



**HOSPITAL
& REHABILITATION
CENTRE FOR
DISABLED CHILDREN**



ANNUAL REPORT 2024

ENABLING ABILITIES | SINCE 1985

HRDC SINCE 1985



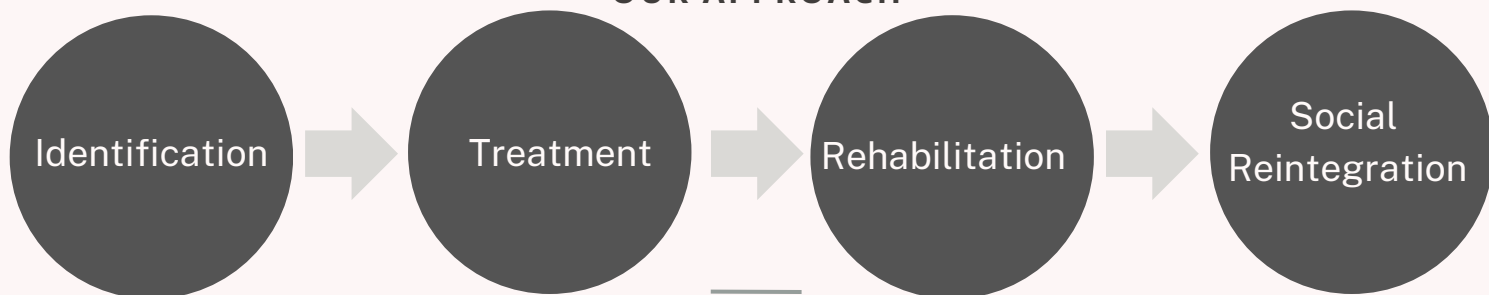
40 YEARS
124,277 CHILDREN

**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 ACHIEVEMENT SO FAR

Total Children Served
124,277
(40% Female)

Surgeries Performed
54,262

Prostheses & Orthoses
Fabricated
104,874

OUR SERVICES

HOSPITAL BASED SERVICES

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

FIELD BASED SERVICES

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



MESSAGE FROM THE CHAIR PERSON



Greetings from the HRDC family in Nepal, and best wishes for a very Happy New Year 2025!

Over the years, our work has continued to successfully deliver essential services to the most vulnerable and marginalized children with physical disabilities through HRDC's hospital and community-based rehabilitation programs. The challenges we face grow increasingly complex, yet the remarkable dedication of our team of doctors and paramedical staff — now under the leadership of our new Executive Director, Dr. Bibek Banskota — has enabled us to rise to meet these demands. The steady increase in patient volumes at both the Hospital Center and our Community Outreach programs underscores the growing impact of our services. Ensuring the optimal utilization of these services remains a top priority for us.

