

Annual Report 2024



Editorial Board:

Dr. Babita Gurung
Dr. Hari Bikram Adhikari
Anup Subedi

Published by:

Nepal Netra Jyoti Sangh

Himalaya Eye Hospital Gharipatan, Pokhara 17

Phone No: +977-061-450458, 451168

Email: heh@ntc.net.np Web: www.heh.org.np

Facebook: www.facebook/hehpokhara

Printed at:

Ozone Offset Press

Pokhara-8, Jalpa Road

Volume 5; Issue 1

©Himalaya Eye Hospital, March 2025



Himalaya Eye Hospital Website

VISION, MISSION AND VALUES



VISION

Elimination of avoidable blindness from Gandaki and Karnali Province



MISSION

To develop and provide high-quality, sustainable, comprehensive and affordable eye care services to people residing in Gandaki and Karnali Province

To make comprehensive and equitable eyecare services accessible in Gandaki and Karnali Province through expansion of services

To produce qualified and skilled human resource to meet the eye care need of the country.



VALUES

Integrity

We act ethically, accept personal accountability, communicate openly and honestly and treat everyone with trust and respect

Care

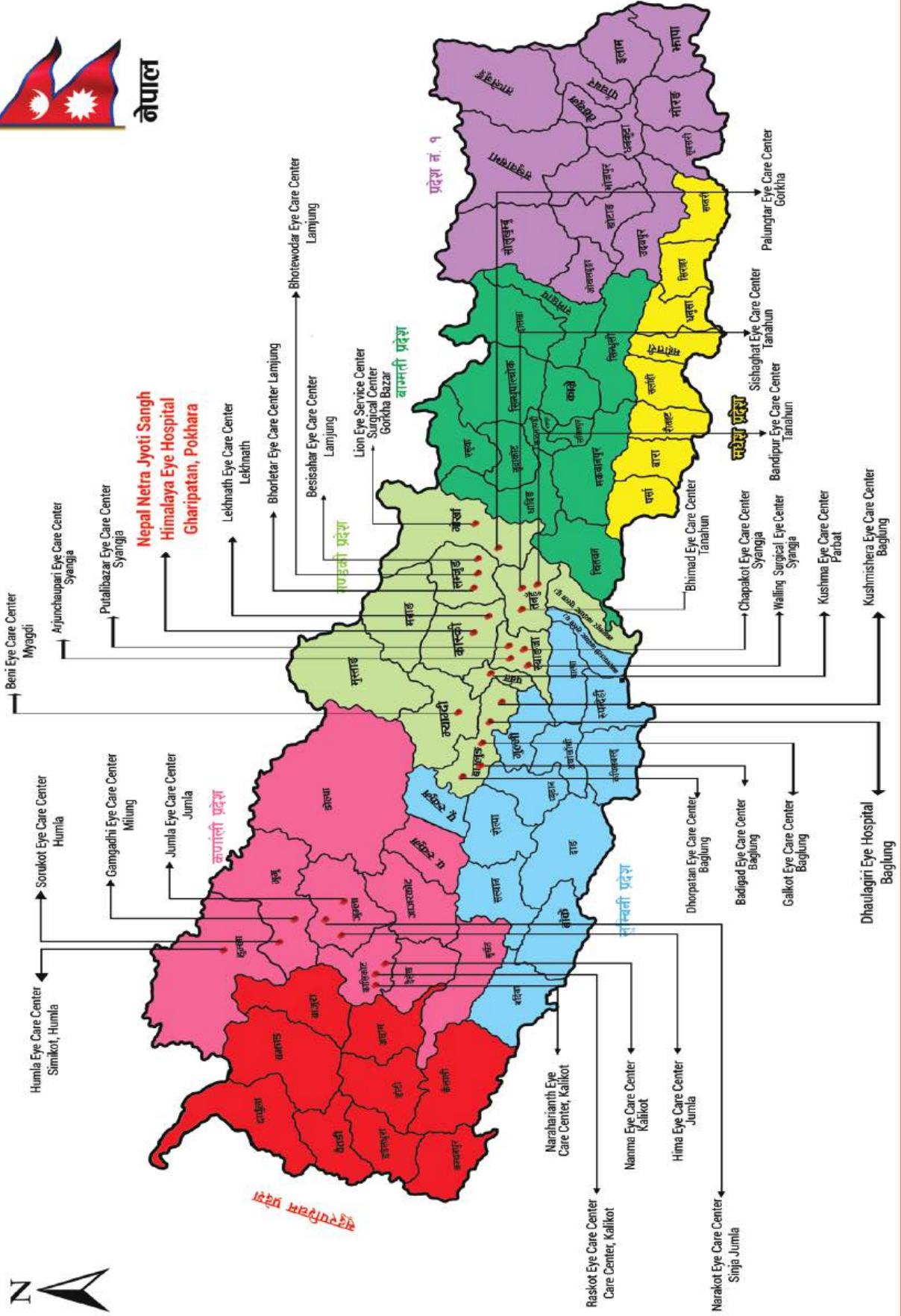
We treat patients with respect and are compassionate, thoughtful and responsive to their needs and sensitive to diversity

