



**HEALTHUSNEPAL**

A photograph of five young children standing outdoors in a rural setting. From left to right: a girl in a maroon patterned dress, a girl in a white dress, a girl in a pink and white outfit, a girl in a light green outfit with hands clasped, and a girl in a blue shirt and red pants with hands clasped. They are all smiling. In the background, there is a stone wall and a wooden door. A large purple circle is overlaid in the center, containing the text 'NAMASTE' and 'नमस्ते' in white.

NAMASTE  
नमस्ते




Health Us Nepal, is **an NGO based in Humla (Nepal)**, one of the most isolated and impoverished regions in the world.

Our **mission** is to bring health assistance to its inhabitants: more than 50,000 people who live in a forgotten area in the middle of the Himalayas and who have little access to quality health assistance.

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WE EXIST TO BRING HEALTH





Humla: a stunning  
place **in the middle of  
the Himalayas**, with no  
running water,  
electricity or roads

The heart and soul of Health us Nepal is **Marc, a 29 year-old doctor born in Humla**, Nepal, who was adopted and brought to Spain when becoming 6.



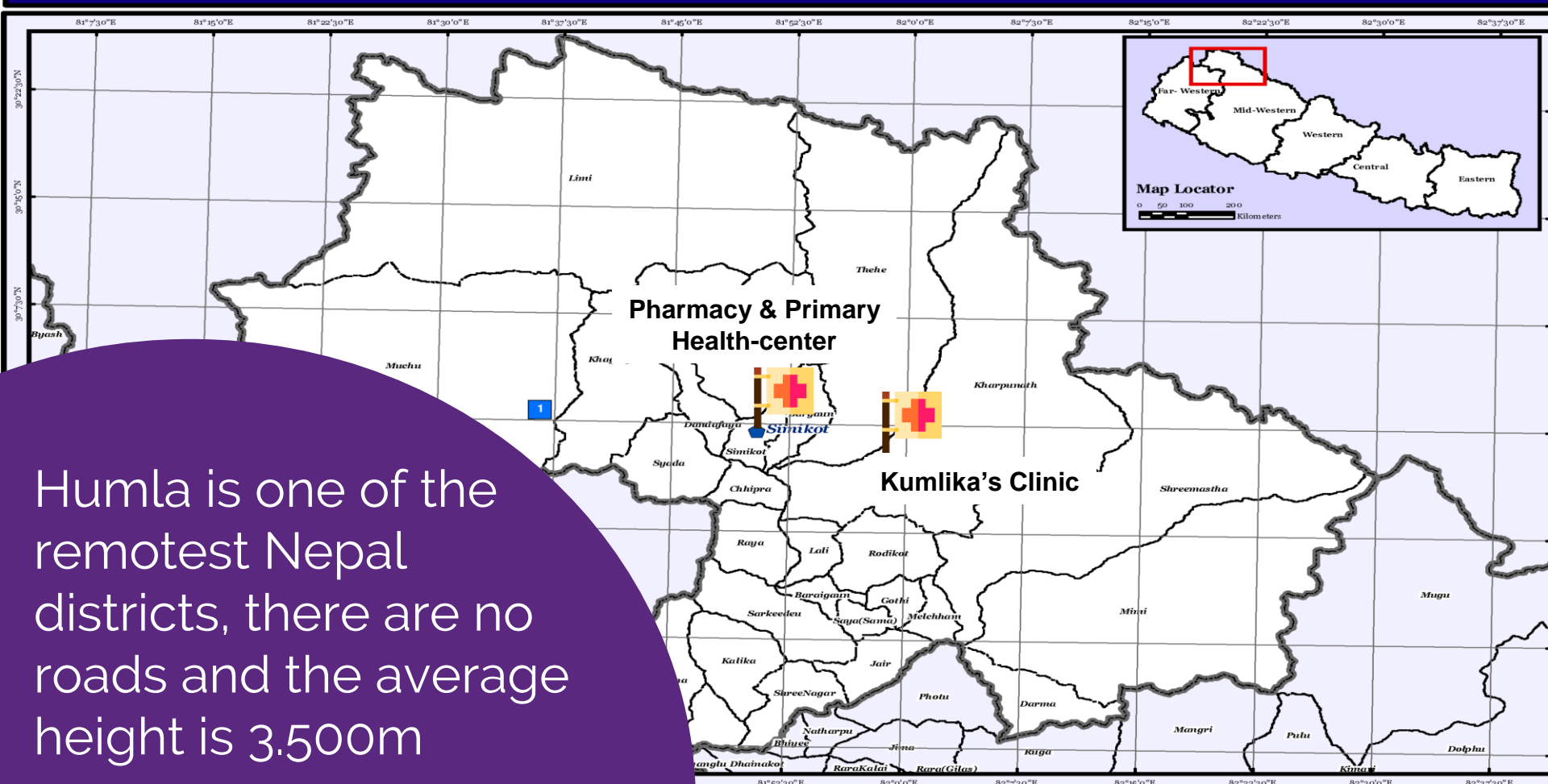
In 2000, at 18 years old, he gets in touch with his origins for the first time and decides to return there every year to help with his own means.

After spending a gap year in there, **he chooses to leave his comfortable western life and walk the extra mile:** he establishes himself permanently in Simikot, a village in the middle of the Himalayas, and founds Health us Nepal.

