



EPP Humla - Namkha Outreach Program Report - 2025



एक एक पाइला

#ekekpaila

Date: 10-11 Mangsir 2082 (November 2025)

Location: Yalbang, Namkha Rural Municipality - Humla

Collaboration: Namkha Rural Municipality & Tilganga Eye Hospital

Coordination: District health office, Namkha Rural Municipality,
Karnali Province Health Department

Financial Support: The Tibet Fund and Seva Foundation

1. Introduction

Ek Ek Paila Foundation, a non-profit organization driven by dedicated volunteers, has been providing essential medical services to remote and underserved regions of Nepal. Supported by the generosity of Nepali donors, local organizations, and government bodies, the foundation has become a pillar of partially sustainable healthcare initiatives across the country.

Remaining free from political influence, Ek Ek Paila is committed to addressing real healthcare needs, with a strong focus on improving access for marginalized communities. Following the devastating April 2015 earthquake, which claimed over 9,000 lives, the foundation emerged as an emergency response entity, delivering critical medical aid to rural areas in crisis.

With a committed team of Nepali doctors, nurses, paramedics, and community volunteers, Ek Ek Paila conducted month-long outreach missions—spending one week each month serving rural populations.

The organization began its first outreach on 6 June 2015 in Sindhupalchowk district. Since then, Ek Ek Paila has organized 35 outreach comprehensive health programs across Nepal, along with numerous localized initiatives. To date, the foundation has provided 90,350 cross-consultations, benefiting 42,900 patients.

The journey of Ek Ek Paila reflects a compassionate mission—one that continues to transcend geographical boundaries to heal and uplift communities in need.

2. Overview of the 36th Paila

Ek Ek Paila Foundation successfully conducted its 36th outreach program, a two-day eye care and cataract surgery camp and Hepatitis B vaccination program, on 10-11 Mangsir 2082 (26th to 27th November, 2025) in Yalbang, Namkha Rural Municipality, Humla. Organized upon the request of the Rural Municipality, the program aimed to provide accessible, free, and high-quality medical services to the people of the remote Himalayan region.

3. Major Activities

3.1 Eye Examination Services

A total of 532 individuals received eye examinations. The screening covered cataracts and other common eye issues, with appropriate medical consultations and medications provided on-site.

3.2 Cataract Surgeries

Out of those screened, 24 patients were identified for cataract surgery. All surgeries were successfully conducted during the camp, significantly improving the vision and quality of life of the beneficiaries.

3.3 Hepatitis B Vaccination Program

Due to the high prevalence of Hepatitis B in the region, targeted populations were administered Hepatitis B vaccines as part of the prevention and control initiative. During the screening, a total of 875 individuals who tested negative for Hepatitis B received their first dose of the vaccine. The vaccination schedule follows the standard dosing protocol of 0-1-6 months.

The Hepatitis program was conducted under the overall supervision and instruction of Dr. Sudhamshu Kc.

4. Hepatitis B Situation Based on Rural Municipality Data

Namkha Rural Municipality, with an estimated population of around 5,000, has recorded the following data:

2023:

Individuals screened: 2,200

Positive cases: 254

2025:

Individuals screened: 1,200

Positive cases: 64

These statistics indicate that Hepatitis B continues to be a significant public health concern in the region.

5. Key Challenges

During Hepatitis B - Low screening participation due to social stigma, fear, and misconceptions, as reported by the Health post.

The municipality's remote border location near China increases vulnerability to health risks and disease transmission.

Difficult geography and limited health infrastructure create obstacles to delivering and sustaining essential healthcare services.

6. Conclusion

The Humla-Namkha outreach Program of Ek Ek Paila Foundation was successfully implemented, providing critical medical support through eye examinations, cataract surgeries, and Hepatitis B vaccinations. The initiative has directly benefited the local community and underscores the importance of continued health interventions in remote and underserved regions of Nepal.

Team Member -

Dr Suman S. Thapa - Ophthalmologist

Mr. Ashok Pandey - Logistic

Ms. Shanti Karki - Ophthalmic Assistant

Mr. Basu Adhikari - Ophthalmic Assistant

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Yalbang, Namkha Health post Team Member

Photographs





Thankyou