

# HELP TO HELP NEPAL



## Annual report

2025 to 2026

## INTRODUCTION:

**Help To Help Nepal** “A non-government organization” operated at Tanahun district – Satrasaya. This district is 200 KM far from central capital of Nepal. Most of the peoples having very low-income source, peoples are suffered by poverty. Some of the high-class people of this community are educated but most of the peoples are uneducated. Illiteracy and poverty are the main barrier of development. Here are lots of social and economic problems on society such as no having good education to the children, no good health care for peoples, and no good food for marginalized group of people. So, most of the higher-class families has approach of good quality hospitals and nursing home. But poor, marginalized people have no option except local hospitals.

Knowing all these problems “**Help to Help Nepal**” is actively working to eradicate such social problems. Most of the peoples who live in nearby these territories trust HELP TO HELP and come to treatment.

Some of the marginal people’s children are going to school and getting good education. Now all the children go to school after our organization support them by stationeries and dresses. “**Help to Help Nepal**” support to some of those children by providing educational materials (such as School dress, bags, books, copy and other stationery items) and school fees.

“**Help to Help Nepal**” provide an ambulance focusing to those groups who can’t afford money to cure their disease. Before few years lots of women lost their life due to labor pain, bleeding and other various problems during maternity time. People lost their life on road accident and other diseases.

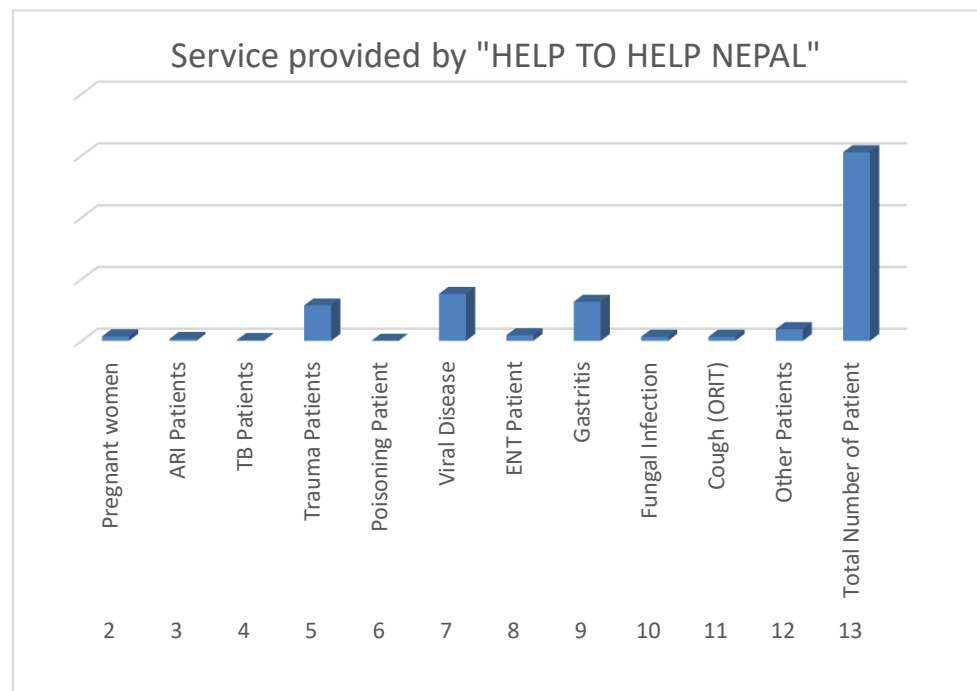
To minimize all these problems people, need ambulance and primary hospital on this local area. “**Help to Help Nepal**” establish a local hospital and arrange one ambulance by the support of kindhearted peoples of the GERMANY.