Teamwork

We communicate openly, respect diversity of views and skills and work effectively with partners and in multi-disciplinary teams to deliver the best outcomes for organization



नेपाल



देश सम्पूर्ण

प्रदेश नं. १

प्रदेश नं. २

प्रदेश नं. ३

प्रदेश नं. ४

प्रदेश नं. ५

प्रदेश नं. ६

TABLE OF CONTENT

MESSAGE FROM President, Nepal Netra Jyoti Sangh	
MESSAGE FROM Chairman, HOSPITAL MANAGEMENT COMMITTEE	1
MESSAGE FROM EYE CARE FOUNDATION	2
MESSAGE FROM MEDICAL DIRECTOR	3
Overview	4
Snapshot 2024	5
Cornea Clinics	6
Glaucoma clinics	7
Oculoplasty clinics	8
Pediatric clinics	9
Retina Clinics	10
Neuro-ophthalmology Clinics	11
General ophthalmology clinic	11
Binocular vision unit	12
Contact lens unit	13
Low Vision Unit	13
Investigation unit	14
Laboratory unit	15
Pharmacy	16
Optical	16
Operation Theater	17
Inpatients Department	18
Eye care Center	19
Community Program	20
Education	22
Himalaya Eye Hospital: 32 Years of Eye Care Excellence	25
Human Resources Development Activities:	27
Memories in Photo	29
Happy Faces	36

MESSAGE FROM PRESIDENT, NEPAL NETRA JYOTI SANGH GANDAKI PROVINCE

Prof. Dr. Dil Bahadur Kshetry
President
Nepal Netra Jyoti Sangh
Gandaki Province



It is an immense pleasure for me to write a few words of best wishes on the very auspicious occasion of 32nd anniversary of Himalaya Eye Hospital.

Himalaya Eye Hospital since its inception, has been rendering tiredless and effective eye care service covering the then Gandaki, Dhaulagiri and Karnali zone, now Gandaki and Karnali Provinces. This hospital, no doubt, is the product of mind, vision and dedication of Eye Care Foundation Netherlands and the Dutch people. I, at this auspicious moment, would like to offer a sincere gratitude to the Eye Care Foundation and the Dutch people. In my opinion, Himalaya Eye Hospital itself is a pride for Eye Care Foundation Netherlands too.

Besides providing effective eye care service, Himalaya Eye Hospital is running academic programs like Bachelor and Masters degree in optometry very effectively. This hospital, furthermore, is planning to run MD in Ophthalmology in near future.

Nepal Netra Jyoti Sangh central committee has a plan of developing Himalaya Eye Hospital as a center of excellence. HEH, no doubt, deserves it.

Wishing Himalaya Eye Hospital to be well deserving Eye Care Hospital in the country with necessary improvement.

I expect the institution (HEH) will flourish with all its progress and prosperity.

