepal Trust

Annex-1

Articles from HTN Scholarship Recipients/ Success Stories



Ang Dawa Sherpa CMA, Phortse Clinic

Phortse is a small village which lies up in the Everest region between the route to Everest Base Camp and Gokyo. It is a village that may be the least affected by trekking and tourism.

Being an isolated village, the nearest hospital for the people here is Khunde, which takes about 4 hours walk. There is an outreach clinic here at Phortse, which is managed

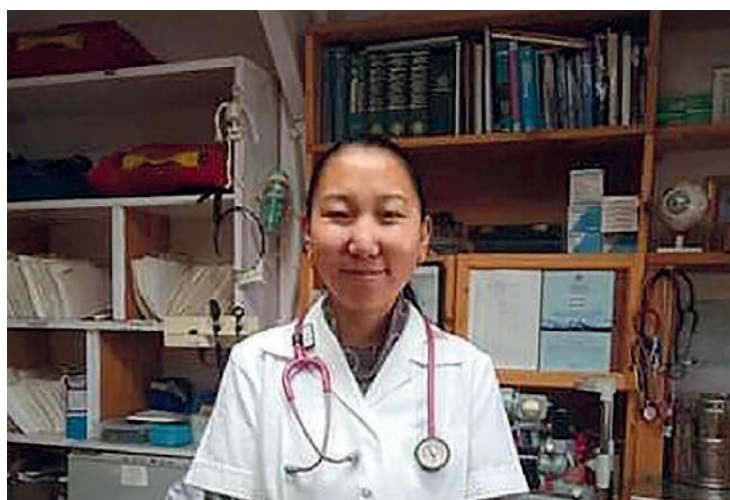
by Khunde hospital but had been closed for 2 years since there was health worker. So Dr. Kami Temba, Doctor In-charge of Khunde hospital, suggested me to take the course of a Community Medical Assistant and later run the clinic at Phortse. So I decided to take the course. I was provided with a scholarship for my 18 months training in Kathmandu by Sudy from New Zealand through the Himalayan Trust and Sheila Freake (wife of Tony Freake) from UK.

Right now, I have successfully completed my training as a Community Medical Assistant and I have been running the clinic at Phortse since April. I communicate with the doctors at Khunde hospital for advice and go to Khunde once a month to pick up medicines for the clinic and to submit monthly reports.

I feel very proud and happy to be working in my own hometown and serving the people here. It is like a dream come true, which would not have been possible without the support from the donors from the Himalayan Trust. I would like to thank all the donors who have not only supported me but also have done a lot for the people of Solukhumbu.

Dr. Mingma Kanchi Sherpa Medical Officer, Khunde Hospital

Even though being born in one of the most remote regions of Nepal: Solukhumbu, I have been so fortunate to see the foreign volunteer doctors serving my community since my childhood, which inspired me to become one. In the quest of fulfilling my medical dream, I dedicated most of my time to my studies since the beginning. I spent my school years in Kathmandu, away from home and family. I then completed my Bachelors of Science in Biology, followed by Doctor of Medicine from Cebu Doctors University in Philippines in 2014 with the help of scholarship from The Sir Edmund Hillary Foundation, Canada. I also spent a year in the Philippines as an intern, which helped me observe and learn international medical practices closely. Upon completing the medical course, I returned to Nepal and passed the Nepal medical licensure exam in July 2015. Afterwards, I worked for a few months in Patan Hospital, where I got the chance to further hone my knowledge and skills as a medical practitioner. I then decided to come back to my birthplace and hence I have been working in Khunde Hospital as a medical officer since June 2016. I feel very privileged to work here in my own community and I wish to continue doing the good work so that I can help save lives and make a difference in someone's life



Nima Tenzi Sherpa

Engineer, Fondation Benoit Chamoux



Hello! Namaste! Tashi Delek! I am Nima Tenzi Sherpa. I was born on July 12, 1994, in a remote village located in the northeast part of Nepal, Solukhumbu. I grew up as the fourth child in my family, grazing cattle, collecting firewood, working in the fields before and after school every day.

Now I am here in Kathmandu working as a civil engineer. So far, I have been involved in many construction sites within Nepal.

