

HEALTH EXCHANGE NEPAL (UK)

England & Wales · Charity number 1124098

Details

Status Registered

Legal form Other

Registered 2008-05-16

Register [View on the Charity Commission register](#)

Contact

Address 9 Hill Croft
Clayton-Le-Woods
Chorley
PR6 7EF

Phone 01257275028

Email satyan.rajbhandari@lthtr.nhs.uk

Website www.hexn.org

Activities

Objects: 1 TO ADVANCE AND PROMOTE PUBLIC AND PROFESSIONAL EDUCATION AND KNOWLEDGE, PRIMARILY BUT NOT EXCLUSIVELY, BY THE EXCHANGE OF MEDICAL KNOWLEDGE, STUDENTS, EQUIPMENT AND PHARMACEUTICAL PRODUCTS BETWEEN NEPAL AND THE UK.2 THE RELIEF OF SICKNESS AND THE PRESERVATION OF HEALTH AMONG PERSONS LIVING IN NEPAL.

Activities: Help conduct training in Nepal related to healthHelp develop health programme in NepalAdvise and help Medical students from UK going to do electives in NepalAdvise and help UK health care professionals going to NepalHelp supply medicines and medical equipment in NepalProvide bursary for training of Nepalese Health Care Professionals in the UK

Classification

- **How:** Makes Grants To Individuals, Provides Other Finance, Provides Advocacy/advice/information, Acts As An Umbrella Or Resource Body
- **What:** Education/training, The Advancement Of Health Or Saving Of Lives
- **Who:** Other Defined Groups

Geography

- **Area of benefit:** NEPAL AND THE UK
- Nepal
- Lancashire

Finances

Period end	Income	Expenditure	Assets	Employees
2025-03-31	£33,499	£30,542	-	-
2024-03-31	£76,867	£49,347	-	-
2023-03-31	£49,175	£57,758	-	-
2022-03-31	£39,261	£39,089	-	-
2021-03-31	£22,061	£10,495	-	-

Trustees

Name	Role	Appointed
DR RAJ		
Dr ANIL TULADHAR		
JEREMY BRUCE WARD		

HEALTH EXCHANGE NEPAL (UK)

England & Wales - Charity number 1124098

Accounts



Health Exchange Nepal (HEXN)

UK Charity Reg No 1124098

www.hexn.org

Trustees' Annual Report for the period 01/04/24 to 31/03/25

Charity Name: Health Exchange Nepal (UK). Other Name: HEXN

Registered charity number: 1124098

Charity's address: 9 Hill Croft, Clayton-le Woods, Chorley, PR6 7EF

Names of the trustees:	Date Appointed	Appointed by
1. Satyan Rajbhandari	30/03/2008	Executive Committee
2. Jeremy Ward	30/03/2008	Executive Committee
3. Anil Tuladhar	30/03/2008	Executive Committee

Names of the Executive Committee Members

1. Jeremy Ward, Chairman
2. Satyan Rajbhandari, General Secretary
3. Sandesh Acharya, Communication Officer
4. Mohan Thapa, Treasurer
5. Stephen Ward, Committee Members
6. Bichhyan Rai, Committee Members
7. Ramesh Khoju, Committee Members

Structure, Governance and Management:

HEXN operates under its constitution, with membership available to anyone who donates £5 per month. The active membership fluctuates between 95 and 105 due to new recruits and cancellations. The Executive Committee manages the charity's daily operations and can co-opt additional members as needed. They also appoint trustees who oversee the running of charity. To minimize administrative costs, HEXN ensures that all funds raised are directed towards its cause. Communication is conducted via email to enhance efficiency.

Objectives & Activities:

The primary goal of HEXN is to facilitate the exchange of health professionals between Nepal and the UK. The charity offers educational and clinical support to Nepal in various ways. This includes sponsoring conferences in Nepal with participation from UK experts and supporting Nepali healthcare professionals to train in the UK. Additionally, HEXN raises funds for specific health and education projects as needed

Contact Address

Prof Satyan Rajbhandari
Chorley & South Ribble Hospital, Chorley PR7 1PP, UK
Tel: (44) 1257 245028
Satyan.rajbhandari@lthtr.nhs.uk



Health Exchange Nepal (HEXN)

UK Charity Reg No 1124098

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Achievements and Performance during year 2024/25:

Over the past year, we achieved significant milestones in training delivery and support across Nepal. Through strategic partnerships and collaborative initiatives, we strengthened healthcare capacity, advanced clinical education, and promoted community well-being.

Diabetes Meetings in Nepal:

HEXN was proud to support Diabetes Nepal in hosting their Annual International Diabetes Conference in Nepal. The event was graced by the Honourable Vice President of Nepal, Ram Sahay Yadav, as the chief guest. Dhulikhel Hospital was commended for its outstanding contributions to diabetes care in Nepal. In addition to the main conference, HEXN facilitated a regional diabetes meeting in Dhangadhi, which was the first major meeting there with International speakers. We also organised a dedicated session for nutritionists focusing on diabetes management at Padma Kanya College.



In
the



Clockwise from top:
Award given to Dhulikhel Hospital, Meeting in Padma Kanya College, Inauguration of International Conference by Honourable Vice President of Nepal Ram Sahay Yadav and Meeting in Dhangadhi

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Surgical Training in Nepal: In collaboration with The Royal College of Surgeons of Edinburgh and the Nepalese Doctors' Association UK, we supported the delivery of multiple surgical training programmes across Nepal. These included: Laparoscopic Surgery Course at Dhulikhel Hospital (Right), The NOTSS (Non-Technical Skills for Surgeons) course at the Institute of Medicine Teaching Hospital (Below left) and Laparoscopic Surgery Course hosted at Karnali Academy of Health Sciences (Below left)

These initiatives aimed to strengthen surgical competencies and enhance patient safety through advanced education and practical skill development.



Charity Dinner: On 13 September 2024, we hosted a memorable fundraising dinner at Alder Hey Hospital in partnership with So The Child May Live. The evening featured an inspiring appearance by the remarkable Hari Budha Magar, whose story captivated attendees and brought incredible energy to the event.



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Nepali Health Mela: In collaboration with the Nepalese Doctors' Association UK, Newcastle Sevak, and Hindu Temple Newcastle, we hosted a vibrant Nepali Health Mela focused on preventive care and community engagement. Approximately 100 attendees received free health screenings, covering Diabetes, Cholesterol, Blood pressure, Atrial fibrillation and Dental health. The event drew strong local interest and was honoured by the presence of several dignitaries, including the local MP Chi Onwurah, highlighting the shared commitment to public health and wellness across communities.



Child Protection training program: Through a tri-partite agreement with So The Child May Live and the Nepal Paediatric Society, we launched a two-year initiative to deliver Child Protection training programmes across a range of institutions in Nepal. This collaborative effort aimed to strengthen safeguarding practices and raise awareness of children's rights and welfare within clinical and educational settings. This project costs £15000 and runs over two years. This partnership underscores a shared commitment to improving child health and safety through capacity building and knowledge dissemination.



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Support to Institutes in Nepal: We received two laparoscopic surgery sets from Fulwood Hospital, which were instrumental in facilitating surgical training programmes at Dhulikhel Hospital. Following the completion of training, one of the sets was generously donated to Dhading Hospital to strengthen its surgical capabilities and expand patient access to minimally invasive procedures. In addition to this contribution, we provided support to several institutions across Nepal through the donation of medical instruments and targeted funding, further enhancing healthcare infrastructure and professional development.



Clockwise from top left: Fulwood Hall Hospital donating Laparoscopic Surgery set, Donation to educated deprived Child & Youth, Handover of Simulator to KAHS, Donation to Paediatric Dept of Dhulikhle hospital and donating training equipment to NAMS.

Clinical Training in Nepal: Our strong relationship with the UK colleges facilitated the establishment of the MRCP PACES Centre in Kathmandu. We supported "Bindu Kafle" Award during NESOG 2025 conference (Below Left). We supported Airway workshop during SAN conference (Right) and MBCT programme in Nepal with Namaste Mindfulness Project (Below Right).



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Manchester 10K: As every year we raised fund with Manchester 10 K run on 26st May 2024 and raised money to continue our work. As in previous years we celebrated this with dinner.



In addition to these, we continued our collaboration with the Nepal Life Support Foundation to expand the reach of Basic Life Support training across Nepal (Right). This vital programme has been successfully delivered in numerous schools and institutions, equipping educators,

students, and staff with lifesaving emergency response skills. Dr Jagadish Thapa from Dhulikhel Hospital was awarded HExN Travel Fellowship in Spine at The Royal Orthopedic Hospital, Birmingham (Left).



Financial Review:

Income:

Our fundraising and expenses are nearly balanced this year. Our activities have also maintained and we have collaborated with many institutions. So our finances are looking healthy.

INCOME	AMOUNT
Members Donation	£6,234
Other Donation	£4,780
Online Fund raising	£10,861
Bank Interest	£1,999
Surgical training Fund raising	£3,325
So the Child May Live contribution	£6,300
TOTAL	£ 33,499

Expenditures:

This year our main expenditure has gone to provide clinical and educational support to Nepal. We also supported various hospitals to pump prime funds to start new services. This has resulted in more expenditure in comparison to fundraising.

