

Hospital Management Committee

Mr. Samden Lama- Chairperson

Ms. Usha Karki Oli- Member

Mr. Dipendra Bahadur Singh- Member

Mr. Punya Prasad Sapkota- Member

Mr. Maan Bahadur Saud- Member

Mr. Mahendra Singh Rawal- Member

Prof.Dr. Manohar Lal Shrestha- Member

Ms. Preeti Khemka- Member

Dr. Pramod Bahadur Shrestha- Member

Dr. Mukti Nath Timilsena- Member Secretary

Congratulations

NEPAL ORTHOPAEDIC HOSPITAL

For

*Completing 28 Years of Selfless
Service !!!*

&

Striving to the Center of Excellence for Orthopaedic and Trauma Care

ROTARY CLUB OF PATAN

District 3292, Club No. 23126, Patan, Nepal



NDA- Nepal Orthopedic Hospital

Khagendra New Life Center

Gokarneshwor Municipality, 06, Jorpati, Kathmandu, Nepal

Tel: +977- 1-4911725, 4911274, 4910505

Email: neporth@mos.com.np, Website: www.noh.com.np



Message from Chairperson



NDA



NEPAL ORTHOPAEDIC HOSPITAL



शुभकामना

नेपाल अपाङ्ग संघ-नेपाल अर्थोपेडिक अस्पतालले अनेकौं आरोह अवरोह छिचोल्दै २८औं वर्षमा प्रवेश गरेको छ । यस सुखद अवसरमा अस्पताललाई आजको स्थानसम्म पुऱ्याउन सहयोग गर्नुहुने संचालक समितिका पूर्व अध्यक्ष एवं सदस्यज्यूहरु, पूर्व तथा वर्तमान मेडिकल निर्देशकज्यूहरु, अस्पतालका डाक्टर, नर्स तथा सम्पूर्ण कर्मचारी, शुभाचिन्तकहरु सबैप्रति हार्दिक आभार प्रकट गर्न चाहन्छु ।

अस्पताल संचालनका लागि आर्थिक, भौतिक तथा प्राविधिक रुपमा सहयोग गर्नुहुने स्वदेशी तथा विदेशी सरकारी तथा गैरसरकारी संघसंस्थाहरु एवं महानुभावहरु सबैमा हार्दिक कृतज्ञता व्यक्त गर्दछु ।

बि.सं. २०५५ सालमा स्थापना भएको नेपाल अपाङ्ग संघ-नेपाल अर्थोपेडिक अस्पतालले शारीरिक रुपमा अपाङ्गता भएका बिरामीको पुनर्स्थापना र उपचार गर्दै आफ्नो उद्देश्य अनुरूपको सेवाहरु पुऱ्याउँदै आईरहेको छ ।

अस्पतालको सुरुवातका दिनहरुमा बिरामीहरुलाई अस्पतालको बारेमा त्यति धेरै जानकारी थिएन । अस्पतालका पूर्वाधारहरु पनि पर्याप्त थिएनन् । उपचारको लागि अतिआवश्यक सामानहरुको व्यवस्थापन गर्दै अस्पतालले २७औं वसन्त पार गरेको छ । अहिले अस्पतालले विशेषतः हाडजोर्नीको समस्या भएका बिरामीहरुका लागि विशिष्टीकृत अस्पतालको रुपमा अर्थोपेडिक सम्बन्धी अत्याधुनिक सेवा प्रदान गर्दै आईरहेको छ । अस्पतालमा हाडजोर्नी सम्बन्धी र शारीरिक रुपमा अपाङ्गता भएका सबै खालका बिरामीहरुको उपचार गर्दै आईरहेको छ ।

नेपाल अपाङ्ग संघ-नेपाल अर्थोपेडिक अस्पताल र गोकर्णेश्वर नगरपालिका बीच नगरबासीहरुलाई हाडजोर्नी सम्बन्धी स्वस्थोपचार प्रदान गर्ने सम्बन्धमा हालसालै भएको द्विपक्षीय सम्झौताले नगरबासीहरुको स्वस्थ सेवामा थप सहूलियत र सहयोग पुग्ने विश्वास मेलै लिएको छु । अस्पतालको भौतिक संरचना निर्माणका लागि गोकर्णेश्वर नगरपालिकाबाट प्राप्त भएको सहयोगका लागि नगर प्रमुख, उप-प्रमुख, वडाअध्यक्ष र कर्मचारीहरु लगायत सम्पूर्णलाई धन्यवाद ज्ञापन गर्न चाहन्छु ।

आगामी दिनमा अस्पतालको सेवालाई थप गुणस्तरीय र विस्तारित बनाउँदै लैजाने संस्थाको उद्देश्य रहेको छ । अस्पताललाई थप विस्तार एवं विकास गरी नागरिकहरुलाई हाडजोर्नी सम्बन्धी विशिष्टीकृत सेवा प्रवाह गर्ने नमूना अस्पतालको रुपमा विकास गर्दै लैजानका लागि सबैको साथ र सहयोगको अपेक्षा सहित हातेमालो गरेर अगाडि बढ्नको लागि म सबैसंग हार्दिक अनुरोध गर्दछु ।

अस्पतालको २८औं वार्षिकोत्सवको अवसरमा पुनः सबैमा हार्दिक शुभकामना ।

साठदेन लामा

अध्यक्ष

नेपाल अपाङ्ग संघ

नेपाल अर्थोपेडिक अस्पताल





Message from Medical Director



NDA



NEPAL ORTHOPAEDIC HOSPITAL



It is with profound pride, gratitude, and responsibility that I extend my warm greetings on the occasion of the 28th Anniversary of Nepal Orthopaedic Hospital. This remarkable milestone invites us to celebrate nearly three decades of dedicated service, reflect on the journey that has shaped our institution, honour the visionaries who built our success, and reaffirm our commitment to advancing orthopaedic care for the people of Nepal.

For twenty-eight years, Nepal Orthopaedic Hospital has stood as a beacon of hope, healing, and excellence. Built on a strong foundation of compassion, professionalism, and integrity, we have transformed countless lives through high-quality clinical care, education, rehabilitation, research, and community service. Guided by our core values, we remain steadfast in delivering safe, accessible, and patient-centred healthcare—inspired daily by the trust our patients place in us.

This progress has been made possible through the tireless dedication of our surgeons, physicians, nurses, paramedics, rehabilitation professionals, technicians, and administrative and support staff. Their expertise and compassion have established our hospital as one of Nepal's leading centres for orthopaedic care, education, and research. Every milestone we celebrate reflects their teamwork and unwavering commitment to improving lives. I extend my sincere appreciation to the members of the Board of Directors, past and present, for their visionary leadership and prudent governance. I also express profound respect to our former Medical Directors, whose leadership strengthened our traditions of clinical excellence and innovation. My heartfelt gratitude goes to the Government of Nepal—at the federal, provincial, and local levels—for its continued partnership in expanding access to quality orthopaedic services nationwide.

Our sincere appreciation extends to Rotary Clubs across Nepal and worldwide, development partners, professional societies, philanthropic organisations, donors, collaborating institutions, and well-wishers. Their generous support has strengthened our infrastructure, clinical services, education, research, and community outreach. We are especially grateful for our longstanding collaborations with SIGN Fracture Care International, Operation Walk Chicago, Healing the Children USA, Med Solution Foundation, St. Moritz, Stichting Hulp voor Nepal, the Association of Orthopaedic Healthcare Nepal (VOGN), Germany, Lions Clubs International, and numerous other national and international partners. Their commitment to humanitarian service and capacity building has been instrumental in our journey.

On this special occasion, I wish to express my sincere appreciation to the distinguished individuals whose vision and dedication have significantly shaped our growth. My heartfelt gratitude goes to Prof. Shankar Raj Pathak for his visionary guidance; Dr. Anil Bahadur Shrestha for his outstanding contributions to our development and expansion; Mr. Luc Salence for his steadfast partnership; Dr. Luis Zirkle of SIGN Fracture Care International for transforming fracture care; Dr. Pierre Soete for strengthening international collaboration; Dr. Katrin Hagen for enhancing community outreach through the Med Solution Foundation; Dr. Victoria Brander, Team Leader of Operation Walk Chicago, for advancing joint replacement surgery; Dr. Alireza Khosrobadi, Team Leader of Healing the Children USA, for expanding paediatric orthopaedic care; and Ms. Ocky Pladet for her generous support in fostering international partnerships. Together with many other valued collaborators, their contributions have profoundly benefited countless patients across Nepal. As we



celebrate this anniversary, we also pay tribute to the visionary pioneers who laid our foundation. We remember with deep respect the late Mr. Khagendra Bahadur Basnet, the late Mr. Nandaram Bhakta Mathema, and the late Mr. Jim Sinclair, whose vision, leadership, and generosity continue to inspire future generations. Looking ahead, we remain committed to strengthening clinical services, embracing innovation, advancing education and research, expanding rehabilitation and community outreach, and ensuring equitable access to high-quality orthopaedic care across Nepal. Guided by our enduring values, we will continue striving to improve lives and contribute to the advancement of orthopaedic healthcare in our nation.

On behalf of the entire Nepal Orthopaedic Hospital family, I extend my sincere gratitude to our patients, colleagues, partners, supporters, and the wider community for the trust they have placed in us. As we celebrate twenty-eight years of dedicated service, let us look to the future with renewed purpose and shared determination. Together, we will continue to advance excellence in orthopaedic care, restore hope and mobility, and build a healthier future for the people of Nepal through compassion, integrity, and innovation.

With warm regards and renewed commitment,

Dr. Mukti Nath Timilsena

Medical Director

Nepal Orthopaedic Hospital



Selfless service, our commitment to further growth!



Dear friends,

Our non-profit institute went through a significant development since its foundation and reached a high level of excellence in Orthopedic and Trauma Care in the country. NOH, an amazing and exemplary project today, thanks to its dedicated staff and leaders that gave the best of themselves all over the years.

Your tremendous efforts, dear staff members, helped and cured lots of needy people. Thank you from the bottom of my heart! As a non-profit institute we must continue this way of serving our community.

Let me also thank, once again, NOH medical director Dr Kailash Kumar Bhandari for his never lasting commitment to execute his job with great intensity and professionalism.

You were our inspiration to move forward, to serve above self, and to help all our patients, the deprived and needy ones in particular! Our support goes now to your successor, Medical Director Dr Mukti, strengthened with his many years of experience within our famous Nepal Orthopedic Hospital.

We are very grateful as well to all our NOH well-wishers!

With 'a special thank you' to the many Rotary clubs, Rotary districts, fellow Rotarians, and the Rotary Foundation whose contributions brought the Nepal Orthopedic Hospital to one of most outstanding humanitarian projects within Rotary International.

We do not forget to thank the Government of Nepal who became a great partner, supporting NOH to achieve its mission, to improve the quality of life of thousands of Nepalese.

Let us continue to work together to help even more people! This is my message to all of you.

And do not forget dear friends, enjoy life executing your job!!!

Luc Salens

Board advisor.

Member of Rotary Club Maldegem- District 2130





BEST WISHES TO NEPAL ORTHOPAEDIC HOSPITAL ON ITS 28TH ANNIVERSARY



On behalf of the Rotary Club of Patan, I extend my warmest congratulations and best wishes to Nepal Orthopaedic Hospital as it marks 28 years of service to the people of Nepal.

Nepal Orthopaedic Hospital holds a special place in the history of our Club. Its origins are closely intertwined with the Rotary Club of Patan and with the vision and commitment of Rotarians, medical professionals, the Nepal Disabled Association, international Rotary partners, donors and many dedicated individuals who worked together to bring this institution to life.

Since becoming operational in 1998, NOH has grown into an important centre for orthopaedic and trauma care, while remaining committed to making quality treatment accessible and affordable. Its continuing development in specialised care, outreach services and medical education reflects an institution that has remained true to its purpose while responding to the changing needs of our society.

For the Rotary Club of Patan, our relationship with NOH is not only part of our history. It is a continuing responsibility and partnership. Through our representation on the Hospital's Management Board and our longstanding engagement with the institution, we remain committed to supporting its sound governance, sustainable development and service to the community.

As we celebrate this milestone, I express our sincere appreciation to the Board, management, doctors, nurses, staff, donors, partners and well-wishers whose dedication has enabled NOH to touch so many lives.

May Nepal Orthopaedic Hospital continue to grow as a centre of excellence, restoring mobility, independence and hope, and serving the people of Nepal with compassion and integrity for many years to come.

With warm regards,

Rtn. Shiv Prakash Khemka

President, Rotary Club of Patan

Rotary Year 2026-2027





Message from Board Member



NDA



NEPAL ORTHOPAEDIC HOSPITAL



A Friendship That Built a hospital: The Story of Nepal Orthopaedic Hospital

It began not in an operating theatre but at a vibrant party in Nice, France, in November 1973. Amid the laughter and conversations of a Jaycees annual meeting, a chance introduction sparked a lifelong bond. In 1973, a young Nepali engineer, Pramod Shrestha, working in the FIAT car company in Turin, Italy, met Luc and Ingrid Salens, a warm-hearted Belgian couple. Friendship, transcending continents, and cultures were sealed that evening.

Twenty-four years later, in the gentle winter light of December 1997, that friendship brought Luc and Ingrid to the breathtaking vistas of Kathmandu valley to attend a wedding of Mr. Shrestha's relative. As guests of the Shrestha family, they Belgian couple fell in love with the majestic beauty and resilient spirit of Nepal. Wanting to share an insider's view, Pramod's younger brother, Dr. Anil Shrestha, an orthopaedic surgeon, took the couple on a tour to Nagarkot.

But this was not just a sightseeing trip. Driven by a surgeon's passion, Dr. Anil took them to see a sobering sight: the dilapidated, crumbling structure of the Nepal Orthopaedic Hospital in Jorpati. It was a vision of profound need—a place meant for healing, itself in desperate need of care. For Luc and Ingrid, the image was unforgettable. Here, in this beautiful country they had come to adore, was a gaping chasm in essential medical care.

The seed of an idea of running the hospital was planted. Back in Belgium, Luc could not forget what he had seen. He kept thinking, "What could be done?" His heart, moved by both friendship and humanitarian duty, spurred him into action. He began a relentless campaign, communicating with Rotary Clubs across the globe, bridging the distance between Belgium and Nepal. Finally, in 1998, Luc informed Dr. Anil that he and his team will be willing to support the running cost of the hospital for the initial 2-3 years. Dr. Anil left his government job and started his work as the founding medical director of the Nepal Orthopaedic Hospital (NOH)

What followed was a stunning testament to global citizenship and local perseverance. The chance visit to a dilapidated site became a coordinated mission. The shared vision of a Nepali surgeon and his team and, well wishers, a determined Belgian couple, and the global network of Rotary International converged. Funds were raised, plans were drawn, and brick by brick, hope was rebuilt on the same ground.

Today, that vision stands tall as the first and only 100-bed (starting from a 20-bed hospital) dedicated orthopaedic hospital in Nepal and the region. From a decaying building, it has been transformed into a beacon of specialized care, mending bones, and restoring lives. It has treated thousands, from accident victims and children with congenital conditions to the elderly, offering surgeries, rehabilitation, and hope that many could not otherwise afford or access.



Its contribution is measured in more than numbers: in the farmer who walks again, in the child who runs to school, in the parent who returns to work. It has elevated orthopaedic care, trained local professionals, and become a center of excellence, all stemming from a simple act of showing friends a pressing need.

Lessons from a Legacy of Care

This story whispers powerful lessons to us all:

1. **The Ripple Effect of Friendship:** The deepest bonds often transcend personal affection and can catalyze profound public good. A friendship born in France built a hospital in Nepal.
2. **Seeing with the Heart:** Tourists see sights; friends see needs. Luc and Ingrid visited as friends, which is why they saw beyond the pagodas and temples to the crumbling hospital—and chose to act.
3. **The Power of a "Connector":** Luc Salens did not have a medical background. He was a connector—a bridge between a need in Nepal and resources in the world. His role was indispensable.
4. **Partnership Over Philanthropy:** This was not a one-sided donation. It was a partnership between the local drive of Dr. Anil Shrestha, Mr. Nanda Ram Mathema and Mr. Jim Sinclair, a visionary Rotarians from Nepal and US who started building the hospital in 1989. Sustainable change is always a collaboration.

The story of the Nepal Orthopaedic Hospital is a testament to the truth that the most enduring structures are not just made of brick and mortar, but of friendship, shared vision, and the unwavering belief that one can make a difference.

The hospital stands in Jorpati, healing a nation. The friendship that built it, born in Nice in 1973 and strengthened in Kathmandu in 1997 and beyond, endures—a beautiful, unbreakable bond that continues to inspire.