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# A VERY PERSONAL PROJECT

# HUMLA DISTRICT



Humla is one of the remotest Nepal districts, there are no roads and the average height is 3.500m



Usual access is by aeroplane, when the weather allows it. It takes off from Nepalganj, Terai region, around 150 km from Simikot.



**Humla is a very impoverished area**, so remote and abrupt that the government itself dedicates hardly no investment. There are no roads (Closest one is 5 journeys on foot, 80km) and **the average walk between villages is 4-5 hours.**



The capital, Simikot, is above 3,000m, with mountains around between 4-6.000 m. high. Merciless temperatures hinder growing crops, affecting nutrition, generating serious malnutrition diseases.

Humla's life expectancy rate is below Nepal's average, only **58 years old**, being its **Human Development Index (HDI) only 0,37.** (Germany 0,92 ; India: 0,6).

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HUMLA: MARC'S HOME AREA





In winter,  
temperatures drop  
to **-28°C** making  
snow isolate the  
villages

## 1 | PHARMACY & PRIMARY HEALTH CENTER



LOCATION | Simikot, the capital of Humla

PROJECT | Build and run

REACH | 5,000 people directly, avg of 300 patients/month attended

### GOALS

- | Impact urban areas
- | Attend patients with minor diseases
- | Help families in funding medicine costs
- | Provide advice on how to use medicines
- | Promote and train local professionals



## NGO ACTIVITIES



8th March 2018,  
Marc opened our  
Pharmacy – Medical  
Center. **15-20**  
**patients per day** are  
attended in average

10/03/2018 18:41

## 2 | PRIMARY HEALTH CENTER



LOCATION | Kumlika, strategic situation between Takla, Bamta and TheHe - 4h walking from Simikot and 2h from Takla.

PROJECT | build from scratch and run

REACH | 2000-3000 people

### GOALS

- | Impact rural areas
- | Attend patients with minor and major diseases
- | Provide advice on how to use medicines
- | Promote and train local professionals



## NGO ACTIVITIES



On Mid March 2018, rural clinic in Kumlika was opened to public. A local health assistant works there. Marc provides assistance some days every month as well



## 1 | PROJECT GLOBAL GOALS

Attend childbirths to help decrease child mortality



## NGO ACTIVITIES

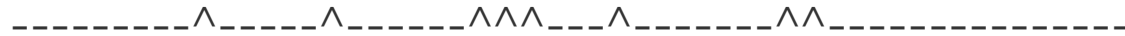


Traumatismes, eye  
and respiratory  
infections, fever &  
malnutrition are  
the main diseases



## 2 | PROJECT GLOBAL GOALS

Educate the importance of health and hygienic habits.  
Focusing on childs and women.



## NGO ACTIVITIES





### 3 | PROJECT GLOBAL GOALS

Collaborate on local health professionals education

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## NGO ACTIVITIES



Dhunjit Bhandari  
(left), collaborates  
with the NGO. He is  
the Health Assistant  
that works at  
Kumlika's center



## 4 | PROJECT GLOBAL GOALS

Assess in treatments and made medicines affordable  
for all Humla's population

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## NGO ACTIVITIES





## GOALS

To provide access to basic health services to the population of the Region of Humla, in Nepal.

To improve the living conditions of the population,

To provide job to local healthcare professionals so they don't have to leave their hometowns.

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## IN A GLANCE



Health Us Nepal center, is the **first legal pharmacy** in the area, making it affordable for all the population getting access to medicines



Castes still exist in Nepal. Marc's family name is "Singh" (former soldiers) & "Bhandari" (traditionally educators)



## ACTIVITIES

Buy medicines and medical supplies

Attend medical visits

Treat minor and major diseases

Attend childbirths

Educate on healthy habits

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## IN A GLANCE







## IMPACT

More than 5,000 people, mostly children and women, will benefit directly  
We expect to impact indirectly on the 50,000 inhabitants Humla has.  
Between **20 and 30 patients** are attended every day in our center..



## IN A GLANCE

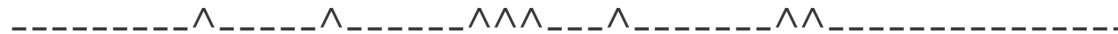


- Purchase material and meds to run Simikot center for 6 months	6,000€
- Purchase a vaccine refrigerator	600 €
- Install Solar power cells in Simikot's Pharmacy and Primary Health Center	3,500€
Total:	<b>10.100€</b>

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## PROJECT A. BUDGET

-	Health assistant salary for 1 year (Yearly gross)	3,600€
	Total:	<b>3.600€</b>



## PROJECT B. BUDGET



*"Health us Nepal is an extraordinary project that allows me to give back and help all those who haven't had the same fate as me", Marc*



MARC BOIX

Founder & President

RAMON BOIX

Founder & Finance

ALEIX PUJADES

Founder & Secretary

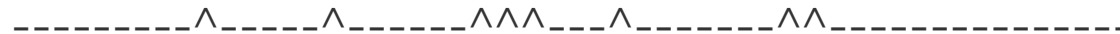
JOAQUIM BRETCHA

Founder & Vocal

CRSTINA MEDINA

Social Media

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# MEET THE TEAM



[www.healthusnepal.org/en](http://www.healthusnepal.org/en)



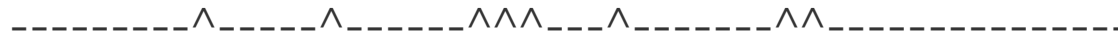
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LET'S KEEP IN TOUCH







**HEALTHUSNEPAL**