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EXPENSES	AMOUNT
Lap Surgery Expenses	£7,507
Subscription and other cost	£1,478
UK Training for Nepali doctors	£1,200
Diff meeting in Nepal	£2,099
Manchester 10K Cost	£1,713
Children & Youth Foundation Nepal	£2,000
Dhulikhel Hosp Paediatric Dept	£3,049
Equipment for training	£496
Child Protection Training	£11,000
TOTAL	£30,542

Balance Carried forward from last year	£ 101,760
Balance this year	£ 2,957
New Balance on 31st March 2025	£104,717

Declaration:

There has not been any significant event this year and our charity has performed as expected.

Signed on behalf of trustees

Prof Satyan Rajbhandari
General Secretary, HEXN

Date: 24th July 2025

Contact Address

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CHARITY COMMISSION
FOR ENGLAND AND WALES

Charity Name
Health Exchanger Nepal

Charity No (if any)
1124098

CC16a

Receipts and payments accounts

For the period from	Period start date 1st April 2024	To	Period end date 31st March 2025
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Section A Receipts and payments

	Unrestricted funds to the nearest £	Restricted funds to the nearest £	Endowment funds to the nearest £	Total funds to the nearest £	Last year to the nearest £
A1 Receipts					
Members Donation	£6,234	-	-	6,234	-
Other Donation	£4,780	-	-	4,780	-
Online Fund raising	£10,861	-	-	10,861	-
Bank Interest	£1,999	-	-	1,999	-
Lap Surgery Fund raising	£3,325	-	-	3,325	-
So the Child May Live	£6,300	-	-	6,300	-
Sub total (Gross income for AR)	33,499	-	-	33,499	-
A2 Asset and investment sales, (see table).					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total receipts	33,499	-	-	33,499	-
A3 Payments					
Lap Surgery Expenses	£7,507	-	-	7,507	-
Subscription and other cost	£1,478	-	-	1,478	-
UK Training for Nepali doctors	£1,200	-	-	1,200	-
Diff meeting in Nepal	£2,100	-	-	2,100	-
Manchester 10K Cost	£1,713	-	-	1,713	-
Children Foundation Nepal	£2,000	-	-	2,000	-
Dhulikhel Hosp Paed Dept	£3,049	-	-	3,049	-
Equipment	£496	-	-	496	-
Prevention of Child Cruelty	£11,000	-	-	11,000	-
Sub total	30,542	-	-	30,542	-
A4 Asset and investment purchases, (see table)					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total payments	30,542	-	-	30,542	-
Net of receipts/(payments)	2,957	-	-	2,957	-
A5 Transfers between funds	-	-	-	-	-
A6 Cash funds last year end	101,760	-	-	101,760	-
Cash funds this year end	104,717	-	-	104,717	-

Section B Statement of assets and liabilities at the end of the period

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B1 Cash funds		51,295	-	-
		-	-	-
		-	-	-
	Total cash funds	51,295	-	-

(agree balances with receipts and payments account(s))

Agreement Error OK OK

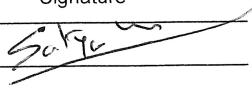
Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B2 Other monetary assets	95 Day Liquidity Manager Fund	53,421	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-

Categories	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
B3 Investment assets			-	-
			-	-
			-	-
			-	-
			-	-

Categories	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
B4 Assets retained for the charity's own use			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-

Categories	Details	Fund to which liability relates	Amount due (optional)	When due (optional)
B5 Liabilities			-	
			-	
			-	
			-	
			-	

Signed by one or two trustees on behalf of all the trustees

Signature	Print Name	Date of approval
	Satyan Rajbhandari	24/07/2025



Section A Independent Examiner's Report

Report to the trustees/ members of	Health Exchange Nepal		
On accounts for the year ended	31st March 2025	Charity no (if any)	1124098
	Set out on pages 3-4		

I report to the trustees on my examination of the accounts of the above charity ("the Trust") for the year ended DD / MM / YYYY.

Responsibilities and basis of report

As the charity trustees, you are responsible for the preparation of the accounts in accordance with the Charities Act 2011 ("the Act").

I report in respect of my examination of the Trust's accounts carried out under section 145 of the 2011 Act and in carrying out my examination, I have followed all the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

Independent examiner's statement

[The charity's gross income exceeded £250,000 and I am qualified to undertake the examination by being a qualified member of [insert name of applicable listed body]]. Delete [] if not applicable.

I have completed my examination. I confirm that no material matters have come to my attention (other than that disclosed below *) in connection with the examination which gives me cause to believe that in, any material respect,:

- the accounting records were not kept in accordance with section 130 of the Act; or
- the accounts did not accord with the accounting records; or
- the accounts did not comply with the applicable requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 other than any requirement that the accounts give a 'true and fair' view which is not a matter considered as part of an independent examination.

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.

* Please delete the words in the brackets if they do not apply.

Signed: [Signature] Date: 02/12/2025

Name: JTS MULLER

Relevant professional qualification(s) or body (if any):

CERTIFIED PUBLIC ACCOUNTANTS ACCOUNTANTS LTD. 01181009A 1st Floor 8-12 London Street Southport Merseyside PR9 0GZ

Address:

GMR Accounts Ltd

1st Floor 8-12 London Street

Section B

Disclosure

Only complete if the examiner needs to highlight matters of concern (see CC32, Independent examination of charity accounts: directions and guidance for examiners).

Give here details of any items that the examiner wishes to disclose.

[Empty disclosure box]



CHARITY COMMISSION
FOR ENGLAND AND WALES

Charity Name
Health Exchanger Nepal

No. (if any)
1124098

CC16a

Receipts and payments accounts

For the period from	Period start date	To	Period end date
	1st April 2024		31st March 2025

Section A Receipts and payments

	Unrestricted funds	Restricted funds	Endowment funds	Total funds	Last year
	to the nearest £	to the nearest £	to the nearest £	to the nearest £	to the nearest £
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Members Donation	£6,234	-	-	6,234	-
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	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total receipts	33,499	-	-	33,499	-
A3 Payments					
Lap Surgery Expenses	£7,507	-	-	7,507	-
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Diff meeting in Nepal	£2,100	-	-	2,100	-
Manchester 10K Cost	£1,713	-	-	1,713	-
Children Foundation Nepal	£2,000	-	-	2,000	-
Dhulikhel Hosp Paed Dept	£3,049	-	-	3,049	-
Equipment	£496	-	-	496	-
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	-	-	-	-	-
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A6 Cash funds last year end	101,760	-	-	101,760	-
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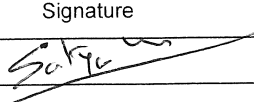
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		-	-	-
		-	-	-
		-	-	-
		-	-	-

Categories	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
B3 Investment assets			-	-
			-	-
			-	-
			-	-
			-	-

Categories	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
B4 Assets retained for the charity's own use			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-

Categories	Details	Fund to which liability relates	Amount due (optional)	When due (optional)
B5 Liabilities			-	
			-	
			-	
			-	
			-	

Signed by one or two trustees on behalf of all the trustees

Signature	Print Name	Date of approval
	Satyan Rajbhandari	24/07/2025

HEALTH EXCHANGE NEPAL (UK)

England & Wales - Charity number 1124098

Accounts



Health Exchange Nepal (HEXN)

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Achievements and Performance during year 2023/24:

Our usual activities resumed both in Nepal and the UK. We caught up with many training programme, which were withheld due to COVID.

General Medicine Training in Nepal

This year, we collaborated closely with the Society of International Medicine of Nepal and the Royal College of Physicians of Edinburgh to further develop postgraduate medical training in Nepal. We organized the visit of Prof. Andrew Elder, the RCPE President, to Nepal and participated in the SIMON International Conference in 2023. HEXN conducted workshop in Acute Medicine in National Academy of Medical Science. We also helped in Roll Signing Ceremony of RCPE in Nepal where many Nepali doctors were awarded FRCP Diploma. Our strong relationship with the UK college facilitated the establishment of the MRCP PACES Centre for South Asia in Kathmandu, with support from the Federation of the Royal Colleges of Physicians. The first exam was successfully conducted in March 2023 at Medicit Hospital.



Clockwise from top left: With examiners and volunteers during the first MRCP PACES in Nepal at Medicit Hospital. RCPE President Prof Elder addressing Roll signing Ceremony. Acute Medicine Workshop in National Academy of Medical Science, Bir Hospital Newly elected FRCP at RCPE Roll signing ceremony in Kathmandu, Nepal.

Diabetes meeting:



HEXN conducted a short training programme in diabetes to community health workers in Dakshinkali, Nepal and distributed Glucose monitoring device.

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Training in Surgery

This year, as always, we conducted laparoscopic surgery training at Dhulikhel Hospital and added another session in Pokhara. We also held a NOTTS (Non-Technical Skills for Surgeons) course. Kamal Aryal played a key role in organising these courses.



Clockwise from top left: Annual Laparoscopic surgery course in Dhulikhle Hospital. NOTTS course in TUTH, Kathmandu. Kamal helping trainee in Pokhara at simulation training.

