



HOSPITAL & REHABILITATION CENTRE FOR DISABLED CHILDREN



**ANNUAL
REPORT
2025**



ENABLING ABILITIES

SINCE 1985





HRDC SINCE 1985



41

YEARS ON

131,558

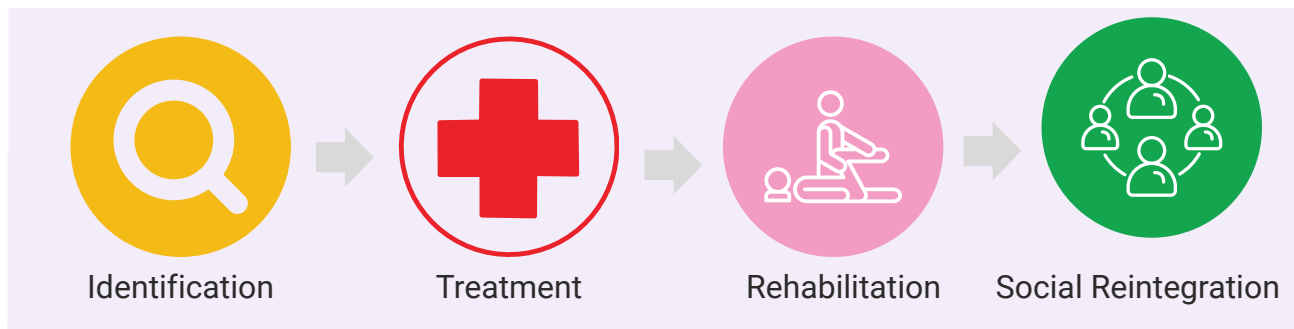
LIVES CHANGED



WHO ARE WE?

HRDC is a 100 bedded non-profit paediatric orthopaedic hospital and rehabilitation centre that treats children with physical disabilities from socioeconomically disadvantaged families. We also have a network of community-based rehabilitation specialists who take our work nationwide.

OUR APPROACH



OUR IMPACT SO FAR

131,558

Total Children
Served

56,437

Total surgeries
Performed

111,484

Total Prosthesis &
Orthosis Fabricated

OUR SERVICES

HOSPITAL BASED SERVICES

- Outpatient & inpatient service
- 6 Operating Theatres
- Physiotherapy
- Workshop manufacturing low-cost Prosthesis and Orthosis
- Radiology & Pathology
- Training, Education & Research
- Cerebral Palsy & Gym

FIELD BASED SERVICES

- Community Based Rehabilitation (CBR) Program
- 5 Satellite Clinics
- More than 175 Days of Field Work in a Year
- 76 CBR Workers
- Mobile Clinics, School Screening Camps, Identification and Follow-up Camps
- Disability Orientation and Awareness Activities

MESSAGE FROM THE CHAIRPERSON

It gives me immense pride and deep satisfaction to reflect on the journey of the Hospital and Rehabilitation Centre for Disabled Children (HRDC). For the past 41 years, it has been my privilege to serve this remarkable institution, dedicated to improving the lives of children with disabilities through care, compassion, and commitment.

From the very beginning, HRDC has stood as a symbol of hope for countless children and their families. Each child we have treated has reinforced our belief that with the right support, dignity, and opportunity, every child can lead a fulfilling life. Serving these children has never been just a responsibility—it has been a calling that I have embraced with passion and compassion.

As I look back, I feel deeply grateful to all our staff, partners, well-wishers, and supporters who have contributed to making HRDC what it is today. Together, we have built not just an institution, but a family united by a shared purpose.

I would also like to take this opportunity to express my sincere appreciation to the new generation of leaders. I am particularly encouraged by the dedication and vision of Dr. Bibek Banskota, who, along with a young and energetic team, is taking HRDC forward with renewed enthusiasm and innovation. Their commitment assures me that the future of HRDC is in safe and capable hands.

I step forward with great confidence and optimism, knowing that the values we have upheld for decades will continue to guide the institution. I remain hopeful that HRDC will reach even greater heights, touching more lives and creating a lasting impact in the years to come.

With heartfelt gratitude and best wishes,

Prof. Dr. Ashok K. Banskota
Founder & Chairperson
Hospital and Rehabilitation Centre for Disabled Children (HRDC)



Prof. Dr. Ashok Kumar Banskota

Founder & Chairperson





■ VISION & MISSION



Vision

Creating an inclusive, compassionate, and caring society in which children with physical disabilities enjoy equal opportunities and optimum quality of life.