### HERE IS A REPORT OF AMBULANCE.

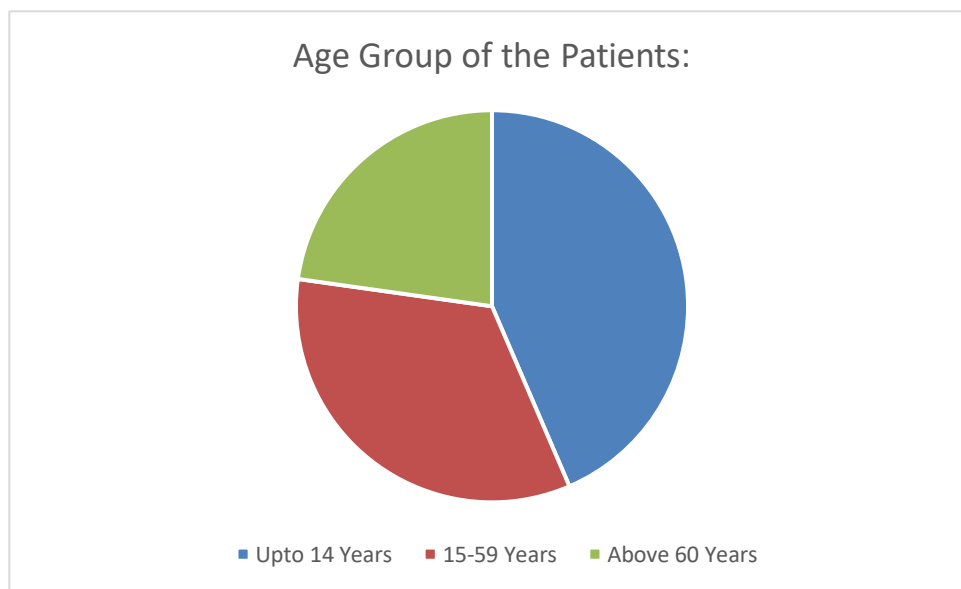


**Service provided by "HELP TO HELP NEPAL"**

1	Accidents	2750
2	Pregnant women	369
3	ARI Patients	158
4	TB Patients	70
5	Trauma Patients	2870
6	Poisoning Patient	18
7	Viral Disease	3805
8	ENT Patient	460
9	Gastritis	3170
10	Fungal Infection	330
11	Cough (ORIT)	330
12	Other Patients	950
13	Total Number of Patient	15280



Age Group of the Patients:		
Upto 14 Years	15-59 Years	Above 60 Years
6652	5148	3480



From the date of operation “**Help to Help Nepal**” ambulance travel 345000 KM to provide service for people from different neighbor district.

Two drivers are changed from the beginning to till date. During this period approximately 5500 peoples use ambulance. 17 children born in ambulance and no one child and mother lost their life during this time.

## **Service provided by “Help to Help Nepal” ambulance:**

- ❖ Rescue of minor and major accidents. After the primary medication refer the patient to other hospitals as per their health condition.
- ❖ Pregnant women.
- ❖ ARI (Acute Respiratory Infection).
- ❖ TB Patient.
- ❖ Trauma Patient.
- ❖ Poisoning Patient.
- ❖ Road Accident

## **June 2025 to Dec 2025**

Till date our ambulance runs 345000 KM. We extend the ambulance services up to Hetuda, Butwal, Narayanghat and Pokhara different cities of Nepal. So obviously we are too busy each day. There are two drivers who work in the basis of shift. Income of the ambulance hardly operate itself. Because payment of two driver, petrol and other maintenance cost is high. During this year +90% of patient recover and return to their home. Some of the major cases are referred to the regional hospital and some of them referred to the central hospital, Kathmandu.

Pilgrimage advantages:

Nepal is a holy country of Hindu religion. It's assumed that lots of ancient saints enlightened on the Himalaya of Nepal. Nepal is known as a country of temple. We have 7 old heritage temples. “Buddha” was born in Nepal, so Nepal is a holy country for Buddhism too. Lots of Hindu religious people and Buddhism people's sacred place is Nepal.

Help To Help hospital is located on the way of these sacred city. During travelling mountain road people suffered by insomnia which cause various disease. Help To Help is working for these types of travelers on the spot. Most of the pilgrims suffered by any kinds of disease due to long travelling and old age. We are very supportive for those peoples. We make a entry those people on the Accident & Other patient.

### **“HELP TO HELP NEPAL” has some experiences based on season:**

Normally, village peoples fall in sick from June to August, because of rainy season. Basically, this time most of the villagers are too busy. In this time, they do not have time to rest, disorder of good food, clean drinking water and have bad lifestyle. Some of the people got sick of old age and chronic disease such as Asthma, High/low blood pressure, high/low sugar, cancer. Except these Nepalese remote people has faces following seasonal diseases.