Kathmandu Institute of Child Health (KIOCH):

We introduced KIOCH in the UK by inviting its founder, Bhagwan Koirala, to the Speaker's House in the Palace of Westminster. Sir Lindsay Hoyle welcomed him and introduced him to MPs and many distinguished guests. We also helped organise local meetings and raised funds for KIOCH, which were handed over to a newly formed charity called KPALS UK.



From Top left: Meeting at Speaker's House, with speaker, KIOCH Hospital under construction

Maxillofacial surgery



We have supported the Cranio-facial Centre in Janakpur since its inception, facilitating visits from numerous UK surgeons. This year, Rabin Pratap Singh led the 3rd Kathmandu Head & Neck Surgery course, which is accredited by the Royal College of Surgeons of Edinburgh and was very well-received.

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Charity Ball

We celebrated HEXN's 15th Anniversary Crystal Charity Ball on 29th September 2023. The event was graced by the Speaker of the UK Parliament, Sir Lindsay Hoyle, as the chief guest. It was attended by ambassadors, presidents of Royal Colleges, members of parliament, and many other distinguished guests. Sanita played a key role in organising this memorable event.



Clockwise from top left: Chief guests, Charity dinner pre-dinner drinks, Relaxing after dinner,

Clinical Meetings:

This year, we supported numerous other meetings. Shambhu Acharya assisted with a difficult airway workshop for the Society of Anaesthesiologists of Nepal. Additionally, we supported the Himalayan Vascular Society's first meeting in Kathmandu and the Nepal Society of Obstetricians and Gynaecologists with their annual award.



From Left: Supported Bindu Kafle Award, Workshop in Mediciti and NAMS

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Training Nepalese Care Worker:

In collaboration with So The Child May Live and the Nepal Paediatric Society, we continued our Child Protection training program across various institutes in Nepal. Additionally, we supported the Nepal Life Support Foundation in conducting Basic Life Support training sessions for diverse groups, including police officers, school staff, members of parliament, and social workers.



From Top Left: Child protection training programme at TU Teaching Hospital, Basic Life support training to police officers in Nepal

Support to various Institution in Nepal:

We supported Bhaktapur Cancer Hospital by providing anaesthetic instruments, including monitors, disposable laryngeal masks, and bronchoscopes, with the help of Ramesh Khoju. Additionally, we assisted in constructing a patient waiting room at the hospital. The oxygen plant we helped establish during COVID was donated to Damak Hospital. We also donated advanced airway equipment to the National Simulation Lab at Bir Hospital.



From Left: Oxygen plant to Damak, Anaesthetic equipment to NAMS, Patient waiting room

Manchester 10K:

As every year we raised fund with Manchester 10 K run on 21st May 2023.



Contact Address

Prof Satyan Rajbhandari
Chorley & South Ribble Hospital, Chorley PR7 1PP, UK
Tel: (44) 1257 245028
Satyan.rajbhandari@lthtr.nhs.uk



Health Exchange Nepal (HEXN)

UK Charity Reg No 1124098

www.hexn.org

Other works:



This year we supported Dr Sujjan Poudel at Alderhey Hospital for Paediatric Orthopaedic Training. Dr Ramesh Khoju represented HEXN in Nepal Embassy meeting. Pramita represented HEXN in KIOCH meeting.

Financial Review:

Income:

Our fundraising improved this year. Our activities also increased substantially as there were many pending projects and training programme. This year our fund collection was augmented with gift aid refund. So our finances are looking healthy.

INCOME	AMOUNT
Members Donation	£ 6,389
Charity Ball Fund Raising	£ 14,781
Manchester 10 K Fund Raising	£ 11118
KIOCH Fund Raising	£ 8069
HMRC GiftAid	£ 17472
Individual Donation from various people	£ 12552
Bank Interest	£ 1421
So The Child May Live	£ 1500
RCPE	£ 1500
Other Donation	£ 2065
TOTAL	£ 76867

Expenditures:

This year our main expenditure has gone to provide clinical and educational support to Nepal. We also supported various hospitals to pump prime funds to start new services. This has resulted in more expenditure in comparison to fundraising.

EXPENSES	AMOUNT
Manchester 10 K Expenses	£ 3735
KPALS	£ 9599
HEXN Training in Nepal	£ 7682
UK Training for Nepali doctors	£ 2400
Charity Dinner cost	£ 7677
SIMON RCPE Cost	£ 2146
Equipment for Nepal	£ 1948
Just Giving Subscription Cost	£ 360
Website cost	£ 299
UK faculty Travel	£13501
TOTAL	£ 49,347

Contact Address

Prof Satyan Rajbhandari
 Chorley & South Ribble Hospital, Chorley PR7 1PP, UK
 Tel: (44) 1257 245028
Satyan.rajbhandari@lthtr.nhs.uk



Health Exchange Nepal (HEXN)

UK Charity Reg No 1124098

www.hexn.org

Balance Carried forward from last year	£ 74,241
Balance this year	£ 27,519
New Balance on 31st March 2023	£ 101,760

Declaration:

There has not been any significant event this year and our charity has performed as expected.

Signed on behalf of trustees

Prof Satyan Rajbhandari
General Secretary, HEXN

Date: 30th November 2024

HEXN

Contact Address

Prof Satyan Rajbhandari
Chorley & South Ribble Hospital, Chorley PR7 1PP, UK
Tel: (44) 1257 245028
Satyan.rajbhandari@lthtr.nhs.uk



CHARITY COMMISSION
FOR ENGLAND AND WALES

Charity Name
Health Exchanger Nepal

No (if any)
1124098

CC16a

Receipts and payments accounts

For the period from	Period start date 1st April 2023	To	Period end date 31st March 2024
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Section A Receipts and payments

	Unrestricted funds to the nearest £	Restricted funds to the nearest £	Endowment funds to the nearest £	Total funds to the nearest £	Last year to the nearest £
A1 Receipts					
Members Donation	£6,389	-	-	6,389	-
Charity Ball Fund Raising	£14,781	-	-	14,781	-
Manchester 10k Fund raising	£11,118	-	-	11,118	-
KIOCH Fund Raising	£8,069	-	-	8,069	-
HMRC Giftaid	£17,472	-	-	17,472	-
Other Donation	£14,617	-	-	14,617	-
So the Child May Live	£1,500	-	-	1,500	-
Royal College	£1,500	-	-	1,500	-
Bank Interest	£1,421	-	-	1,421	-
Sub total (Gross income for AR)	76,867	-	-	76,867	-
A2 Asset and investment sales, (see table).					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total receipts	76,867	-	-	76,867	-
A3 Payments					
Manchester 10 K Expenses	£3,735	-	-	3,735	-
KPALS	£9,599	-	-	9,599	-
UK Training for Nepali doctors	£2,400	-	-	2,400	-
Charity Dinner Cost	£7,677	-	-	7,677	-
SIMON RCPE Cost	£2,146	-	-	2,146	-
Equipment for Nepal	£1,948	-	-	1,948	-
JustGiving Subscription	£360	-	-	360	-
Website cost	£299	-	-	299	-
HExN Training in Nepal	£21,183	-	-	21,183	-
Sub total	49,347	-	-	49,347	-
A4 Asset and investment purchases, (see table)					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total payments	49,347	-	-	49,347	-
Net of receipts/(payments)	27,520	-	-	27,520	-
A5 Transfers between funds	-	-	-	-	-
A6 Cash funds last year end	74,241	-	-	74,241	-
Cash funds this year end	101,761	-	-	101,761	-

Section B Statement of assets and liabilities at the end of the period

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B1 Cash funds		50,339	-	-
		-	-	-
		-	-	-
	Total cash funds	50,339	-	-
	(agree balances with receipts and payments account(s))	Agreement Error	OK	OK

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B2 Other monetary assets	95 Day Liquidity Manager Fund	51,422	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-

Categories	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
B3 Investment assets			-	-
			-	-
			-	-
			-	-
			-	-

Categories	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
B4 Assets retained for the charity's own use			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-

Categories	Details	Fund to which liability relates	Amount due (optional)	When due (optional)
B5 Liabilities			-	
			-	
			-	
			-	
			-	

Signed by one or two trustees on behalf of all the trustees

Signature	Print Name	Date of approval
	Satyan Rajbhandari	11/30/2024



Section A Independent Examiner's Report

Report to the trustees/ members of

Health Exchange Nepal

On accounts for the year ended

31st March 2024

Charity no (if any)

1124098

Set out on pages

3-4

I report to the trustees on my examination of the accounts of the above charity ("the Trust") for the year ended

Responsibilities and basis of report

As the charity trustees, you are responsible for the preparation of the accounts in accordance with the Charities Act 2011 ("the Act").

I report in respect of my examination of the Trust's accounts carried out under section 145 of the 2011 Act and in carrying out my examination, I have followed all the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

Independent examiner's statement

[The charity's gross income exceeded £250,000 and I am qualified to undertake the examination by being a qualified member of [insert name of applicable listed body]]. Delete [] if not applicable.

I have completed my examination. I confirm that no material matters have come to my attention (other than that disclosed below *) in connection with the examination which gives me cause to believe that in, any material respect,:

- the accounting records were not kept in accordance with section 130 of the Act; or
• the accounts did not accord with the accounting records; or
• the accounts did not comply with the applicable requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 other than any requirement that the accounts give a 'true and fair' view which is not a matter considered as part of an independent examination.

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.

* Please delete the words in the brackets if they do not apply.