Mission

Ensure equitable access to quality of life through appropriate interventions and enabling environments for children with physical disabilities.

INTERNATIONAL RECOGNITIONS



"2011"
Winner
World of Children Award



"2014"
Star Impact
Award



"2016"
World of Children
Alumni Award



"2022"
TKS gold Medal



CHILDREN'S STORIES

Success Story 1

GANESH'S JOURNEY FROM PAIN TO PURPOSE

Ganesh Thapa's life is a testament to resilience and transformation. Born with congenital kyphoscoliosis—a condition that affected not only his physical appearance but also made breathing difficult—Ganesh faced hardships no child should endure. His family, hardworking laborers with limited means, could only watch as he suffered both physically and emotionally.

At school, Ganesh became a target of ridicule, enduring mockery and exclusion from his peers. The cruelty he faced forced him into isolation, stealing the simple joys of childhood. Days turned into years, and his world shrank, his dreams overshadowed by the weight of his condition and the constant taunts of others.

Hope arrived in the form of HRDC's mobile clinic, bringing medical care to remote villages. Referred to HRDC for specialized treatment, Ganesh's journey toward transformation began. With the dedicated spine team, he underwent surgical reconstruction—a turning point in a life long burdened by pain. A custom-made brace, carefully crafted in HRDC's workshop, supported his healing spine, giving him the physical strength he had long lacked.

As his body healed, so too did his spirit. Confidence replaced fear, courage replaced doubt, and the isolation of his past gradually gave way to newfound freedom. Today, Ganesh stands tall, his smile radiating the joy of a life transformed. No longer confined by the shadows of his past, he has returned to school, his dreams rekindled and his determination stronger than ever.

Ganesh's journey is more than survival—it is triumph. Each step he takes defies the stigma surrounding disability, inspiring others facing similar challenges. His dream of becoming a teacher symbolizes his unwavering resolve to transform pain into purpose, and adversity into strength.



FROM SILENCE TO SMILES

In a small village of Nepal, the life of Suraj Pariyar, a young boy from a humble farming family, tells a story of courage, hope, and transformation. Suraj brought immense joy as the first baby boy in his household. But tragedy struck at the tender age of five when he fell from a tree, breaking his left hand.

Unable to afford proper medical care, his parents relied on home remedies and faith healers, hoping for a miraculous recovery. Months later, the hand healed in a deformed position known as cubitus varus, limiting its functionality and casting shadows of worry over Suraj's future. Like many in their community, his family feared isolation and societal stigma because of his disability.

A turning point came when HRDC's mobile clinic identified Suraj. He received expert surgical care from HRDC's dedicated hand surgeons, followed by months of physiotherapy and rehabilitation. With this life-changing support, Suraj regained full functionality of his hand and returned to school with renewed confidence.

Over the past 40 years, HRDC's team of hand surgeons has treated more than 15,000 patients with cubitus varus, demonstrating decades of commitment to children like Suraj.

For Suraj and his family, the fear and worry of the past have faded, replaced by hope and opportunity. Amid adversity, this story stands as a powerful reminder of what compassion, medical expertise, and partner's support can achieve.



Success Story 3

FROM CRAWLING TO WALKING: ROTARY SUPPORT PAVED SAILESH'S PATH TO INDEPENDENCE

Sailesh Gupta, from Kapilvastu, one of Nepal's most underprivileged districts, was born with osteogenesis imperfecta, a congenital condition also known as brittle bone disease. This rare disorder, caused by defects in collagen production, made his bones extremely fragile, leading to frequent fractures and skeletal deformities from early childhood.

Born to laborer parents struggling to meet basic needs, Sailesh could not afford medical care. For years, he remained untreated, confined to crawling and dependent on others for basic activities of daily living. He could not attend school or play with friends, and his family lived in constant worry about his future. Every day was a struggle, and hope seemed distant.

A turning point came when Sailesh was identified during one of HRDC's outreach mobile clinics. Recognizing the urgency of his condition, HRDC admitted him for several months, where he received specialized surgical intervention from HRDC's expert deformity correction team. Through careful surgeries and rehabilitation, both of Sailesh's deformed legs were straightened, enabling him to walk confidently on his own for the first time in his life.

Today, Sailesh continues to receive follow-up care at HRDC and is thriving. With newfound mobility and independence, he has returned to school and dreams of becoming a teacher, eager to inspire others just as he has been given hope.