MESSAGE FROM CHAIRMAN, HOSPITAL MANAGEMENT COMMITTEE

वरिष्ठ अधिवक्ता सुरेन्द्र थापा मगर
अध्यक्ष



नेपालको सुन्दर नगरी पोखरामा अवस्थित हिमालय आँखा अस्पतालको ३२औं वार्षिकोत्सवको उपलक्ष्यमा सबै भन्दा पहिला यस अस्पतालको परिकल्पना गरेर अस्पताल स्थापना गर्नुहुने नेदरल्याण्डका Peter de Boer, Leendert Parlevliet, Anita Simons-Dingemans, Aad Hemelaar, Irene M.M. Nabben, Gerard M. Smith लाई हार्दिक आभार व्यक्त गर्दछु । मानव सेवाको लागि सहयोगी मन र स्वच्छ तन भयो भने पृथ्वीको कुनै पनि ठाँउमा सेवा गर्न केहिले रोकिदैन भन्ने कुरा उहाँहरूको योगदानले पुष्टी गरेको छ । हामी हिमालय आँखा अस्पताल परिवार हजारौ वर्ष तपाईंहरूलाई सम्भरिहने छौं । लाखौं मानिसहरूले तपाईंहरूलाई आफ्नो आँखाको नानीमा राखिरहने छन् । हिमालय आँखा अस्पताल नेपालमा आँखा उपचारको क्षेत्रमा एक विश्वसनीय र प्रतिष्ठीत संस्था हो । मानिसहरूको दृष्टि बचाउन र उनीहरूको जिवनमा उज्यालो परिवर्तन ल्याउन हामीले आफ्नो कर्तव्य भुले का छैनौं । हामीले नेपालका अति दुर्गम पछाडी पारिएका क्षेत्र, गरीब र वञ्चित समुदायका व्यक्तिहरूलाई निःशुल्क आँखा उपचार गरेर समाजमा ठुलो योगदान गरेका छौं । हाम्रो सफलताको पछाडी नेपाल नेत्रज्योति संघ कास्कीका अग्रजहरू आजाद श्रेष्ठ, इन्दिरा बराल, अशोक पालिखे, नन्द श्रेष्ठ, प्रा. डा. दिल बहादुर क्षत्री लगायत अस्पतालका पूर्व मेडिकल डाईरेक्टरहरू डा. सचेत प्रभात श्रेष्ठ, डा. डा. रघुनन्दन वेज्जु, सुनु दुलाल, डा. इन्द्रमान महर्जन साथै सुरुवाती अवस्थामा यस अस्पताललाई नेतृत्व प्रदान गर्नुहुने डच Dr. Wouter Japing, Dr. Jan Van Der Hoek लाई हृदयदेखि नै अभिनन्दन गर्दछु । हाम्रो सुख दुःखको साथी Eye Care Foundation र अनिल गोर्खाली प्रति नमन छ । अन्त्यमा अस्पतालका सम्पूर्ण नेत्र विशेषज्ञहरू, कर्मचारीहरू हामीलाई साथ र सहयोग दिनुहुने संघ संस्था, नागरिक समाज तथा पत्रकारहरू प्रति हार्दिक शुभकामना ।

MESSAGE FROM EYE CARE FOUNDATION

Anil Gorkhaly
Country Director
Eye Care Foundation Nepal



On behalf of Eye Care Foundation, with great pride and honour, I want to reflect on the origin and evolution of Himalaya Eye Hospital through this message for the 2024 Annual Report signifying 32nd anniversary of the hospital.

Eye Care Foundation has been involved in conceptualizing and mobilizing resources for a good eye hospital in Gandaki and Dhaulagiri area. Our long-standing partnership with Himalaya Eye Hospital has been a source of tremendous pride, and it is inspiring to see how far the hospital has come, evolving into tertiary eye centre and now as an academic institute.

Over the years, the collaboration between Eye Care Foundation and Himalaya Eye Hospital has fostered incredible progress in both the accessibility and quality of eye care and we are glad that it has been sustaining on its own now. We are confident, our continued support towards outreach activities, training activities, teaching and learning activities, equipment and infrastructure, and capacity strengthening activities will be able to benefit many people, community, society and the nation as a whole thereby supporting sustainable development goals.

Looking to the future, Eye Care Foundation remains deeply committed to continuing this meaningful partnership. We are excited to work even more closely with Himalaya Eye Hospital to further strengthen eye care infrastructure, sub-specialty services in retina, cornea, oculoplasty, glaucoma and optometry and ensure that high-quality, affordable eye care is within the reach of all.

