



# Health Exchange Nepal (HEXN)

UK Charity Reg No 1124098

[www.hexn.org](http://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

<b>Names of the trustees:</b>	<b>Date Appointed</b>	<b>Appointed by</b>
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](mailto:Satyan.rajbhandari@lthtr.nhs.uk)



# Health Exchange Nepal (HEXN)

UK Charity Reg No 1124098

[www.hexn.org](http://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.

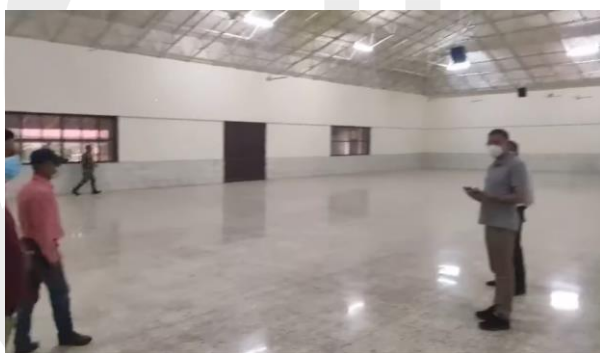


Figure 1

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

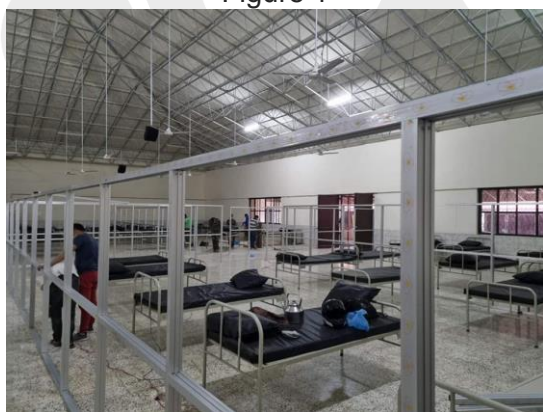


Figure 2



Figure 3

### Contact Address

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



# Health Exchange Nepal (HEXN)

UK Charity Reg No 1124098

[www.hexn.org](http://www.hexn.org)

3. **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).
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](mailto:Satyan.rajbhandari@lthtr.nhs.uk)





# Health Exchange Nepal (HEXN)

UK Charity Reg No 1124098

[www.hexn.org](http://www.hexn.org)

**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 9<sup>th</sup> & 10<sup>th</sup> 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 11<sup>th</sup> Sep 2021

9. Child Protection Training on 9<sup>th</sup> & 10<sup>th</sup> Dec 2021

10. Basic Life Support training in Nepal

11. Eye screening programme in school.

## Contact Address

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



# Health Exchange Nepal (HEXN)

UK Charity Reg No 1124098

[www.hexn.org](http://www.hexn.org)

- 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](mailto:Satyan.rajbhandari@lthtr.nhs.uk)





# Health Exchange Nepal (HEXN)

UK Charity Reg No 1124098

[www.hexn.org](http://www.hexn.org)



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 27<sup>th</sup> 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](mailto:Satyan.rajbhandari@lthtr.nhs.uk)



# Health Exchange Nepal (HEXN)

UK Charity Reg No 1124098

[www.hexn.org](http://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
<b>TOTAL</b>	<b>£ 39,261</b>

### 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
<b>TOTAL</b>	<b>£ 39,089</b>

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

### 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:** 9<sup>th</sup> January 2023

### Contact Address

Prof Satyan Rajbhandari  
Chorley & South Ribble Hospital, Chorley PR7 1PP, UK  
Tel: (44) 1257 245028  
[Satyan.rajbhandari@lthtr.nhs.uk](mailto: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 £
<b>A1 Receipts</b>				
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
		-	-	-
		-	-	-
		-	-	-
<b>Sub total</b> (Gross income for AR)	<b>39,261</b>	<b>-</b>	<b>-</b>	<b>39,261</b>
<b>A2 Asset and investment sales, (see table).</b>				
	-	-	-	-
	-	-	-	-
<b>Sub total</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>
<b>Total receipts</b>	<b>39,261</b>	<b>-</b>	<b>-</b>	<b>39,261</b>
<b>A3 Payments</b>				
Neonatal Intubation Set	£502	-	-	502
Oxygen Plant	£10,000	-	-	10,000
COVID Equipment	£21,134	-	-	21,134
Clinical Education	£2,572	-	-	2,572
Chid Protection Training	£2,500	-	-	2,500
Other expenses	£216	-	-	216
Manchester 10 K Cost	£2,165	-	-	2,165
		-	-	-
		-	-	-
<b>Sub total</b>	<b>39,089</b>	<b>-</b>	<b>-</b>	<b>39,089</b>
<b>A4 Asset and investment purchases, (see table)</b>				
	-	-	-	-
	-	-	-	-
<b>Sub total</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>
<b>Total payments</b>	<b>39,089</b>	<b>-</b>	<b>-</b>	<b>39,089</b>
<b>Net of receipts/(payments)</b>	<b>172</b>	<b>-</b>	<b>-</b>	<b>172</b>
<b>A5 Transfers between funds</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>
<b>A6 Cash funds last year end</b>	<b>82,652</b>	<b>-</b>	<b>-</b>	<b>82,652</b>
<b>Cash funds this year end</b>	<b>82,824</b>	<b>-</b>	<b>-</b>	<b>82,824</b>