Sailesh's journey is a testament to the transformative power of timely medical care and compassionate support.



FROM DISABILITY TO DIGNITY: A JOURNEY OF COMPREHENSIVE REHABILITATION AND HOPE

Radhika Kunwar was born in a remote village in Eastern Nepal into a financially struggling family with very limited access to healthcare. At the age of just three, she suffered a severe burn injury at home, which gradually developed into a serious contracture affecting both her lower limbs. Due to extreme poverty and lack of awareness, her condition remained untreated for years. As she grew, the contracture worsened, restricting her mobility and making her daily life increasingly difficult. Radhika's childhood was marked by dependence on her family and exclusion from normal activities, including schooling. Walking long distances to school was impossible, and she eventually dropped out at an early stage. Her family, focused on survival, could not afford specialized treatment, and her condition was silently accepted as her fate.

A turning point came when HRDC's community-based mobile outreach clinic identified her during a screening program in her village. Recognizing the severity of her condition and the possibility of rehabilitation, the team brought her to HRDC.

At HRDC, Radhika received comprehensive surgical care, where plastic surgeons performed procedures to release her burn contractures. She remained admitted for several months, receiving continuous postoperative care, physiotherapy, nursing support, and rehabilitation services. Her recovery was gradual but steady, supported by a dedicated multidisciplinary team.

Following her surgical recovery, she was fitted with an artificial limb (prosthesis) to restore mobility and independence. With intensive rehabilitation training, she learned to walk again with confidence.

Today, Radhika Kunwar is a happy and independent young lady. She successfully completed her higher education and now leads a dignified, self-reliant life, serving as an inspiration in her community.

*So far, over 100,000 Children Impacted Through HRDC's In-House
Prosthetic and Orthotic Services*



*Radhika with her
sister at 26 Years
follow up*





RADHIKA FROM DISABILITY TO DIGNITY: IN PICTURES



Success Story 5

FROM STIGMA TO INSPIRATION IN 45 DAYS: TRANSFORMATION THROUGH PONSETI TREATMENT

Santosi Kumari Dani, from a remote and poor village in Nepal, was born with clubfoot, a condition that turned her feet inward and made walking difficult from early childhood. Coming from a financially struggling family, she did not receive timely treatment, as her parents were unaware that the condition was fully treatable and also could not afford specialized care. In her community, strong misconceptions existed, and her deformity was often considered a “curse” or result of past wrongdoing rather than a medical condition.

Her life changed when HRDC identified her through outreach efforts and counseled her family about the possibility of correction. She was brought to HRDC, where treatment using the Ponseti technique was initiated. With systematic casting and follow-up, her feet gradually corrected over a short period of time.

Within 45 days, Santosi’s feet became normal, allowing her to stand and walk like other children. The transformation deeply changed the perception of her family and community. What was once considered a curse is now seen as a treatable condition. Her family has now become an example in the community, encouraging others to seek early treatment instead of relying on harmful beliefs.





2025 QUALITY PERFORMANCE AWARD FROM MIRACLEFEET



This **2025 Quality Performance Award** is proudly presented to
Hospital & Rehabilitation Centre for Disabled Children
for the provision of clubfoot care in **Nepal** which
meets high global standards

Anna Cuthel
Technical Director, MiracleFeet

Emmanuel Otoo
Director of Programs, MiracleFeet



August 8, 2025

HIGHLIGHTS OF YEAR 2025



OUTPATIENT CONSULTATION

Total Consultation	:	24,835 (Girls: 9,453)
Follow-up Consultation	:	17,554 (Girls: 6,532)
New Consultation	:	7,281 (Girls: 2,921)

INPATIENT SERVICES

Total Admission	:	1,995 (Girls: 778)
Total Surgeries	:	2,175
Occupancy	:	75%
Average Length of Stay	:	20 Days

PROSTHETIC & ORTHOTIC DEPARTMENT

Total Prostheses & Orthoses Manufactured	:	6,610
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FIELD ACTIVITIES (CBR)

Total Round Camps	:	32 Rounds
District Covered	:	44
Total Patients	:	13,403
Total Clinics	:	144