MESSAGE FROM MEDICAL DIRECTOR

Dr Babita Gurung
Medical Director
Himalaya Eye Hospital, Gharipatan, Pokhara



Dear Esteemed Readers,

It is with great pride and gratitude that I extend my warmest greetings to all of you through this edition of our annual magazine. Over the years, Himalaya Eye Hospital has remained steadfast in its mission to provide high-quality, accessible, and affordable eye care service to all.

This past year has been one of remarkable progress. Our dedicated team of ophthalmologists, optometrists, ophthalmic assistants, eye workers, other paramedics and support staff have worked tirelessly to serve thousands of patients, conducting sight-saving surgeries, community outreach programs, and preventive eye care initiatives. We have also strengthened our collaborations with national and international partners to bring innovative treatments and technologies to our patients.

As we reflect on our journey, we are reminded that restoring vision is not just about medical treatment—it is about transforming lives. Good vision empowers individuals, supports families, and strengthens communities. With this vision in mind, we remain committed to expanding our services, enhancing our infrastructure, and reaching even more people in need, especially in rural areas.

I take this opportunity to express my sincere gratitude to our dedicated team, our generous donors and supporters, and, most importantly, our patients who trust us with their eye health. Your unwavering support fuels our commitment to excellence and innovation in eye care.

As we move forward, let us continue working together to build a future where preventable blindness is a thing of the past. Thank you for being a part of this journey.

Overview

INTRODUCTION TO HEH

Himalaya Eye Hospital, situated in the tourism capital of Nepal, Pokhara, run under Nepal Netra Jyoti Sangh is a non-profit organization that has been providing quality hospital and community-based eye care services since 1993 AD. With the vision of eliminating avoidable blindness from Gandaki and Karnali provinces, HEI has 31 eye care centres and supporting one eye hospitals.

HEH is spread over an area of three hectares and is around six km away from the Pokhara international airport.

Mainly patients from Gandaki and Karnali provinces are getting regular services at affordable prices. At Himalaya Eye Hospital (HEH), patient screening is conducted in the ophthalmic assistants' OPD, followed by examination by general ophthalmologists. Patients requiring specialized care are referred to the respective speciality clinics. HEH offers various subspeciality ophthalmology and optometry clinics. HEH provides regular speciality OPD and OT services, along with 24-hour emergency care.

The hospital is well-equipped with OPD units, a dedicated OT team, an inpatient department, a laboratory, comprehensive ophthalmic diagnostic services, and a fully functioning pharmacy and optical unit to support patient care.

A separate academic block focuses on the optometry programme, facilitating education and training activities.

HEH prioritizes high-quality patient care; aiming for patient satisfaction, increasing patient awareness, and improving the overall standard of eye care services.