Dr. Pramod Bdr. Shrestha

Board Member



NOH STAFF

Doctor

SN	Name	Designation
1	Dr. Muktinath Timilsina	Medical Director
2	Dr. Prakash Gyawali	Deputy Medical Director
3	Dr. Yubaraj Kharel	Sr. Consultant Orthopaedic Surgeon
4	Dr. Kailash Kumar Bhandari	Sr. Consultant Orthopaedic Surgeon
5	Dr. Samyukta Acharya	Sr. Consultant Anaesthesiologist
6	Dr. Sunil Badgami	Sr. Consultant Anaesthesiologist
7	Dr. Rachit Sharma	Consultant Orthopaedic Surgeon
8	Dr. Sujan Man Singh	Consultant Orthopaedic Surgeon
9	Dr. Rajiv Pnd Shrestha	Consultant Orthopaedic Surgeon
10	Dr. Anil Ghimire	Registrar Orthopaedic Surgeon

SN	Name	Designation
11	Dr. Mandeep Karki	Registrar Orthopaedic Surgeon
12	Dr. Anish Gyawali	Registrar Orthopaedic Surgeon
13	Dr. Samir Karki	Registrar Orthopaedic Surgeon
14	Dr. Sumit Lohia	Registrar Orthopaedic Surgeon
15	Dr. Rama Shankar Gupta	Registrar Orthopaedic Surgeon
16	Dr. Bijendra Dangol	Registrar Orthopaedic Surgeon
17	Dr. Sarthak Nepal	Medical Officer
18	Dr. Sripur Manandhar	Medical Officer
19	Dr. Biswas Pokharel	Medical Officer

Administration

SN	Name	Designation
1	Shyam Prasad Rupakheti	Chief Administrator
2	Saroj Satyal	Sr. Account Officer
3	Dhiraj Mainali	Sr. Administrative officer
4	Ghanshyam Neupane	Administrative Officer
5	Sangita Thakuri	Junior Administrative Officer
6	Suman Bhandari	Junior Administrative Officer

SN	Name	Designation
7	Harikala Kandel	Junior Administrative Officer
8	Bivek Kumar Pokharel	Junior Administrative Officer
9	Sitaram Dangal	Junior Administrative Officer
10	Sujita Singh	Junior Administrative Officer
11	Himal Singh Lama	Office Assistant
12	Puja Bhattarai	Office Assistant

Nursing

SN	Name	Designation
1	Meena Gurung	Matron
2	Suman BC	Nursing Supervisor
3	Anita Gurung	Nursing Supervisor
4	Meena Thapa	Sister
5	Rolina Karki	Sister
6	Sita Tripathi	Sister
7	Kalpna Panta	Staff Nurse Officer
8	Srijana Sapkota	Staff Nurse Officer
9	Anita Budathoki	Staff Nurse Officer
10	Santoshi Mali	Staff Nurse Officer
11	Reniya Shrestha	Staff Nurse Officer
12	Tara Ghimire	Staff Nurse Officer

SN	Name	Designation
13	Kalpna K.C.	Staff Nurse Officer
14	Merina Karki	Staff Nurse Officer
15	Sony Lama	Staff Nurse Officer
16	Luna Bhattra	Staff Nurse Officer
17	Sita Dahal	Staff Nurse Junior Officer
18	Babita Karki	Staff Nurse Junior Officer
19	Pratima Gautam	Staff Nurse Junior Officer
20	Aruna Maharjan	Staff Nurse Junior Officer
21	Sachina Khadka	Staff Nurse Junior Officer
22	Roshani Maharjan	Staff Nurse Junior Officer
23	Sambina Shrestha	Staff Nurse Junior Officer
24	Sushma Shrestha	Staff Nurse Junior Officer



SN	Name	Designation
25	Anju Tachamo	Staff Nurse Junior Officer
26	Sunita Nepal	Staff Nurse Junior Officer
27	Sangita Upadhyaya	Staff Nurse Junior Officer
28	Binita Zimba Lama	Staff Nurse Junior Officer
28	Jaya Kuinkel	Staff Nurse Junior Officer
29	Binita Thapa	Staff Nurse Junior Officer
30	Sujata Gurung	Staff Nurse Junior Officer
31	Pramisha Shrestha	Staff Nurse Junior Officer
32	Sadikshya Bata Shrestha	Staff Nurse Junior Officer
33	Rupa Dhungana	Staff Nurse Junior Officer
34	Pabina Baral	Staff Nurse
35	Bandana Pudasaini	Staff Nurse
36	Rachana Mainali	Staff Nurse
37	Rashila Simkhada	Staff Nurse
38	Smrity Tamang	Staff Nurse
39	Khusboo Thapa	Staff Nurse

SN	Name	Designation
40	Asha Kathayat	Staff Nurse
41	Chinta Devi Oli	Staff Nurse
42	Ashrika Thapa	Staff Nurse
43	Damar Kumari Gurung	Staff Nurse
44	Laxmi Bhusal	Staff Nurse
45	Swostika Baral	Staff Nurse
46	Sanju Dangal	Staff Nurse
47	Neeta Nepal	Staff Nurse
48	Ramila Tiwari	Staff Nurse
49	Samikshya Shrestha	Staff Nurse
50	Sushma Oli	Staff Nurse
51	Sujita Thami Karki	Staff Nurse
52	Nishand Bdr Magar	Staff Nurse
53	Anisha Khadka	Staff Nurse
54	Puja Neupane	Staff Nurse

Laboratory

SN	Name	Designation
1	Pawan Kumar Chhetri	Lab Technologist III
2	Suman Silwal	Lab Technician officer
3	Roshani Ghimire	Lab Technician Junior officer
4	Sudhir Chandra Adhikari	Lab Technician

SN	Name	Designation
5	Ram Shrestha	Sr. Lab Assistant
6	Sushmita Shrestha	Lab Assistant

Physiotherapy

SN	Name	Designation
1	Ramesh Sada	Physiotherapist 8 B
2	Suraj Khanal	Physiotherapist 8 A
3	Alok Kumar Jha	Physiotherapy officer

SN	Name	Designation
4	Goma Thapa	Physiotherapy officer
5	Rakshya KC	Physiotherapy Junior Officer

Radiology

SN	Name	Designation
1	Narendra Chaudhary	Radiographer officer
2	Amit Gautam	Radiography Technologist III
3	Ratna Bahadur Shahi	Radiographer Junior Officer
4	Manju Rishi Jaisi	Radiographer Junior Officer

SN	Name	Designation
5	Prakash Simkhada	Radiographer
6	Sushil Maharjan	Dark Room Operator I
7	Shyam Maharjan	Dark Room Operator I

Pharmacy

SN	Name	Designation
1	Bina Upadhyay	Pharmacy Officer
2	Radkhika Khagi	Pharmacy Officer
3	Chandra Jyoti Shakya	Pharmacy Junior Officer
4	Anil Shrestha	Pharmacy Junior Officer

SN	Name	Designation
5	Dinesh Basnet	Pharmacy Junior Officer
6	Prajesh Neupane	Pharmacy Assistant
7	Subindra Shakya	Housekeeping staff III



**Paramedical**

SN	Name	Designation
1	Laxman Gyawali	AHW Junior Officer
2	Kedar Raj Giri	AHW Junior Officer
3	Kailash Chandra Lama	AHW Junior Officer

SN	Name	Designation
4	Sudeep Chalise	AHW Junior Officer
5	Bikash Joshi	Sr. AHW

Maintenance

SN	Name	Designation
1	Dhurba Giri	Junior Officer electrical
2	Som Prasad Upadhyay	Junior officer biomedical

SN	Name	Designation
3	Ramesh Sapkota	Plumber

Driver

SN	Name	Designation
1	Dil Bahadur Thapa	Driver I
2	Ramu Khanga	Driver II

SN	Name	Designation
3	Sagar Thapa	Driver III
4	Baburam Khatrri	Driver III

Helper

SN	Name	Designation
1	Sabitri Dulal	Sr. Housekeeping staff IV
2	Rajan Dulal	Housekeeping staff III
3	Dharma Das Chaudhari	Housekeeping staff III
4	Parbati Karki	Housekeeping staff III
5	Nayandra Baral	Housekeeping staff III
6	Lok Nath Badal	Housekeeping staff III
7	Pabitra Timilsina	Housekeeping staff III
8	Krishna Kumari Ghimire	Housekeeping staff III
9	Devlal Pode	Housekeeping staff III
10	Kumari Majhi	Housekeeping staff III
11	Manahari Dahal	Housekeeping staff III
12	Dharma Raj Ghimire	Housekeeping staff III
13	Gopal Pudasaini	Housekeeping staff III
14	Radhika Acharya	Housekeeping staff III

SN	Name	Designation
15	Kedar Nath Poudel	Housekeeping staff III
16	Ajita Karki	Housekeeping staff III
17	Bhakta Bdr. Karki	Housekeeping staff III
18	Ramila Shrestha	Housekeeping staff II
19	Rama Pandit	Housekeeping staff II
20	Meena Choudhari	Housekeeping staff III
21	Saraswati Chalise	Housekeeping staff III
22	Bharat Kr. Lama	Housekeeping staff II
23	Saraswati Uprety	Housekeeping staff III
24	Laxmi Chaulagain	Housekeeping staff III
25	Yemu Maya Magar	Housekeeping staff III
26	Brindha Sharma Bhandari	Housekeeping staff III

Visiting Staff

SN	Name	Designation
1	Dr. Sabin Gauchan	Const. Anaesthesiologist
2	Dr. Rupesh Yadav	Const. Anaesthesiologist
3	Dr. Ashish Ratna Bajracharya	Const. Anaesthesiologist
4	Dr. Arjun Budathoki	Const. Cardiologist
5	Dr. Alok Deo	Const. Neurologist

SN	Name	Designation
6	Dr. Krishna Budathoki	Const. Radiologist
7	Dr. Shradha Koirala	Const. Pathologist
8	Dr. Santosh Gautam	Const. Physician
9	Dr. Durga Thapa	Const. Psychiatrist
10	Kshitij Gartoulla	Senior Pharmacist



शुभकामना

ने.अ.सं-नेपाल अर्थोपेडिक अस्पतालको २८ औं वार्षिकोत्सवको सुखद उपलक्ष्यमा अस्पताल परिवारलाई हार्दिक मंगलमय शुभकामना व्यक्त गर्न चाहन्छौं । हाडजोर्नी उपचारमा एक अलग्गै पहिचान बनाउन सफल तथा विशिष्टीकृत सेवा दिने यस अस्पतालले निरन्तर सर्वशुलभ, जनमुखि तथा गुणस्तरीय सेवा प्रदान गर्ने अस्पताल बनोस भन्ने अपेक्षा सहित हार्दिक शुभकामना व्यक्त गर्दछौं ।

इम्पोर्ट हाउस नेपाल प्रा.लि

महाराजगंज, काठमाडौं

शुभकामना

ने.अ.सं-नेपाल अर्थोपेडिक अस्पतालको २८ औं वार्षिकोत्सवको सुखद उपलक्ष्यमा अस्पताल परिवारलाई हार्दिक मंगलमय शुभकामना व्यक्त गर्न चाहन्छौं । हाडजोर्नी उपचारमा एक अलग्गै पहिचान बनाउन सफल तथा विशिष्टीकृत सेवा दिने यस अस्पतालले निरन्तर सर्वशुलभ, जनमुखि तथा गुणस्तरीय सेवा प्रदान गर्ने अस्पताल बनोस भन्ने अपेक्षा सहित हार्दिक शुभकामना व्यक्त गर्दछौं ।

सहारा मेडिसिन डिष्ट्रिब्यूटर्स प्रा.ली

ललितपुर

शुभकामना

ने.अ.सं-नेपाल अर्थोपेडिक अस्पतालको २८ औं वार्षिकोत्सवको सुखद उपलक्ष्यमा अस्पताल परिवारलाई हार्दिक मंगलमय शुभकामना व्यक्त गर्न चाहन्छौं । हाडजोर्नी उपचारमा एक अलग्गै पहिचान बनाउन सफल तथा विशिष्टीकृत सेवा दिने यस अस्पतालले निरन्तर सर्वशुलभ, जनमुखि तथा गुणस्तरीय सेवा प्रदान गर्ने अस्पताल बनोस भन्ने अपेक्षा सहित हार्दिक शुभकामना व्यक्त गर्दछौं ।

त्रिदेव फार्मासिउटिकल्स

काठमाडौं



MAJOR EVENTS 2025

Operation Walk Chicago Camp at Nepal Orthopaedic Hospital

November 17–21, 2025

Nepal Orthopaedic Hospital successfully hosted the **Operation Walk Chicago Knee Replacement Mission** from **November 17 to 21, 2025**, reaffirming its commitment to providing world-class orthopaedic care to underserved patients through international collaboration.

During the five-day humanitarian mission, a multidisciplinary team of volunteer orthopaedic surgeons, anesthesiologists, nurses, physiotherapists, and allied healthcare professionals from **Operation Walk Chicago, USA**, worked alongside the dedicated clinical team at Nepal Orthopaedic Hospital to perform **43 total knee replacement surgeries**. The beneficiaries were patients suffering from chronic knee pain and advanced degenerative knee disease, many of whom had endured years of disability and limited mobility due to financial constraints. Through this initiative, patients received life-changing surgical treatment, enabling them to regain mobility, relieve pain, and return to productive and independent lives.

Operation Walk Chicago is a **non-profit, humanitarian organization** dedicated to providing free, high-quality joint replacement surgery to patients in low-resource settings who otherwise lack access to specialized orthopaedic care. In addition to restoring mobility, the organization is committed to improving local healthcare capacity by sharing expertise, mentoring healthcare professionals, and promoting sustainable clinical excellence through international partnerships.

Since **2009**, Operation Walk Chicago has been a trusted and valued partner of Nepal Orthopaedic Hospital. This enduring collaboration has grown into one of the hospital's most impactful international partnerships, combining compassionate patient care with professional education and capacity building. Each mission serves not only to transform the lives of patients but also to strengthen the knowledge and skills of local surgeons, nurses, physiotherapists, and operating room personnel through hands-on training and collaborative practice.

To date, approximately **650 total knee replacement surgeries** have been successfully performed through this partnership, restoring mobility and hope to hundreds of patients across Nepal. The continued support and generosity of Operation Walk Chicago exemplify the power of global philanthropy and volunteerism in addressing healthcare disparities and improving the quality of life of vulnerable populations.

Nepal Orthopaedic Hospital extends its heartfelt gratitude to the volunteer team of Operation Walk Chicago for their unwavering dedication, generosity, and commitment to humanitarian service. The hospital looks forward to strengthening this longstanding partnership and continuing its shared mission of delivering compassionate, high-quality orthopaedic care to those who need it most.







Participation in the 21st Annual General Meeting of ANGHOS

Representatives from Nepal Orthopaedic Hospital participated in the 21st Annual General Meeting (AGM) of the Association of Non-Government Hospitals of Nepal (ANGHOS), reaffirming the hospital's commitment to collaboration and excellence in the healthcare sector.

The AGM brought together representatives from member hospitals and key stakeholders to review the association's achievements, discuss emerging challenges in healthcare, and explore strategies for strengthening the role of non-government hospitals in Nepal. The meeting also served as a platform for sharing experiences, promoting best practices, and enhancing cooperation among healthcare institutions.

Nepal Orthopaedic Hospital's participation reflects its continued dedication to professional engagement, institutional development, and collective efforts to improve the quality, accessibility, and sustainability of healthcare services across the country.



Delegates from Ireland and UK visiting NOH.



Vehicle Puja on the Occasion of Fulpati 2082

Nepal Orthopaedic Hospital observed Fulpati 2082 by organizing a Vehicle Puja Programme, a traditional ceremony held to seek blessings for the safety, reliability, and smooth operation of the hospital's vehicles.

The puja was performed with the participation of hospital management and staff, offering prayers for the well-being of drivers, patients, and all those who rely on the hospital's transportation services. The ceremony recognized the vital role of ambulances and other hospital vehicles in ensuring timely emergency response, patient transportation, and the uninterrupted delivery of healthcare services.

The observance of this tradition reflects Nepal Orthopaedic Hospital's respect for Nepal's cultural heritage while reaffirming its commitment to providing safe, reliable, and compassionate healthcare services to the community.



Dashain Greetings Programme 2082

The Dashain Greetings Programme 2082, organized by the Nepal Orthopaedic Hospital Employees' Union, was celebrated with great enthusiasm and camaraderie. The event brought together hospital management, medical professionals, employees, and support staff to exchange festive greetings and strengthen the spirit of unity and mutual respect within the institution.

The programme provided an opportunity for staff members to celebrate Nepal's greatest festival in a warm and joyful atmosphere, fostering teamwork, goodwill, and a sense of belonging among colleagues. Speakers on the occasion extended their best wishes for peace, happiness, good health, and prosperity to all employees and their families.

The celebration reflected the hospital's commitment to promoting a positive workplace culture, recognizing the dedication of its workforce, and strengthening the bonds that contribute to the delivery of compassionate and high-quality patient care.

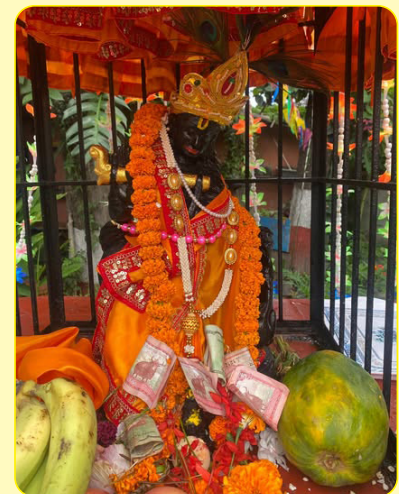


Celebration of Krishna Janmashtami 2082

Nepal Orthopaedic Hospital celebrated Krishna Janmashtami 2082 with great devotion and enthusiasm. The occasion brought together hospital staff, patients, and visitors in a spirit of faith, unity, and cultural harmony.

A special prayer ceremony was organized to commemorate the birth of Lord Krishna, offering prayers for the well-being, good health, and prosperity of patients, staff, and the community. The celebration also provided an opportunity to promote Nepal's rich cultural and spiritual heritage while fostering a sense of togetherness among members of the hospital family.

The observance of Krishna Janmashtami reflects Nepal Orthopaedic Hospital's commitment to nurturing a compassionate and inclusive environment that values cultural traditions alongside excellence in patient care.



Nepal Orthopaedic Hospital Celebrates 27th Anniversary

Nepal Orthopaedic Hospital proudly celebrated its 27th Anniversary with a series of meaningful events, reaffirming its long-standing commitment to providing quality orthopaedic care and serving the community.

Established in 1998 as a non-profit institution under the Nepal Disabled Association in collaboration with the Khagendra New Life Centre and Rotary International, the hospital has remained dedicated to delivering accessible and affordable orthopaedic services, particularly to underprivileged, vulnerable, and persons with disabilities.

To mark the occasion, the hospital organized a fruit distribution program for inpatients and provided free general outpatient (OPD) services to patients as part of its community outreach initiative.

The anniversary ceremony was graced by Mr. Deepak Kumar Risal, Mayor of Gokarneshwor Municipality, as the Chief Guest. In his address, he commended the hospital for its excellent clinical services, effective management, and significant contribution to orthopaedic healthcare in Nepal. He reaffirmed the municipality's continued support for the hospital's future development and officially inaugurated the hospital's new Administrative Office Block, constructed with the support of Gokarneshwor Municipality.

Speaking at the event, Dr. Kailash Kumar Bhandari, Medical Director, highlighted the hospital's ongoing commitment to providing free and subsidized treatment for economically disadvantaged and vulnerable patients. He emphasized that, in addition to specialized orthopaedic and trauma care, the hospital continues to prioritize comprehensive rehabilitation services, including physiotherapy, psychological counseling, vocational training, and community awareness programs. He noted that disability extends beyond physical impairment and requires a holistic approach addressing social, economic, and psychological dimensions.

The program was attended by distinguished guests, including Mr. Samden Lama, Chairperson of the Hospital Management Committee; Prof. Dr. Dilip Sharma, Director of Bir Hospital; Mr. Zhou Enyong, Chairman of Himalaya Airlines; Mr. Navaraj Lama, Ward Chairperson of Gokarneshwor Municipality Ward No. 6; and Mr. Dhruva Giri, Acting President of the Employees' Union, among others. The speakers congratulated the hospital on its achievements and expressed their best wishes for its continued growth and success.

The 27th Anniversary celebration reflected Nepal Orthopaedic Hospital's enduring commitment to excellence in patient care, community service, and the advancement of orthopaedic healthcare in Nepal.

