

Helping Hands Health Education
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WE'RE ON THE WEB!
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Dates for Clinical Experience and Trek in Nepal.

Fall 2005

September 1st – 30th

September 28th – October 28th

October 26th – November 25th

November 23rd – December 23rd

Spring 2006

January 16th – February 15th

February 17th – March 19th

March 18th - April 17th

April 16th – May 16th

Another Way to Lend a Helping Hand

Whether you have volunteered with Helping Hands in the past, are hoping to volunteer in the future, or are unable to journey to Nepal this year, we want you to know that you can assist us in our mission all year round. Helping hands is introducing three levels to their membership program: A Helping Hand, Two Hands and A Golden Hand. Each level entitles you to receive this quarterly newsletter, keeping you up to date on the ways that we are expanding, restructuring and improving our programs. But which ever membership you choose, remember that you will be doing your part to help people of Nepal.

Fill out this detachable portion and return it to us today!

\$30 A Helping Hand
 \$75 Two Hands
 \$150 A Golden Hand
 Other _____

Please make checks payable to Helping Hands Health Education

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 Address _____
 City _____ State _____ Zip Code _____
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Hands - On Health Volume 7 Issue 1
/ March 2005



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From the Editor

The first issue of year 2005 brings hope towards added activities and projects at Helping Hands Health Education. We are thankful to many people who have helped us bring out this Newsletter, especially Ms. Vickie Seward who has continuously sent reports from Helping Hands Nepal. We are also thankful to all our staff in Nepal, who have worked tirelessly towards a Hands Nepal.

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Hands-On Health News

A publication of **HELPING HANDS HEALTH EDUCATION**

April 17th, 2005 - Nepal Day in Boulder, Colorado

City of Boulder has declared April 17th of 2005 **Nepal Day** in City of Boulder (see The Declaration on Page 2). This Declaration by the Mayor of City of Boulder is in recognition of the efforts Helping Hands Health Education, a local non-profit organization, has made to introduce Nepali culture to the local community in Boulder and to take help from the American community to Nepal. The organization has worked in exchange of culture and perspectives between Nepal and the US since the past decade.

In honor of the Declaration of **Nepal Day**, Helping Hands together with the local Nepali community in Boulder/Denver area will be celebrating **Nepal Day**, which also happens to be the first Sunday after Nepali New Year, 2062, with the following events:

- * Cultural Procession to walk around the City of Boulder.
- * Dinner with Nepali cuisine, free of cost for all who walk in.
- * Nepali cultural program.

Helping Hands would like to invite all Nepali people residing in Colorado to join us in the cultural procession, wearing traditional Nepali costumes and holding traditional Nepali symbols and musical instruments. The procession, which will begin at the Band Shell at the crossing of Broadway and Canyon in Boulder will go around the City and end at the Band Shell. This will be followed by a free Nepali dinner and a wonderful Nepali Cultural Program. Helping Hands invites Nepalese and American friends of Nepal from everywhere to celebrate the pride of being a Nepali living in the US.

His Excellency the Ambassador of Nepal to the US, Mr. Kedar Bhakta Shrestha has accepted our invitation to attend the Nepal Day Celebration along with Commissioner of Boulder County, Mr. Will Toor. Ms. Carter Ellison will represent Congressman Mark Udall during the event.

Last year, the local Nepalese community in Boulder brought out its first Cultural Parade and it was a huge success. This year we plan to dress children in typical Nepali costumes representing various ethnic groups of Nepal and line them in front lines of the parade. Following the children will be the colorful parade.



President Shrestha holds the Declaration of **Nepal Day**—A pride to Helping Hands!



The Declaration

Nepal Day
April 17, 2005

WHEREAS, diversity of peoples and cultures is integral to the development and advancement of a community; and

WHEREAS, local non-resident Nepali community members contribute greatly to bringing diversity of life and culture to Boulder; and

WHEREAS, Boulder welcomes more and more Nepali people each year, thereby increasing the local Nepali community and its contributions to Boulder; and

WHEREAS, Nepal and Boulder share similar topography, thereby attracting numerous climbers, hikers and bikers to visit Nepal from Boulder each year; and

WHEREAS, the Boulder community has been very active in providing help in health and education to Nepal and her people; and

WHEREAS, Mr. Narayan Shrestha, a Boulder resident and philanthropist, has brought medical and educational help to Nepal's people since 1988; is the founder and president of Helping Hands Health Education; and has initiated a celebration, known as Nepal Day, to be celebrated on the third Sunday of April each year, which is New Year's Day according to the Nepali Calendar, with such holiday designed to celebrate the pride of being a Nepali in the United States of America;

NOW, THEREFORE, I, Mark Ruzzin, mayor of the City of Boulder, Colorado, do hereby designate Sunday, April 17, 2005, as:

Nepal Day

in the City of Boulder, and call upon the people of Boulder to join the celebration on this day and to strengthen our community by supporting diversity in our culture.