Signed:

[Handwritten signature]

Date:

30/01/2025

Name:

JPA MULLER

Relevant professional qualification(s) or body (if any):

CERTIFIED PUBLIC ACCOUNTANTS 011810094



ACCOUNTANTS LTD 1st Floor 8-12 London Street Southport Merseyside PR9 0L

Address:

GMR Accounts Ltd

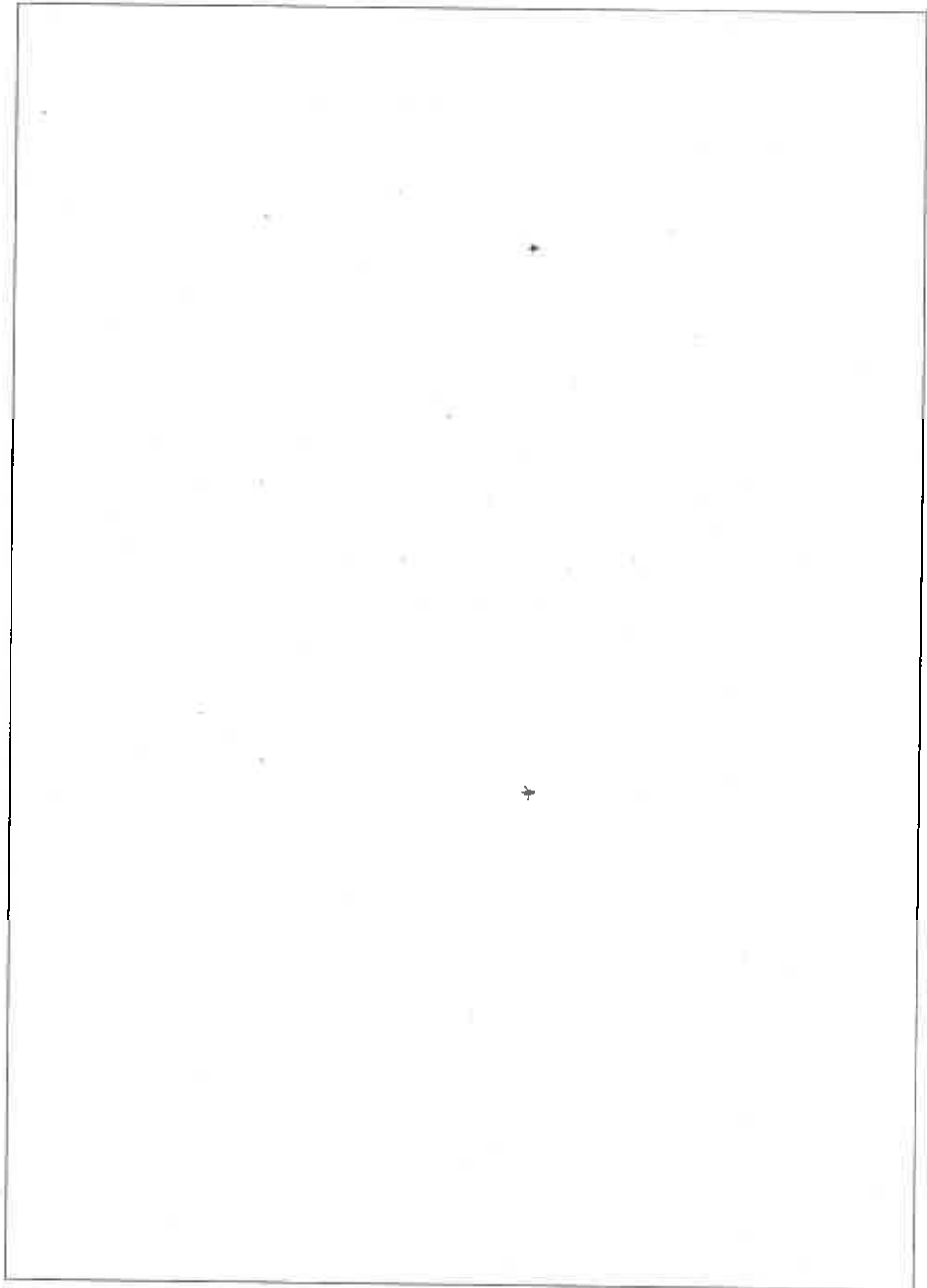
1st Floor 8-12 London Street

Section B

Disclosure

Only complete if the examiner needs to highlight matters of concern (see CC32, Independent examination of charity accounts: directions and guidance for examiners).

Give here details of any items that the examiner wishes to disclose.





CHARITY COMMISSION
FOR ENGLAND AND WALES

Charity Name
Health Exchanger Nepal

No. of accounts
1124098

CC16a

Receipts and payments accounts

For the period from	1st April 2023	To	31st March 2024
---------------------	----------------	----	-----------------

Section A Receipts and payments

	Unrestricted funds to the nearest £	Restricted funds to the nearest £	Endowment funds to the nearest £	Total funds to the nearest £	Last year to the nearest £
A1 Receipts					
Members Donation	£6,389	-	-	6,389	-
Charity Ball Fund Raising	£14,781	-	-	14,781	-
Manchester 10k Fund raising	£11,118	-	-	11,118	-
KIOCH Fund Raising	£8,069	-	-	8,069	-
HMRC Giftaid	£17,472	-	-	17,472	-
Other Donation	£14,617	-	-	14,617	-
So the Child May Live	£1,500	-	-	1,500	-
Royal College	£1,500	-	-	1,500	-
Bank Interest	£1,421	-	-	1,421	-
Sub total (Gross income for AR)	76,867	-	-	76,867	-
A2 Asset and investment sales, (see table).					
	-	-	-	-	-
Sub total	-	-	-	-	-
Total receipts	76,867	-	-	76,867	-
A3 Payments					
Manchester 10 K Expenses	£3,735	-	-	3,735	-
KPALS	£9,599	-	-	9,599	-
UK Training for Nepali doctors	£2,400	-	-	2,400	-
Charity Dinner Cost	£7,677	-	-	7,677	-
SIMON RCPE Cost	£2,146	-	-	2,146	-
Equipment for Nepal	£1,948	-	-	1,948	-
JustGiving Subscription	£360	-	-	360	-
Website cost	£299	-	-	299	-
HExN Training in Nepal	£21,183	-	-	21,183	-
Sub total	49,347	-	-	49,347	-
A4 Asset and investment purchases, (see table)					
	-	-	-	-	-
Sub total	-	-	-	-	-
Total payments	49,347	-	-	49,347	-
Net of receipts/(payments)	27,520	-	-	27,520	-
A5 Transfers between funds	-	-	-	-	-
A6 Cash funds last year end	74,241	-	-	74,241	-
Cash funds this year end	101,761	-	-	101,761	-

Section B Statement of assets and liabilities at the end of the period

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B1 Cash funds		50,339	-	-
		-	-	-
		-	-	-
	Total cash funds	50,339	-	-

(agree balances with receipts and payments account(s))

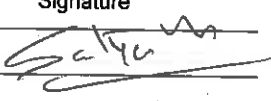
Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B2 Other monetary assets	95 Day Liquidity Manager Fund	51,422	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-

Categories	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
B3 Investment assets			-	-
			-	-
			-	-
			-	-
			-	-

Categories	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
B4 Assets retained for the charity's own use			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-

Categories	Details	Fund to which liability relates	Amount due (optional)	When due (optional)
B5 Liabilities			-	
			-	
			-	
			-	
			-	

Signed by one or two trustees on behalf of all the trustees

Signature	Print Name	Date of approval
	Satyan Rajbhandari	30/11/2024

HEALTH EXCHANGE NEPAL (UK)

England & Wales - Charity number 1124098

Accounts



Health Exchange Nepal (HEXN)

UK Charity Reg No 1124098

www.hexn.org

Trustees' Annual Report for the period 01/04/22 to 31/03/23

Charity Name: Health Exchange Nepal (UK). Other Name: HEXN

Registered charity number: 1124098

Charity's address: 9 Hill Croft, Clayton-le Woods, Chorley, PR6 7EF

Names of the trustees:	Date Appointed	Appointed by
1. Satyan Rajbhandari	30/03/2008	Executive Committee
2. Jeremy Ward	30/03/2008	Executive Committee
3. Anil Tuladhar	30/03/2008	Executive Committee

Names of the Executive Committee Members

1. Jeremy Ward, Chairman
2. Satyan Rajbhandari, General Secretary
3. Sandesh Acharya, Communication Officer
4. Mohan Thapa, Treasurer
5. Stephen Ward, Committee Members
6. Bichhyan Rai, Committee Members
7. Ramesh Khoju, Committee Members

Structure, Governance and Management:

HEXN is governed through its constitution. Membership for this charity is open to anyone who donates £5 per month. The number of active members varies between 95 - 105 as there are new members recruited and old members stopping subscriptions. The Executive committee is responsible for the day to day running of this charity. It can co-opt other executive members, as necessary. They are also responsible for appointing trustees. HEXN avoids administrative cost apart from when it is necessary. Therefore, all funds raised go towards the good cause. All communication is done through email to improve efficiency.