शुभकामना

ने.अ.सं-नेपाल अर्थोपेडिक अस्पतालको २८ औं वार्षिकोत्सवको सुखद उपलक्ष्यमा अस्पताल परिवारलाई हार्दिक मंगलमय शुभकामना व्यक्त गर्न चाहन्छौं । हाडजोर्नी उपचारमा एक अलग्गै पहिचान बनाउन सफल तथा विशिष्टकृत सेवा दिने यस अस्पतालले निरन्तर सर्वशुलभ, जनमुखि तथा गुणस्तरीय सेवा प्रदान गर्ने अस्पताल बनोस भन्ने अपेक्षा सहित हार्दिक शुभकामना व्यक्त गर्दछौं ।

भरोसा इन्टरप्राइजेज प्रा.लि

काठमाण्डौ

नेपाल अपाङ्ग संघमा रहेको नेपाल अर्थोपेडिक अस्पतालको २७ औं वार्षिक उत्सव कार्यक्रम सम्पन्न ।

गैरनाफामूलक संस्थाका रूपमा स्थापना भई नेपालमा हाडजोर्नीका बिरामीको सेवा गर्दै आएको जोरपाटीस्थित नेपाल अपाङ्ग सङ्घ नेपाल अर्थोपेडिक अस्पतालले आफ्नो स्थापनाको २७ वर्ष पूरा गरेको छ ।

विशेषगरी अनाथ, असहाय तथा अपाङ्गता भएका व्यक्तिको सेवामा समर्पित रहने गरी खगेन्द्र नवजीवन केन्द्रअन्तर्गत रोटरी इन्टरनेसनलको सहकार्यमा उक्त अस्पताल सन् १९९८ मा स्थापना भएको हो । वार्षिकोत्सवका अवसरमा आज अस्पतालमा उपचाररत बिरामीलाई फलफूल वितरण गर्नुका साथै साधारण ओपिडी बिरामीलाई निःशुल्क सेवा उपलब्ध गराइएको थियो ।

त्यस अवसरमा आयोजित कार्यक्रममा गोकर्णेश्वर नगरपालिकाका प्रमुख दीपककुमार रिसालले कुशल व्यवस्थापन र उत्कृष्ट उपचार सेवा दिँदै आएको यस अस्पताललाई एक अनुकरणीय स्वास्थ्य केन्द्रका रूपमा यसको क्षमता बढाउन नगरपालिकाले पूर्ण सहयोग गर्ने जानकारी दिनुभयो । उहाँले नगरपालिकाको सहयोगमा निर्माण गरिएको अस्पतालको प्रशासन कार्यालय भवनको उद्घाटन पनि गर्नुभयो ।

कार्यक्रममा अस्पतालका मेडिकल निर्देशक डा कैलाशकुमार भण्डारीले अस्पतालले गरिब, न्यून आय भएका तथा असहाय बिरामीलाई निःशुल्क तथा सहुलियत शुल्कमा उपचार, ट्रमा र अर्थोसम्बन्धी विशेषज्ञ सेवा प्रदान गर्दै आएको जानकारी दिनुभयो । उहाँका अनुसार अपाङ्गता केवल शारीरिक अवस्था मात्र होइन, यो सामाजिक, आर्थिक र मानसिक पक्षसँग पनि गहिरो रूपमा जोडिएको विषय भएकाले अस्पतालले उपचारसँगै पुनःस्थापना, मनोपरामर्श, व्यावसायिक तालिम र जनचेतना कार्यक्रमलाई पनि प्राथमिकता दिएको बताउनुभयो ।

कार्यक्रममा अस्पताल सञ्चालक समितिका अध्यक्ष साम्देन लामा, वीर अस्पतालका निर्देशक प्रा डा दिलीप शर्मा, हिमालय एयरलाइन्सका अध्यक्ष भोउ एनयोड, वडा नं ६ का अध्यक्ष नवराज लामा, कर्मचारी युनियनका कार्यवाहक अध्यक्ष ध्रुव गिरिलगायतका वक्ताले अस्पतालको उत्तरोत्तर प्रगतिको कामना गर्नुभएको थियो ।





Orientation Programme on Design Lab Conducted by Kathmandu University

Nepal Orthopaedic Hospital hosted an Orientation Programme on the Design Lab, conducted by experts from Kathmandu University (KU). The programme introduced participants to the concept and applications of design thinking in healthcare, emphasizing innovation, problem-solving, and user-centered approaches to improving patient care and hospital services.

The orientation provided an interactive platform for clinicians, healthcare professionals, and staff to explore creative methodologies for identifying challenges, generating innovative solutions, and fostering interdisciplinary collaboration. Participants also gained insights into how design-led approaches can enhance healthcare delivery, improve patient experiences, and support continuous quality improvement.

The programme reflects Nepal Orthopaedic Hospital's commitment to promoting innovation, strengthening institutional capacity, and fostering collaboration with academic institutions to advance excellence in healthcare.



Healing the Children USA Foot and Ankle Surgery Mission

June 2–6, 2025

Nepal Orthopaedic Hospital, in partnership with Healing the Children, USA, successfully conducted a Free Foot and Ankle Surgery Mission from June 2 to 6, 2025. The five-day humanitarian initiative brought together a team of internationally renowned foot and ankle surgeons who worked alongside the hospital's orthopaedic specialists to provide advanced surgical care for patients with complex foot and ankle disorders.

The mission primarily served poor, ultra-poor, and marginalized patients who otherwise had limited access to specialized foot and ankle surgery. Individuals with congenital deformities, neglected injuries, post-traumatic conditions, and other debilitating foot and ankle disorders received comprehensive clinical evaluation, surgical intervention, and postoperative care free of charge.

Beyond delivering life-changing surgical treatment, the mission also fostered professional collaboration and knowledge exchange between the visiting experts and the hospital's clinical team, contributing to the continued enhancement of local expertise in foot and ankle surgery.

This collaborative initiative reflects Nepal Orthopaedic Hospital's enduring commitment to providing equitable, high-quality orthopaedic care and expanding access to specialized services for underserved communities. By restoring mobility, relieving pain, and improving functional outcomes, the mission made a meaningful difference in the lives of many patients and reinforced the hospital's mission of compassionate, patient-centered care.





Mr. Ram Bhakta Mathema visit to NOH

Honoring the Legacy of Late Nandaram Bhakta Mathema

Nepal Orthopaedic Hospital had the privilege of welcoming **Mr. Ram Bhakta Mathema**, brother of the late **Mr. Nandaram Bhakta Mathema**, in a heartfelt tribute to one of the hospital's founding supporters.

Representing the **Rotary Club of Patan**, the late Mr. Nandaram Bhakta Mathema made an extraordinary contribution to the establishment and early development of Nepal Orthopaedic Hospital. His vision, leadership, and unwavering commitment were instrumental in laying the foundation for an institution that has served thousands of patients with quality orthopaedic care over the past decades.

The visit of Mr. Ram Bhakta Mathema was a meaningful occasion to reflect on the enduring legacy of the late Mr. Mathema and to express the hospital's sincere gratitude for his remarkable service and dedication. His invaluable contributions continue to inspire the hospital's mission of providing compassionate, accessible, and high-quality orthopaedic care to all.

Nepal Orthopaedic Hospital remains deeply indebted to the visionaries whose commitment and generosity made its establishment possible, and proudly continues to uphold the values and ideals they championed.



Welcoming Friends of Nepal Orthopaedic Hospital from Belgium

Nepal Orthopaedic Hospital was delighted to welcome its long-standing friends and supporters from Belgium during their visit to the hospital.

Dr. Kailash Kumar Bhandari, Medical Director, warmly received the visiting delegation and expressed his sincere appreciation for their continued friendship, encouragement, and support for the hospital's mission. The visit provided an opportunity to strengthen the longstanding relationship between the hospital and its international well-wishers while showcasing the hospital's ongoing achievements, services, and future plans.

The interaction reaffirmed the shared commitment to advancing orthopaedic care, promoting knowledge exchange, and improving the quality of healthcare services for the people of Nepal. Nepal Orthopaedic Hospital values the enduring partnership and goodwill of its friends from Belgium, whose support continues to contribute to the hospital's growth and development.



Free Orthopaedic and Gynecology OPD Camp

Ghorakhori Health Post
Champadevi Okhaldhunga
14th -17th February, 2024



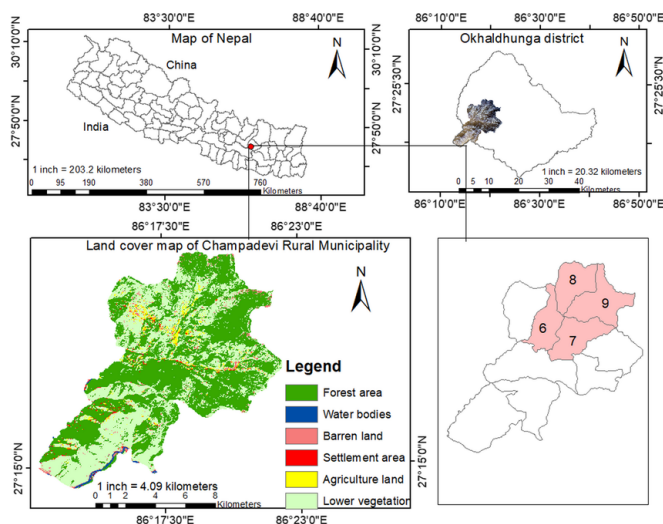
Organized by

Rotary Club of Kathmandu West
NDA- Nepal Orthopaedic Hospital, Jorpati , Kathmandu
Local Partner
Champadevi Rural Municipality
Ghorakhori Health Post, Okhaldhunga

Sponsored by

Med-Solution Foundation, Switzerland

INTRODUCTION



Background

Okhaldhunga is a hilly district with fragile socioeconomic conditions, limited access to health care, social stigma, and poor resource management, where most people rely on medicinal plants for primary health care.

According to Ministry of Federal Affairs and Local Development Champadevi has an area of 126.91 km²(49.00 square miles) and the total population of the municipality is 16311 as of 2021 AD.

Palapu, Kalikadevi, Phediguth, Phulbari, Sagarmatha, Bilandu and Raniban, Sagarmatha which previously were all separate Village development committee merged to form this new local level body. Fulfilling the requirement of the new Constitution of Nepal 2015, Ministry of Federal Affairs and Local Development replaced all old VDCs and Municipalities into 753 new local level body (Municipality). The rural municipality is divided into total 10 wards and the headquarter of this newly formed rural municipality is situated in Kalikadevi.

Demographics

At the time of the 2011 Nepal census, Champadevi Rural Municipality had a population of 18,661. Of these, 74.9% spoke Nepali, 12.3% Magar, 6.5% Tamang, 4.5% Newar, 1.1% Sherpa, 0.2% Maithili, 0.1% Baram and %0.4 other languages as their first language.

In terms of ethnicity/caste, 41.9% were Chhetri, 14.0% Magar, 6.8% Tamang, 6.3% Newar, 6.0% Hill Brahmin, 5.2% Sunuwar,

3.9% Damai/Dholi, 3.4% Kami, 3.1% Sarki and 9.4% others. In terms of religion, 90.7% were Hindu, 7.9% Buddhist, 0.6% Christian, 0.2% Prakriti, 0.1% Muslim and 0.5% others.

Team Members

Dr. Bijendra Dangol : Orthopaedic Surgeon

Dr. Sripur Manandhar : Orthopaedic Surgeon

Dr. Chunumila Maharjan : Gynecologist and Obstetrician

Dr. Sujita Shrestha : Gynecologist and Obstetrician

Mr. Ghanshyam Neupane : Logistic Officer

Mr. Prajesh Neupane : Pharmacy Assistant

Mr. Sagar Thapa : Driver

This hospital has organized many free OPD and surgical camps in various remote and rural areas of Nepal in association with Med Solution Foundation, Switzerland.

This time, alongside orthopedic services, gynecological OPD services was also provided which was a new beginning. We hope that from next time onward we can arrange multidisciplinary services to the patients.

Objective

1. To provide free orthopaedic, trauma and gynecological treatments to the poor and needy patients of okhaldhunga district, who are unable to access big hospitals for treatment.
2. Provide better opportunity for the doctors and nurses to develop their skills and practice working in limited resource setting.
3. To enhance local awareness about the trauma prevention measures caused due to trauma and thereby reducing and controlling deformities and disabilities.
4. To provide an opportunity for local doctors and health workers to learn basic principles of trauma management.
5. To observe the cultural and geographical identities of okhaldhunga in relation to health politics.

Achievement

During 2-day Free Orthopaedic and Gynecology OPD camp, A total of 590 patients received free OPD check-ups and free medications. Free steroid injections were provided to 62 patients, most whom were suffering conditions such as Osteoarthritis of knee joint, Frozen shoulders, Tennis Elbow, Plantar fasciitis.



Among these, 180 patients had orthopedic consultations, and 95 patients had gynecological consultations. Additionally, 29 patients received free steroid injections for conditions such as knee osteoarthritis, frozen shoulder, tennis elbow, and others.

After completing the Day 2 tasks, we had some free time, so we explored the area.



We even had a 102-year-old patient who visited us for consultation and treatment for his ailments.



A total of 315 patients benefited from free OPD and free medication services. Among these, 211 patients had orthopedic consultations, and 104 patients had gynecological consultations. Additionally, 32 patients received free steroid injections for conditions such as knee osteoarthritis, frozen shoulder, tennis elbow, and others.

After the OPD service, a short program was organized by the health post and local authorities. All of us involved in the health camp were appreciated with certificates of gratitude.



Steroid injection data

- Osteoarthritis: 48 (Day 1: 23, Day 2: 25)
- Plantar Fasciitis: 4 (Day 1: 3, Day 2: 1)
- Tennis Elbow: 8 (Day 1: 3, Day 2: 5)
- Adhesive Capsulitis: 1

Total injections applied = 87 steroid injections

Total Patients benefitted = 61 patients

Suggestions

While selecting the location for the camp, we should consider its feasibility for patients to ensure maximum participation.

Future camps should focus on rural areas like this one to help poor and needy patients.

Proper publicity of the camp beforehand plays a vital role in its success. All available resources should be utilized for effective promotion.

The duration of the camp and OPD services should be clearly advertised so that people from remote areas can plan accordingly. The duration of services should be at least three days.

The participation of local partners, volunteers, and security personnel should be increased.

Drawbacks of the camp

Road access was a major setback, limiting full participation and healthcare access for local people and neighboring ward populations. The majority of the population requiring healthcare were geriatric patients, making it difficult for them to access services.

Conclusion

The health camp was a great success and was highly appreciated by all. The community was deeply gratified by our presence, and they described their experience with us as the best they have had at any health camp to date. We would like to extend our heartfelt thanks to Dr. Katherin Hagen, the Med Solution Foundation (Switzerland), NDA-Nepal Orthopaedic

Referred cases could not reach NOH (National Orthopedic Hospital) due to the financial constraints of patients from remote areas.

Hospital, Rotary Club Kathmandu West, Champadevi Rural Municipality Ghorakhori Health Post (Okhaldhunga), local health professionals, and all the volunteers who contributed directly or indirectly to making this camp effective and successful. Thank you

शुभकामना

ने.अ.सं-नेपाल अर्थोपेडिक अस्पतालको २८ औं वर्षिकोत्सवको सुखद उपलक्ष्यमा अस्पताल परिवारलाई हार्दिक मंगलमय शुभकामना व्यक्त गर्न चाहन्छौं । हाडजोर्नी उपचारमा एक अलग्गै पहिचान बनाउन सफल तथा विशिष्टिकृत सेवा दिने यस अस्पतालले निरन्तर सर्वशुलभ, जनमुखि तथा गुणस्तरीय सेवा प्रदान गर्ने अस्पताल बनोस भन्ने अपेक्षा सहित हार्दिक शुभकामना व्यक्त गर्दछौं ।

राजन ड्रग हाउस
काठमाण्डौ

शुभकामना

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सर्जिवल्ड
काठमाण्डौ

Free Orthopaedic Surgical Camp

(2082 Kartik 17 TO 2082 Kartik 21)
(3rd November 2025– 7th November 2025)



TEAM MEMBERS:

Dr. Mukti Nath Timilsena : Deputy Medical Director, Senior Consultant
Orthopaedic Surgeon

Dr. Sunil Badgami : Senior Consultant Anesthesiologist

Dr. Sujan Man Singh: Consultant Orthopaedic Surgeon

Dr. Mandeep Karki: Registrar Orthopaedic Surgeon

Dr. Anish Gyawali : Registrar Orthopaedic Surgeon

Dr. Bijendra Dangol : Registrar Orthopaedic Surgeon

Mr. Suman Bhandari : Junior Administrative Officer

Ms. Rolina Karki : Sister

Ms. Reniya Shrestha : Staff Nurse Officer

Ms. Merina Karki : Staff Nurse Officer

Ms. Sambina Shrestha : Staff Nurse Junior Officer

Ms. Asha Kathayat : Staff Nurse

Mr. Dinesh Basnet : Pharmacy Junior Officer

Mr. Ramhari Badal : Logistic OT Assistant

Mr. Giancarlo Cattaneo : Med Solution Foundation, Switzerland

Organized by:

Rotary Club of Kathmandu- West.

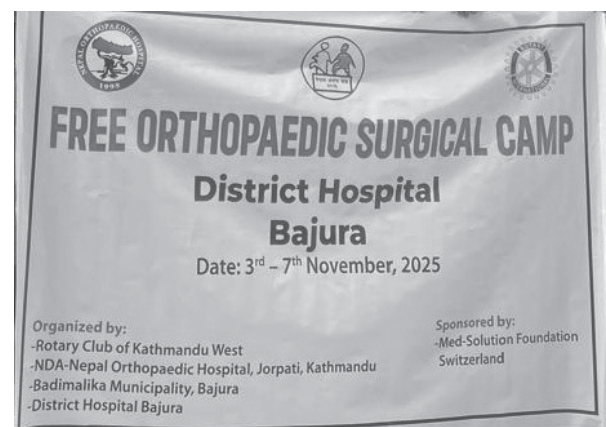
NDA- Nepal Orthopaedic Hospital, Narayantar, Jorpati, Kathmandu

Badimalika Municipality, Bajura

District Hospital, Bajura

Sponsored by:

Med Solution Foundation, St. Moritz, Switzerland.



Center of Excellence for
Orthopaedic and Trauma Care

Background



Bajura District, a part of Sudurpashchim Province, is one of the seventy-seven districts of Nepal. The district, with Martadi (today part of Badimalika municipality) as its district headquarters, covers an area of 2,188 km² (845 sq mi). At the time of the 2021 Nepal census, Bajura District had a population of 138,523. 10.56% of the population is under 5 years of age. It has a literacy rate of 71.24% and a sex ratio of 1065 females per 1000 males. 76,469 (55.20%) lived in municipalities. Khas people make up a majority of the population with 98% of the population. Chhetris make up 59% of the population, while Khas Dalits make up 26% of the population.

Languages of Bajura district (2021)

Nepali (63.9%)

Bajureli (34.0%)

Others (2.10%)

At the time of the 2021 census, 63.93% of the population spoke Nepali and 33.97% Bajureli as their first language. The people of this district speak the Bajureli dialect. In 2011, 99.2% of the population spoke Nepali as their first language.

Objectives:

1. To give opportunities for the staff of NOH to experience and work in a limited facility centers in remote areas of Nepal.
2. To teach local staff about the basic principles n management of Orthopaedic and Trauma cases.
3. To enhance public awareness about the damage prevention measures after trauma thereby preventing deformity and disability.

The district consists of nine municipalities, out of which four are urban municipalities and five are rural municipalities.

1. Badimalika Municipality
2. Triveni Municipality
3. Budhiganga Municipality
4. Budhinanda Municipality
5. Gaumul Rural Municipality
6. Jagannath Rural Municipality
7. Swamikartik Khapar Rural Municipality
8. Khaptad Chhededaha Rural Municipality
9. Himali Rural Municipality

GOALS:

1. To carry out 75 free orthopaedic and Hand surgeries during 5 days.
2. To carry out atleast 1500 free OPD check ups in 4days and free medicine distribution
3. To publicize Nepal Orthopaedic Hospital as the best and cost effective center for Orthopaedic and trauma care.