HRDC CLUBFOOT PROGRAM

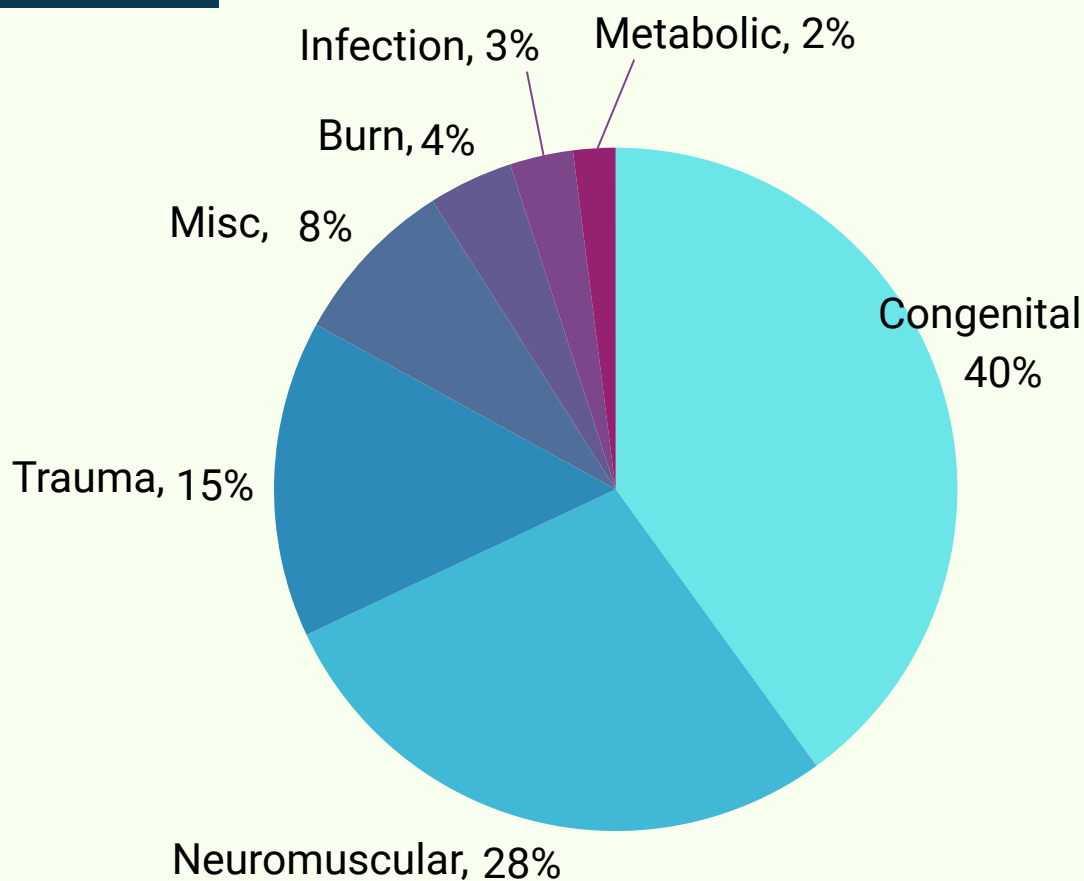
Total Patients	:	584
Total Feet	:	835



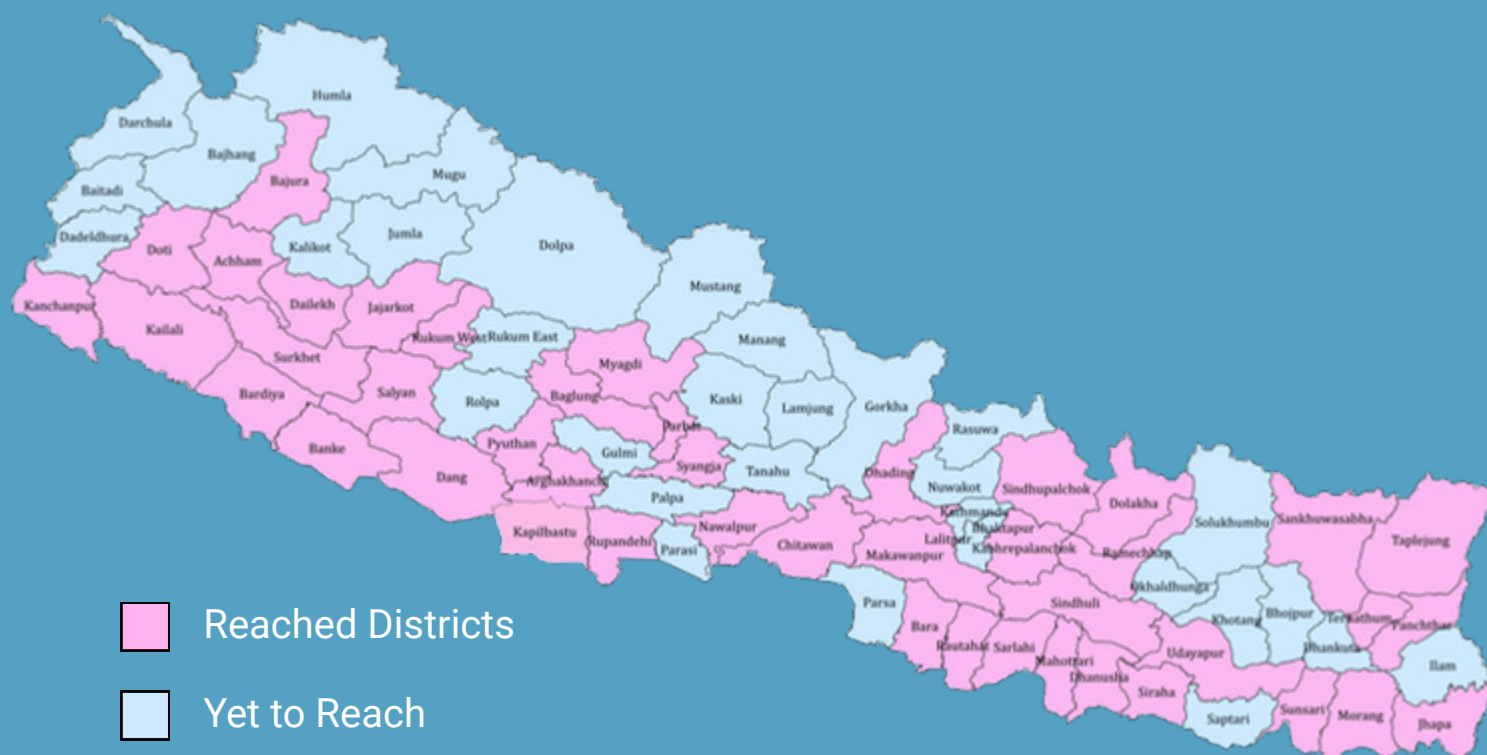
DISEASE CATEGORY



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In 2025, HRDC's outreach mobile clinics reached 44 of Nepal's 77 districts.



ACTIVITIES 2025

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Celebrating the 41st Anniversary of HRDC: Four Decades of Commitment to Disability Rehabilitation and Inclusion



Prof. Banskota inaugurating the new 28-bed patient ward at HRDC, expanding inpatient care capacity and strengthening service delivery for children with disabilities.



ACTIVITIES 2025

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Mr. Bruce Moore, Vice President of the American Himalayan Foundation (AHF), and his team visit HRDC, reaffirming a longstanding partnership that has been instrumental in advancing disability rehabilitation services since 1990.



Launching a new CBM-supported project in Far-Western Nepal to improve the lives of marginalized children with disabilities.



Financial Auditor and team from CBM visits HRDC.



ACTIVITIES 2025

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INSEAD MBA Business students with
MiracleFeet in Nepal in 2025-2-25.



Emmanuel Otoo (Director of Programs, USA), and Faisal
Imtiaz Sheikh (Senior Program Field Officer, South
Asia/Pakistan) and team from MiracleFeet, visits HRDC:
A partnership spanning since 2015.

ACTIVITIES 2025

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Ms. Eileen Moncoeur, Director of the Sabal Foundation (USA), and her team visits HRDC, reaffirming collaborative efforts toward strengthening disability rehabilitation services.



Ms. Alodia Santos, Program Manager at Liliane Fonds (Netherlands), visits HRDC.



ACTIVITIES 2025

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Spine Symposium to enhance clinical knowledge and capacity in spine care and rehabilitation.



Symposium on Cerebral Palsy: Enhancing the knowledge and clinical competencies of young doctors and paramedics.



ACTIVITIES 2025

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HRDC Hosts Basic and Advanced Ponseti Training Courses for MiracleFeet Partner Organizations from Bangladesh, Strengthening Regional Capacity in Clubfoot Management.



HRDC conducts a one-month Primary Rehabilitation Therapy (PRT) training for paramedics, bringing the total number of trained graduates to over 800, thereby strengthening rehabilitation service delivery capacity.

ACTIVITIES 2025

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Disability Orientation and Sensitization Sessions for Female Community Health Volunteers (FCHVs), fostering positive attitudes toward disability and strengthening Early Detection and Referral (EDR) mechanisms within rural communities.



