



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



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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

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

CC16a

For the period
from

Period start date
1st April 2024

To

Period end date
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 £
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

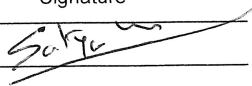
Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B2 Other monetary assets	95 Day Liquidity Manager Fund	53,421	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-

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



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

31st March 2025

Charity no
(if any)

1124098

Set out on pages

3-4

(Remember to include the page numbers of entries at sheet 3)

I report to the trustees on my examination of the accounts of the above charity ("the Trust") for the year ended **01/03/2025**.

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:

Date:

02/12/2025

Name:

JTS MULLER

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

CERTIFIED PUBLIC ACCOUNTANTS
ACCOUNTANTS LT.
01181009A
1st Floor 8-12 London Street
Southport Merseyside PR7 0G

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

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For the period from	Period start date 1st April 2024	To	Period end date 31st March 2025
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	-	-	-	-	-
Sub total	-	-	-	-	-
Total payments	30,542	-	-	30,542	-
Net of receipts/(payments)	2,957	-	-	2,957	-
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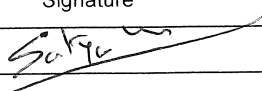
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		-	-	-
		-	-	-
		-	-	-
		-	-	-

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

	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	24/07/2025