**Categories of medicines provided in camp**

1. NSAIDS
2. Antibiotics
3. Vitamin B complex
4. Steroids
5. Antigout
6. Calcium tablets
7. Anti emetics
8. Anti vertigo
9. Anti hypertensive
10. Pain killer gel
11. Iron and folic acid supplementations
12. Anti allergic
13. Laxatives
14. Proton pump inhibitors
15. Paracetamol
16. Neurotropics

LIST OF SURGERIES

SN	NAME	AGE/SEX	ADDRESS	DIAGNOSIS	PROCEDURE	CONTACT NO.
1	Kalpna Rawal	20yrs/fe	Khaptad 3	Ganglion cyst LT wrist	Excision	9768492332
2	Nanda raj joshi	75yrs/M	Martadi 7	Dupuytren's contracture Rt hand	Contracture release	9868594521
3	Tula Bista	55/F	Badimalika 9	Lateral malleolus bursitis Rt	Excision of bursa	9848481334
4	Bikesh Raut	18yrs/M	Khaptad 3	United BB # Lt F/A with implants in situ	Implant Removal	9767416641
5	Ratan Buda	25yrs/M	Gomul 5	United Galeazzi # Lt F/A with implants in situ	Hardware Removal	9769999363
6	China Buda	22yrs/Fe	Gomul 5	Tardy Ulnar Nerve Palsy Lt	Ulnar Nerve decompression + anterior transpositioning	9865981761
7	Bindu Rokaya	17yrs/Fe	Gomul 6	Rt Ulnar neuropathy 2' to PBC	Ulnar nerve decompression + anterior transpositioning	9764208765
8	Chandra bdr dhami	32yrs/M	Gomul 3	United left lateral malleolus with implants in situ	Implant Removal	9848974153
9	Manab sunuwar	20yrs/M	Badimalika 6	Lipoma over Rt wrist	Excision	9744359556
10	Prabal Rawat	55yrs/M	Mugu	Cyst over Lt Mastoid region	Excision	9769997899
11	Rahul Rawat	58yrs/M	Badimalika 6	Ganglion over dorsum of Rt foot	Excision	
12	Sagar BK	14yrs/M	Badimalika 6	Cubitus Varus deformity Rt	Corrective Osteotomy	9864613442
13	Rushma Rawal	16yrs/Fe	Badimalika 8	Madelung deformity Rt	Distal Ulnar shortening + SF Dcp fixation	9742407348
14	Githe Mizar	74yrs/M	Badimalika 5	Sebaceous Cyst over inter-scapular region	Excision	9865668519
15	Gopi Chandra buda	64yrs/M	Badimalika 5	Lipoma Rt hand	Excision	9866107174
16	Dipul Sarki	58yrs/M	Badimalika 6	Ganglion over dorsum of Rt foot	Excision	
17	Laxmi Buda	45yrs/Fe	Tribedi 6	GCT over Lt hand	Excision	9848523820
18	Raju Nagha	16yrs/M	Badimalika 6	United BB # Lt F/A with implants in situ	Implant Removal	9761208151
19	Chakra bdr Singh	54yrs/M	Badimalika 5	Sebaseous Cyst Rt gluteal region	Excision	9868447262
20	Tuki Thapa	48yrs/Fe	Badimalika 8	United distal radius # Lt with cast in situ	Cast Removal	9749809024



SN	NAME	AGE/SEX	ADDRESS	DIAGNOSIS	PROCEDURE	CONTACT NO.
21	Dmerni Karki	8yrs/Fe	Badimalika 4	# shaft of radius n ulna Lt	A/E Cast application	
22	Tulsi devi Upadhya	52yrs/Fe	Badimalika 7	Bimalleolar # Lt ankle	B/K Posterior slab	9848567482
23	Yogesh Joshi	7yrs/M	Badimalika 6	Cubitus Varus deformity Lt elbow	Corrective Osteotomy	
24	Mishana BK	14yrs/Fe	Badimalika 5	Post burn contracture Lt hand	Surgical release + FTSG	
25	Dambari Karki	7yrs/Fe	Badimalika 6	BB# Lt F/A	CRIF with Rush nails	
26	Buddhi Devi Padhaya	62yrs/Fe	Badimalika 6	Lateral malleolar bursitis Rt	Excision	
27	Thunga Bogati	41yrs/M	Badimalika 7	Post burn syndactyly 1 st web space Lt hand	Corrective Surgery	
28	Muna Ukheda	70yrs/Fe	Badimalika 4	# Distal radius Rt F/A	ORIF with T buttress plate	
29	Tara Devi Rawal	45yrs/Fe	Badimalika 8	United bimalleolar # Rt ankle with implants in situ	Implant Removal	
30	Sushil Thapa	13yrs/M	Badimalika 9	PBC 3 RD , 4 TH , 5 TH digit Rt hand	Contracture Release	
31	Surendra Dhami	25yrs/M	Badimalika 7	10/12 S/P Rt tibia # with IMIL nail in situ	Dynamization	
32	Gyan Bdr Buda	13yrs/M	Badimalika 8	United Rt femur # with implants in situ	HWR	
33	Rajendra Rawal	30yrs/M	Badimalika 7	Cyst over 1 st , 2 nd finger Rt	Excision	
34	Laxmi Karki	14yrs/Fe	Badimalika 1	Cubitus Varus deformity Lt	Corrective Osteotomy	
35	Juna Khadka	16yrs/Fe	Karda 6	Mallet finger 5 th digit Rt hand	Arthrodesis	
36	Bhawana Dhami	14yrs/Fe	Karda 6	Granuloma Lt hand	Excision	
37	Aite Buda	54yrs/M	Budiganga 8	United Rt femur # with implants in situ	HWR	
38	Janak Khadka	14yrs/M	Badimalika 5	Cubitus Varus deformity Rt	Corrective Osteotomy	
39	Tulsi Devi Upadhaya	52yrs/Fe	Badimalika 7	Bimalleolar # Rt ankle	ORIF with 1/3 rd tubular plate + K wires	
40	Hari Psd Chaudhary	54yrs/M	Dhangadi	United Nightstick # Rt with Implant in situ	Implant Removal	
41	Pawan Rai	39yrs/M	Darjeling	Lateral malleolus # Rt	B/K Posterior slab application	9848567620
42	Tuki Thapa	48yrs/Fe	Badimalika 6	Distal radius # Lt	Colles cast application	9749809024
43	Sona Lohar	60yrs/Fe	Badimalika 5	Bakers cyst Lt knee	Excision	9868865290
44	Nirmala Rokaya	28yrs/Fe	Badimalika 2	Cubitus Varus deformity Rt	Corrective osteotomy	
45	Bina Rokaya	41yrs/Fe	Gomul 5	Neglected 1 st IPJ dislocation Rt foot	IPJ fusion + k wires fixation	
46	Ashish Rokaya	6yrs/M	Gomul 2	Popliteal cyst Lt	Excision	
47	Tikaram Saud	15yrs/M	Budiganga 6	3wks old maluniting distal radius # Lt	Open Osteoclasia + T buttress plate fixation	
48	Muna Aryal	44yrs/Fe	Badimalika 2	Exostosis Lt proximal tibia	Surgical Excision	
49	Tara Khati	55yrs/Fe	Budiganga 2	Trigger Thumb Rt	Surgical release	
50	Dipak Khadka	27yrs/M	Badimalika 8	Ganglion over Lt wrist	Excision	



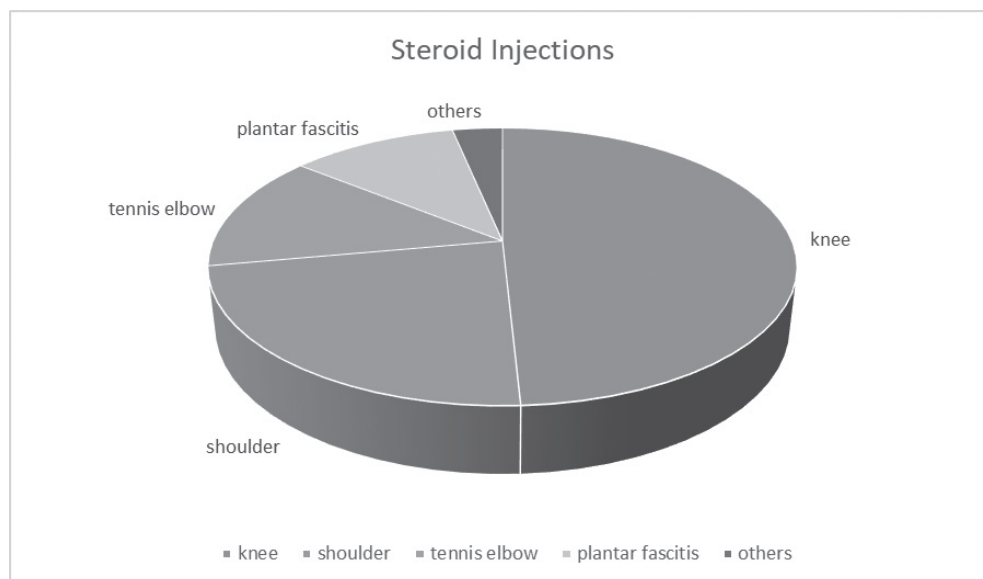
SN	NAME	AGE/SEX	ADDRESS	DIAGNOSIS	PROCEDURE	CONTACT NO.
51	Jawa Devi Karki	70yrs/Fe	Badimalika 1	Cyst over Rt wrist	Excision	
52	Dev Bdr Bohara	62yrs/M	Gomul 3	United Tibial plateau # with implants in situ	HWR	
53	Ranga Thapa	65yrs/M	Badimalika 9	United Rt distal radius # with implants in situ	Implant Removal	
54	Gita Thapa	22yrs/Fe	Badimalika 9	Tardy ulnar nerve palsy Lt	Ulnar nerve decompression + anterior transpositioning	
55	Tularam Joshi	39yrs/M	Budiganga 3	I/T # Lt femur with DHS in situ	DHS removal	
56	Chandra Aidi	52yrs/Fe	Badimalika 9	Trigger Thumb Rt	Surgical release	
57	Dhan Kala Buda	45yrs/Fe	Badimalika 4	United Lt Galeazzi # with implant in situ	HWR	
58	Santosh kuwar	18yrs/M	Badimalika 1	United BB # Rt F/A with Rush nails in situ	Removal	
59	Harka Kuwar	20yrs/M	Khaptad 6	Corn over Lt heel	Excision	
60	Talak Bdr Chandra	30yrs/M	Badimalika 9	Cyst over Lt wrist	Excision	
61	Gorakh Rokaya	39yrs/M	Gomul 3	Mass over 1 st web space Rt hand	Excision	
62	Bishnu BK	22yrs/Fe	Badimalika 7	Jones # Rt foot	Boot cast application	9865935674
63	Shanti Devi Chadar	46yrs/Fe	Badimalika 3	Distal radius # Lt	Cast application	9848618028
64	Maya Devi Rokaya	48yrs/Fe	Badimalika 7	Distal radius # Rt	Colles cast application	
65	Yubaraj Rokaya	6yrs/M	Gomul 2	Distal BB # Rt F/A	Cast application	
66	Gorakh Bdr Dhami	50yrs/M	Gomul 3	Lipoma over Lt posterior chest	Excision	
67	Man Devi Shah	8yrs/Fe	Achham 4	S/C # Rt humerus with Radial nerve injury	ORIF with K wires	
68	Sabina Buda	20yrs/Fe	Badimalika 9	Ganglion Lt wrist	Excision	
69	Narendra Buda	41yrs/M	Tribeni 6	Mass over Rt little finger	Excision	
70	Yab Buda	4yrs/M	Tribeni 2	3/52 S/P S/C # Rt humerus with k wires in situ	Kwires removal	
71	Sher Khadka	40 yrs/M	Badimalika 6	Lipoma Rt shoulder region	Excision	
72	Prakash Budha	20yrs/M	Tribeni 6	Degloving wound Rt gluteal region	STSG	
73	Rajendra Sarki	24yrs/M	Khaptad 6	Hemangioma Lt Leg	Aspiration	
74	Manoj Chandra	12yrs/M	Gomul 1	Lipoma over post auricular region Rt	Excision	
75	Suresh Dhami	24yrs/M	Tribeni 6	Hemangioma Rt wrist	Aspiration	
76	Niruta Rawat	14yrs/Fe	Khaptad 5	United Lt S/C # with k wires in situ	K wires removal	
77	Janaki Saud	26yrs/Fe	Tribeni 3	United Rt distal femur # with implants in situ	HWR	
78	Lokendra Bohara	44yrs/M	Gomul 3	Lipoma over forehead	Excision	
79	Rejina Saud	9yrs/Fe	Badimalika 5	Cubitus Varus Deformity Lt elbow	Corrective Osteotomy	
80	Rula Chandara	45yrs/Fe	Badimalika 9	Corn over Lt foot	Excision	
81	Prince Adhikari	6yrs/M	Budiganga 3	Radial head # Lt	A/E Cast application	



SN	NAME	AGE/SEX	ADDRESS	DIAGNOSIS	PROCEDURE	CONTACT NO.
82	Arjun Saud	7yrs/M	Badimalika 5	BB # Lt F/A	A/E Cast application	
83	Arush BK	3yrs/M	Badimalika 7	Rt distal radius #	A/E Cast application	
84	Rajesh Chandara	15yrs/M	Badimalika 9	Multiple Corn Lt hand	Excision	
85	Dhan Singh Damai	54yrs/M	Badimalika 9	Sebaceous cyst over head	Excision	
86	Manmati Thapa	54yrs/Fe	Badimalika 2	Corn over Rt foot	Excision	
87	Dipak Dhami	45yrs/M	Khaptad 4	Lump over Rt proximal leg	Excision	
88	Tek Bdr Thapa	40yrs/M	Budiganga 2	Lt distal radius #	B/E Cast application	
89	Mana Maya Pariyar	53yrs/Fe	Badimalika 9	Rt distal radius #	Closed reduction + cast application	
90	Harka Khadka	50yrs/M	Badimalika 6	Uniting middle phalynx Rt little finger with K wire in situ	K wire Removal	
91	Dhan Kala Khadka	44yrs/Fe	Badimalika 8	Lump over Rt Thumb	Excision	
92	Ramesh Rawal	28yrs/M	Badimalika 7	Trigger Thumb Rt	Surgical Release	

LIST OF SURGERIES DONE

Fresh trauma	19	Deformity correction	14
Implant removal	19	Slab/cast application/removal	29
Hand and plastic surgery	23	Steroid injections	298
Excisions	33		



ACHIEVEMENTS:

1. Total 92 free orthopaedic surgeries performed during 5 days of camp
2. Total of 1660 patients were benefitted with free OPD checkups
3. 298 patient received free steroid injections

SUGGESTIONS:

1. Future camps should be focused in more rural areas so that we will be able to help the poor and needy people more effectively
2. Proper publicity of the camp beforehand plays the vital role in the success of the camp. Hence all the resources must be fully utilized for the publicity of the camp.
3. The duration of the camp, OPD check ups and surgical service must be clearly advertised so that the people visiting from the remote areas can fulfill their requirements.

Conclusion:

To conclude, though Bajura district is developing in its infrastructure and growing many domestic and international tourists, people living in this region are facing major problems regarding health services, Sanitation and financial issues. Overall the free orthopaedic surgical camp held in Bajura was successful as our team fulfilled our target. We hope the government and the local bodies will take some strong actions to overcome the difficulties of the people living in Bajura.

We would like to thank Dr. Katherin Hagen, Med Solution Foundation, Switzerland, NDA- Nepal Orthopaedic hospital, Rotary Club Kathmandu West, Bajura district hospital and Badimalika municipality and Local doctors and medical professionals who are directly or indirectly helped us during this camp to make it effective and successful.

 शुभकामना

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कागेश्वरी ट्रेड कन्सर्न

काठमाण्डौ

 शुभकामना

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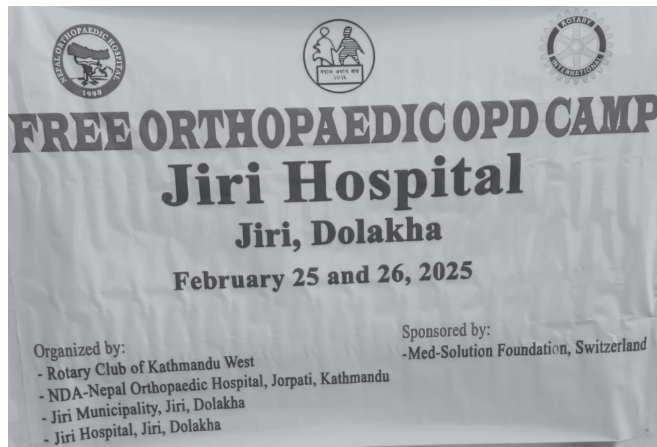
बजरंग इन्टरप्राइजेज

काठमाण्डौ

Free Orthopaedic OPD Camp

Jiri Hospital, Jiri, Dolakha

24th -27th February, 2025



Organized by

Rotary Club of Kathmandu West
NDA- Nepal Orthopaedic Hospital, Jorpati, Kathmandu

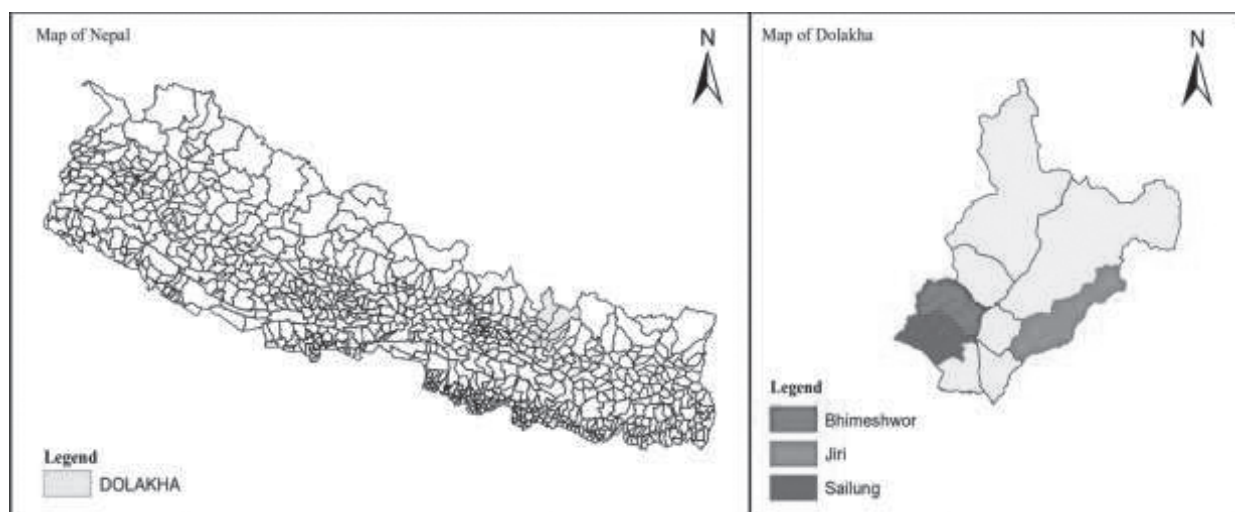
Local Partner

Jiri Municipality, Jiri Dolakha
Jiri Hospital, Jiri, Dolakha

Sponsored by

Med-Solution Foundation, Switzerland

INTRODUCTION



Background

Jiri is a municipality in Dolakha district which is situated at north eastern part of Nepal. Jiri lies at an elevation from 1649 m to 5341 m from the sea level and it occupies 211.25 km of the land area. According to the statistics of the National Census 2068 B.S. the population of this municipality is 15,515 of which 53.15 % woman and 46.03 % men population. The municipality has a population of different ethnic and religious people. Highest ethnic group of Chettri which is 4,366 (28.14%), followed by 3,360 (21.66) % Jirel and 2,792 (18%) of Sherpa.