Humanitarian and Emergency Response Training, enhancing staff capacity in disaster preparedness and effective emergency response.



Annual staff gathering and review workshop to review the achievements of the previous year and to plan strategic priorities for the coming year.



ACTIVITIES 2025

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The Rotary Foundation, in collaboration with RI Districts 3012, 3261, and 3292, successfully completed a Physical Disability Management Initiative at HRDC. The project was implemented by the Rotary Club of Pashupati Kathmandu in partnership with the Rotary Club of Kashipur (RI District 3110, India). Through this initiative, more than 650 children with physical disabilities, along with their families, received comprehensive support and care.



Chief Administrative Officer, celebrating Vijaya Dashmi, Nepal's greatest festival with children

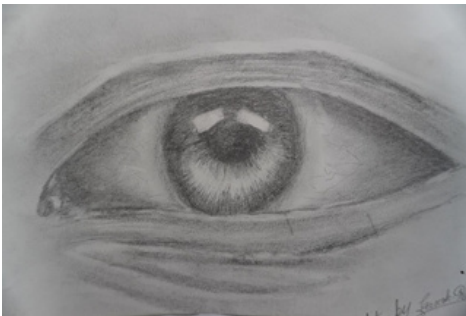
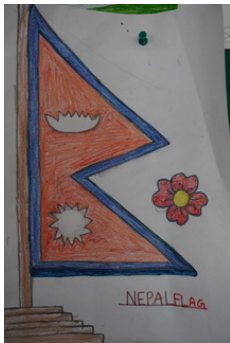
ACTIVITIES 2025

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Prof. Banskota distributing warm clothing to children on the occasion of the 34th International Day of Persons with Disabilities.



Brushstrokes of Hope: Paintings by Children at HRDC in Celebration of the 34th International Day of Persons with Disabilities



World Clubfoot Day Celebration with children affected by clubfoot and their parents : Promoting awareness, early treatment, and family-centered support.





HRDC SCHOOL



Nearly 9,386 (4,047 girls) children have benefited from HRDC's in-house school since its inception in 2014. The school also educates patients and families about the social stigma surrounding disabilities.