Objectives & Activities:

The main aim of the charity is to promote the exchange of health professionals between Nepal and the UK. HEXN has been providing educational and clinical support to Nepal in various forms. We support several conferences in Nepal where UK experts take part. Similarly, we support Nepali Health Care Professionals come and train in the UK. HEXN also raises fund and help in specific projects related to health and education.

Contact Address

Prof Satyan Rajbhandari
Chorley & South Ribble Hospital, Chorley PR7 1PP, UK
Tel: (44) 1257 245028
Satyan.rajbhandari@lthtr.nhs.uk



Health Exchange Nepal (HEXN)

UK Charity Reg No 1124098

www.hexn.org

Achievements and Performance during year 2022/23:

Following COVID, this year our usual activities resumed both in Nepal and the UK. We caught up with many training programme, which were withheld due to COVID.

1 Training in Surgery: As every year Mr Kamal Aryal & Mr Jeremy Ward led HEXN faculty to Nepal to conduct various training programme. We worked with Royal College of Surgeons of Edinburgh, Nepalese Doctors Association and local institutes for this. Our faculty were able to enjoy a nice Trek after this.



Clockwise from top left:

Eighth laparoscopic surgery course in Dhulikhel Hospital

NOTSS course at Institute of Medicine, Kathmandu

Workshop on Laparoscopic Surgery in Manipal Hospital, Pokhara

'Future Surgeons Course' at Nepal Army Institute of Health Sciences



2 Diabetes Meetings: This year regional Diabetes Nepal was conducted in Birgunj. The annual Diabetes Meeting was combined with South Asian Federation of Endocrine meeting.



Contact Address

Prof Satyan Rajbhandari

Chorley & South Ribble Hospital, Chorley PR7 1PP, UK

Tel: (44) 1257 245028

Satyan.rajbhandari@lthtr.nhs.uk



Health Exchange Nepal (HEXN)

UK Charity Reg No 1124098

www.hexn.org

3 Clinical Meetings: We supported other meetings this year for Society of Internal Medicine of Nepal, Nepalese Society for Critical Care Medicine, Society of Anaesthesiologists of Nepal and Nepal Society of Obstetrician and Gynaecologists.



Clockwise from top left:
Workshop in Pokhara with SIMON.

Dr Irfan Chaudry at Nepalese Society for Critical Care Medicine.

SAN Airway Workshop.

Training community health volunteers in.

Supporting Bindu Kafle Award with NESOG



4 Training Nepalese Care Worker: Working with Nepal Paediatric Society we continued our training programme in Child Protection to various institutes in Nepal at Banepa, Dhulikhel, Birgunj. We worked with "So The Child May Live" for this. We also supported Nepal Life Support Foundation to run Basic Life Support training at various places.



Contact Address

Prof Satyan Rajbhandari

Chorley & South Ribble Hospital, Chorley PR7 1PP, UK

Tel: (44) 1257 245028

Satyan.rajbhandari@lthtr.nhs.uk



Health Exchange Nepal (HEXN)

UK Charity Reg No 1124098

www.hexn.org

5 Support to various Institution: We supported various hospitals and institutions this year. (Clockwise from Top Left: Donation to construct for Patient Waiting Hall to be named after Late Bibek Pradhan at Bhaktapur Cancer Hospital. Support KAHS Teaching Hospital, Jumla with Bronchoscope. Oxygen plant, which we supported during COVID delivered at Kathmandu Institute of Child Health Hospital, Damak. Support development of National Simulation Lab in Bir Hospital. Helping Model Hospital develop service to provide cost-effective chemotherapy unit in Kathmandu



6 Produce Educational Film on Diabetes: We worked with famous comedians Madan Krishna and Hari Bansha to produce second part of film on diabetes, which was released this year. Both parts are available to view in YouTube. If you have not watched it please use the link below to watch.

Part 1: https://youtu.be/58Z_qboyTAQ & Part 2: <https://youtu.be/INb4zdOuNF4>



Contact Address

Prof Satyan Rajbhandari
Chorley & South Ribble Hospital, Chorley PR7 1PP, UK
Tel: (44) 1257 245028
Satyan.rajbhandari@lthtr.nhs.uk



Health Exchange Nepal (HEXN)

UK Charity Reg No 1124098

www.hexn.org

7 Support Nepalese doctors for UK Training: Due to COVID, travelling to the UK was on hold. This year we were able to support 4 doctors with HEXN UK Fellowship.



Clockwise from Top Left:
Dr Agya Shrestha, in Histopathology, Dr Tina Shrestha in Ophthalmology, Dr Punya Kharbuja in Surgery and Dt Pankaj Pant in Respiratory. All were attached to Lancashire Teaching Hospital.

8 Nepali Health Mela: We were able to hold cardiovascular health check and provide health counselling to Nepalese community in Catterick (Left) and Manchester (Right).



Contact Address

Prof Satyan Rajbhandari
Chorley & South Ribble Hospital, Chorley PR7 1PP, UK
Tel: (44) 1257 245028
Satyan.rajbhandari@lthtr.nhs.uk



Health Exchange Nepal (HEXN)

UK Charity Reg No 1124098

www.hexn.org

9 Fundraising: Mr Jeremy Ward completed his 14 day cycling from Lands End to Joan O Groats and raised money. As every year a group of volunteers took part in Manchester 10K to raise fund. We had donations from many individuals and organisations too.



Financial Review:

Income:

Our fundraising improved this year. Our activities also increased substantially as there were many pending projects and training programme. This year we were £8583 over spent but as we have surplus from previous years our finances are looking healthy.

INCOME	AMOUNT
Members Donation	£6,164
Just Giving Fund Raising	£16,178
Other donations	£16,365
So The Child May Live	£2,500
Movie Fund Raising	£7,968
TOTAL	£ 49,175

Contact Address

Prof Satyan Rajbhandari
 Chorley & South Ribble Hospital, Chorley PR7 1PP, UK
 Tel: (44) 1257 245028
Satyan.rajbhandari@lthtr.nhs.uk



Health Exchange Nepal (HEXN)

UK Charity Reg No 1124098

www.hexn.org

Expenditures:

This year our main expenditure has gone to provide clinical and educational support to Nepal. We also supported various hospitals to pump prime funds to start new services. This has resulted in more expenditure in comparison to fundraising.

EXPENSES	AMOUNT
Manchester 10 K Expenses	£1,865
HEXN Training in Nepal	£20,103
UK Training for Nepali doctors	£2,303
Manchester Health Event	£690
Other Costs	£1,388
Equipment for Nepal	£13,590
Diabetes Movie Cost	£8,294
Simulation Training Cost	£5,775
Other Training in Nepal	£3,751
TOTAL	£ 57,758

Balance Carried forward from last year	£ 82,824
Balance this year	- £8,583
New Balance on 31st March 2022	£ 74,241

Declaration:

There has not been any significant event this year and our charity has performed as expected.

Signed on behalf of trustees

Prof Satyan Rajbhandari
General Secretary, HEXN

Date: 18th January 2024

Contact Address

Prof Satyan Rajbhandari
Chorley & South Ribble Hospital, Chorley PR7 1PP, UK
Tel: (44) 1257 245028
Satyan.rajbhandari@lthtr.nhs.uk



CHARITY COMMISSION
FOR ENGLAND AND WALES

Charity Name
Health Exchanger Nepal

No (if any)
1124098

CC16a

Receipts and payments accounts

For the period from	Period start date 1st April 2022	To	Period end date 31st March 2023
---------------------	-------------------------------------	----	------------------------------------

Section A Receipts and payments

	Unrestricted funds to the nearest £	Restricted funds to the nearest £	Endowment funds to the nearest £	Total funds to the nearest £	Last year to the nearest £
A1 Receipts					
Members Donation	£6,164	-	-	6,164	-
Just Giving Fund Raising	£16,178	-	-	16,178	-
Other donations	£16,365	-	-	16,365	-
So The Chile May Live	£2,500	-	-	2,500	-
Movie Fund Raising	£7,968	-	-	7,968	-
Sub total (Gross income for AR)	49,175	-	-	49,175	-
A2 Asset and investment sales, (see table).					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total receipts	49,175	-	-	49,175	-
A3 Payments					
Manchester 10 K Expenses	£1,865	-	-	1,865	-
HEXN Training in Nepal	£20,103	-	-	20,103	-
UK Training for Nepali doctors	£2,303	-	-	2,303	-
Manchester Health Event	£690	-	-	690	-
Other Costs	£1,388	-	-	1,388	-
Equipment for Nepal	£13,590	-	-	13,590	-
Diabetes Movie Cost	£8,294	-	-	8,294	-
Simulation Training Cost	£5,775	-	-	5,775	-
Other Training in Nepal	£3,751	-	-	3,751	-
Sub total	57,758	-	-	57,758	-
A4 Asset and investment purchases, (see table)					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total payments	57,758	-	-	57,758	-
Net of receipts/(payments)	- 8,583	-	-	- 8,583	-
A5 Transfers between funds	-	-	-	-	-
A6 Cash funds last year end	82,825	-	-	82,825	-
Cash funds this year end	74,242	-	-	74,242	-

Section B Statement of assets and liabilities at the end of the period

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B1 Cash funds		-	-	-
		-	-	-
		-	-	-
	Total cash funds	-	-	-
	(agree balances with receipts and payments account(s))	Agreement Error	OK	OK

	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B2 Other monetary assets		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-

	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
B3 Investment assets			-	-
			-	-
			-	-
			-	-
			-	-

	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
B4 Assets retained for the charity's own use			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-

	Details	Fund to which liability relates	Amount due (optional)	When due (optional)
B5 Liabilities			-	
			-	
			-	
			-	
			-	

Signed by one or two trustees on behalf of all the trustees	Signature	Print Name	Date of approval
	Satyan Rajbhandari		12/27/2022



Section A

Independent Examiner's Report

Report to the trustees/ members of

Health Exchange Nepal

On accounts for the year ended

31st March 2023	Charity no (If any)	1124098
-----------------	---------------------	---------

Set out on pages

3 - 4

I report to the trustees on my examination of the accounts of the above charity ("the Trust") for the year ended

Responsibilities and basis of report

As the charity trustees, you are responsible for the preparation of the accounts in accordance with the Charities Act 2011 ("the Act").