- ❖ Winter season: Flue with Fever, cold etc.
- ❖ Rainy season: Typhoid, Diarrhea, Cholera and some contact diseases.
- ❖ Summer season: Typhoid, Diarrhea, Cholera and some contact diseases.

### **Gender basic disease appeared on HELP-TO-HELP NEPAL hospital:**

#### **Women**

- ❖ Ovum related disease.
- ❖ Breast cancer and breast related diseases.
- ❖ Few normal STDs (Sexually Transmitted Diseases).
- ❖ Periodic problems (stomach pain, high bleeding etc)
- ❖ Some of the trauma cases.

#### **Children:**

- ❖ Seasonal disease.
- ❖ Smallpox
- ❖ Chicken pox
- ❖ Typhoid
- ❖ Diarrhea
- ❖ Measles

#### **Men:**

- ❖ Some common problems for adult, such as fever, cold, typhoid etc
- ❖ High/Low blood pressure
- ❖ High/Low blood sugar.
- ❖ Lung's problems
- ❖ Prostate problems etc.

WE HAVE FEW PICTURES OF THE “HELP TO HELP NEPAL” HOSPITALS.



Main building of "HELP TO HELP NEPAL" hospital.



Medical of "Help to Help Nepal".



Waiting room



Stitching Accident Case



Checking Children Trauma Treatment

Blood Pressure Checking





Children suffered by cold and flu.



Accident





Smily mother with her baby after getting better treatment to her baby.



HELP TO HELP NEPAL: Cloths distribution Program.

Lab technician finding something





## **PUBLIC VOICE:**

After the pandemic, remote villagers are very aware of the health. Negligence of health cause big problem, so local peoples want to extend the services of the hospitals. We do not have basic latest medical technology. Tanahun District, a part of Gandaki Province, is one of the seventy-seven districts of Nepal.

The district, with Damauli as its district headquarters, covers an area of 1,546 km<sup>2</sup> and has a population of around 323,288 according to the Nepal government data. HELP TO HELP NEPAL wants to cover at least 25% of populations of this district and want to provide the good services to these peoples.

### **“HELP TO HELP NEPAL”: OBJECTIVE**

People from remote part of the district are mostly illiterates. After this pandemic most of the people know the importance of health. They know during these few years that the “Health is Wealth”. HELP TO HELP NEPAL organizes some of the basic health related instructions to the community. HELP TO HELP NEPAL, wants to provide good health service to the marginalized people. So, we are aware that our team must be start from the very beginning of health instruction: such as

- Use soap to wash the hand after work in fields.
- Wash your open parts of body before entering the house.
- Everybody should properly wash their hand by soap after use toilet.
- Do not litter around the house, playground or on those area where children play frequently.
- Classify the garbage as recycle or none recycle and store them in separate bin.
- Separate plastics, plastic made garbage and other none recycle items.
- Never ever burn the plastics, smoke produce by plastics may cause fatal diseases related to respiratory system. That may cause lungs cancer etc.

HELP TO HELP NEPAL, tries to reduce the number of patients in this area. Our next plan is to extend the hospital at least 10 beds with latest medical equipment. So, the stakeholders can get the good medical services without going to the big city. If they get good medical services on their own village then more and more lives can be saved. Before 5 years people need to travel around 30 KM to get the primary health services. But now after the establishment of HELP-TO-HELP NEPAL hospital, they don't need to travel for medium health service. If we got good support, then we can achieve our goal. Hope all kindhearted people from all around the GERMANY will support on this mission.

We should renovate our Lab, patients checking room and garage. As well as we need to change some old patient's bed, chair and need two wheelchairs for emergency ward.

### **Conclusion:**

“HELP TO HELP NEPAL” is a one of the best medical partners of Tanahu reign, who gives better treatment to the minorities and ethnic group of this reign. We hope on upcoming days we can grow up and can provide more medical facilities to the people.

### **Needs:**

It seems some cracks on the building and shade. So, we need to renovate before the rainy season. After renovating we need to color both main building and shade.

**THE END**