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

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £
<b>B1 Cash funds</b>		-	-
		-	-
		-	-
	<b>Total cash funds</b>	-	-
	(agree balances with receipts and payments account(s))	Agreement Error	OK
<b>B2 Other monetary assets</b>		-	-
		-	-
		-	-
		-	-
		-	-
		-	-
		-	-
<b>B3 Investment assets</b>			-
			-
			-
			-
			-
			-
<b>B4 Assets retained for the charity's own use</b>			-
			-
			-
			-
			-
			-
			-
			-
			-
			-
<b>B5 Liabilities</b>			-
			-
			-
			-
			-
			-
Signed by one or two trustees on behalf of all the trustees	Signature	Print Name	
		Satyan Rajbhandari	

CC16a



Last year  
to the nearest £

-
-
-
-
-
-
-
-
-
-
-

-
-
-

-
---

-
-
-
-
-
-
-
-
-
-
-

-
-
-

-
---

-
-
-
-



**Endowment  
funds**

to nearest £

-
-
-
-

OK

**Endowment  
funds**

to nearest £

-
-
-
-
-
-

**Current value  
(optional)**

-
-
-
-
-

**Current value  
(optional)**

-
-
-
-
-
-
-
-
-

**When due  
(optional)**


Date of  
approval

12/27/2022





CHARITY COMMISSION  
FOR ENGLAND AND WALES

## Independent examiner's report on the accounts

### Section A

### Independent Examiner's Report

Report to the trustees/  
members of

Charity Name  
Health Exchange Nepal

On accounts for the year  
ended

31<sup>st</sup> 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 31<sup>st</sup> 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:

Date:

29 / 01 / 2023

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 0LJ

**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	To	Period end date
	1st April 2021		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 £
<b>A1 Receipts</b>					
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	-
		-	-	-	-
		-	-	-	-
		-	-	-	-
<b>Sub total (Gross income for AR)</b>	<b>39,261</b>	<b>-</b>	<b>-</b>	<b>39,261</b>	<b>-</b>
<b>A2 Asset and investment sales, (see table).</b>					
	-	-	-	-	-
	-	-	-	-	-
<b>Sub total</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>
<b>Total receipts</b>	<b>39,261</b>	<b>-</b>	<b>-</b>	<b>39,261</b>	<b>-</b>
<b>A3 Payments</b>					
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	-
		-	-	-	-
		-	-	-	-
<b>Sub total</b>	<b>39,089</b>	<b>-</b>	<b>-</b>	<b>39,089</b>	<b>-</b>
<b>A4 Asset and investment purchases, (see table)</b>					
	-	-	-	-	-
	-	-	-	-	-
<b>Sub total</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>
<b>Total payments</b>	<b>39,089</b>	<b>-</b>	<b>-</b>	<b>39,089</b>	<b>-</b>
<b>Net of receipts/(payments)</b>	<b>172</b>	<b>-</b>	<b>-</b>	<b>172</b>	<b>-</b>
<b>A5 Transfers between funds</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>
<b>A6 Cash funds last year end</b>	<b>82,652</b>	<b>-</b>	<b>-</b>	<b>82,652</b>	<b>-</b>
<b>Cash funds this year end</b>	<b>82,824</b>	<b>-</b>	<b>-</b>	<b>82,824</b>	<b>-</b>



## 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		-	-	-
		-	-	-
		-	-	-
		-	-	-
	<b>Total cash funds</b>	-	-	-

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

Agreement Error

OK

OK

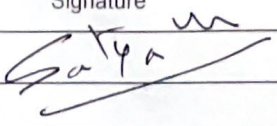
	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B2 Other monetary assets		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-

	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	27/12/2022