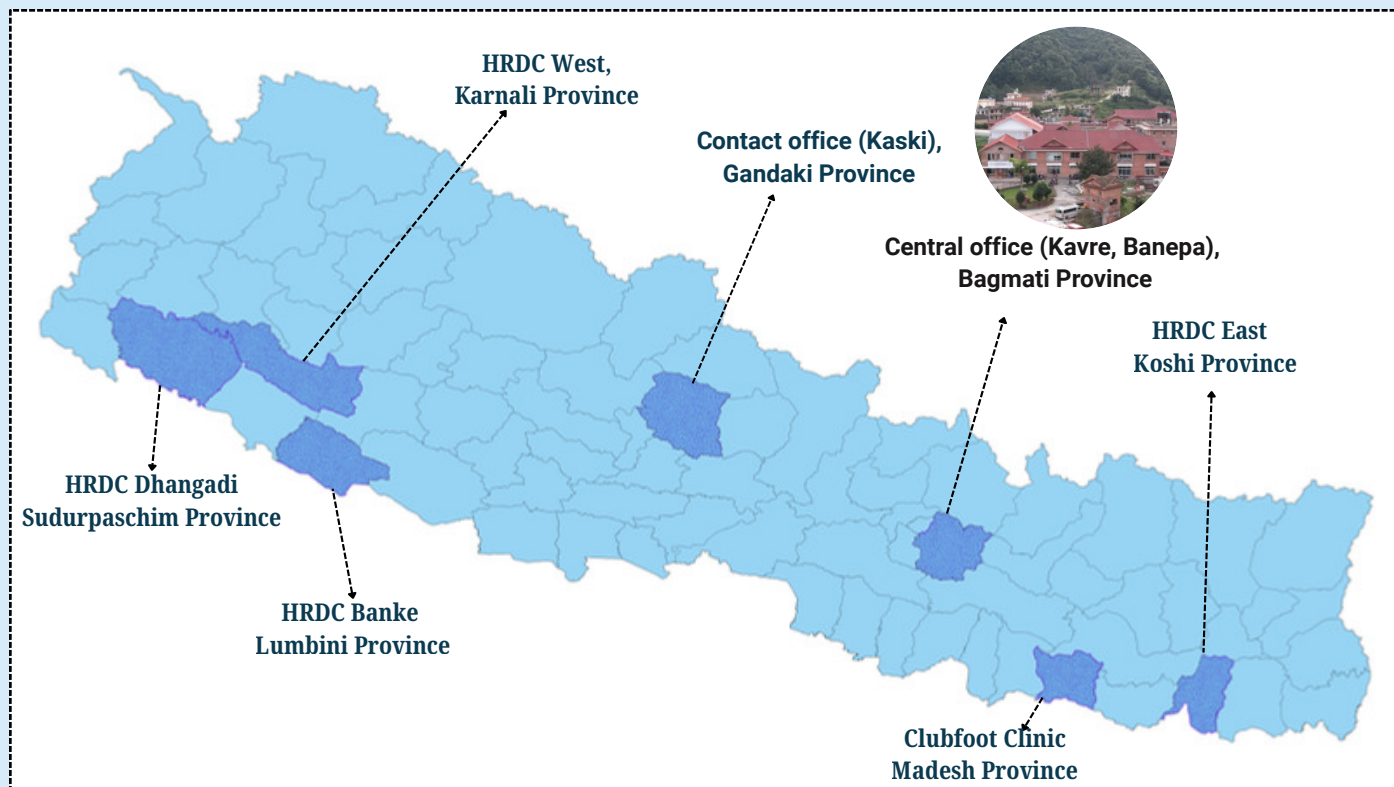
TELEMEDICINE AT HRDC



Dr. Yam Prakash Gurung, Medical In-Charge, providing expert care through HRDC's Telemedicine Program.

DECENTRALIZED HRDC SERVICES

HRDC serves all 77 districts across Nepal's 7 provinces through its decentralized network of the Central Hospital and Rehabilitation Center, Provincial Rehabilitation Centres (PRCs), and Contact Offices, bringing treatment and rehabilitation services closer to communities.



HRDC East, Koshi Province, Since 2004



Clubfoot Clinic, Madhesh Province, Since 2015



HRDC Banke, Lumbini Province, Since 2004



HRDC West, Karnali Province, Since 2024



HRDC Dhangadi, Sudurpaschim Province, Since 2024



HRDC Pokhara, Gandaki Province, Since 2025

OUR MAJOR PARTNERS



Government of Nepal



FRIENDS OF HRDC
SWITZERLAND



Oracle Health Foundation

MESSAGE FROM EXECUTIVE DIRECTOR

It is both an honour and a privilege to present this message for the Annual Report of the Hospital and Rehabilitation Centre for Disabled Children (HRDC). Having served as the Executive Director for over 16 years, my journey with HRDC has been deeply personal and profoundly inspiring. My greatest source of motivation has always been my father, Prof. Banskota, whose lifelong dedication and compassion laid the very foundation of this institution.

At HRDC, I have always believed that leadership is not about standing alone, but about building and nurturing a strong, capable team. If one aspires to be a good leader, it is essential to surround oneself with good people—and I am fortunate to be supported by an exceptionally committed and talented team. Their passion, integrity, and tireless efforts continue to drive our mission forward, and I remain fully confident in their ability to lead HRDC into the future.

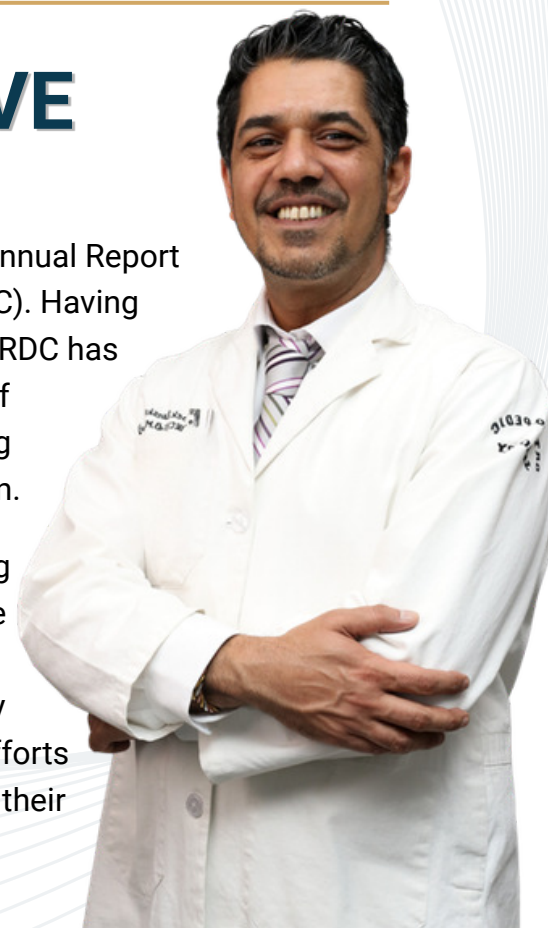
Over the past 41 years, HRDC has made a meaningful impact in the lives of more than 140,000 marginalized children with physical disabilities. Among them, over 80,000 children have undergone major reconstructive surgeries, giving them not only improved mobility but also renewed hope and dignity. These achievements are not just numbers—they represent transformed lives, empowered families, and stronger communities.