Snapshot 2024

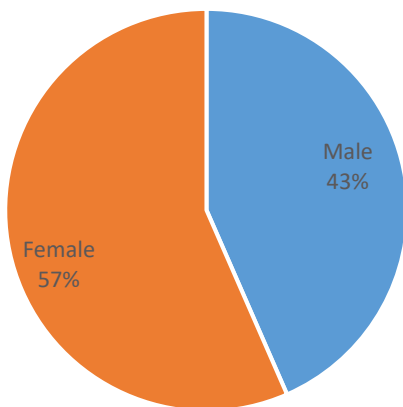
**Total Hospital
OPD
189,072**

**Total Camp
OPD
53,933**

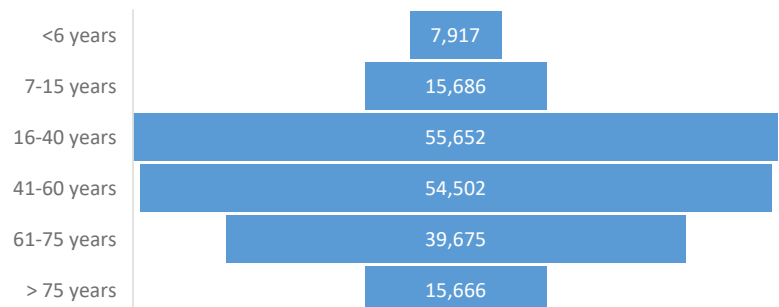
**Total Hospital
surgery
10,316**

**Total Camp
surgery
2,153**

Gender Distribution
of OPD Patients



Age Distribution
of OPD Patients



Cornea Clinics

In Himalaya Eye Hospital cornea clinics is a specialized unit for the diagnosis and management of corneal inflammatory, degenerative and dystrophic conditions. The department provides individualized treatment for patients of all ages and is outfitted with a variety of diagnostic and therapeutic instruments. Comprehensive cornea health evaluation is done in the cornea clinics.



Cornea clinics of HEH offer general corneal service along with specialized care like corneal cross linkage, keratoplasty surgery and many more surgical and therapeutic interventions. Medical Director Associate Professor Dr Babita Gurung and Dr Narayani Bhattarai Roka lead the clinics.

	Total number
OPD	9949
Cornea-conjunctival Surgery	577



Glaucoma clinics

Glaucoma clinic

The Glaucoma Department at Himalaya Eye Hospital (HEH), Pokhara, is dedicated to the diagnosis, treatment, and management of glaucoma, a leading cause of irreversible blindness. Equipped with modern diagnostic tools such as OCT, visual field analyzers, and tonometry, the department provides comprehensive glaucoma care, including



medical, laser and surgical treatments. The team, led by experienced glaucoma specialists, Prof Dr Indra Man Maharjan and Dr Anil Parajuli focus on early detection and long-term management to prevent vision loss.

Additionally, the department actively engages in community outreach programs, integrating glaucoma screening into free cataract camps to reach underserved populations. Research and training are also key priorities, with ongoing efforts to enhance evidence-based glaucoma care and train the next generation of eye care professionals in Nepal.

	Total number
OPD	7574
Glaucoma Surgery	202

Oculoplasty clinics

The field of oculoplasty, also known as oculoplastic and reconstructive surgery, is a subspecialty of ophthalmology that focuses on the management of conditions affecting the eyelids, orbit, lacrimal (tear) system, and surrounding facial structures. At Himalaya eye hospital, the oculoplasty unit is dedicated to providing comprehensive care for both functional and cosmetic conditions affecting the eyes and face. Prof Dr Eliya Shrestha is leading the clinics.



Oculoplasty unit specializes in the diagnosis and treatment of a wide range of conditions, including:

Eyelid disorders– ptosis (droopy eyelids), entropion, ectropion, eyelid tumours, and blepharospasm. Lacrimal system disorders – tear duct obstruction, excessive tearing (epiphora), and dacryocystitis. Orbital diseases – Thyroid eye disease, tumours. Cosmetic and reconstructive surgery – Blepharoplasty (eyelid lift), brow-lifts. Trauma management – repair of eyelid and orbital injuries for functional and aesthetic restoration.



In addition to patient care, the unit is actively involved in fellowship training, workshops and clinical research. We aim to enhance surgical techniques, introduce innovative procedures and improve patient outcomes.

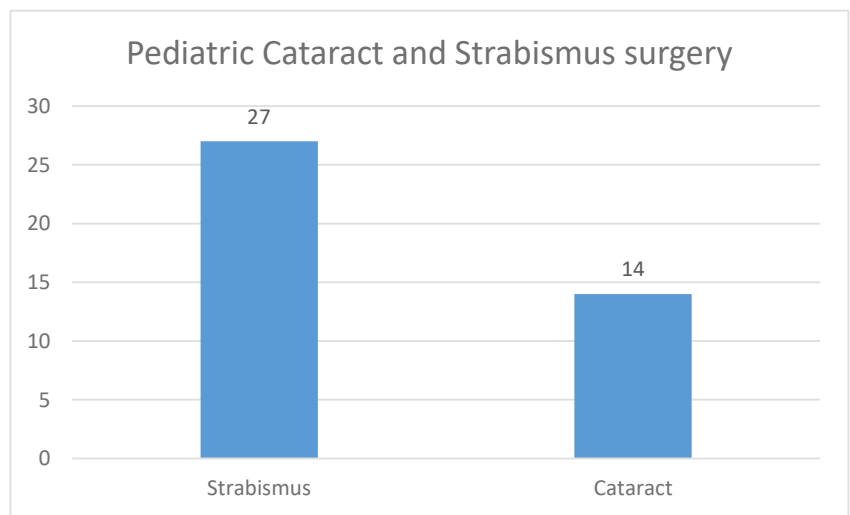
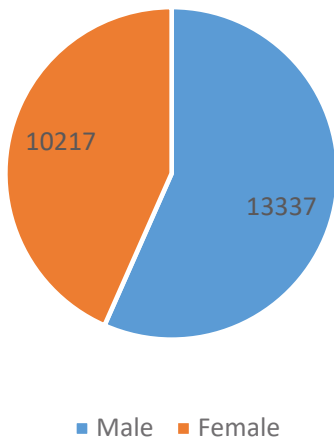
	Total number
OPD	4041
Oculoplasty Surgery	293