HENCE, I have hereunto set my hand and caused the Seal of the City of Boulder to be affixed this 28 day of January, 2005.



Mark Ruzzin
Mayor

Helping Hands Permanent Clinic in Phalebas, Nepal



President Shrestha inaugurating the clinic and glimpses of the clinic building.

In the village of Phalebas there is a desperate need for affordable medical care. With the vision International President, Mr. Narayan Shrestha, and from the funding of Helping Hands International Office, Boulder, CO the clinic was opened on Feb 24th 2005. The Inauguration ceremony took place in the presence of Mr. Narayan Shrestha, Founder and International President of Helping Hands, Mr. Ram Bahadur Shrestha - President HH/N, Dr Gupta Bahadur Shrestha - Medical Director HH/N, Bholanath Sharma - General Secretary HH/N, and Ram Prasad Ghimire - Parbat Branch President, other district officers, the newly placed staff and the community at large.

During January and February of 2005, the Phalebas staff received training in the Kathmandu Clinic under the



Equipment and supplies are currently being obtained with the generous budget of 3 lakhs received from the International office in Boulder Colorado, USA. The facilities include x-ray, maternity, OT, dental facilities, exam rooms and primary care, pharmacy and lab, and eventually Ultra Sound.

This project will be a success because of the planning and forethought put into the equipment and the carefully chosen staff. Additionally, support for the continued development of the clinic has been committed to by the local people, "The Friends of Helping Hands", in the form of yearly monetary donations. We look forward to the success of this clinic.

The clinic is located in a rented building that has been renovated to be functional as a clinic site.



Khandbari welcomes a team of volunteers in March 05.



March 2005 was a very special month for Helping Hands Nepal, as it was organizing a special surgical camp in Khandbari, Nepal. This camp entirely focused on women's cases and provided exclusive services for women in need of health care. The biggest achievement of this camp was the first baby delivered by C-section in Khandbari, Nepal. For this



The first child to be delivered by C-section in Khandbari, Nepal

special camp, Nepal Television, the national television broadcasting of Nepal was also present to catch the moment. One more time, Helping Hands Nepal was in national media for its good work in the health sector in the villages of Nepal. This moment is a moment of pride of all of us at Helping Hands Health Education in the US as well as in Nepal.

This camp wouldn't have been successful if it hadn't been for the group of volunteers that went to Nepal from the US. This group of volunteers had three returning volunteers. Dr. William Chase, Ms. Barbara Chase and Ms. Dian Sparling were the three volunteers who went to Nepal in October 2002 and fell in love with this country

and her people. They wanted to go back to Nepal and thus regrouped with group of other friends. Added to this group were few other volunteers interested to provide their expertise to the people of Nepal. The group comprised of the following:

- Dr. William Chase, MD
- Dr. Gary Shapiro, MD
- Dr. Susan Kozak, OB/GYN
- Dian Sparling, RN
- Jody Dugrenier, PA
- Mindi Bull, MS
- Jeannie Rhee, MS
- Barbara Chase, EMT
- Jane Shapiro, Community Health Consultant
- George R. Pasco, Educator
- Rebecca Brooks, Social Worker

The doctors and staff examined 767 patients providing necessary treatment. Out of this number 19 vaginal hysterectomies were performed due to Uterine Prolapse. American Gynecologist, Dr. Susan Krozac performed the first cesarean section birth ever in Khandbari. The baby and mother are both doing well!

Congratulations to these doctors and all the staff for a wonderful and successful camp.



This group along with four Nepali health staff and the Kathmandu Clinic's Medical Director, Dr. Gupta B. Shrestha, coordinated with the staff in Khandbari to ensure the success of this camp. And a great success it was!