Jiri, which lies about 190 kilometers from Kathmandu, was the main gateway to the Everest Region in the past. Almost all the Everest expeditions, including the one led by famous climber John Hunt, Edmund Hillary had passed through Jiri. Jiri is known for its wonderful natural landscape, greenery, beautiful high altitude lake and enrich in its geographical aspects. As the closest road head, Jiri is the trailhead for many treks into the Mount Everest region. The trek to Lukla takes seven or eight days. People begin a trek from Jiri, and attempt the trek to Everest Base Camp start at Jiri.

Demography

At the time of the 2011 Nepal census, Jiri Municipality had a population of 15,837. Of these, 43.9% spoke Nepali, 21.4% Jirel, 16.8% Sherpa, 10.6% Tamang, 4.6% Sunwar, 1.7% Newar, 0.4% Maithili, 0.1% Gurung, 0.1% Magar, 0.1% Rai, 0.1% Tharu and 0.2% other languages as their first language.[2]

In terms of ethnicity/caste, 28.1% were Chhetri, 21.7% Jirel, 18.0% She (Switzerland)

- Dr. Sujan Man Singh: Registrar Orthopaedic Surgeon
- Dr. Bishwas Pokhrel : Orthopaedic Surgeon
- Dr. Sujit Shrestha : Medical Officer
- Mr. Bivek Kumar Pokharel : Logistic Officer
- Ms. Nirmala Rokka Magar: Pharmacy Assistant
- Mr. Dil Bahadur Thapa : Sr. Driver

Objective

- To provide free orthopaedic and trauma treatments to the poor and needy patients of Jiri municipality and nearby places, who are unable to access big hospitals for treatment.
- Provide better opportunity for the doctors and nurses to develop their skills and practice working in limited resource setting.

- To enhance local awareness about the trauma prevention measures caused due to trauma and thereby reducing and controlling deformities and disabilities.
- To provide an opportunity for local doctors and health workers to learn basic principles of trauma management.
- To observe the cultural and geographical identities of Jiri in relation to health politics.

Aim

- To conduct OPD services for 2 days (Target 800 patients)
- To carry out local and intra-articular steroid injection (Target 400 steroid injections)
- To promote Nepal Orthopaedic hospital as one of the best trauma centers in Nepal

Achievement

During 2-day Free Orthopaedic OPD camp, A total of 456 patients received free OPD check-ups and free medications. Free steroid injections were provided to 84 patients, most whom were suffering conditions such as Osteoarthritis of knee joint, Frozen shoulder, Tennis Elbow, Golfer's elbow, Plantar fasciitis.



We even offered free surgery in Nepal Orthopaedic Hospital for those who needed operation for deformity correction.

A total of 456 patients benefited from free OPD and free medication services. Additionally, 84 patients received free steroid injections for conditions such as knee osteoarthritis, frozen shoulder, tennis elbow, and others. Similarly, cast application was done in 1 patient and slab applied in 1 patient.

After the OPD service, we had opportunity to visit local historical and famous places.

Steroid injection data

- Osteoarthritis: 87 (Day 1: 42, Day 2: 45)

- Plantar Fasciitis: 8 (Day 1: 3, Day 2: 1)

- Tennis Elbow: 6 (Day 1: 3, Day 2: 3)

- Adhesive Capsulitis: 15

Total injections applied = 116 steroid injections

Total Patients benefitted = 84 patients

Suggestions

While selecting the location for the camp, we should consider its feasibility for patients to ensure maximum participation.

Future camps should focus on rural areas like this one to help poor and needy patients.

Proper publicity of the camp beforehand plays a vital role in its success. All available resources should be utilized for effective promotion.

The duration of the camp and OPD services should be clearly advertised





so that people from remote areas can plan accordingly. The duration of services should be at least three days.

The participation of local partners, volunteers, and security personnel should be increased.

Drawbacks of the camp

Road access was a major setback, limiting full participation and healthcare access for local people and neighboring rural populations.

The majority of the population requiring healthcare were geriatric patients, making it difficult for them to access services.

Referred cases could not reach NOH (National Orthopaedic Hospital) due to the financial constraints of patients from remote areas.

Conclusion

The health camp was a great success and was highly appreciated by all. The community was deeply gratified by our presence, and they described their experience with us as the best they have had at any health camp to date.

We would like to extend our heartfelt thanks to Dr. Katherin Hagen, the Med Solution Foundation (Switzerland), NDA-Nepal Orthopaedic Hospital, Rotary Club Kathmandu West, Jiri Municipality, Jiri Hospital, local health professionals, and all the volunteers who contributed directly or indirectly to making this camp effective and successful.

Thank you

शुभकामना

ने.अ.सं-नेपाल अर्थोपेडिक अस्पतालको २८ औं वर्षिकोत्सवको सुखद उपलक्ष्यमा अस्पताल परिवारलाई हार्दिक मंगलमय शुभकामना व्यक्त गर्न चाहन्छौं । हाडजोर्नी उपचारमा एक अलग्गै पहिचान बनाउन सफल तथा विशिष्टकृत सेवा दिने यस अस्पतालले निरन्तर सर्वशुलभ, जनमुखि तथा गुणस्तरीय सेवा प्रदान गर्ने अस्पताल बनोस भन्ने अपेक्षा सहित हार्दिक शुभकामना व्यक्त गर्दछौं ।

इडवर्ड ट्रेडिङ्ग प्रा.लि

त्रिपुरेश्वर, काठमाडौं

PHIDIM CAMP 2025

March 18 to March 22, 2025 (Surgical Camp-Phidim)
March 24 and 25, 2025 (OPD Camp- Gherabari, Jhapa)



ACKNOWLEDGEMENT

We are heartily thankful to all the local and international partners for all their supports and effort for making this project successful. We would like to express our sincere thanks to all the member/advisors, local health workers/ volunteers, staffs, the political parties, security personals, local administrations, journalist and the entire community for their active involvement and participation. We have been able to expand our working areas and obtain the optimum success on the mission goals because of the involvement and all round support of the entire team. We would like to thank Phidim Municipality for all the support provided for making this camp successful. We would also like to thank all the Administrative, medical and health worker team of Panchthar District Hospital for their continuous help and support during the entire camp. Last but not the least Dr Dietmar Mauer ,family and friends and Rotary club of Lalitpur for all unconditional love and help for successful accomplishment of this camp.

INTRODUCTION

Phidim Municipality is the administrative center of Panchthar District in the eastern region of Nepal's Koshi Province. Situated at an elevation ranging from 1,380 feet in Majhitar to 10,737 feet at Lungrupa's Chhintapudanda, it encompasses an area of 192.5 square kilometers. The municipality comprises 14 wards, with Ward 1 having the highest population of 8,944, and Ward 9 the lowest at 1,992

As of the 2021 Census, Phidim Municipality had a population of 48,495, comprising 23,679 males and 24,816 females. The majority of residents (36,155) were born within the municipality, with others originating from different districts or countries.

Historically, Phidim was known as "Pallo Kirant" and served as the central hub of the Limbuwan region. It was a significant site for the Kirat kings, who convened at the Ambepajo temple to make collective decisions. The name "Panchthar" is believed to have evolved from the Limbu words "Pan" (meaning 'to hold') and "Thar" (meaning 'area' or 'fort'), reflecting its strategic importance. The term "Phidim" is derived from the Limbu word "Pheden," which later transformed into "Phidim"

The Team

Surgical team

- Dr. Kailash Kumar Bhandari : Medical Director, Senior Consultant Orthopaedic Surgeon
- Dr. Saju Man Pradhan: Senior Consultant Orthopaedic Surgeon
- Dr. Samyukta Acharya : Senior Consultant Anesthesiologist
- Mr. Shyam Prasad Rupakheti : Chief Administrator
- Ms. Meena Gurung: Matron
- Mr. Rupak Das: Rotarian
- Dr. Anil Ghimire: Registrar Orthopaedic Surgeon
- Dr. Anish Gyawali : Registrar Orthopaedic Surgeon
- Dr. Prasiddha Pandey : Registrar Orthopaedic Surgeon
- Dr. Kuldip Mangal Joshi : Registrar Orthopaedic Surgeon
- Dr. Sabin Pokharel : Registrar Orthopaedic Surgeon
- Ms. Rolina Karki : Sister
- Ms. Luna Bhattarai : Sr. Staff Nurse
- Ms. Merina Karki : Sr. Staff Nurse
- Ms. Sony Lama : Sr. Staff Nurse
- Ms. Bina Upadhyay Aryal : Sr. Pharmacy Assistant
- Mr. Ramhari Badal : Logistic OT Assistant
- Ms. Sadhana Pandey : Photographer

PURPOSE OF THE CAMP

1. To provide free and comprehensive orthopaedic and trauma treatment to the poor and needy patients of Panchthar district, who are not able to go to big cities for their treatment.
2. Provide good opportunity to doctors and nurses to develop skills and practice of working in low facility setup.
3. To enhance local awareness about the damage prevention measures caused due to trauma and thereby preventing and controlling deformity and disability.
4. To provide an opportunity for local doctors and health workers to learn basic principles of trauma management which furthermore controls the deformity and disability in that area.
5. To provide adequate aid to needy patients who needs to be operated at Kathmandu.

GOALS

1. To perform at least 70 free surgeries which include deformity correction, fresh trauma, hand/reconstructive surgery and implant removals.
2. To carry out at least 1100 OPD check-ups and provide all medicines and supplements free of cost.
3. To provide at least 100 steroid injections free of cost.
4. To publicize Nepal Orthopaedic Hospital as the best and cost effective center for Orthopaedic and Trauma Management.

ACHIEVEMENTS OF THE CAMP

- A total of 1321 patients were seen in OPD among them 580 were Male and 801 were female Age Range from 1 year to 80 Years.
- Total of 100 patients were operated during the camp.
- Total of 12 OPD Closed reduction and Plaster Applications were done and 138 I/A and local steroids given.

Patient mostly had age related orthopedic problems like back pain, multiple joint pain, osteoarthritis, Rheumatic Arthritis, Tennis Elbow, Adhesive Capsulitis etc. all the Surgical cases were screened and planned from OPD.

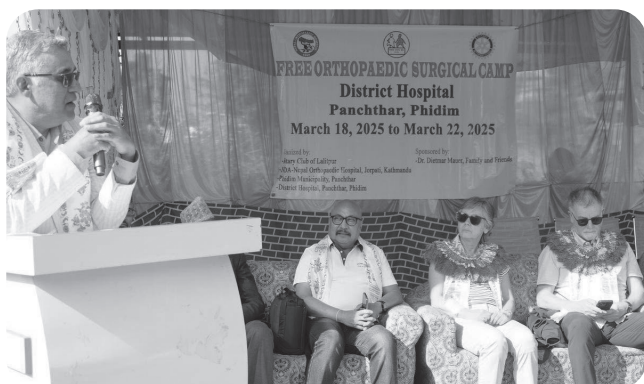
Suggestions:

- Future camps should be focused in more rural areas so that we will be able to help the poor and needy more effectively.
- Publicity plays a major role in the success of the camp. Mobilization of local partner and proper publicity is important factor selecting genuine orthopedics cases.
- More precise and timely advertisement of the camp is essential.
- Local associates should be well counseled about the screening of the patients.

Conclusion

Our surgical camp was very successful considering the number of patients benefiting from the orthopedic services. All of the surgeries were carried out uneventfully and with good surgical outcome. Local associates were very helpful throughout our stay at Phidim and Bhadrapur.

Thank You.



शुभकामना

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सियोर हेल्थ नेपाल प्रा.लि

ललितपुर



Charity No. : 1
IP NO: 25/463

MAJOR CHARITY PROFILE

NEPAL ORTHOPAEDIC HOSPITAL

CHARITY: NRs.92820 out of NRs. 92820

Diagnosis: Non-union shaft of femur left with implants in-situ

Surgery: Exchange nailing + Autologous Bone graft done under SAB on 2026/01/26

BACKGROUND:

Mr. Chhabi Raman Pokharel, a 52-year-old male from Okhaldhunga District, Nepal, currently residing in Narayantar, Kathmandu, presented with complaints of persistent pain and inability to bear weight on his left lower limb for the past 11 months.

He had sustained a fall from a three-storey building and was initially treated at another healthcare center with closed reduction and internal fixation (CRIF) using an interlocking intramedullary (IMIL) nail. During follow-up at our center, both clinical and radiological evaluations revealed non-union of the fracture with the implant in situ.

Considering the diagnosis, surgical intervention was planned for implant removal, revision fixation using a SIGN nail, and Autologous bone grafting to promote fracture union.

The patient is also a person with disability secondary to poliomyelitis, which has further affected his mobility and functional status. In view of his medical condition, socioeconomic circumstances, and special needs, financial assistance was requested and a charity amount was arranged to support his treatment.



NAME: Chhabi Raman Pokharel

Age/Sex: 52yrs/Male

ADDRESS: Narayantar, Kathmandu

MAJOR CHARITY PROFILE

NEPAL ORTHOPAEDIC HOSPITAL

CHARITY: NRs.80775 out of NRs. 115980

Diagnosis: Closed left distal 1/3 femur fracture with paraplegia

Surgery: ORIF with distal femoral locking plate + lag screw done under GA (2025/08/17)

BACKGROUND:

Mr. Prem Budhathoki, a 35-year-old male from Dolakha District, a rural region of Nepal, was brought to our hospital's Emergency Department with complaints of knee pain. He reported hearing a popping sound from his left thigh while being transferred from a bed to a wheelchair. This incident occurred 15 days prior to admission.

Clinical and radiological evaluations revealed a fracture of the distal one-third of the left femoral shaft, along with paraplegia. The patient is living with a disability and has no source of income.

Considering his poor socioeconomic status and financial hardship, the hospital administration approved charitable assistance of NPR 80,775 toward his total medical bill of NPR 115,980.



NAME: Prem Budhathoki

Age/Sex: 35yrs/Male

ADDRESS: Dolakha

Charity No. : 2
I P NO: 25/1234



MAJOR CHARITY PROFILE

NEPAL ORTHOPAEDIC HOSPITAL

CHARITY: NRs.78915 out of NRs. 78915

Diagnosis: Fracture distal 3rd femur Left with spinal cord injury ASIA-A neurology
Surgery: ORIF with SIGN nail

BACKGROUND:

Mr. Binayak Gharti Magar is a 17-year-old male patient from Arghakhanchi District. He was brought to our hospital with complaints of pain and swelling over his left thigh after experiencing an injury while getting down from bed on the day of admission. He is a known case of paraplegia for the past three years and had previously undergone surgery at the Trauma Center. Following clinical and radiological evaluation, he was managed with closed reduction and internal fixation (CRIF) with intramedullary nailing under spinal anesthesia (SAB) on 2025/07/16. The patient is a person with a disability and is currently a student from a financially disadvantaged family. Considering his poor socioeconomic condition and upon his request for financial assistance, the hospital administration approved full charitable support amounting to NPR 78,915, covering the entire hospital bill of NPR 78,915.



NAME: Binayak Gharti Magar
Age/Sex: 17yrs/Male
ADDRESS: Arghakhanchi

Charity No. : 3
IP NO: 25/1086

MAJOR CHARITY PROFILE

NEPAL ORTHOPAEDIC HOSPITAL

CHARITY: NRs.73325 out of NRs. 163325

Diagnosis: Post ACL reconstruction and medial meniscus repair of Right knee with infection
Surgery: Hardware removal + graft removal + Arthroscopic debridement and irrigation under SAB on 2025/06/17.

BACKGROUND:

Mr. Rajan Mainali is a 32-year-old male residing in Boudha. He is a known case of anterior cruciate ligament (ACL) and medial meniscus injury, for which he initially underwent ACL reconstruction using a Peroneus longus (PL) tendon graft along with medial meniscus repair at our center on 2025/06/09. Subsequently, he sustained a re-injury to the same knee and presented to our hospital on the 12th postoperative day with wound soakage from the tibial surgical site. He was febrile at presentation, and despite conservative management, his symptoms failed to improve. Therefore, he underwent diagnostic arthroscopy with irrigation and debridement. Considering the patient's financial constraints and upon his humble request for assistance, the hospital administration approved charitable support amounting to NPR 73,325 out of the total hospital bill of NPR 163,325.



NAME: Rajan Mainali
Age/Sex: 32yrs/Male
ADDRESS: Kathmandu

Charity No. : 4
I P NO: 25/786



MAJOR CHARITY PROFILE

NEPAL ORTHOPAEDIC HOSPITAL

CHARITY: NRs.68685 out of NRs.124360**Diagnosis:** Infected Non-union Shaft of Right Femur with implant in-situ.**Surgery:** Implant removal + Reaming + Wash + Ex-fix application.

BACKGROUND:

Mr. Kamal Khadka is a 37-year-old male patient from Nuwakot who presented to our hospital for further management of a right femoral shaft fracture. He sustained a motorcycle road traffic accident (RTA) seven months ago and was initially treated at the National Trauma Center. He was diagnosed with a fracture of the shaft of the right femur and subsequently underwent closed reduction and internal fixation (CRIF) with intramedullary interlocking (IMIL) nailing three months after the injury.

Following the procedure, he developed persistent pain in the right knee, which was managed with dynamization by removal of the distal static locking bolt. As his symptoms persisted, he was admitted to our center for further surgical intervention and management.

Considering his limited financial resources and upon his request for assistance, the hospital administration approved partial charitable support amounting to NPR 68,685 out of the total hospital bill of NPR 124,360.

**NAME:** Kamal Khadka

Age/Sex: 37yrs/Male

ADDRESS: Nuwakot

MAJOR CHARITY PROFILE

NEPAL ORTHOPAEDIC HOSPITAL

CHARITY: NRs.67544 out of Rs. 162080**Diagnosis:** Compound fracture tibia and fibula left (Gustilo IIIB)**Surgery:** Wound debridement + external fixator application + stay suturing done under SAB.

BACKGROUND:

Mrs. Basanti Moktan is a 65-year-old female patient from Sarlahi District, located in the Terai region of Nepal. She presented to our hospital with complaints of pain and an open wound over her left leg following a road traffic accident that occurred one day prior to admission. She also had a history of loss of consciousness for approximately 30 minutes following the incident.

Clinical and radiological evaluations revealed a compound fracture of the left tibia and fibula, classified as Gustilo-Anderson Grade IIIB. She underwent surgical management, including wound debridement, application of an external fixator, and stay suturing on 2025/08/04.

Given the complexity of her injury and the need for specialized soft tissue coverage, the patient was subsequently referred to another center for plastic and reconstructive surgery. Considering her poor socioeconomic status and upon her request for financial assistance, the hospital administration approved charitable support amounting to NPR 67,544 out of the total hospital bill of NPR 162,080.