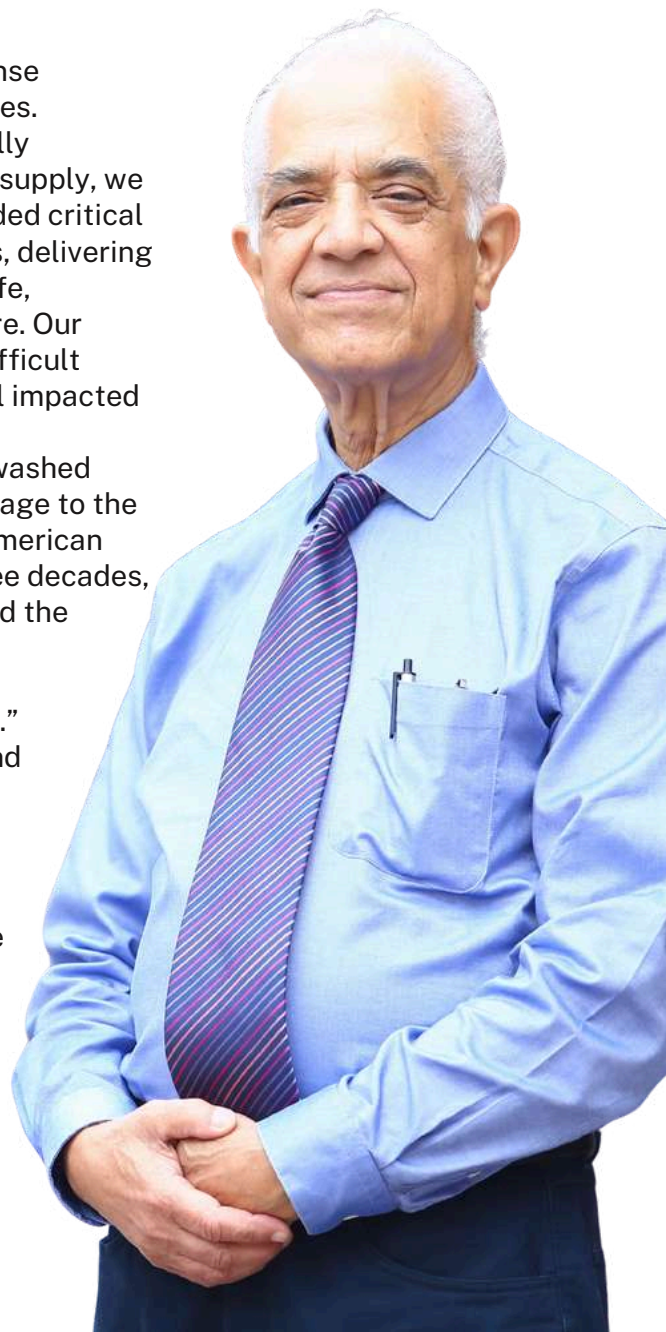
I am confident that under the leadership of Dr. Bibek Banskota and the energetic team he guides, HRDC will continue to excel and reach new heights of excellence. This new phase of rejuvenated leadership provides us with the strength and vision needed to further advance the HRDC legacy. While the opportunities ahead are exciting, the challenges remain substantial. Managing partnerships with multiple donor agencies is critical and demands significant effort to maintain financial stability. Navigating complex bureaucratic systems is equally time-consuming, but these efforts cannot be overlooked. We are implementing new strategies to address these challenges and make meaningful progress in these areas.

The devastating earthquake in western Nepal brought immense suffering, particularly for children and families with disabilities. Although maintaining services in that region was exceptionally challenging due to logistical obstacles and unreliable power supply, we never wavered in our commitment to those in need. We provided critical support to over 5,000 individuals in desperate circumstances, delivering not only medical care but also essential resources for daily life, including food supplies, warm clothing, hygiene kits, and more. Our dedication ensured that no one was left behind during this difficult time. In addition, the severe flooding caused by heavy rainfall impacted the hospital as it did much of the nation. While the hospital's foundations withstood the test, a landslide on the premises washed away part of our boundary, creating the potential risk of damage to the main hospital ward. Thanks to the generous support of the American Himalayan Foundation (AHF), our trusted partner of over three decades, and contributions from other donors, we will be able to rebuild the retention wall and prevent further damage.

As the saying goes, "The proof of the pudding is in the eating." The steady flow of patients, the ever-increasing workload, and the international recognition HRDC has received are all testaments to the value and impact of our efforts. To all our supporters: your contributions have made a profound difference in the lives of countless children in need. We extend our deepest gratitude for your unwavering assistance and encourage you to continue supporting HRDC's mission. Together, we can do even more to change lives and create a brighter future.

With heartfelt thanks and warm regards,

Prof. Dr. Ashok Kumar Banskota
Founder and Chairperson



OUR MISSION

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



OUR VISION

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

DHANA ROKAYA'S JOURNEY OF OVERCOMING CLUBFOOT AND PURSUING HIS DREAMS

Dhana Rokaya, hailing from a remote village in Bajura, one of the most inaccessible and hilly districts in western Nepal, was born with clubfoot — a condition where his feet were turned inward and upward. His parents, laborers by profession, couldn't afford his treatment, leaving him untreated for several years. His life was incredibly challenging, not only because of his physical condition but also due to the societal stigmas associated with his disability.



Treatment for clubfoot in Nepal faces numerous challenges, including geographic isolation, limited transportation, and cultural beliefs that discourage families from seeking medical care.

However, a ray of hope appeared when HRDC discovered him through a social media post by a local journalist.

Misconceptions persist, with most communities perceiving clubfoot as a curse rather than a treatable condition.



After considerable effort and numerous meetings with the family, HRDC's social mobilizer managed to bring Dhana to HRDC for his treatment. Following extensive treatment with circular frames to correct his feet, Dhana can now walk confidently. He's continuing his education and aspires to become a politician in the future. The family is eternally grateful to HRDC for helping them lift what they felt was a curse.



