



एक एक पाइला

“Volunteers bringing healthcare to the unreached”  
“Ek Ek Paila Foundation”

## Introduction

Ek Ek Paila Foundation is a non-profit, public welfare organization dedicated to delivering healthcare services to people living in remote and underserved regions of Nepal. Since its establishment, the organization has focused on bridging healthcare gaps by organizing free medical camps, surgical interventions, health awareness programs, and emergency support services for vulnerable communities.

## How It Began

Ek Ek Paila Foundation was founded in response to the devastating 2015 earthquake by a group of committed volunteers determined to support affected communities through healthcare services. The organization conducted its first free medical camp on June 6, 2015, in Sindhupalchowk District, one of the regions most severely impacted by the disaster.

Since then, the foundation has continued expanding its reach and impact across Nepal, serving thousands of patients who otherwise have limited or no access to essential healthcare services.

## Mission

To deliver essential and quality healthcare services to remote and underserved communities across Nepal.

## Vision

We envision sustainable, community-based healthcare systems where every individual—regardless of geography or economic status—has equitable access to healthcare services.



### Address

Thapathali 11, Kathmandu Nepal



### Website

[www.ekekpaila.org](http://www.ekekpaila.org)



### Mail

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# IMPACT (2015–2026)

Over the past 11 years, Ek Ek Paila Foundation has successfully conducted 39 Outreach Health Programs across Nepal, bringing quality healthcare services to remote and underserved communities.

## Key Achievements

- 👥 46,040 Patients Served
- 👁️ 97,390 Health Consultations Provided
- 👁️ 20,223 Eye Care Services
- 🦷 8,743 Dental Services
- 👂 9,071 ENT Services
- 👩 7,032 Gynecology Services
- 🦴 8,265 Orthopedic Services
- 👶 2,943 Pediatric Services
- 🌿 5,894 Dermatology
- 🏢 2,104 General Surgical
- 🔬 11,474 Laboratory Investigations
- 📺 4,668 Radiology Services

## Life-Changing Surgical Services

- 👁️ 1,597 Cataract Surgeries Performed
- 💡 326 ENT Surgical Procedures Completed
- 🦷 2,773 Dental Extractions Conducted

# COVID-19 Response Efforts

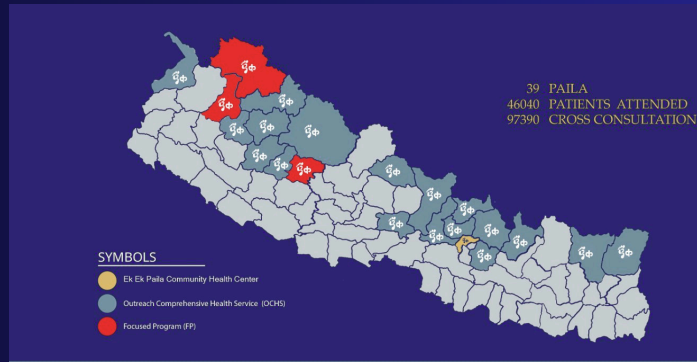
The opening of our Thapathali Clinic coincided with Nepal's second wave of the global COVID-19 pandemic. Despite the crisis, Ek Ek Paila's work continued without interruption.

We launched a COVID-19 outreach program through the clinic, distributing free medications, health materials, and equipment nationwide.

Working alongside district public health offices, health posts, municipalities, local authorities, and health workers, we reached 53 districts and 76 local government units.

We distributed primary medicine boxes containing essential medicines and antibiotics.

During lockdowns, remote medical consultations were made available via phone, Viber, and WhatsApp from 7–9 AM and 5–7 PM, led by our affiliated doctors, to assist patients unable to visit hospitals.



# PROGRAM STRUCTURE

## EK EK PAILA FOUNDATION

### Community Health Center

- OPD Services
- Preventive Health & Awareness Programs
- Community-Based Health Services

### Outreach Programs

- Outreach Comprehensive Health Services (OCHS)
- Outreach Surgical Programs (OSP)

### Education, Training & Research

- Health Education & Promotion
- Professional Training Programs
- Research & Innovation
- Capacity Building Initiatives

### Partnerships & Resource Mobilization

- Government Collaboration
- Corporate Partnerships
- Donor Relations
- Volunteer Management
- Networking & Strategic Alliances

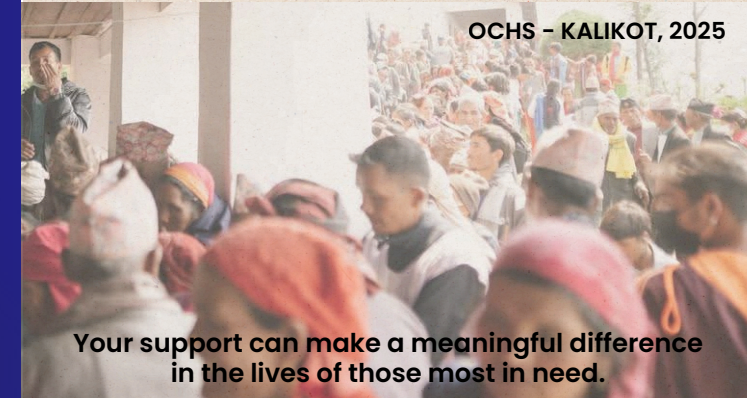
# Future Direction

- Expand OCHS and OSP programs to additional remote districts.
- Strengthen community-based healthcare systems.
- Increase access to specialized surgical services.
- Enhance telemedicine and digital health initiatives.
- Develop sustainable partnerships for long-term healthcare impact.
- Support research and evidence-based public health programs.

# Heartfelt Gratitude to Our Supporters

Approximately 90% of Ek Ek Paila Foundation's financial resources are raised through contributions from local Nepali individuals, supporters, and well-wishers within Nepal.

Ek Ek Paila Foundation sincerely thanks all our donors, volunteers, healthcare professionals, partners, and well-wishers for their invaluable support. Your generosity and commitment have helped us bring quality healthcare services to remote and underserved communities across Nepal.



Your support can make a meaningful difference in the lives of those most in need.

You can support and contribute to the mission of Ek Ek Paila Foundation by making a donation to the bank account provided below.



EK EK PAILA FOUNDATION  
NEPAL INVESTMENT MEGA BANK  
A/C NO : 03601040264976  
SWIFT CODE : NIBLNPKT  
BRANCH : LAZIMPAT  
CITY : KATHMANDU

Thank you for joining us in our mission to bring quality healthcare to underprivileged communities and build a healthier future for all.