I report in respect of my examination of the Trust's accounts carried out under section 145 of the 2011 Act and in carrying out my examination, I have followed all the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

Independent examiner's statement

[The charity's gross income exceeded £250,000 and I am qualified to undertake the examination by being a qualified member of [insert name of applicable listed body]]. Delete [] if not applicable.

I have completed my examination. I confirm that no material matters have come to my attention (other than that disclosed below *) in connection with the examination which gives me cause to believe that in, any material respect,:

- the accounting records were not kept in accordance with section 130 of the Act; or
- the accounts did not accord with the accounting records; or
- the accounts did not comply with the applicable requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 other than any requirement that the accounts give a 'true and fair' view which is not a matter considered as part of an independent examination.

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.

* Please delete the words in the brackets if they do not apply.

Signed: [Signature]

Date: 24/01/2024

Name: Jonathan Muller

Relevant professional qualification(s) or body (if any):

Fellow Certified Public Accountant

Address:

GMR Accountants LTD

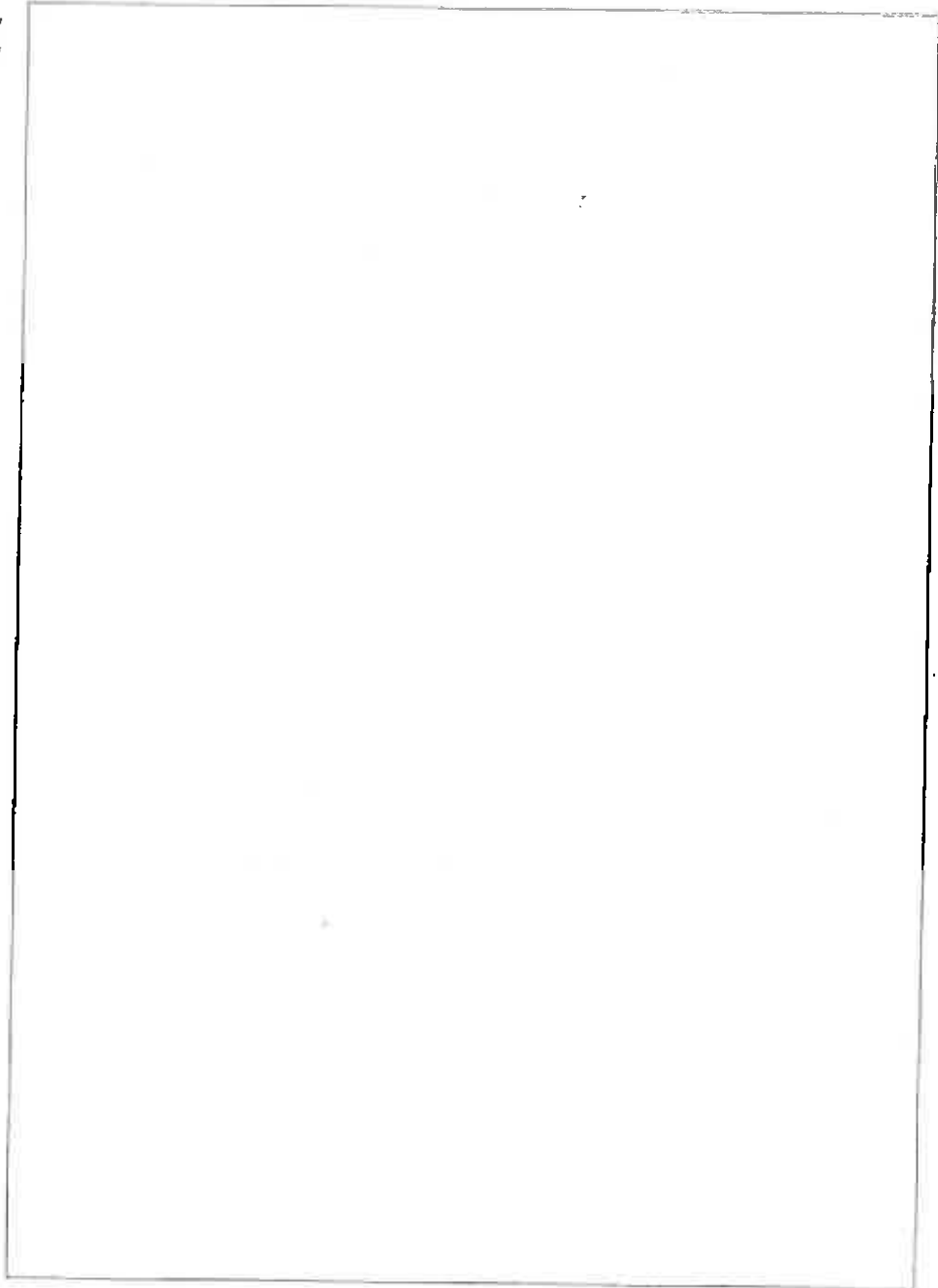
1st Floor, 8-12 London Street

Section 5

Disclosure

Only complete if the examiner needs to highlight matters of concern (see CC32, Independent examination of charity accounts: directions and guidance for examiners).

Give here details of any items that the examiner wishes to disclose.



Section B Statement of assets and liabilities at the end of the period

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B1 Cash funds		74242	-	-
		-	-	-
		-	-	-
	Total cash funds <small>(agree balances with receipts and payments account(s))</small>	74242	-	-


Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B2 Other monetary assets		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-

Categories	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
B3 Investment assets			-	-
			-	-
			-	-
			-	-
			-	-

Categories	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
B4 Assets retained for the charity's own use			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-

Categories	Details	Fund to which liability relates	Amount due (optional)	When due (optional)
B5 Liabilities			-	
			-	
			-	
			-	

Signed by one or two trustees on behalf of all the trustees

Signature	Print Name	Date of approval
	Satya Rajbhandari	07/11/2023



CHARITY COMMISSION
FOR ENGLAND AND WALES

Charity Name
Health Exchanger Nepal

1124098

Receipts and payments accounts

CC16a

For the period from	1st April 2022	To	31st March 2023
---------------------	----------------	----	-----------------

Section A Receipts and payments

	Unrestricted funds to the nearest £	Restricted funds to the nearest £	Endowment funds to the nearest £	Total funds to the nearest £	Last year to the nearest £
A1 Receipts					
Members Donation	£6,164	-	-	6,164	-
Just Giving Fund Raising	£16,178	-	-	16,178	-
Other donations	£16,365	-	-	16,365	-
So The Chile May Live	£2,500	-	-	2,500	-
Movie Fund Raising	£7,968	-	-	7,968	-
Sub total (Gross income for AR)	49,176			49,176	
A2 Asset and investment sales, (see table).					
	-	-	-	-	-
Sub total					
Total receipts	49,176			49,176	
A3 Payments					
Manchester 10 K Expenses	£1,865	-	-	1,865	-
HExN Training in Nepal	£20,103	-	-	20,103	-
UK Training for Nepali doctors	£2,303	-	-	2,303	-
Manchester Health Event	£690	-	-	690	-
Other Costs	£1,388	-	-	1,388	-
Equipment for Nepal	£13,590	-	-	13,590	-
Diabetes Movie Cost	£8,294	-	-	8,294	-
Simulation Training Cost	£5,775	-	-	5,775	-
Other Training in Nepal	£3,751	-	-	3,751	-
Sub total	57,758			57,758	
A4 Asset and investment purchases, (see table)					
	-	-	-	-	-
Sub total					
Total payments	57,758			57,758	
Net of receipts/(payments)	8,583			8,583	
A5 Transfers between funds					
A6 Cash funds last year end	82,826			82,826	
Cash funds this year end	74,242			74,242	

HEALTH EXCHANGE NEPAL (UK)

England & Wales - Charity number 1124098

Accounts



Health Exchange Nepal (HEXN)

UK Charity Reg No 1124098

www.hexn.org

Trustees' Annual Report for the period 01/04/21 to 31/03/22

Charity Name: Health Exchange Nepal (UK). Other Name: HEXN

Registered charity number: 1124098

Charity's address: 9 Hill Croft, Clayton-le Woods, Chorley, PR6 7EF

Names of the trustees:	Date Appointed	Appointed by
1. Satyan Rajbhandari	30/03/2008	Executive Committee
2. Jeremy Ward	30/03/2008	Executive Committee
3. Anil Tuladhar	30/03/2008	Executive Committee

Names of the Executive Committee Members

1. Jeremy Ward, Chairman
2. Satyan Rajbhandari, General Secretary
3. Sandesh Acharya, Communication Officer
4. Mohan Thapa, Treasurer
5. Stephen Ward, Committee Members
6. Bichhyan Rai, Committee Members
7. Ramesh Khoju, Committee Members

Structure, Governance and Management:

HEXN is governed through its constitution. Membership for this charity is open to anyone who donates £5 per month. The number of active members varies between 95 - 105 as there are new members recruited and old members stopping subscriptions. The Executive committee is responsible for the day to day running of this charity. It can co-opt other executive members, as necessary. They are also responsible for appointing trustees. HEXN avoids administrative cost apart from when it is necessary. Therefore, all funds raised go towards the good cause. All communication is done through email to improve efficiency.