FROM ATTEMPTING SUICIDE TO EMBRACING LIFE: SHIVA KALA MUKHIYA'S JOURNEY TO SELF-LOVE



Shiva Kala Mukhiya, born in a rural village in western Nepal, endured an unimaginable tragedy. One fateful night, a devastating fire swept through her home, claiming the lives of her parents and three siblings. Miraculously, Shiva Kala survived, but she was left with severe burn contractures on both her arms and legs. She had to depend on others for her daily needs, Shiva Kala faced not only physical pain but also the crushing weight of social stigma.

Her community exploited her vulnerability. Twice, in her darkest moments, Shiva Kala attempted to end her life, driven to despair by the relentless mistreatment from those around her. For years she remained untreated, resigned to her suffering as if it were an inescapable curse. But fate intervened when HRDC's community-based mobile clinic discovered Shiva Kala. The dedicated team, including a doctor, nurse, physiotherapist, prosthetic and orthotic technician, psychosocial counselor, and various other paramedics, saw past her scars and pain. Under the skilled care of plastic surgeons, Shiva Kala underwent multiple surgeries to release the burn contractures on her limbs. This was followed by months of intensive physiotherapy and compassionate nursing care. She received a low-cost prosthesis for her right leg made by HRDC.

The transformation was nothing short of miraculous. Today, Shiva Kala radiates happiness and confidence. The limitations that once confined her have lifted, allowing her to attend school, make friends, and dream of a future in social work. She aspires to eliminate the social stigma attached to disability in her community.

When asked about her perspective on life now, Shiva Kala's response is a testament to her resilience: "There was a time when I tried to end my life, but today, I proudly say that i am in love with myself."





MAMATA'S JOURNEY AND THE TRANSFORMATION OF COMMUNITY PERCEPTIONS

Mamata Chaudhary, from Eastern Nepal, faced immense challenges due to poliomyelitis at the age of three, resulting in a debilitating knee contracture. Unable to walk, she relied on crawling for mobility. Her parents, laborers with limited resources, turned to traditional healers for help. Unfortunately, their efforts worsened her condition, leaving Mamata dependent on others for even basic daily activities. Tragedy struck again when Mamata lost both parents at the age of 14. Grieving and vulnerable, she faced ridicule and stigma from her community, who cruelly blamed her disability for her parents' deaths. Shunned and discriminated against, Mamata was eventually taken into an orphanage.

Her life took a transformative turn when HRDC identified her through its mobile clinic. Mamata underwent multiple surgical interventions and received months of comprehensive rehabilitation at the HRDC hospital, including nursing care and physiotherapy. Today, she can stand tall and walk independently, free from reliance on others for daily tasks. Mamata's life has blossomed in ways she never imagined. She is now married to a supportive husband, has a three-year-old child, and leads a confident and fulfilling life. With HRDC's support, Mamata also received sewing training and now runs her own tailoring business, employing two staff members from her community.

Reflecting on her journey, Mamata acknowledges the profound change HRDC's intervention brought to her life. Once marginalized and discriminated against, she is now a respected and productive member of her community. Her community members, are apologetic for their past behavior, now treat her with admiration and respect. Mamata's determination and HRDC's support have turned her story into an inspiring testament to the power of hope and compassion.



HRDC'S COMPASSIONATE CARE IN THE LIFE OF RAM BAHADUR RAIDAS

Eighteen-year-old Ram Bahadur Raidas, from one of the most remote districts in West Nepal, was left fighting for his life after a horrific road accident. His right leg had sustained devastating injuries, with compound fractures breaking his femur, tibia, and fibula into multiple pieces. Local police, who were first to arrive on the scene, quickly rescued him and rushed him to the nearest hospital. However, the local doctors, realizing the severity of Ram Bahadur's condition, referred him to B&B Hospital in Lalitpur for specialized care.

When his father, Hari Chand Raidas, arrived at B&B, he was struck with both hope and dread. A laborer and the sole breadwinner of a family of seven, Hari had sacrificed everything to provide for his family. Now, faced with his son's life-threatening injuries, he knew the medical bills were beyond anything he could afford. Overwhelmed and desperate, Hari fell to his knees before Dr. Bibek Banskota, pleading with him to amputate Ram Bahadur's leg, believing that was the only affordable solution.