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These pictures talk for themselves! These clearly show the progress at the clinic site in Dharmasthali, Kathmandu. The construction has begun and is moving in full swing. The site plan is to have a building 74 feet by 54 feet with 3 floors. Construction of the floors will be completed within a year and it will continue for another year to complete the finishing. The entire construction and finishing will be completed within another year. The foundation of the building has been laid and has reached the DPC level.

The completed project will serve 10 villages/areas surrounding the immediate vicinity. The expected clinic/mini hospital will contain 6-beds for inpatient services at the first stage, conference room, dispensary, 2 doctors office, 2-outpatient examination room, 1 operation theatre and emergency room, laboratory, x-ray. This facility will be the one and only state of art, one of a kind facility in this area of Kathmandu. The villagers are not only happy but have devoted their time and energy to complete this project within the targeted time frame.



Dharmasthali Village

Dharmasthali is located 12 km north of Kathmandu and 8km from Balaju. The village is 3.69 sq Km. The population according to the 2001 census is 5,228, with almost 50% men and 50% women. The average household size is 5 with 3 being children.

This village is in middle of 5 Village Development Committees (VDC) and one Municipality i.e. 16. Each VDC has 9 ward that means 45 ward people will take benefits from this project directly and indirectly. The 5 VDCs are; Kalvethali, Phuntuok, Goldhunga, Manamajju & Jitpur. The majority of people living in these villages are Newars, Bharmns, Chhetri, Gurungs i.e. Ghimire, Bhatta, Timilsina, Thapa, Basnet, Gurung, Chhetri, Damai, Sarki etc.

There are 6 schools nearby - 2 government and 4 Boarding. Currently, 200 children are enrolled in 1 primary boarding school which holds classes from nursery to grade 3 in the village. After grade three they must walk from the village to other school 2-3 km away. About 75% of



the population are educated with about 20-25% going on to +2 or BA programs. Almost all of this number are men. The average education level of the village is grade 10 for both men and women. About 1500 people in the village can not read or write and two thirds of them are women. Roughly 85% of the households are directly supported by farming. The average income per household is 4000-5000Rps per month.

There is one government health post that is open 6 days per week which provides affordable healthcare. About 40% of the community are not able to afford and do not have access to available healthcare, thus are in need of quality healthcare. The under construction project of Helping Hands Health Education will help in an average 20,000-25,000 villagers a month.

International Civic Golden Award—2005

It was a very exciting evening. The tone of the program was set when the event opened with Hindu, Buddhist and Christian blessings. The awards were presented to many international persons who have done good works for the progress of Nepal.

Helping Hands is proud to have had five of its nominated people receive the award. The award, in honor of Her Highness Queen Komal Rajya Laxmi Devi Shah' day of birth, was presented by Rt. Honorable Parasu Narayan Chaudhary, Chairman of Royal Council Standing Committee, Coordinator of Study Abroad Programs at University of Idaho, Moscow, Idaho was one of the speakers. Mr. Neuenchwander was one of only a few award winners to give his views on World Peace. His words were articulate and well received by all.

Along with Mr. Neuenchwander, Mr. Gordon Calahan, social worker and businessman from Colorado, Ms. Barbara Fisher, Vice President of Boulder Community Hospital, Ms. Patricia Gallinek, RN and professional photographer (not in picture) and Mr. Byron Dangerfield, Dean of College of Business and Economics at University of Idaho, Moscow, Idaho were our other winners. **Congratulations to all our award winners!**



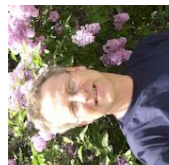
Barbara Fisher



Gordon Calahan



Dean Dangerfield



Bob Neuenchwander



ENT Surgical Camp in Phidim.