**NAME:** Basanti Moktan

Age/Sex: 65yrs/Female

ADDRESS: Sarlahi



MAJOR CHARITY PROFILE

NEPAL ORTHOPAEDIC HOSPITAL

Charity No. : 7
IP NO: 25/989

CHARITY: NRs.66260 out of NRs. 66260
Diagnosis: Right IT fracture with S/P spinal cord injury (ASIA A)
Surgery:ORIF with proximal femoral locking plate with lag screw under SAB on 2025/06/27.

BACKGROUND:

Mr. Ramesh Rawat is a 27-year-old male patient from Narayantar, Kathmandu. He is a known case of spinal cord injury sustained 10 years ago and has since been wheelchair-bound.

He presented to our hospital with a history of a road traffic accident (RTA) resulting in trauma to his right hip. Clinical and radiological evaluations revealed a right intertrochanteric (IT) femur fracture. He subsequently underwent open reduction and internal fixation (ORIF) with a proximal femoral locking plate and lag screw under spinal anesthesia (SAB).

The patient comes from a financially disadvantaged background and faces significant socioeconomic challenges. Considering his poor economic condition and upon his request for financial assistance, the hospital administration approved full charitable support for his treatment.



NAME: Ramesh Rawat
Age/Sex: 27yrs/Male
ADDRESS: Narayantar, KTM

MAJOR CHARITY PROFILE

NEPAL ORTHOPAEDIC HOSPITAL

Charity No. : 8
IP NO: 25/911

CHARITY: NRs.62110 out of Rs. 174545
Diagnosis: Distal Both bone fracture Right leg with plafond extension
Surgery: CRIF with PCCS+ Washer + K-wire+ Ilizarov Ring application done on 2025/06/15.

BACKGROUND:

Mr. Purna Bahadur B.K. is a 55-year-old male patient from Solukhumbu District, a remote region of Nepal. He was brought to our hospital with an alleged history of a fall from a ladder four days prior to presentation, resulting in an impact injury to his right ankle. Since the incident, he had been experiencing persistent pain and swelling over the affected area.

The patient works as a daily wage laborer and relies on manual labor for his livelihood. Considering his poor socioeconomic condition and upon his humble request for financial assistance, the hospital administration approved charitable support amounting to NPR 62,110 out of the total hospital bill of NPR 174,545.



NAME: Purna Bahadur B.K.
Age/Sex:55yrs/Male
ADDRESS: Solukhumbu



Charity No. : 9
IP NO: 25/646

MAJOR CHARITY PROFILE

NEPAL ORTHOPAEDIC HOSPITAL

CHARITY: NRs.61730 out of NRs. 143905

Diagnosis: Both Bone Fracture Right leg Gustilo IIIA

Surgery: Wound debridement, k-wire and Ilizarov ring application under SAB on 2025/04/24.

BACKGROUND:

Mrs. Thuli Maya Lamini is a 68-year-old female patient from Sindhupalchok District. She presented to our hospital with complaints of pain, swelling, and inability to bear weight on her right lower limb following an injury sustained after colliding with a stone on the day of admission.

Clinical and radiological evaluations revealed fractures of both bones of the right leg. She received treatment at our hospital for approximately 15 days.

The patient comes from a financially disadvantaged family with an agricultural background and has limited economic resources. Considering her poor socioeconomic condition and upon her request for financial assistance, the hospital administration approved charitable support amounting to NPR 61,730 out of the total hospital bill of NPR 143,905.



NAME: Thuli Maya Lamini

Age/Sex: 68yrs/Female

ADDRESS: Sindhupalchwok

MAJOR CHARITY PROFILE

NEPAL ORTHOPAEDIC HOSPITAL

CHARITY: Rs.59725 out of Rs. 129725

Diagnosis: Sub trochanter fracture left femur

Surgery: ORIF with proximal femoral locking plate done under SAB on 2025/09/08.

BACKGROUND:

Mr. Ganesh Prasad Chaulagain is a 59-year-old male patient from Kavrepalanchok District. He presented to our hospital with complaints of pain in his left hip following an injury sustained one day prior to admission.

Clinical and radiological evaluations revealed a subtrochanteric fracture of the left femur. Surgical intervention was advised, and he subsequently underwent open reduction and internal fixation (ORIF) with a proximal femoral locking plate. The patient is elderly and lacks adequate family support. Considering his difficult social and financial circumstances, and upon his request for assistance, the hospital administration approved charitable support amounting to NPR 59,725 out of the total hospital bill of NPR 129,725.



NAME: Ganesh Prasad Chaulagain

Age/Sex: 59yrs/Male

ADDRESS: Kavrepalanchwok



Charity No. : 11
IP NO: 25/562

MAJOR CHARITY PROFILE

NEPAL ORTHOPAEDIC HOSPITAL

CHARITY: Rs.57490 out of Rs. 133795

Diagnosis: Compound right ankle dislocation with head injury

Surgery: Debridement delta frame application under SAB.

BACKGROUND:

Mr. Yagya Bahadur Majhi is a 25-year-old male patient from Sindhupalchok District. He presented to our hospital with complaints of pain, deformity, and exposed bone over his right ankle following a road traffic accident (RTA) on the day of admission. On clinical examination, there was an open wound measuring approximately 2×5 cm over the lateral aspect of the right ankle, with exposed bone and no active bleeding. The ankle was reduced in the Emergency Department; however, it remained unstable. A below-knee posterior slab was applied, and the patient was admitted for further surgical management.

Subsequently, wound debridement was performed, and a Delta frame external fixator was applied to stabilize the injury. Considering the patient's family background and financial constraints, the hospital administration approved partial charitable assistance amounting to NPR 57,490 out of the total hospital bill of NPR 133,795.



NAME: Yagya Bahadur Majhi

Age/Sex: 25yrs/Male

ADDRESS: Sindhupalchwok

MAJOR CHARITY PROFILE

NEPAL ORTHOPAEDIC HOSPITAL

CHARITY: Rs.56060 out of Rs.195015

Diagnosis: Infected non-union fracture tibia Right with External Fixator in-situ.

Surgery: Bone Squaring + Ilizarov Ring Fixator Application Right Tibia done under SAB. Proximal tibial Corticotomy Right done under SAB 2025/06/11.

BACKGROUND:

Mrs. Anita K.C. is a 22-year-old female patient from Rukum District in western Nepal. She has a history of a non-union fracture of the distal right tibia and fibula sustained approximately two years ago. Since then, she has undergone multiple surgical procedures for the management of her complex injury.

Initially, she was treated with the application of an external fixator, which was later converted to a SIGN intramedullary nail for the tibia. However, she subsequently developed an infected non-union, necessitating removal of the SIGN nail and reapplication of an external fixator. Thereafter, she underwent further surgical intervention, including bone end squaring of the distal tibia, application of an Ilizarov ring fixator, and proximal tibial corticotomy.

Throughout her treatment course, the patient underwent multiple surgeries and required prolonged daily wound dressing and follow-up care over an extended period. The prolonged and complex nature of her treatment has placed a significant financial burden on her and her family.

Considering her poor socioeconomic condition and the substantial medical expenses incurred during her treatment, the hospital administration approved partial charitable assistance amounting to NPR 56,060 out of the total hospital bill of NPR 195,015.



NAME: Anita K.C.

Age/Sex: 22 yrs/Female

ADDRESS: Rukum



Charity No. : 13
IP NO: 25/1295

MAJOR CHARITY PROFILE

NEPAL ORTHOPAEDIC HOSPITAL

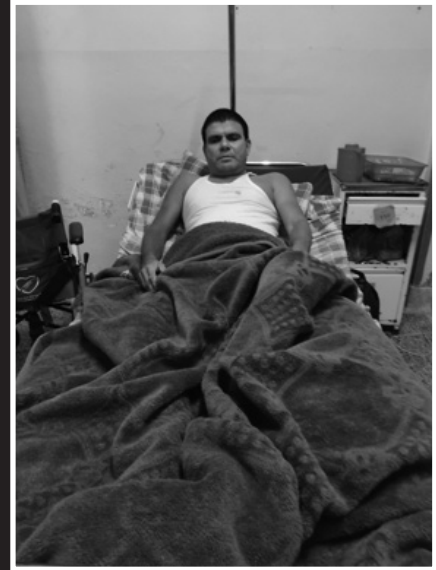
CHARITY: Rs.97825 out of Rs. 106925

Diagnosis: Chronic Osteomyelitis left femur with spinal injury ASIA D

Surgery: Bone decompression + fluid c/s + bone biopsy done under SAB on 2025/08/29.

BACKGROUND:

Mr. Deepak Bahadur Karki is a 42-year-old male patient from Sunsari District. He is a known case of spinal cord injury (ASIA D) and sustained a fracture of the left femur approximately 10–12 years ago, for which he underwent closed reduction and internal fixation (CRIF) with intramedullary interlocking (IMIL) nailing at another healthcare center. The patient is living with a disability and has no immediate family or caregiver to support him. He currently resides in a rehabilitation center in Jhapa District, where he receives assistance with his daily activities and care. Considering his disability, lack of family support, and poor socioeconomic circumstances, the hospital administration approved charitable assistance amounting to NPR 48,775 out of the total hospital bill of NPR 50,775.



NAME: Deepak Bahadur Karki

Age/Sex: 42yrs/Male

ADDRESS: Sunsari

MAJOR CHARITY PROFILE

NEPAL ORTHOPAEDIC HOSPITAL

CHARITY: Rs.43624 out of Rs. 131045

Diagnosis: Left leg distal both bone fracture (GA III A) with fibular head fracture.

Surgery: Debridement + Ilizarov ring fixator application done under SAB on 2025/01/14

BACKGROUND:

Mr. Keshav Adhikari is a 53-year-old male patient from Shivachowk, Kathmandu. He presented to our hospital with a history of a road traffic accident (RTA), in which he was struck by a motorcycle while riding a scooter. As a result of the accident, he sustained an injury to his left lower leg approximately two hours prior to presentation.

Following the injury, he experienced bleeding from the wound site, along with protrusion of bone through the wound, suggestive of an open fracture. He was subsequently admitted for further evaluation and management.

The patient comes from a financially disadvantaged background and faces significant economic hardship. Considering his poor socioeconomic condition and upon his request for financial assistance, the hospital administration approved charitable support amounting to NPR 43,624 out of the total hospital bill of NPR 131,045.



NAME: Keshav Adhikari

Age/Sex: 53yrs/Male

ADDRESS: Shivachwok, KTM



MAJOR CHARITY PROFILE

NEPAL ORTHOPAEDIC HOSPITAL

Charity No. :15
IP NO: 24/1453

CHARITY: NRs. 39445 out of NRs. 102035
Diagnosis: 5/12 S/P MIPPO for fracture tibia with discharging sinus left leg
Surgery: Removal of implant + Ilizarov ring fixator application done under SAB 2025/02/10.

BACKGROUND:

Mr. Tika Bista is a 58-year-old male patient who initially sustained a fall injury and was diagnosed with a fracture of the tibia and fibula. He underwent Minimally Invasive pertutaneous plate osteosynthesis (MIPPO) with a distal tibial locking plate at our center. During a recent follow-up visit, he presented with a discharging sinus from the operative site and was subsequently admitted for further evaluation and management. Local examination revealed a previous surgical scar along with discharge from the distal screw sites, suggestive of a postoperative wound complication. The patient comes from a financially disadvantaged family and has limited economic resources. Considering his poor socioeconomic background and the financial burden associated with his treatment, the hospital administration approved charitable assistance amounting to NPR 39,445 out of the total hospital bill of NPR 102,035.



NAME: Tika Bista
Age/Sex: 58yrs/Male
ADDRESS: Gothatar, Kathmandu

MAJOR CHARITY PROFILE

NEPAL ORTHOPAEDIC HOSPITAL

Charity No. : 16
IP NO: 25/319

CHARITY: NRs.36074 out of NRs. 170765
Diagnosis: Two-month S/P MIPPO with distal tibial locking plate for right tibia fracture with cellulitis with k/c/o HTN.
Surgery: Removed of implant, debridement and Ilizarov ring fixator application was done under SAB 2025/04/30 and again debridement + sinus tract excision done on 2025/06/09.

BACKGROUND:

Mr. Budha Lama is a 61-year-old male patient from Sindhupalchok District. He presented to our hospital with complaints of pain and swelling over his right leg for one day prior to admission. The patient had undergone plate osteosynthesis with a distal tibial locking plate two months earlier. Three weeks prior to admission, he applied home remedies to the operative site. Subsequently, he developed inflammation and purulent discharge from the surgical wound. Clinical evaluation led to a diagnosis of postoperative wound infection with cellulitis. In view of the infection, surgical intervention was performed, including implant removal and further management of the infected wound. The patient comes from a financially disadvantaged background and has no source of income. Considering his poor socioeconomic condition and upon his request for financial assistance, the hospital administration approved charitable support amounting to NPR 36,074 out of the total hospital bill of NPR 170,765.



NAME: Buddha Lama
Age/Sex: 61yrs/Male
ADDRESS: Sindhupalchwok



MAJOR CHARITY PROFILE

NEPAL ORTHOPAEDIC HOSPITAL

CHARITY: NRs.36000 out of NRs. 236000**Diagnosis:** Advanced OA bilateral knee with hypertension.**Surgery:** Right total knee arthroplasty (smith and nephew) done under SAB 2025/11/19.**BACKGROUND:**

Mrs. Sita Devi Chaulagain is a 72-year-old female patient from Jhapa District, located in the Terai region of Nepal. She presented to our hospital with complaints of pain in both knees, which had significantly affected her mobility and daily activities.

Following clinical and radiological evaluation, she was diagnosed with advanced osteoarthritis of both knees. She was planned for elective total knee arthroplasty (TKA) and subsequently underwent right total knee arthroplasty on 2025/11/19.

The patient is engaged in agriculture and comes from a financially disadvantaged background. Considering her poor socioeconomic condition and upon her request for financial assistance, the hospital administration approved charitable support amounting to NPR 36,000 out of the total hospital bill of NPR 236,000.

**NAME: Sita Devi Chaulagain**

Age/Sex: 72yrs/Female

ADDRESS: Jhapa

MAJOR CHARITY PROFILE

NEPAL ORTHOPAEDIC HOSPITAL

CHARITY: NRs.32812 out of NRs. 66604**Diagnosis:** Fracture distal radius left**Surgery:** ORIF with T-buttress plate under BPB**BACKGROUND:**

Mr. Nishan Magar is a 17-year-old male patient from Nayabasti, Kathmandu. He presented to our hospital with complaints of pain in his left wrist following a fall while playing football two weeks prior to presentation.

On local examination, swelling and tenderness were noted over the left wrist, while the distal neurovascular status (DNVS) remained intact. Clinical and radiological evaluations confirmed a fracture of the left distal radius, and the patient was admitted for further management.

The patient is a student and the son of a single mother. He currently resides at a charitable care center, Sathi, and has no family member available to provide financial support for his treatment.

Considering his challenging social circumstances and financial hardship, the hospital administration approved charitable assistance amounting to NPR 32,812 against the total hospital bill of NPR 66,604.

**NAME: Nishan Magar**

Age/Sex: 17yrs/Male

ADDRESS: Nayabasti, Kathmandu



MAJOR CHARITY PROFILE

NEPAL ORTHOPAEDIC HOSPITAL

CHARITY: NRs.32635 out of NRs. 62635
Diagnosis: Shaft of femur fracture right
Surgery: ORIF with narrow DCP under SAB + sedation 2025/03/25.

BACKGROUND:

Mr. Mahendra Tamang is a 9-year-old male patient from Sindhupalchok District, a hilly region of Nepal. He presented to our hospital on the day of injury with complaints of pain in his right thigh following a fall from an estimated height of six meters.

Clinical and radiological evaluations revealed a fracture of the shaft of the right femur. The patient was subsequently admitted for further management and treatment.

The patient belongs to a family of three members. His father, a daily wage laborer, is the sole earning member of the household, and the family does not own any agricultural land. His mother is deceased, placing additional financial and social burdens on the family.

Considering the family's poor socioeconomic condition and limited financial resources, the hospital administration approved charitable assistance amounting to NPR 32,635 against the total hospital bill of NPR 62,635.



NAME: Mahendra Tamang

Age/Sex: 9yrs/Male
ADDRESS: Sindhupalchwok

Charity No. : 20
IP NO: 25/37

MAJOR CHARITY PROFILE

NEPAL ORTHOPAEDIC HOSPITAL

CHARITY: NRs.28835 out of NRs. 48835
Diagnosis: S/C fracture Right Humerus
Surgery: ORIF with k-wire under BPB + IVA on 2025/01/12.

BACKGROUND:

Mr. Sanish Tamang is a 5-year-old male patient currently residing in Thankot, Kathmandu. He was brought to our hospital by his mother on the day of admission with complaints of pain and swelling over his right elbow following a fall while playing.

Clinical evaluation confirmed the injury, and the patient was admitted for further assessment and management. The patient belongs to a family of three members. His mother has severe visual and hearing impairments, and he has a younger sister. The family has no earning member and faces significant financial hardship.

Considering the family's challenging socioeconomic circumstances and financial difficulties, the hospital administration approved charitable assistance amounting to NPR 28,835 against the total hospital bill of NPR 48,835.



NAME: Sanish Tamang

Age/Sex: 5yrs/Male
ADDRESS Thankot, KTM



Charity No. : 21
I P NO: 25/635

MAJOR CHARITY PROFILE

NEPAL ORTHOPAEDIC HOSPITAL

CHARITY: NRs.27890 out of NRs. 77890

Diagnosis: Shaft of femur # left

Surgery: ORIF with SIGN Nail done on 2025/04/22.

BACKGROUND:

Mr. Deepak Tamang is a 20-year-old male patient from Nuwakot District who was brought to our Emergency Department by his parents following a fall from a tree. He presented with complaints of pain and swelling over his left thigh.

Clinical examination and radiological investigations revealed a fracture of the shaft of the left femur, for which surgical intervention was deemed necessary. The patient was subsequently admitted for definitive management.

Mr. Tamang is a student and comes from a severely disadvantaged socioeconomic background. Considering his financial hardship and upon his request for assistance, the hospital administration approved charitable support amounting to NPR 27,890 against the total hospital bill of NPR 77,890.



NAME: Deepak Tamang

Age/Sex: 20yrs/Male

ADDRESS:Nuwakot

MAJOR CHARITY PROFILE

NEPAL ORTHOPAEDIC HOSPITAL

CHARITY: NRs.25270 out of NRs. 78360

Diagnosis: Shaft femur fracture left Paraplegia

Surgery: Open Osteoclasia + Narrow DCP done under GA on 2025/05/16.

BACKGROUND:

Ms. Salina Shrestha is a 13-year-old female patient from Sindhupalchok District. She presented to our hospital with swelling of the left thigh following a seemingly trivial trauma. Subsequent clinical and radiological evaluations revealed a fracture of the shaft of the left femur.

Her past medical history is significant for a road traffic accident approximately nine years ago, during which she was struck by a tipper truck while walking on the road. She underwent surgical treatment at another healthcare center following the injury. Additionally, she underwent a postural correction surgery five months prior to admission at our center; however, the relevant medical records were not available for review.