Moved by the father's pain and helplessness, Dr. Banskota made a compassionate decision that would change Ram Bahadur's life. He transferred Ram to the Hospital and Rehabilitation Centre for Disabled Children (HRDC) Banepa, a facility known for its dedication to helping those who have no other options. At HRDC, Ram Bahadur received multiple complex surgeries to mend his shattered leg, all at no cost to his family. For nearly a year now, Ram Bahadur has been under the careful and loving care of HRDC, where his journey toward recovery continues. Though the road ahead is long and he will need treatment for years to come, Ram Bahadur now has hope — a hope born from the kindness of strangers who chose compassion over cost. His story stands as a testament to determination and to the profound impact that human empathy can have on even the most desperate of lives.



TRANSFORMING LIVES THROUGH THE POWER OF ACCESSIBLE HEALTHCARE

Dhana Bahadur Basnet, hailing from Ramechhap, a hilly district of Nepal, was born with congenital kyphoscoliosis — a condition that not only distorted his physical appearance but also made breathing a daily struggle. For 13 long years, he endured immense hardships, walking on his hands and knees, dependent on others for even the simplest tasks. His condition subjected him to cruel nicknames, bullying by peers, and ostracization from his community. Poverty and a lack of information about available treatment left him without hope for a better future.

A turning point came when Dhana was referred to HRDC (Hospital and Rehabilitation Center for Disabled Children) by a former patient from a nearby village. With the unwavering support of the HRDC spine team, Dhana underwent surgical reconstruction — a beacon of hope in his life of adversity. During his lengthy hospital stay, he received comprehensive care, including nursing, physiotherapy, and gait training. A custom-made brace, meticulously designed in HRDC's workshop, supported his fragile spine during the critical healing process.

Today, Dhana's transformation is nothing short of remarkable. With his spine straightened, he now stands tall, embracing life with newfound confidence. He actively participates in social activities, earning respect and admiration from his once skeptical community. Dhana and his family now live a dignified and fulfilling life, a testament to resilience and the power of accessible healthcare.



LEADERS CREATE MORE LEADERS: DR. BIBEK BANSKOTA

Growing up, Dr. Bibek Banskota spent every Saturday playing with children at HRDC while his father – HRDC’s founder, Dr. Ashok Banskota – performed surgeries and attended to children and families at the hospital complex. His memories of those times are very happy, “I was too young to understand what he was doing, much less why, but I remember him as being busy, happy, and fulfilled. This was true even when he had to sleep on the hospital stretcher after an incredibly busy day.”



Those Saturday outings, filled with the love and compassion that permeates every aspect of HRDC, made an enormous impact on Dr. Bibek Banskota. His medical training abroad always had one goal: to come home to Nepal and work at HRDC. When asked about his decision, he says without hesitation that he is extremely fortunate. He is in awe of the beautiful institution his father has created.

Building on the groundbreaking platforms developed by his father, Dr. Bibek Banskota, HRDC’s Executive Director, is in charge of a very professional team that stops at nothing to reach and treat the poorest children with disabilities. Every year more than 22,000 children receive world-class care – at home, Mobile Medical Camps, or the tertiary care hospital complex outside Kathmandu. Just as important, the tender loving care given to each child brings out the best in everyone.

Reflecting on his journey, Dr. Bibek Banskota said that two conversations shaped his leadership. Early on, his father advised him to be a good listener – guidance that serves him and HRDC well, and allows him to continuously learn. Another mentor urged him to surround himself with good people, and the stellar HRDC teams are a testament to his dedicated and thoughtful approach.

Last year, HRDC staff adopted the motto: “DO IT” which stands for “Department of Innovative Thinking”. Every staff member is encouraged to think and act innovatively, refining every system so that more children can be treated, and more lives can be transformed. Dr. Bibek Banskota firmly believes that leaders don’t create followers – leaders create more leaders. The future of HRDC is very bright.

HIGHLIGHTS OF YEAR 2024

OUT PATIENT CONSULTATION

Total Consultation:	24,117 (Girls:8,994)
Follow-up Consultation:	16,308 (Girls: 5,929)
New Consultation:	7,809 (Girls: 3,065)

IN PATIENT SERVICES

Total Admission:	1,634 (Girls: 671)
Total Surgeries:	1,837
Occupancy:	75%
Average Length of Stay:	20 Days

PROSTHETIC & ORTHOTIC DEPARTMENT

Total Prostheses & Orthoses	
Manufactured:	6,594

FIELD ACTIVITIES (CBR)

