



Namaste from Friends of Nepal Pariwar Foundation Annual Report 2023-2024

Dear Friends of Nepal Pariwar Foundation,

As one of the founders of Friends of Nepal Pariwar in 2006, President, and representative of the Board, I want to thank you for your generosity and support for our work through the years. Our reserve funds are adequate to meet transition expenses and therefore **we are no longer accepting donations**. This report is not a request for support, but it is a statement of appreciation for your help over the years to provide health and development services in underserved areas of Nepal and to create a sustainable future for the health clinics we supported, and it is a chance to reflect on accomplishments.

During the past 18 years, the health services we supported in Sindhupalchok and Ramechhap districts, and their associated clinics and medical camps, served over 200,000 patients. Annually, nurse midwives assisted an average of 165 deliveries and 490 new family planning acceptors. These clinics were the first rural clinics in Nepal to begin screening for cervical cancer and provide referral and treatment for positive cases. In the past ten years, home deliveries in areas around the clinics decreased from 90% to under 20% as women moved to delivery with a skilled nurse midwife, resulting in a significant reduction in child and maternal mortality. In addition, four communities with 300 families were provided clean drinking water from spring-fed water systems constructed by our partners with our assistance. All this has been possible from your support – **Thank You**.



Hinquwapati clinic.



Mulkharka health camp.



Ramechhap health camp.

Health Services

One of the two clinics in Sindhupalchok, Mulkharka, constructed high on a ridge following the 2015 earthquake, has served a remote area of mixed ethnic groups (the clinic was established earlier in donated rooms provided by a local villager). Mulkharka is reachable by a 3-hour bus ride six months of the year during the dry season. The clinic has now been incorporated into the municipality health program. We will support two medical staff salaries until June 2025, after which salaries, medicines, and clinic maintenance will be the responsibility of the Melemchi Municipality. Binda Aryal, the clinic's senior nurse midwife, will be appointed to full-time municipal staff.

The second clinic, Hinquwapati, is located at a lower elevation on the main Helambu road. It serves a large population of rural farming families and patients referred from other remote areas. The clinic's management committee (a nonprofit) has determined that the clinic can continue to serve the area and sustain itself. The clinic upgraded its services and staff to meet the government's requirement as a "polyclinic" – it will provide a mix of general health, maternal care, deliveries, family planning, lab services, and a pharmacy. It will be installing a small X-ray facility this year with our help. Our agreement is to meet 80% of staff salaries in 2024-25 and 60% in 2025-26, when our commitment will end.



Scholarships

Over the past decade, we have provided more than 100 scholarships for middle school, high school, junior college, and technical certification. The village of Dangsingtar in Ramechhap District did a household survey in 2023 showing that the number of high school graduates increased from 11% in 2014 to 26% in 2023. Two women from this remote marginal community are now qualified, employed nurses. At present, six students on technical scholarships will be completing their 3-year courses in 2026, and funds are earmarked to cover their expenses until graduation. Students are completing certification in nursing, pharmacy, agricultural extension, and civil engineering. Three additional scholarships will be awarded this year.

A bigger challenge has been the need to sustain future support for technical (post-secondary) education. One possibility being explored is the establishment of an endowment fund to generate interest income. This would be managed by our partners and be allocated for technical scholarships. We may utilize a portion of our reserve fund as seed capital for our Nepal partners, and they would request matching support from other organizations.



Scholarship recipients.

Mid-year Financial Summary (12/31/23 – 8/15/24)

Opening Balance 1/1/2024	\$20,436
Income in 2024 to 8/15/24	
Contributions	\$ 7,503
Transfer from reserve funds	\$33,000
Expenses in 2024	
Grant to BBP Pariwar for 2 clinics	\$24,766
Grant to BSN for annual health camps & technical scholarships	\$29,390
Grant to technical support person	\$ 3,750
Admin costs (covered by FONPF Board) for licenses, fees, publications, and postage	\$ 276
Closing Balance	\$ 2,757
Vanguard reserve fund value as of 8/15/24	\$38,917



Pre-natal check-up.



Mulkharka clinic.



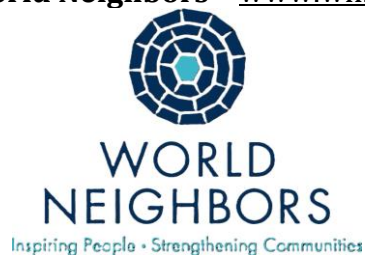
Rural school.

Two international non-profit organizations presently support our Nepal partners for agricultural development and women's savings and credit groups. They welcome your support:

Groundswell International – www.groundswellinternational.org



World Neighbors – www.wn.org





Delivery.



Goat competition.



Health services.

Many, Many Thanks

I want to thank our partners in Nepal for their commitment to grassroots development. BBP-Pariwar and Bajra Samaj Nepal are both nonprofit organizations with members elected from rural communities. Our partners receive grants from several other international organizations for support of women's savings & credit groups and agricultural development.

Since our founding 18 years ago, a number of supporters of Friends of Nepal Pariwar have volunteered to serve on our board. I want to thank them for their financial support, time, and expertise:

Anita Smith of Sebastopol, Vice President and Treasurer

Dr. Judith Justice of Berkeley, founder and Secretary

Gary Anderson of Santa Rosa, board member and former Treasurer

Linda Trodden Karow of Santa Rosa, board member

Dr. Denise Caudill of Oklahoma City, founder and former board member

Bob Curtis of Oklahoma City, founder and former board member

Linda Green of Santa Rosa, founder, former board member, and former Treasurer

Janet Anderson of Brush Prairie Washington, former board member

Thanks also to Janice Anderson. Although not a member of the board, Janice attended meetings and assisted with mailings. She and her husband Gary visited the Mulkharka clinic and dedication of the community water system constructed with Friends of Nepal Pariwar support.

I hope to be able to continue traveling to Nepal, visiting these programs, and maintaining contact with friends that I have made over the years since I first went to Nepal in 1972. I welcome travel companions who are willing to make that long flight.

With appreciation, Tom Arens