The Phidim ENT Surgical camp was held from Jan 7 to Jan 14. The camp was a collaborative effort among three groups, the World Health Organization (WHO), the Ministry of Health and Helping Hands Nepal. The President of the Phidim Branch of Helping Hands, Iswori Timilsina, and the Local District Health Officer, Dr. Lohami, were both instrumental in ensuring the success of this health camp. Mr. Timilsina provided a well equipped site and the team of surgeons were able to relax into the environment and work efficiently. The Doctors included; Senior Consultant and Program Coordinator Dr. Madhav Dahal representative of HMG and the WHO and Head of the ENT Department at Bir Hospital, Dr. R K Singh, Consultant and ENT Surgeon Bir Hospital, Dr. Dhundi Poudel, ENT Surgeon Chitwan Hospital, Dr. R S Mandal, Anesthesiologist Koshi General Hospital, Dr. Laxman Shrestha, Medical Officer Bir Hospital, and Dr. Gupta B. Shrestha Medical Director Helping Hands Nepal. These 7 doctors along with 7 support staff examined over 850 patients and performed 220 Audiograms (hearing tests). Thirty total major surgeries and 4 minor surgeries resulted from these tests and exams. Overall the camp was a great success and we hope to collaborate again in the future to bring this essential care to other districts in Nepal.



February 2005 volunteers in Nepal.

Dr. Trevor Jacob, an internist from Aurora, Colorado and his wife Ms. Carole Jacob, an RN were the only volunteers welcomed by Helping Hands Nepal during February 2005.

Both these volunteers worked at our permanent clinic in Khandbari for about two weeks. They joined the team who are already working at the clinic and supported the clinic for the



day to day patient services.

After their clinical services was over, they headed off to a trek to the Annapurna Base Camp.

However, as both Trevor and Carole fell ill during the trek, they had to cut short their trip and return to the US. We thank them for their services from the bottom of our heart and wish them speedy recovery.



First Helping Hands Mini Hospital is going to be built in Dharmasthali, Kathmandu by the end of year 2005 with the availability inpatient services. One more feather in our cap!!

More news on this matter will follow in our following issues of Hands-On-Health.

Helping Hands Health Education/SANN Research Institute signs agreement with Purbanchal University of Nepal.



The Vice Chancellor of Purbanchal University of Nepal, Mr. Toran Bahadur Karki visited various cities in the US visiting various US Universities and Colleges. He signed an agreement between University of Idaho, Moscow Idaho and Purbanchal University of Nepal. He also signed an agreement between Kentucky College of Technical and Community Systems (KCTCS), Lexington, KY and Purbanchal University. In the last leg of his trip he visited Boulder, CO. He visited the University of Colorado at Boulder and met with various administrative authorities at the University. Helping Hands Health Education, SANN Research Institute and Purbanchal University entered in an agreement to conduct various collaborative programs.

Along with various study abroad programs and other opportunities for American students in Nepal, the agreement also includes various technical joint venture programs such as the programs in Nursing.

The agreement was signed on January 28th 2005 at Helping Hands Health Education, International Office at 948 Pearl Street, Boulder Colorado.

President of Helping Hands Health Education, SANN Research Institute, Mr. Narayan Shrestha and VC of Purbanchal University Mr. Toran B. Karki during the signing ceremony.

ONE DAY FREE HEALTH CAMP FOR PORTERS

-Dhan Kumar Rai

Helping Hands Nepal organized "Free Health Camps for Porters" on 26th Feb 2005 in Kalimati Vegetables & Fruits Market, Kalimati jointly with Kalimati Vegetables & Fruits Market Development Committee and Kalimati Youth Club. Kalimati Vegetables & Fruits Market Development Committee provided the space and Mr Dependra Bhandari & Kalimati Youth Club facilitated the banner, distribution of pamphlet and registration.

Free Clinic was inaugurated by international President Mr Narayan Shrestha and he promised to organize this type of camp every year for porters. Helping Hands Nepal Executive Board Member and President Mr Ram Bahadur Shrestha, General Secretary Mr Bholu Nath Sharma; member Mrs Binjwala Shrestha, Life member & Ex -Vice President Mr DN Shrestha and representatives from Nepal Television, Kantipur Television, Image Channel, The Himalayan Times, Radio Nepal were also present on this occasion.

Helping Hands has provided the following free services:

- General OPD
- General Surgery
- OB/GYN
- Pediatric
- Pharmacy



Health Camp team was lead by Dr Gupta Bahadur Shrestha , Medical Director followed by Dr Shyam Krishna Shrestha , SMO; Dr Sarojini Shrestha , Dental Surgeon; Dr Merina Rajbhandari, OB/GYN; Mr. JP Dahal , X-ray technician; Mr Suraj Shrestha , Dental Assistant ; Mr Raju Lamsal, Volunteer Pharmacist. And Mr Dhan K. Rai, Administrative Officer of Helping Hands Nepal.

187 Porters and their families benefited from this Health camp.