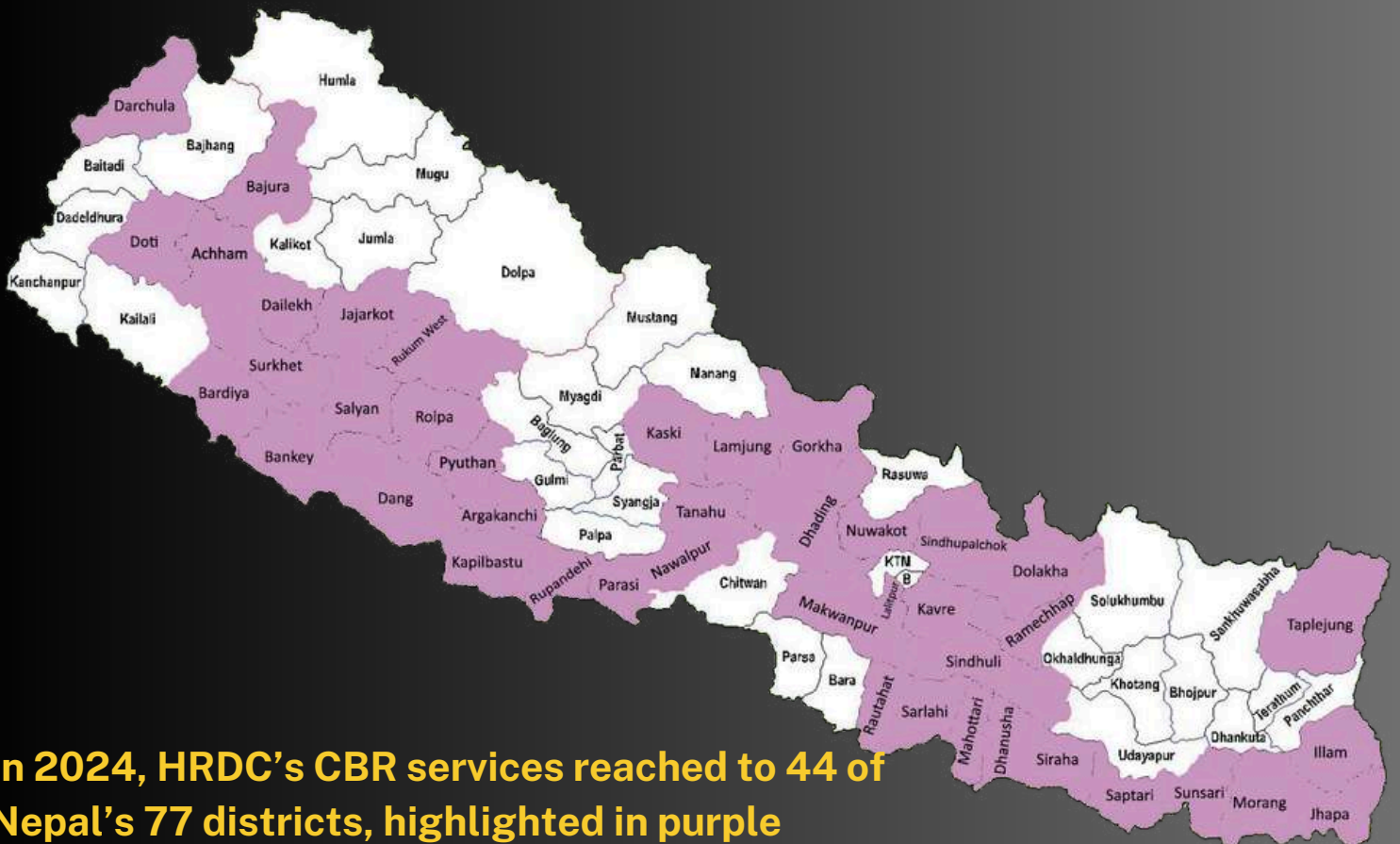
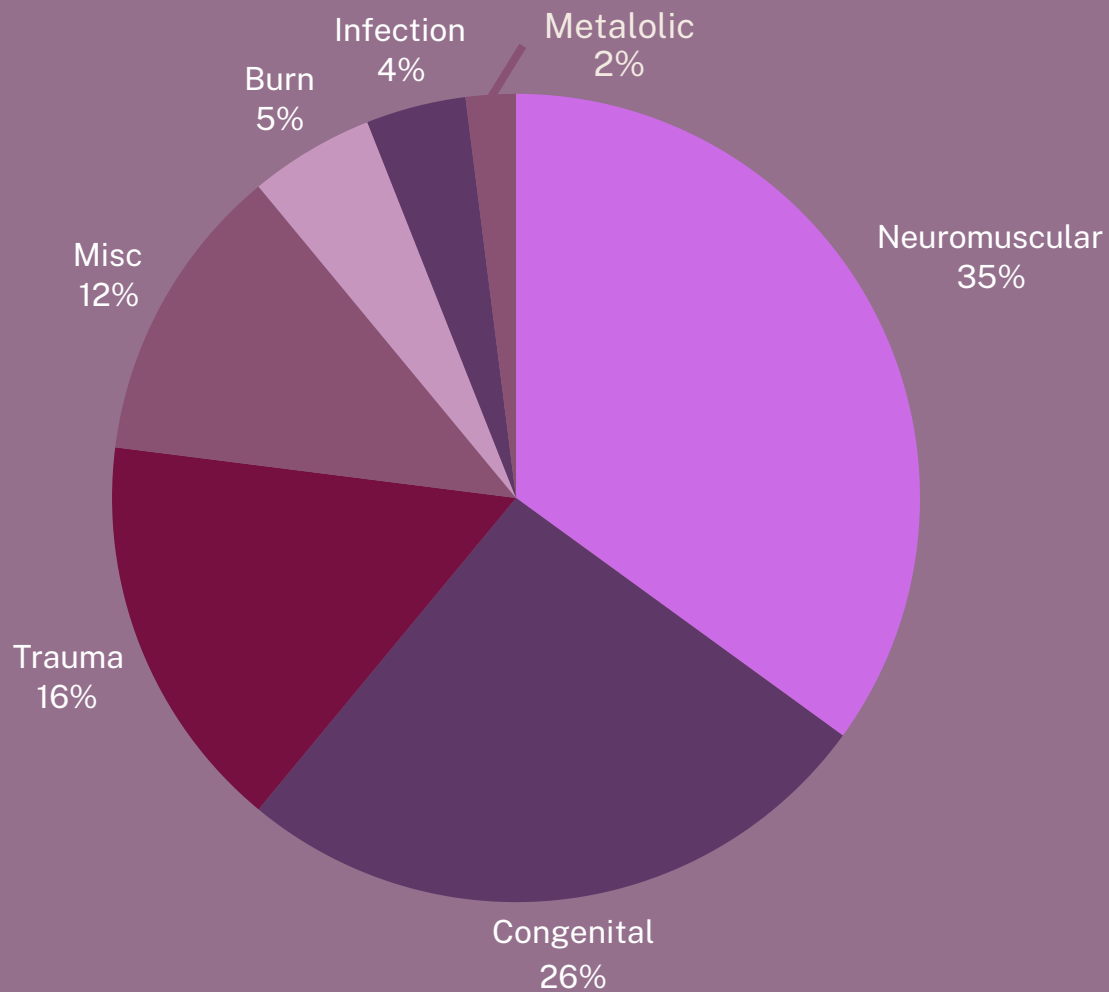
Total Round Camps:	26 Rounds
District Covered:	44
Total Patients:	12,603
Total Clinics:	145