Pediatric clinics

The HEH pediatric eye clinic is committed to providing children with a lifetime of optimal vision by identifying, treating and managing eye disorders early. The clinic, which specializes in child-friendly eye care, treats conditions like congenital cataracts, strabismus (squint), amblyopia (lazy eye), refractive errors, screening and treatment of retinopathy of prematurity, and other developmental eye diseases.

Pediatric ophthalmologist and adult strabismus surgeon Dr Hari Bikram Adhikari lead the unit.

Total pediatric OPD



Retina Clinics

The retina clinic of HEH focuses on diagnosing and treating retinal diseases, which, if untreated, can result in blindness. The clinic offers comprehensive diagnosis and treatment of infective, degenerative, genetic and acquired retinal problems like diabetic retinopathy, age-related macular degeneration (AMD), retinal detachment, and vascular disorders, etc.

In order to maintain vision and enhance quality of life, the clinic provides procedures such as intravitreal injections, laser therapy, and retinal surgery. The retina clinic is essential to preventing blindness and maintaining long-term eye health because of its early detection and cutting-edge treatment.

Campus Chief Dr Harimaya Gurung leads the retina clinics of HEH.



	Total number
OPD	8013
Avastin injection	2337
Other surgery	147

Neuro-ophthalmology Clinics

The Neuro-Ophthalmology Clinic at Himalaya Eye Hospital is dedicated to diagnosing and treating conditions that involve both the nervous system and the eyes. We specialize in addressing issues related to the brain, nerves, and ocular muscles, which can impact vision and eye movements. Our clinic collaborates closely with neurophysicians, neurosurgeons, radiologists, and other medical experts to offer integrated care for complex neuro-ophthalmic disorders. Since mid-2024, we have introduced a specialized neuro-ophthalmology service at the hospital, following a fellowship completed by Dr Anju Gurung from USA.



General ophthalmology clinic

The first line of defense for preserving eye health and identifying disorders affecting vision is a general ophthalmology clinic. Regular eye exams, prescription glasses, cataract assessments, glaucoma screening, and treatment of common eye conditions like dry eye, infections, and allergies are among its vital services.



These clinics, which have a staff of qualified ophthalmologists, optometrists, ophthalmic officers, ophthalmic assistants and all other staff, guarantee early detection and prompt treatment, preventing vision loss and fostering long-term eye health. The foundation of easily accessible, excellent eye care for people of all ages is a general ophthalmology clinic.

Binocular vision unit

A Himalaya Eye Hospital binocular vision department is a specialized unit for the diagnosis and treatment of binocular vision abnormalities, including amblyopia, strabismus, non-strabismic binocular vision disorder like, convergence insufficiency, and other ocular movement problems. The department provides individualized treatment for patients of all ages and is outfitted with a variety of diagnostic and therapeutic instruments. Comprehensive binocular vision examination, orthoptic exercises, vision therapy, and pre- and post-operative evaluations for strabismus cases are among the services offered. Dr Gyan Bahadur Basnet, OD, .M.Optom, and Anup Subedi, Master of Optometry lead the department.