Transparency and accountability remain at the core of our work. We are deeply grateful to our partners and donors whose unwavering support has enabled us to reach children across Nepal who need us the most. Your trust and collaboration continue to strengthen our commitment to serve with excellence.

I would also like to extend my sincere appreciation to every member of the HRDC family. Your dedication and compassion are the true pillars of this organization. Together, we have made a difference—but there are still many children and families who await our support.

As we look ahead, we remain committed to expanding our reach and deepening our impact, ensuring that no child is left behind. With continued collaboration, innovation, and compassion, I am confident that HRDC will continue to uplift lives for generations to come.

Dr. Bibek Banskota
Executive Director
Hospital and Rehabilitation Centre for Disabled Children (HRDC)



Dr. Bibek Banskota
Executive Director



PASSION FOR WORK & COMPASSION FOR CHILDREN



CHANGE LIVES

DONATE & HELP



	AMOUNT NRS	AMOUNT US\$
One week long health and rehabilitation camp in a remote district of Nepal	825,000	5,978
Management of ten clubfoot children below four years of age, through ponseti technique	765,000	5,543
One year of medical and social rehabilitation for a child	150,000	1,087
Provide early identification screenings at schools for 800 to 1000 students	108,000	783
The fabrication and fitting of ten low cost orthosis	82,500	598
The fabrication and fitting of one low cost prosthesis	100,000	655



Become a Corporate Partner

A corporate partnership with HRDC provides an opportunity for your company to impact the lives of children in need of specialized paediatric care and align your brand with the most renowned children's hospital in Nepal. With your corporate support, our children with physical disabilities benefit from new technology, the latest research and the best experts who are able to provide the highest level of care in a compassionate, family-focused and safe environment. Choosing HRDC as your philanthropic partner or beneficiary helps to not only create healthy tomorrows for one child, but for all children. There are a number of ways for your company to partner with HRDC including philanthropic activities, events, employee-led engagement, and community programs. Our goal is to customize the involvement that is best for you.



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HRDC... restoring smiles since 1985

MAJOR RESEARCH & PUBLICATIONS IN 2025

Artificial Intelligence in Orthopaedic Education, Training and Research: A Systematic Review

BMC Medical Education

Functional and Cosmetic Outcome of Unipolar Release of Congenital Muscular Torticollis in Children Above 1 Year

Journal of Pediatric Orthopaedics

Contextual Adaptation, Translation, and Validation of the Affiliate Stigma Scale (ASS) among Primary Caregivers of Children with Physical Disabilities in Nepal

Journal of the Nepal Medical Association

Advanced Materials in Orthopedics

Biomaterials in Orthopaedics & Trauma (Book Chapter)

Unlocking Potential: Innovative Private-Non-Profit Partnership for Empowering Children with Disabilities in Resource-Limited Settings in Nepal

Frontiers in Public Health

Effectiveness of Supracondylar Dome Osteotomy in Reducing Lateral Condylar Prominence and Enhancing Functional Outcomes in Pediatric Cubitus Varus: A Retrospective Study

BMC Musculoskeletal Disorders

Wounded Healers: A Crisis of Violence Against Doctors in Nepal

Nepal Orthopaedic Association Journal

Orthopedic Research in Nepal: Status, Challenges, and Opportunities!

Nepal Orthopaedic Association Journal

HRDC TODAY

For over four decades, HRDC has stood as a world-class center of excellence, delivering comprehensive specialized care and rehabilitation services for children with musculoskeletal conditions.



100 Beds



6 Operating Rooms



More than 2,000 Surgeries
Per Year



more than 20,000
Consultations Per Year



175 Days of Field Work
Per Year



6 Satellite Clinics



76 CBR Workers



More than 6,000 Prosthesis
& Orthosis Manufactured



HOSPITAL & REHABILITATION CENTRE FOR DISABLED CHILDREN



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