HRDC CLUBFOOT PROGRAM

Total Patients:	407
Total Feet:	712



DISEASE CATEGORY



In 2024, HRDC's CBR services reached to 44 of Nepal's 77 districts, highlighted in purple

ACTIVITIES 2024

Erica Stone, President; Norbu Tenzing, Vice President; and Bruce Moore, Senior Director of Program, and team of AHF, are visiting HRDC, cementing a partnership since 1990.



Mr. Wolfgang and team from Austria: A decade-long partnership with HRDC.



ACTIVITIES 2024

His Excellency Dean Richard Thompson, United States Ambassador, visits the HRDC.



Her Excellency Leann Johnston, Australian Ambassador, visits the HRDC.



ACTIVITIES 2024

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



HRDC hosts South Asian Partners Learning and Knowledge Exchange Program: MiracleFeet partner review meeting in the presence of Daphne, Director of MiracleFeet.



ACTIVITIES 2024

The Rotary Foundation, in collaboration with RI districts 3012, 3261, and 3292, is spearheading a physical disability management initiative at HRDC. This project is being executed by the Rotary Club of Pashupati Kathmandu in partnership with the Rotary Club of Kashipur, RID 3110, India. The initiative is expected to benefit nearly 650 children with physical disabilities, along with their families.



Rtn. Mark Daniel Maloney and team visit HRDC.



ACTIVITIES 2024

His Excellency Cameron MacKay, Canada's Consolidated Ambassador to Nepal, visits the HRDC.



Eileen Moncoeur Director of HRDC | Sabal Foundation, USA visiting HRDC with guests.