The article below explains my journey between those two things: Being a member of a typical Sherpa family, we had to speak our mother tongue and it was somewhat tough to learn Nepali language within the Sherpa community at our place. Like other children, I used to go to school each day to learn school education and Nepali language. I still remember those days, playing with friends and being in our own world. About my parents: my father was a trekking guide and my mother was a homemaker who used to take care of us. Every day was similar for us with the same routine and same place until we heard the devastating news about our father. It was the year 1999; my father went to the mountain and did not return home. On April 29, 1999, my father died in Mt. Annapurna I (8091m), while returning from the peak to base camp. Then my mother had to struggle a lot for the family being a Sherpa widow because my father was the only person earning for the family. It was 2004 when I got the opportunity to be connected with Fondation Benoit Chamoux, France, with the help of Himalayan Trust Nepal, which I feel now was the turning point of my life. In addition, now I realize how important and life-changing moment that was for me. I had to come all the way from my village to Kathmandu for my schooling after the confirmation of my scholarship program from the Foundation De France. Eventually, I joined Anandakuti Vidyapeeth High School in grade III with the full support of Foundation. In the beginning, it was a completely new experience for me in the boarding school. Somehow, I managed and worked hard with the help of my friends and teachers during my days in Anandakuti. However, because of some health issues in the school, we transferred to another school in Kathmandu, Himalaya International Model School (HIMS). I did well in this school, learned many new things, and about life. I would like to share that I am a civil engineer right now because I had these feelings when I was in grade IX. Now I believe that when you have a dream and you work for it from your heart you will achieve everything you deserve eventually. In 2012, I topped my SLC batch

from HIMS, which was my first achievement in the educational career. After then, for my high school, I joined Little Angels' College, Lalitpur. I spent my two years in LAC staying in a hostel to study science with the full support of the foundation. I studied well and graduated from high school with good marks in 2014. During high school, I got more knowledge about the scope of civil engineering and the importance of civil engineer for developing countries like Nepal.

After high school, I decided to give the entrance exam of the Institute of Engineering (IOE) to get admission for my bachelor's degree in engineering here in Nepal. As the foundation gave me a positive response to my decision, I joined Kathmandu Engineering College (KEC) in 2014 to achieve my further degrees. I studied the bachelor's program in civil engineering in KEC for four years. Within those four years, I got the chance to explore many things related to civil engineering and constructions. After I completed my bachelor's degree program, I did an internship at Structo Nepal Pvt. Ltd and then later worked as a site civil engineer for Green Hill Construction Pvt. Ltd in Nepal.

After my internships were over, on May 14, 2019, I got the visa of Switzerland. I got the chance to visit the hydro powers of Switzerland for 3 weeks through the help of Fabienne Clauss, the president of Fondation Benoit Chamoux. I had my internship at Provediment Electric Mustair(PEM) in Sta. Maria, Valmustair, Switzerland. With the engineers of PEM, I got the chance to explore three best hydropowers of Switzerland viz., LinthLimmern in Glarus, Ova Spin in Engadin valley and Repower in Poschiavo. In those 3 weeks, I learnt many new things and gained extra knowledge about hydropower. I feel so happy that I utilized every second of my visit to Switzerland.

Right after I returned from Switzerland on July 2, 2019, I got hired as a civil engineer in one of the best INGOs in Nepal: 'Um Hong Gil Human Foundation'. Currently, I am involved in designing and constructing school buildings in different parts of the country through the INGO. It is also my pleasure to share that I am in good relation with Himalayan Trust Nepal and hoping to work with the team of Himalayan Trust in coming days.

Lastly, I am proud to say this new role suits me and I am having a great time of my life, along with challenges and obstacles. I had many people who invested in me; for now, I would like to thank Fabienne Clauss and all the kindhearted members of Foundation and Himalayan Trust for all the support and care.

Phuri Sherpa Teacher, Hewa Basic School



Phuri Sherpa was a very young teacher, newly appointed in May 2017 in the vacant post of Hewa Basic School of Solu Dudhkunda Municipality-1. It was his first experience as a teacher and in teaching the young ones. He had limited knowledge and skills of teaching when he first attended the SBTT workshop. In the beginning, he looked very nervous but curious to learn. Later on, while working with him in his classroom and workshop, he proved to be a very diligent and sincere teacher. He was always actively involved in the classroom and workshop activities.

His learning and good works have been successfully reflected in his teaching and classroom management. He remarked that he was quite fortunate to get an opportunity to be a participant of SBTTP, which made him able to

pass the Teacher Service Commission (TSC) exams and get a permanent teaching job from the government.

With his beautifully made chart, he explained his skill of developing and using unit plan, lesson plan and teaching materials. He made his presentation very worthy, thereby giving examples of child friendly activities in teaching as warm up, songs, games, dialogues, role plays, discussions, brainstorming, group works, pair works, individual work and many others.

The Continuous Assessment System (CAS) practiced in the classroom was very significant for child friendly assessment practice using the tools of classroom work, project work, creative work, behavior observation and daily attendance. He also explained the innovative activities in order to support the weak learners and the ways how parents could be involved in their children's learning.



Himalayan Trust Nepal

Dillibazar, Kathmandu, Nepal

Tel.: +977-1-4412168, 4414750

Email: info@himalayantrust.org.np

Website: www.himalayantrust.org.np