The patient is also a known case of spinal cord injury and comes from a severely disadvantaged socioeconomic background. Considering her significant financial hardship and the family's limited resources, the hospital administration approved charitable assistance amounting to NPR 25,270 against the total hospital bill of NPR 78,360.



NAME: Salina Shrestha

Age/Sex: 13yrs/Female

ADDRESS:Sindhupalchwok

Charity No. :22
I P NO: 25/760



MAJOR CHARITY PROFILE

NEPAL ORTHOPAEDIC HOSPITAL

CHARITY: Rs.24000 out of Rs. 288310

Diagnosis: Shaft of femur fracture left. Non-union distal femur fracture right with implant failure with HTN and Hypothyroidism.

Surgery: ORIF with IMIL nail + cerclage wire ORIF with IMIL nail + Cerclage wire done under SAB and epidural for left femur done on 2025/04/01. HWR + ORIF with SIGN nail + ABG for Right femur under SAB done on 2025/04/17.

BACKGROUND:

Mrs. Rukmani Sigdel is a 70-year-old female patient from Bara District who was brought to our hospital with complaints of pain over her left thigh and inability to bear weight on her left lower limb following a seemingly trivial injury on the day of admission.

The patient has a significant past medical history of a right femoral fracture sustained approximately 12 years ago, for which she underwent surgical treatment at another healthcare center. Clinical and radiological evaluations conducted during the current admission revealed a fracture of the shaft of the left femur, along with non-union of a distal right femoral fracture associated with implant failure.

Given the complexity of her orthopedic condition, she was admitted for further evaluation and management. The patient is a senior citizen from a financially disadvantaged background with limited economic resources.

Considering her poor socioeconomic status and upon her request for financial assistance, the hospital administration approved charitable support amounting to NPR 24,000 against the total hospital bill of NPR 288,310.



NAME: Rukmani Sigdel

Age/Sex: 70yrs/Female

ADDRESS: Bara

Charity No. : 23

IP NO: 25/477

MAJOR CHARITY PROFILE

NEPAL ORTHOPAEDIC HOSPITAL

CHARITY: NRs.18085 out of NRs. 18085

Diagnosis: Fracture lateral condyle right humerus

Surgery: ORIF with k-wire under BPB done on 2025/01/03.

BACKGROUND:

Mr. Sushil Nepali is a 6-year-old male patient from Kathmandu who presented to our hospital with complaints of pain and swelling over his right elbow following a fall injury sustained one week prior to admission. Clinical evaluation confirmed the injury, and the patient was admitted for further assessment and management.

The patient belongs to a family of seven members living under financially challenging circumstances. His mother earns a modest income through tailoring, which serves as the primary source of livelihood for the family. Considering the family's poor socioeconomic condition and upon their request for financial assistance, the hospital administration approved full charitable support amounting to NPR 18,085, covering the entire hospital bill of NPR 18,085.



NAME: Sushil Nepali

Age/Sex: 6yrs/Male

ADDRESS: Sindhupalchok

Charity No. : 24

IP NO: 25/12



MAJOR CHARITY PROFILE

NEPAL ORTHOPAEDIC HOSPITAL

CHARITY: NRs.16800 out of NRs. 22945**Diagnosis:** Bilateral Tendo Achilles tendon contracture.**Surgery:** B/L TA Lengthening done under SAB 2025/04/22.**BACKGROUND:**

Mr. Gaurav Dahal is a 7-year-old male patient from Jhapa District who was brought to our hospital with complaints of difficulty walking on both lower limbs since childhood, along with an inability to achieve full dorsiflexion of both ankles. Clinical evaluation revealed persistent gait abnormalities and restricted ankle movement, for which he was assessed and managed at our center. The patient's parents are engaged in agriculture, and the family comes from a financially disadvantaged background with limited economic resources. Considering the family's poor socioeconomic condition and the financial burden associated with his treatment, the hospital administration approved charitable assistance amounting to NPR 16,800 against the total hospital bill of NPR 22,945.

**NAME:** Gaurav Dahal

Age/Sex: 7yrs/Male

ADDRESS: Jhapa

MAJOR CHARITY PROFILE

NEPAL ORTHOPAEDIC HOSPITAL

CHARITY: Rs.11880 out of Rs.39880**Diagnosis:** Neglected fracture lateral condyle left Humerus.**Surgery:** ORIF with K-wires under BPB 2025/04/20.**BACKGROUND:**

Mr. Pema Dorge Lama is a 9-year-old male patient from Mugu District, a remote area in the western hilly region of Nepal. He presented to our hospital with a longstanding injury of the left elbow. Clinical and radiological evaluations revealed a neglected fracture of the lateral condyle of the left humerus. The patient was admitted for further evaluation and management of his condition.

His family is engaged in sheep farming and has no regular source of income, resulting in significant financial hardship and an unstable livelihood. Considering the family's poor socioeconomic condition and upon their request for financial assistance, the hospital administration approved charitable support amounting to NPR 11,880 against the total hospital bill of NPR 39,880.

**NAME:** Pema Dorge Lama

Age/Sex: 9yrs/Male

ADDRESS: Mugu

MAJOR CHARITY PROFILE**CHARITY:** NRs.40582 out of NRs. 40582**Diagnosis:** Fracture distal Radius Left.**Surgery:** CRPP with K-wires done under B/B.**BACKGROUND:**

Mr. Newal B.C. is a 14-year-old male patient who presented to the Emergency Department accompanied by his stepmother. Clinical and radiological evaluations revealed a fracture of the left distal radius, for which surgical intervention was recommended by the attending orthopedic team. The patient is currently residing temporarily in Mulpani, Kathmandu, while his permanent residence is in Bajura District, a remote region of Nepal. His mother is deceased, and his father works as a daily wage laborer, providing the family's primary source of income.

Considering the patient's difficult family circumstances and poor socioeconomic condition, a request for financial assistance was submitted to the hospital administration. After reviewing his case, the hospital administration approved full charitable support covering all treatment-related expenses, including medications. The approved charitable assistance amounted to NPR 40,582, covering the entire hospital bill of NPR 40,582.

**NAME:** Kewal B.C.

Age/Sex: 14yrs/Male

ADDRESS: Bajura

शुभकामना

ने.अ.सं-नेपाल अर्थोपेडिक अस्पतालको २८ औं वार्षिकोत्सवको सुखद उपलक्ष्यमा अस्पताल परिवारलाई हार्दिक मंगलमय शुभकामना व्यक्त गर्न चाहन्छौं । हाडजोर्नी उपचारमा एक अलग्गै पहिचान बनाउन सफल तथा विशिष्टकृत सेवा दिने यस अस्पतालले निरन्तर सर्वशुलभ, जनमुखि तथा गुणस्तरीय सेवा प्रदान गर्ने अस्पताल बनोस भन्ने अपेक्षा सहित हार्दिक शुभकामना व्यक्त गर्दछौं ।

जेनरल मेडिकल सप्लायर्स

ललितपुर

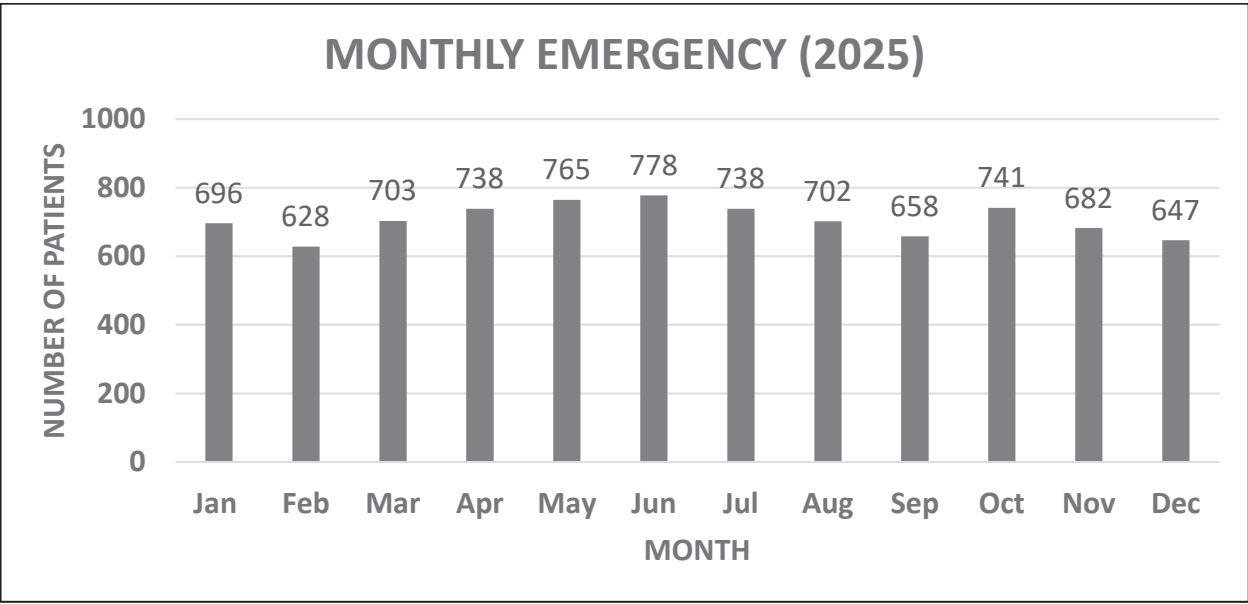
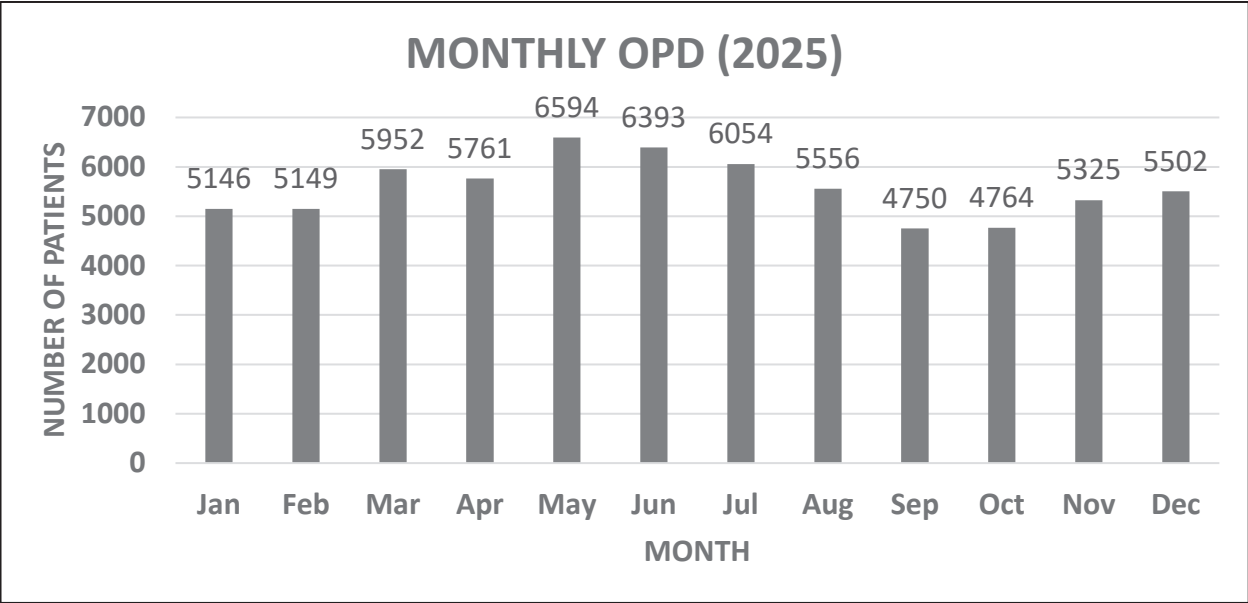
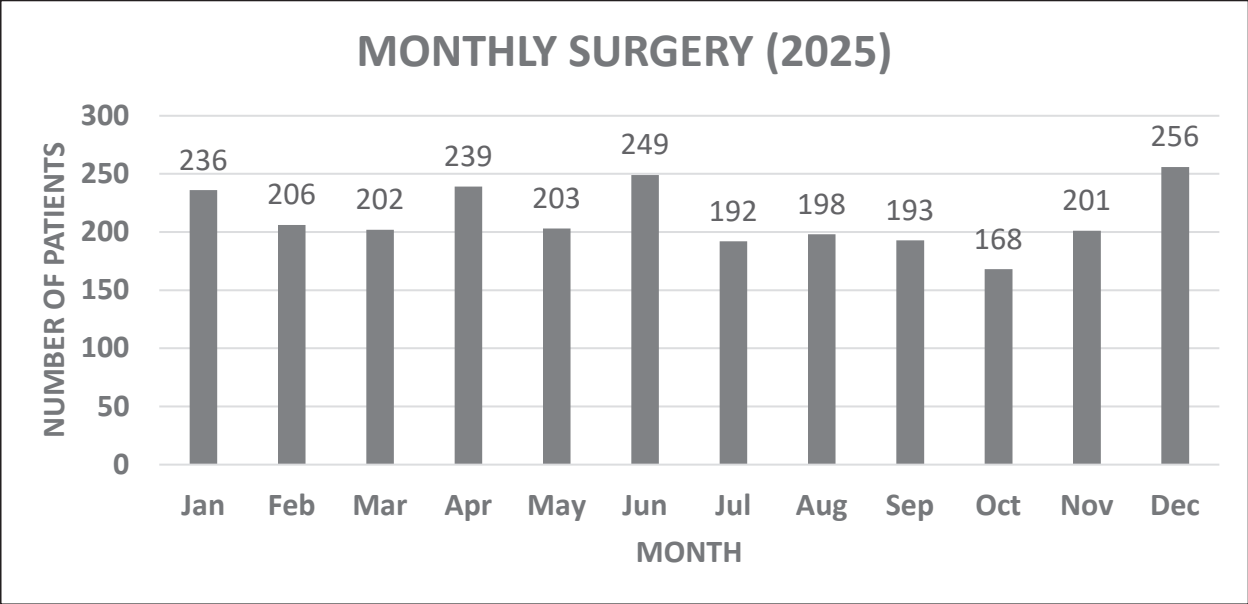
**CHILDREN CHARITY FOR THE YEAR 2025**

S.NO.	MONTH	TOTAL CHARITY COUNT	TOTAL AMOUNT	CHARITY AMOUNT	REMARKS
1	JANUARY	12	1235085	9437	
2	FEBRUARY	12	687260	83545.01	
3	MARCH	4	157190	42854.73	
4	APRIL	6	301765	51350.01	
5	MAY	9	414295	82356	
6	JUNE	11	422580	63235	
7	JULY	5	207935	15099.98	
8	AUGUST	7	377390	35954.99	
9	SEPTEMBER	5	267730	35030.01	
10	OCTOBER	7	265440	39135.01	
11	NOVEMBER	2	82165	19600.01	
12	DECEMBER	6	323410	56632.99	
TOTAL		86	4742245	534230.74	

ADULT CHARITY FOR THE YEAR 2025

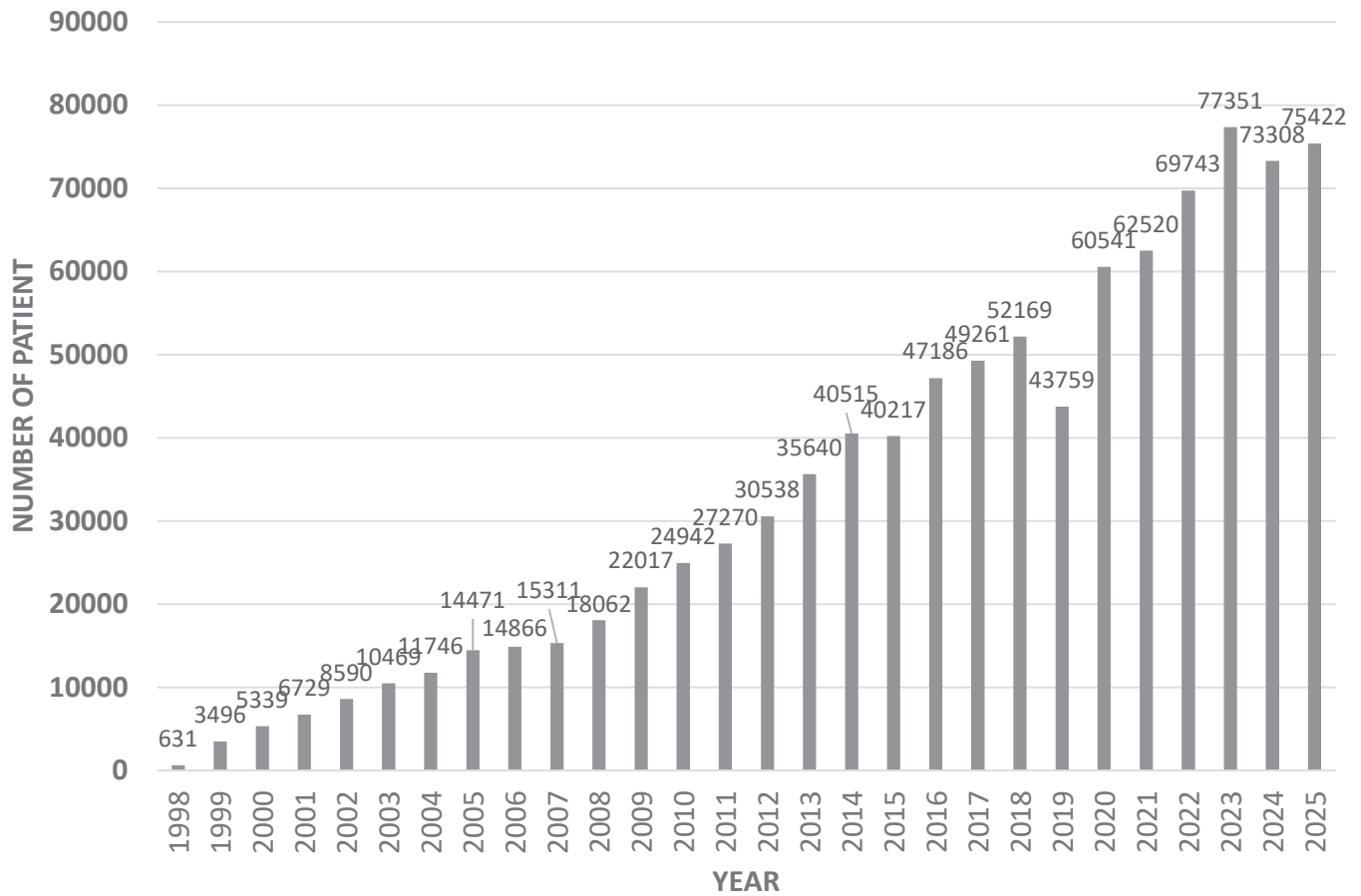
S.NO.	MONTH	TOTAL CHARITY COUNT	TOTAL AMOUNT	CHARITY AMOUNT	REMARKS
1	JANUARY	117	3513365	392429.10	
2	FEBRUARY	148	3435839	490167.70	
3	MARCH	144	3439071	392309.30	
4	APRIL	126	3475290	520802.40	
5	MAY	114	3069520	443130.70	
6	JUNE	132	3045390	503829.50	
7	JULY	149	2917430	456374.50	
8	AUGUST	372	3040715	477765.30	
9	SEPTEMBER	127	3219640	473218.50	
10	OCTOBER	105	1908505	303046	
11	NOVEMBER	185	11265690	863445	
12	DECEMBER	275	3645195	599442	
TOTAL		1994	45975650	5915960	