ACTIVITIES 2024

HRDC joyfully celebrates the Golden Jubilee wedding anniversary of our beloved Baa (Father), Prof. Dr. Ashok Kumar Banskota, the Founding Chairman, and Maa (Mother), Mrs. Padma Banskota.



ACTIVITIES 2024

Benjamin Jacobs, Project Manager at ONGD FNEL, visits HRDC.



Mr. J. Satyanarayana, WHO SEARO International Digital Health Consultant, visits HRDC.



HEARTFELT CONDOLENCES DR. SWETA JAISWAL



October 2,
1987

WE WILL MISS YOU !

September 26,
2024

ACTIVITIES 2024

Janette Abing Taga-An (Program Coordinator, CBM Australia), Stina Stenkjaer (Contracts Manager, CBM Australia), and Samjahan Shah (Programme Officer, CBMG Nepal) visit HRDC.



Celebrating World Clubfoot Day: uniting communities, patients, and families to raise awareness on early detection and timely treatment.



ACTIVITIES 2024

Prof. Banskota, the founding chairman of HRDC, lighting the Panas and distributing warm clothes to beneficiaries on the auspicious occasion of HRDC's 40th anniversary.



Children at hospital honored with tokens of appreciation for winning drawing competition on International Day of persons with disabilities.



ACTIVITIES 2024

HRDC, in collaboration with the American Himalayan Foundation (AHF), announced the launch of the USAID Surgical Innovation Project II Eco++ initiative. Supported by USAID/ASHA grants, this project aimed to modernize HRDC's medical infrastructure while promoting eco-friendliness through the installation of advanced, state-of-the-art waste management systems. Unfortunately, due to a recent change in the US Government's policy on foreign aid, the project was cancelled with less than 20% of the grant received.



Farewell celebration honoring Ms. Tara Badan Sedain, Mr. Netra Bahadur Basnet and Juddha Nepali for over three decades of dedication to HRDC.





Nearly 6,664 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.



Over 8,000 children and families benefited from HRDC's Telemedicine consultation services.

DECENTRALIZATION OF HRDC SERVICES



HRDC East, Itahari , Since 2004



A Dedicated Clubfoot Clinic at Lahan,
Since 2015



HRDC Mid-West , Kohalpur, Since 2004



HRDC West, Surkhet, Since 2024

OUR MAJOR PARTNERS



Government of Nepal



USAID
FROM THE AMERICAN PEOPLE



**FRIENDS OF HRDC
SWITZERLAND**

MESSAGE FROM EXECUTIVE DIRECTOR

Dear esteemed partners and supporters,

As we reflect on the close of another extraordinary year, I am proud to present the 2024 Annual Report for the Hospital and Rehabilitation Centre for Disabled Children (HRDC). This report embodies our collective dedication to advancing growth, adaptability, and innovation in the treatment and rehabilitation of children with disabilities in a low-resource environment.

Guided by our mission to empower children with disabilities and their families through comprehensive medical care, rehabilitation, and community-based initiatives, HRDC has continued to make a profound impact on socioeconomically marginalized children with musculoskeletal disabilities.

In an evolving socio-economic landscape, we have been reminded of the importance of resilience and adaptability. Challenges such as resource limitations and accessibility barriers have underscored the critical role of partnerships and community engagement.

In response, HRDC has embraced innovation to strengthen our ability to deliver world-class care. In 2024, our services have impacted more than 24,000 children and their families, with over 1,800 undergoing major reconstructive surgeries. Looking ahead to 2025, our vision is both ambitious and deeply rooted in purpose. Our goals include:

- Expanding access to our medical and rehabilitation services, ensuring that no child is left behind.
- Strengthening collaboration with national and international partners to secure sustainable funding and resources.
- Advocating for policies that advance equitable healthcare access and robust support systems for children with musculoskeletal disabilities.

The success we have achieved this year would not have been possible without the unwavering commitment of our staff, partners, and stakeholders. I offer my heartfelt gratitude to everyone who has contributed to HRDC's mission. Together, we have not only transformed lives but also fortified the foundation for a more inclusive and compassionate future.

As we embark on the next chapter of our journey, I am confident that HRDC will continue to shine as a beacon of hope for children with musculoskeletal disabilities in Nepal. Let us move forward with renewed determination, united in building a world where every child has the opportunity to thrive.