Objectives & Activities:

The main aim of the charity is to promote the exchange of health professionals between Nepal and the UK. In recent years, HEXN has been providing educational and clinical support to Nepal in various forms. We support several conferences in Nepal where UK health care professionals take part. HEXN also raises fund and help in specific projects related to health and education.

Contact Address

Prof Satyan Rajbhandari
Chorley & South Ribble Hospital, Chorley PR7 1PP, UK
Tel: (44) 1257 245028
Satyan.rajbhandari@lthtr.nhs.uk



Health Exchange Nepal (HEXN)

UK Charity Reg No 1124098

www.hexn.org

Achievements and Performance during year 2021/22:

Nepal was worst affected by the Delta variant of COVID in the early part of this financial year. So, most of our educational activities could be started only towards December. The focus this year had been help Nepal fight COVID infection. We concentrated mostly in providing much needed oxygen concentrators and ventilation equipment to Nepal. We worked with likeminded organisations like Nepalese Doctor's Association, America Nepal Medical Foundation, various NHS trusts, So the Child May Live and BAPIO. We raised fund, collected equipment, and transported to various hospitals and health institutes in Nepal. In total during this pandemic, we distributed goods worth £150,000.

- 1. Oxygen Plant in COVID Hospital:** We teamed up with ANMF and NDA to provide oxygen plant to a purpose built COVID Hospital in Balaju, Kathmandu (Fig 1 & 2). This was run by Nepal army. We raised and donated £10,000 towards this cause. After COVID pandemic, this facility was decommissioned, and the oxygen plant was transferred to Children's Hospital in Damak.
- 2. Model Hospital Support:** With 'So the Child May Live' charity, we supported Model Hospital in Kathmandu (Fig 3) with Oxygen Concentrators, BiPaP and CPaP machines for use in poor patients with COVID in Kathmandu.



Figure 1

1.Plans being made to convert Radha Soami Centre at Balaju, Kathmandu into COVID Hospital

2.Temporary hospital set up.

3.Oxygen concentrator and other respiratory support equipment supplied to Model Hospital

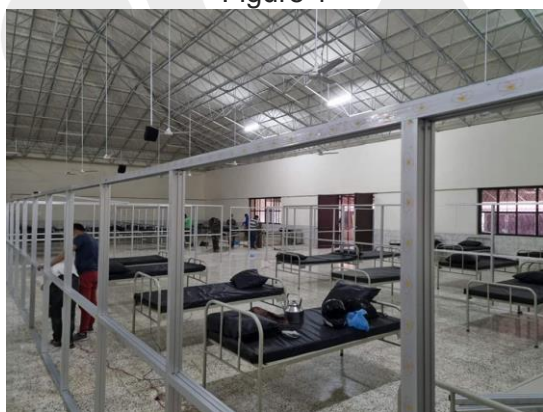


Figure 2



Figure 3

Contact Address

Prof Satyan Rajbhandari
Chorley & South Ribble Hospital, Chorley PR7 1PP, UK
Tel: (44) 1257 245028
Satyan.rajbhandari@lthtr.nhs.uk



Health Exchange Nepal (HEXN)

UK Charity Reg No 1124098

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- Lumbini Hospital Support:** Lumbini Hospital, although a zonal hospital, was not getting adequate support from the government at that time. With the help of BAPIO and other organisations in the UK, we were able to send 40 Oxygen concentrators directly from manufacturers in China to Lumbini Hospital in Nepal (Fig 4).
- COVID Help:** We also supported many peripheral hospitals in Nepal during this time. There was a lack of oxygen supply and patients were suffering. We supplied oxygen concentrators (Fig 5 &6) to hospitals and health posts in Malangawa, Salyan, Rukum, Okhaldhunga, Dhading, Pyuthan, Trishuli, and Darbung. In addition, working with the NDA, we supplied (Fig 7) various ventilatory equipment to TU Teaching Hospital, Trauma Centre and Nepal Critical Care Society for use in very sick patients.



Figure 4



Figure 5

4. Forty Oxygen concentrator sent to Lumbini Hospital directly from manufacturers in China

5. Oxygen concentrators supplied to Darbung

6. Oxygen concentrators used in Salyan

7. Packing of Respiratory equipment to send to Nepal



Figure 6



Figure 7

Contact Address

Prof Satyan Rajbhandari
Chorley & South Ribble Hospital, Chorley PR7 1PP, UK
Tel: (44) 1257 245028
Satyan.rajbhandari@lthtr.nhs.uk



Health Exchange Nepal (HEXN)

UK Charity Reg No 1124098

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5. Clinical Education: Our main aim is the training of health care professionals in Nepal. In this financial year, this was limited due to COVID but still conducted following training programmes.

- a. We conducted diabetes webinar during this period with the help of Diabetes Nepal (Fig 8). This was attended by almost 600 participants from all over the world.
- b. Dr Deepak Upadhyaya was able to lead Child Protection Training on 9th & 10th Dec 2021 at Kanti Hospital (Fig 9). This was supported by Nepal Paediatric Association and So the Child May Live.
- c. Dr Bishwas Shrestha conducted Basic Life support trainings aimed at high school children (Fig 10) in various schools. Similarly, Dr Sangeeta Shrestha was able to conduct eye check-up for students (Fig 11). We were delighted to support husband wife team in Nepal



Figure 8



Figure 10



Figure 11



Figure 9

8. Virtual Nephropathy in Diabetes Update on 11th Sep 2021

9. Child Protection Training on 9th & 10th Dec 2021

10. Basic Life Support training in Nepal

11. Eye screening programme in school.

Contact Address

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Chorley & South Ribble Hospital, Chorley PR7 1PP, UK
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Health Exchange Nepal (HEXN)

UK Charity Reg No 1124098

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- d. Neonatal Life Support (Fig 12) and Paediatric Intubation Training (Fig 13) were done locally in Nepal with the training manikin and simulators supplied by HEXN. We are pleased that local team have developed their training programme. We hope to continue supporting them.



Figure 12



Figure 13

12. NLS training in Nepal

13. Paediatric intubation training in Nepal.

Both these trainings were done by Nepalese faculty with the training equipment supplied by HEXN.

- e. After pandemic, we were able to support Annual Diabetes Conference in Nepal. I led this with the help from Dr Sankalpa Neupane. We conducted national conference in Kathmandu (Fig 14), Regional conference in Dharan (Fig 15) and Workshop for nurses and nutritionists (Fig 16). During this visit we also made an agreement with Diabetes Nepal & MAHA Sanchar to make second part of the film 'Diabetes'.



Figure 14



Figure 15

Contact Address

Prof Satyan Rajbhandari
Chorley & South Ribble Hospital, Chorley PR7 1PP, UK
Tel: (44) 1257 245028
Satyan.rajbhandari@lthtr.nhs.uk



Health Exchange Nepal (HEXN)

UK Charity Reg No 1124098

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Figure 16

14. Diabetes Nepal Meeting on 26th March 2022 in Kathmandu.

15 Regional Diabetes Conference on 23rd March 2022 in Dharan

16. Diabetes Workshop on 25th March 2022 in Padma Kanya Campus for nurses and nutritionists.

6. **HEXN Manchester 10K:** Due to lockdown and restriction during COVID pandemic, this was delayed, and we finally ran on 27th September 2021. We had a team of 35 runners who raised £18,000 for our cause (Figure 17).

7. **Other fund raising:** Earlier this year, Dr Deoman Gurung ran half marathon to raise fund for HEXN. Our president Mr Jeremy ward started to raise fund in preparation for Lands End to Joan O' Groat cycling challenge (Fig 18). As other years, we received donations from various individuals. We also set up a fund for Bhaktapur Cancer Hospital in memory of Late Dr Bibek Pradhan and raised £5000 (Fig 19).



Figure 17

17. Manchester 10 K run with 35 runners raised £18000

18. HEXN LE JOG cycling preparation.

19. Raising fund in memory of Late Dr Bibek B Pradhan



Figure 18

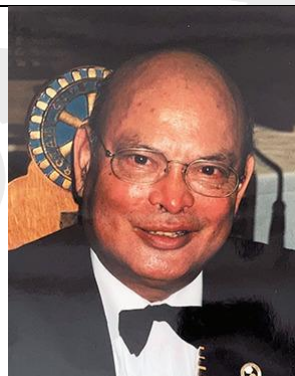


Figure 19

Contact Address

Prof Satyan Rajbhandari
Chorley & South Ribble Hospital, Chorley PR7 1PP, UK
Tel: (44) 1257 245028
Satyan.rajbhandari@lthtr.nhs.uk



Health Exchange Nepal (HEXN)

UK Charity Reg No 1124098

www.hexn.org

Financial Review:

Income:

Our fundraising activities improved this year as COVID was at its tail end. Our delayed annual Manchester 10K was done in September. IN total we raised £39261 through donations.