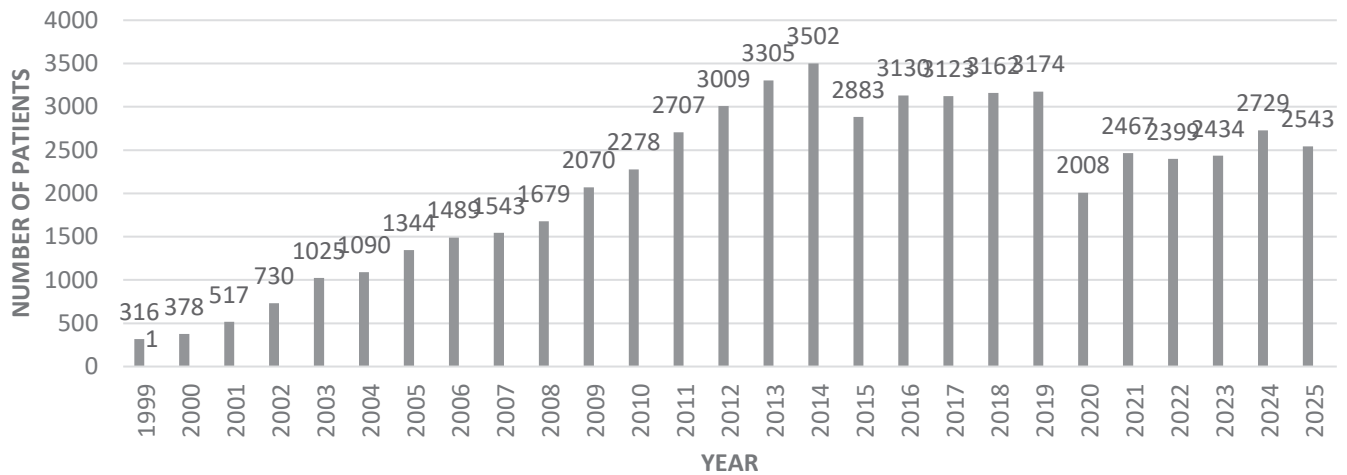




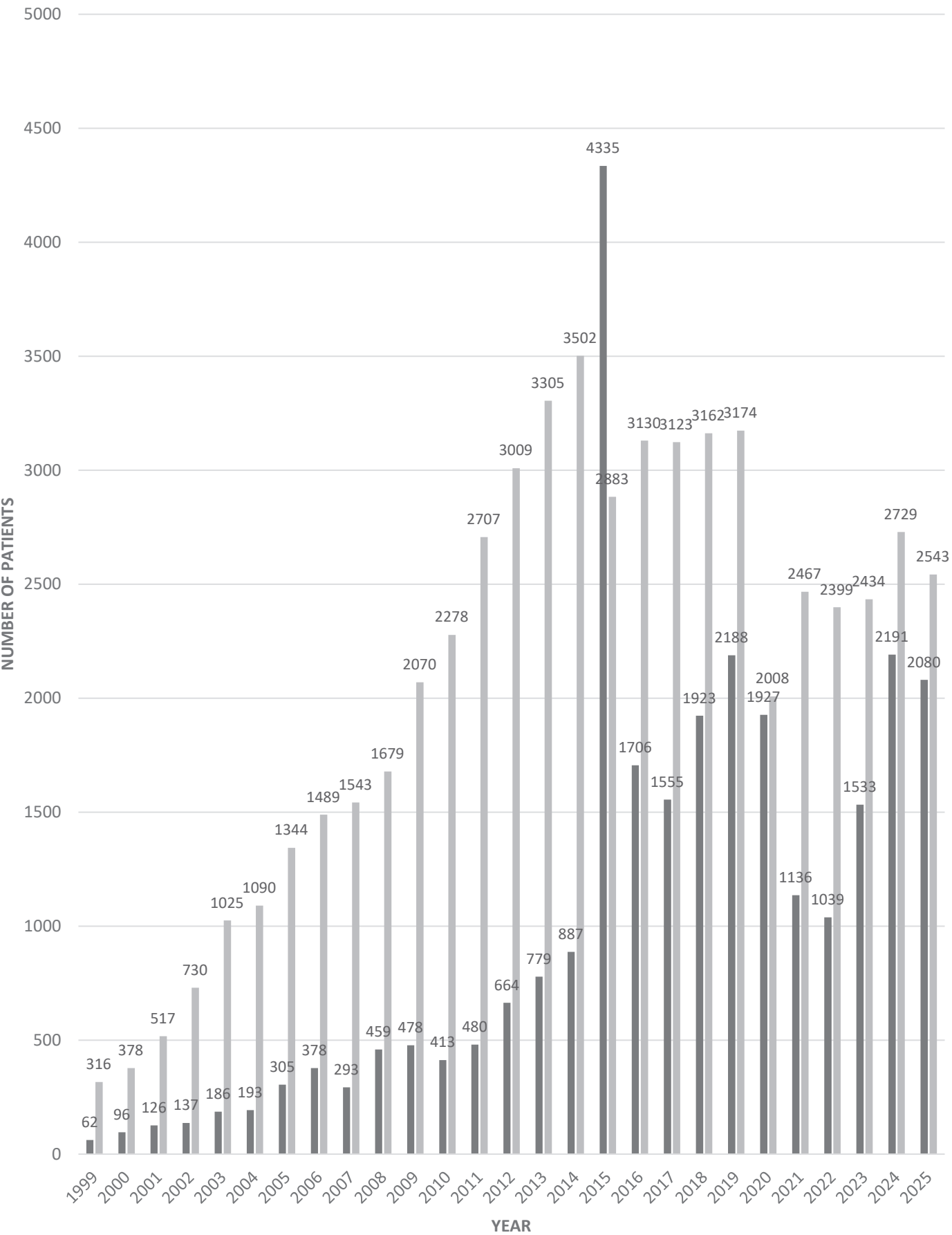
YEARLY OPD PATIENT



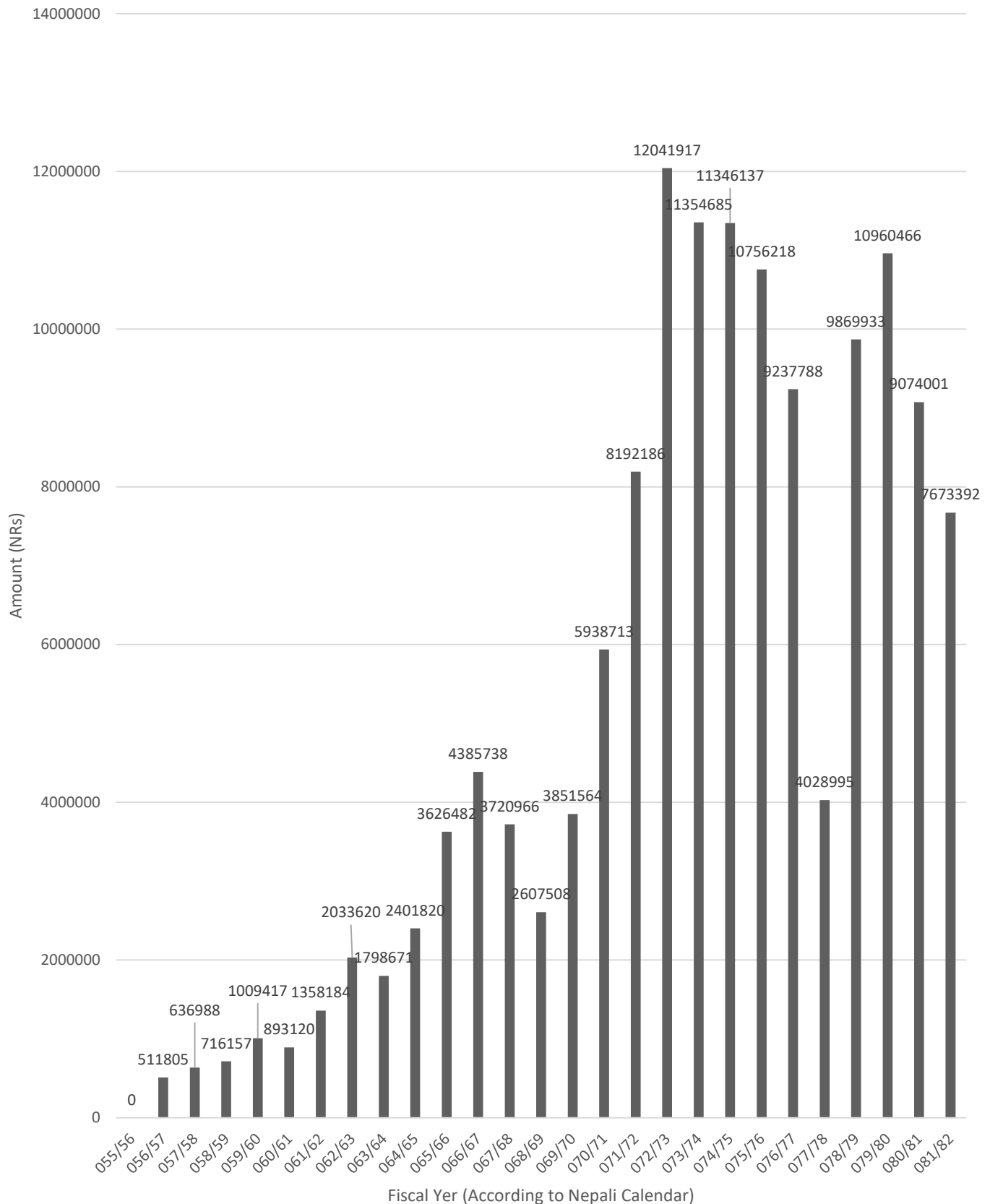
YEARLY SURGERY



SUBSIDIZED PATIENTS ACCORDING TO OPERATED PATIENTS



Comparative charity Statistics



**Nepal Disabled Association
Nepal Orthopaedic Hospital
Jorpati, Kathmandu**

Statement of Financial Position
As at 32nd Ashadh 2082 (July 16, 2025)

			Amount in NPR	
Particulars	Notes	32.3.2082	31.3.2081 (Restated)	1.4.2080 (Restated)
ASSETS				
Non - Current Assets				
Property, Plant and Equipment	4.1	126,814,093	125,658,166	123,992,988
Intangible Assets	4.2	891,260	1,114,075	863,693
Long term investments	4.3	136,232,114	124,237,770	86,579,829
Other Non Current Assets				
Total Non - Current Assets		263,937,466	251,010,011	211,436,510
Current Assets				
Inventories	4.4	11,319,561	8,524,523	10,248,634
Accounts Receivable	4.5	7,793,244	7,421,243	2,099,560
Cash and Cash Equivalents	4.6	44,189,715	30,740,533	53,214,490
Total Current Assets		63,302,520	46,686,300	65,562,684
Total Assets		327,239,986	297,696,310	276,999,194
LIABILITIES & RESERVES				
Accumulated Reserves				
Unrestricted Funds/ accumulated surplus	4.7	151,213,743	148,959,661	146,555,573
Designated Funds	4.8	17,500,000	16,350,000	15,000,000
Restricted Funds	4.9	91,490,929	83,129,816	73,488,293
Total Accumulated Reserves		260,204,672	248,439,476	235,043,866
Non - Current Liabilities				
Employee benefit liabilities				
Deferred Revenue	4.10	23,235,973	25,153,390	27,070,807
Total Non - Current Liabilities		23,235,973	25,153,390	27,070,807
Current Liabilities				
Accounts Payable	4.11	31,778,227	24,050,607	10,784,521
Provisions	4.12	12,021,114	52,837	4,100,000
Total Current Liabilities		43,799,341	24,103,444	14,884,521
Total Liabilities		67,035,314	49,256,834	41,955,328
Total Liabilities and Reserves		327,239,986	297,696,310	276,999,194

The notes on accounts form an integral part of the financial statement.

Mr. Saroj Satyal
Account Officer

Dr. Mukti Nath Timilsena
Medical Director

As per our report of even date

CA. Sandesh Sharma
Sandesh S. & Associates



Date: 2082-09-16
Place: Jorpati, Kathmandu





**Nepal Disabled Association
Nepal Orthopaedic Hospital
Jorpati, Kathmandu**

Statement of Income & Expenditure

For the year ended on 32nd Ashadh 2082 (July 16, 2025)

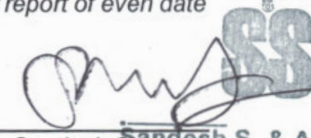
			Amount in NPR
Particulars	Notes	2081.82	2080.81 (Restated)
INCOME			
Incoming Resources	4.13	255,489,003	218,438,504
Financial Income	4.14	8,084,459	12,982,468
Other Income	4.15	13,158,632	9,897,923
Total Income		276,732,094	241,318,895
EXPENDITURE			
Staff Cost	4.16	187,464,461	167,000,140
General Administrative Expenditure	4.17	54,066,482	52,159,279
Depreciation & Amortization	4.18	7,375,064	7,095,668
Charity Expenses		7,673,392	9,074,001
Expenses for Patient Claim		12,500,000	-
Other Expenditures		2,280,335	2,182,883
Total expenditure		271,359,734	237,511,971
Net surplus/(deficit) before Taxation		5,372,360	3,806,925
Income Tax Expenses		1,968,278	52,837
SURPLUS/(DEFICIT) FOR THE YEAR		3,404,082	3,754,088

The notes on accounts form an integral part of the financial statement.

As per our report of even date


Mr. Saroj Satyal
Account Officer


Dr. Mukti Nath Timiisena
Medical Director


CA. Sandesh Sharma
Sandesh S. & Associates

Date: 2082-09 -16
Place: Jorpati, Kathmandu



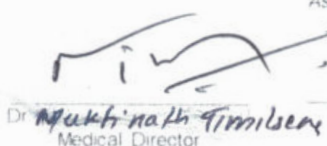
**Nepal Disabled Association
Nepal Orthopaedic Hospital
Jorpati, Kathmandu**

Statement of Cash Flows
For the year ended on 32nd Ashadh 2082 (July 16, 2025)

Particulars	Amount in NPR	
	2081.82	2080.81 (Restated)
CASH FLOWS FROM OPERATING ACTIVITIES		
Surplus/ (deficit) for the year	3,429,813	3,754,088
Adjustments to reconcile surplus/(deficit) to net cash flows:		
Non-cash items:		
Depreciation and impairment of property, plant and equipment	7,152,249	6,817,149
Amortization and impairment of intangible assets	222,815	278,519
Provision and losses on inventories		
Movement in provisions, receivables and specific risks		
Gains from disposal of fixed assets		
Net Changes in Deferred Revenue	(1,917,417)	(1,917,417)
Working capital adjustments:		
Accounts receivable	(333,406)	(5,321,683)
Inventories	(2,795,037)	1,724,110
Accounts Payable	7,727,620	13,266,087
Provisions	11,903,952	(4,047,163)
Employee Benefits		
Less: Interest paid		
Net cash from/(used in) operating activities	25,390,588	14,553,689
CASH FLOWS FROM INVESTING ACTIVITIES		
Purchase of Property Plant and Equipment	(8,329,086)	(8,482,327)
Purchase of intangible assets		(528,900)
Proceeds from sale of equipment	20,910	
Purchase of investment property		
Long term investment	(11,994,343)	(37,657,941)
Interest received		
Net cash from/(used in) investing activities	(20,302,519)	(46,669,168)
CASH FLOWS FROM FINANCING ACTIVITIES		
Increase in Capital Reserve		
Decrease in Unrestricted Fund	(1,150,000)	(1,350,000)
Increase in Designated Fund	1,150,000	1,350,000
Increase/Decrease in Restricted Fund	8,361,113	9,641,523
Receipt of government loans		
Net cash from/(used in) financing activities	8,361,113	9,641,523
NET INCREASE/(DECREASE) IN CASH AND CASH EQUIVALENTS	13,449,182	(22,473,957)
CASH AND CASH EQUIVALENTS AT 1 Shrawan 2081	30,740,533	53,214,490
CASH AND CASH EQUIVALENTS AT 31 Ashadh 2082	44,189,715	30,740,533

The notes on accounts form an integral part of the financial statement.


Mr. Saroj Satyal
Account Officer


Dr. Mukh'nath Timilsena
Medical Director

As per our report of even date


CA Sandesh Sharma
Sandesh S. & Associates


Sandesh S. & Associates

Date: 2082
Place: Jorpati, Kathmandu

शुभकामना

ने.अ.सं-नेपाल अर्थोपेडिक अस्पतालको २८ औं वार्षिकोत्सवको सुखद उपलक्ष्यमा अस्पताल परिवारलाई हार्दिक मंगलमय शुभकामना व्यक्त गर्न चाहन्छौं । हाडजोर्नी उपचारमा एक अलग्गै पहिचान बनाउन सफल तथा विशिष्टिकृत सेवा दिने यस अस्पतालले निरन्तर सर्वशुलभ, जनमुखि तथा गुणस्तरीय सेवा प्रदान गर्ने अस्पताल बनोस भन्ने अपेक्षा सहित हार्दिक शुभकामना व्यक्त गर्दछौं ।

वर्षा इन्टरप्राइजेज प्रा.लि

काठमाण्डौ

Do You Want To Support Nepal Orthopaedic Hospital ???

The Hospital humbly request individuals and organizations to consider donation to the hospital, so that more service and more charity can be provided to the needy.

Please contact hospital administration directly by e-mail or phone or correspondence.

If you want to help the hospital or support the patients for their treatment,

Please correspond to the following address as :

NDA - Nepal Orthopaedic Hospital

Gokarneswor Municipality -06, Jorpati, Kathmandu, Nepal

Tel.: 00977-1-4911725, 4911274, 4910505

E-mail: neporth@mos.com.np, Website: www.noh.org.np

Our Services

- Outpatient and Inpatient service
- ICU/ Post-operative care
- Extended Hospital service (Paying Clinic)
(Morning 8-9:30 AM, Evening 4-6 PM)
- Neuro OPD (Evening 4-5 PM)
- Physician OPD (Evening 4-5 PM)
- Surgery
 - All kinds of orthopaedic and trauma surgery with state of art technology
 - Arthroscopy Surgery
 - PCL Reconstruction,
 - ACL Reconstruction,
 - Meniscus Surgery
 - Shoulder Surgery
 - Spine Surgery
 - Total Hip and Knee arthroplasty
- Physiotherapy
- 24 hrs. Pharmacy
- 24 hrs. X-ray (CR/DR)
- 24 hrs. Laboratory Services
- Emergency Service (24 Hours)
- ECHO and Cardiac service
- Ultrasound
- Bone Densitometry
- General Physician Service
- Psychiatric service
- CT/MRI
- Social service
- Free Surgical camps (Outreach health camp)
- Services since 1998 to 2026

Nepal Orthopaedic Hospital Location on Google Map