With deepest appreciation,

Dr. Bibek Banskota
Executive Director, HRDC





Passion for work and compassion for children

CHANGE LIVES

DONATE & HELP

HOW YOU CAN 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



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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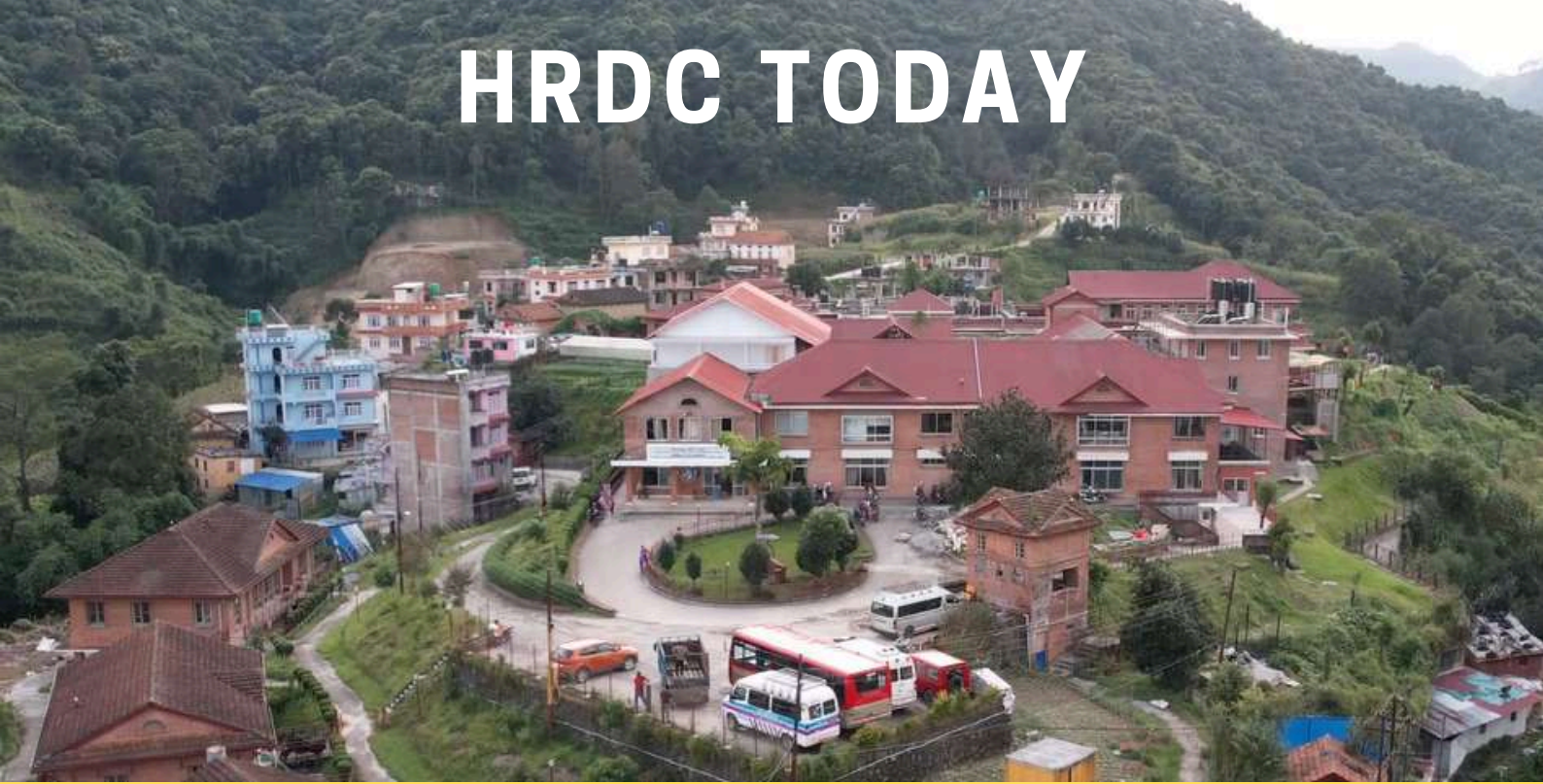
E-mail: admin@hrdcnepal.org





HRDC... restoring smiles since 1985

HRDC TODAY



100

Beds

6

Operating Rooms

150

Days of Field Work Per Year

6

Satellite Clinics

76

CBR Workers

>20K

Consultations Per Year

>2K

Surgeries Per Year



HOSPITAL & REHABILITATION CENTRE FOR DISABLED CHILDREN



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