INCOME	AMOUNT
Members Donation	£6,144
Manchester 10K Challenge	£18,020
Raised in memory of Late Bibek Pradhan	£4,972
Just Giving Fund Raising	£3,458
Other Fund Raising	£17
Individuals one off Donations	£2,650
So The Chile May Live	£4,000
TOTAL	£ 39,261

Expenditures:

This year our main expenditure has gone to provide support to Nepal for COVID. We continued to provide Clinical and educational support to Nepal too.

EXPENSES	AMOUNT
Neonatal Intubation Set	£502
Oxygen Plant	£10,000
COVID Equipment	£21,134
Clinical Education	£2,572
Child Protection Training	£2,500
Other expenses	£216
Manchester 10 K Cost	£2,165
TOTAL	£ 39,089

Balance Carried forward from last year	£82,652
Balance this year	£172
New Balance on 31st March 2022	£82,824

Declaration:

There has not been any significant event this year and our charity has performed as expected.

Signed on behalf of trustees

Prof Satyan Rajbhandari
General Secretary, HEXN

Date: 9th January 2023

Contact Address

Prof Satyan Rajbhandari
Chorley & South Ribble Hospital, Chorley PR7 1PP, UK
Tel: (44) 1257 245028
Satyan.rajbhandari@lthtr.nhs.uk



CHARITY COMMISSION
FOR ENGLAND AND WALES

Charity Name
Health Exchanger Nepal

No (if any)
1124098

Receipts and payments accounts

For the period from	Period start date 1st April 2021	To	Period end date 31st March 2022
----------------------------	-------------------------------------	-----------	------------------------------------

Section A Receipts and payments

	Unrestricted funds to the nearest £	Restricted funds to the nearest £	Endowment funds to the nearest £	Total funds to the nearest £
A1 Receipts				
Members Donation	£6,144	-	-	6,144
Manchester 10K Challenge	£22,992	-	-	22,992
Just Giving Fund Raising	£3,458	-	-	3,458
Other Fund Raising	£17	-	-	17
Individual One off Donations	£2,650	-	-	2,650
So The Chile May Live	£4,000	-	-	4,000
		-	-	-
		-	-	-
		-	-	-
Sub total (Gross income for AR)	39,261	-	-	39,261
A2 Asset and investment sales, (see table).				
	-	-	-	-
	-	-	-	-
Sub total	-	-	-	-
Total receipts	39,261	-	-	39,261
A3 Payments				
Neonatal Intubation Set	£502	-	-	502
Oxygen Plant	£10,000	-	-	10,000
COVID Equipment	£21,134	-	-	21,134
Clinical Education	£2,572	-	-	2,572
Child Protection Training	£2,500	-	-	2,500
Other expenses	£216	-	-	216
Manchester 10 K Cost	£2,165	-	-	2,165
		-	-	-
		-	-	-
Sub total	39,089	-	-	39,089
A4 Asset and investment purchases, (see table)				
	-	-	-	-
	-	-	-	-
Sub total	-	-	-	-
Total payments	39,089	-	-	39,089
Net of receipts/(payments)	172	-	-	172
A5 Transfers between funds	-	-	-	-
A6 Cash funds last year end	82,652	-	-	82,652
Cash funds this year end	82,824	-	-	82,824

Section B Statement of assets and liabilities at the end of the period

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £
B1 Cash funds		-	-
		-	-
		-	-
	Total cash funds	-	-
	(agree balances with receipts and payments account(s))	Agreement Error	OK

	Details	Unrestricted funds to nearest £	Restricted funds to nearest £
B2 Other monetary assets		-	-
		-	-
		-	-
		-	-
		-	-
		-	-

	Details	Fund to which asset belongs	Cost (optional)
B3 Investment assets			-
			-
			-
			-
			-

	Details	Fund to which asset belongs	Cost (optional)
B4 Assets retained for the charity's own use			-
			-
			-
			-
			-
			-
			-
			-
			-

	Details	Fund to which liability relates	Amount due (optional)
B5 Liabilities			-
			-
			-
			-
			-

Signed by one or two trustees on behalf of all the trustees

Signature	Print Name
	Satyan Rajbhandari

CC16a



**Last year
to the nearest £**

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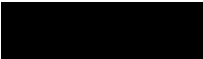
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Endowment funds

to nearest £

-
-
-
-

OK

Endowment funds

to nearest £

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-
-
-
-
-

Current value (optional)

-
-
-
-
-

Current value (optional)

-
-
-
-
-
-
-
-
-

When due (optional)

Date of approval

12/27/2022



Section A

Independent Examiner's Report

Report to the trustees/ members of

Charity Name
Health Exchange Nepal

On accounts for the year ended

31st March 2022

Charity no (if any) 1124098

Set out on pages

3 - 4

I report to the trustees on my examination of the accounts of the above charity ("the Trust") for the year ended 31st March 2021.

Responsibilities and basis of report

As the charity's trustees, you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ("the Act").

I report in respect of my examination of the Trust's accounts carried out under section 145 of the 2011 Act and in carrying out my examination, I have followed all the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

Independent examiner's statement

~~[The charity's gross income exceeded £250,000 and I am qualified to undertake the examination by being a qualified member of [insert name of applicable listed body]]. Delete [] if not applicable.~~

I have completed my examination. I confirm that no material matters have come to my attention in connection with the examination (~~other than that disclosed below*~~) which gives me cause to believe that in, any material respect:

- the accounting records were not kept in accordance with section 130 of the Charities Act; or
- the accounts did not accord with the accounting records; or
- the accounts did not comply with the applicable requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 other than any requirement that the accounts give a 'true and fair' view which is not a matter considered as part of an independent examination.

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.

* Please delete the words in the brackets if they do not apply.

Signed:

[Signature]

Date:

29 | 01 | 2022

Name:

Jonathan Muller

Relevant professional qualification(s) or body

Fellow Certified Public Accountant

(if any):

--

Address:

GMR ACCOUNTANTS LTD
1st Floor 8-12 London Street
Southport Merseyside PR9 0LW

Section B

Disclosure

Only complete if the examiner needs to highlight material matters of concern (see CC32, Independent examination of charity accounts: directions and guidance for examiners).

Give here brief details of any items that the examiner wishes to disclose.

--



CHARITY COMMISSION
FOR ENGLAND AND WALES

Charity Name
Health Exchanger Nepal

No (if any)
1124098

CC16a

Receipts and payments accounts

For the period from	Period start date 1st April 2021	To	Period end date 31st March 2022
------------------------	-------------------------------------	----	------------------------------------

Section A Receipts and payments

	Unrestricted funds to the nearest £	Restricted funds to the nearest £	Endowment funds to the nearest £	Total funds to the nearest £	Last year to the nearest £
A1 Receipts					
Members Donation	£6,144	-	-	6,144	-
Manchester 10K Challenge	£22,992	-	-	22,992	-
Just Giving Fund Raising	£3,458	-	-	3,458	-
Other Fund Raising	£17	-	-	17	-
Individual One off Donations	£2,650	-	-	2,650	-
So The Chile May Live	£4,000	-	-	4,000	-
Sub total (Gross income for AR)	39,261	-	-	39,261	-
A2 Asset and investment sales, (see table).					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total receipts	39,261	-	-	39,261	-
A3 Payments					
Neonatal Intubation Set	£502	-	-	502	-
Oxygen Plant	£10,000	-	-	10,000	-
COVID Equipment	£21,134	-	-	21,134	-
Clinical Education	£2,572	-	-	2,572	-
Child Protection Training	£2,500	-	-	2,500	-
Other expenses	£216	-	-	216	-
Manchester 10 K Cost	£2,165	-	-	2,165	-
Sub total	39,089	-	-	39,089	-
A4 Asset and investment purchases, (see table)					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total payments	39,089	-	-	39,089	-
Net of receipts/(payments)	172	-	-	172	-
A5 Transfers between funds	-	-	-	-	-
A6 Cash funds last year end	82,652	-	-	82,652	-
Cash funds this year end	82,824	-	-	82,824	-

Section B Statement of assets and liabilities at the end of the period

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B1 Cash funds		-	-	-
		-	-	-
		-	-	-
	Total cash funds	-	-	-

(agree balances with receipts and payments account(s))

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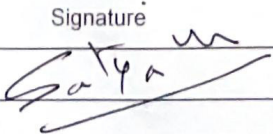
Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B2 Other monetary assets		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-

Categories	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
B3 Investment assets			-	-
			-	-
			-	-
			-	-
			-	-

Categories	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
B4 Assets retained for the charity's own use			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-

Categories	Details	Fund to which liability relates	Amount due (optional)	When due (optional)
B5 Liabilities			-	
			-	
			-	
			-	
			-	

Signed by one or two trustees on behalf of all the trustees

Signature	Print Name	Date of approval
	Satyan Rajbhandari	27/12/2022