	Total number
Binocular Vision Evaluation	1127
Non Strabismic Binocular vision disorder	164
Vision Therapy Session	264



Contact lens unit

A Himalaya Eye Hospital contact lens unit is a specialized unit for the fitting and evaluation of the contact lens. The department provides individualized treatment for patients of all ages and is outfitted with a variety of diagnostic and therapeutic instruments. Comprehensive pre-and post-fit evaluation, is done in the contact lens unit. Contact lens unit of HEH offer soft spherical contact lenses, soft toric contact lens, rigid gas permeable (RGP) contact lenses, mini-scleral, orthokeratology and different prosthetic and cosmetic contact lenses. Master of Optometry Mr Arjun Sapkota is leading the unit.



Low Vision Unit

Low vision unit specializes in helping people with severe visual impairment whose vision cannot be completely corrected with glasses, contact lenses, or surgery. These unit enable patients to make the most of their residual vision for everyday tasks through customized evaluation, sophisticated optical and electronic assistance and rehabilitation techniques. In HEH we provide patients with various distance and near low vision optical devices and non-optical devices.



HEH low vision unit is lead by master of Optometry and low vision trainer, Mr Nabin Baral.

Investigation unit

HEH investigation unit is equipped with instruments to diagnose and track a variety of eye conditions. The unit performs crucial tests like biometry, optical coherence tomography angiography (OCT-A), anterior segment OCT, dry eye test, fundus fluorescein angiography (FFA), A-Scan, B-Scan, visual field analysis, fundus photography and corneal topography, pupillometry, meibography, electrophysiology (ERG,EOG,VEP) and is outfitted with cutting-edge diagnostic equipments.



The facility helps with early detection and efficient treatment planning for ailments such as glaucoma, retinal abnormalities, and corneal diseases etc., by offering precise assessments.



Laboratory unit

The Himalaya Eye Hospital laboratory unit is a specialized unit that provide investigative services to assist in the accurate diagnosis, treatment management of ocular diseases. This unit performs a range of tests, from microbiological studies to biochemical and pathological examinations, ensuring comprehensive patient care. The Service provided are;-

- A. Haematology
 - a. CBC
 - b. ESR
 - c. Blood grouping
- B. Biochemistry
 - a. Blood sugar
 - b. Kidney function
 - c. Lipid Profile
- C. Microbiology
 - a. Culture and sensitivity
 - b. Staining
 - c. Urine routine microscopy
 - d. Stool routine microscopy
- D. Immuno-serology
 - a. HIV
 - b. HCV
 - c. HBsAg
 - d. VDRL
 - e. C-reactive protein
 - f. Rheumatoid factor
 - g. Mantoux test



Pharmacy

The pharmacy service in Himalaya Eye Hospital ensures the availability, dispensing and proper use of ophthalmic medications. It provides medicine, including antibiotics, anti-inflammatory agents, anti-glaucoma drops, and lubricants etc. Pharmacists counsel patients on correct medication use, side-effects, and adherence. The pharmacy supports surgical and emergency care by supplying necessary drugs pre- and post-surgery.



Optical

An optical store in Himalaya Eye Hospital provides a wide range of vision correction solutions, including prescription glasses, contact lenses. It offers high-quality lenses with advanced coatings (anti-glare, blue-light protection) and a variety of frames catering to different budgets. Trained opticians assist with fitting, adjustments, and patient education on lens-care. Integrated with hospital services, the optical store ensures seamless patient care, enhancing visual outcomes and overall eye health.

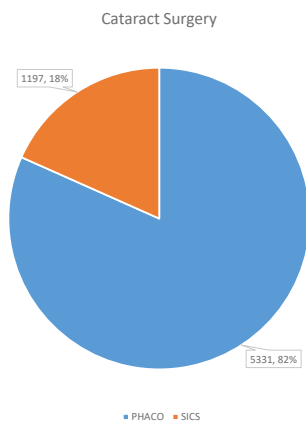


In HEH we have two Optical, one in Paying Clinics and another in General OPD.

Operation Theater



The Himalaya Eye Hospital's operation theater (OT) is a very sterile space used for a variety of eye procedures. It has vitrectomy units, phacoemulsification devices for cataract surgery and sophisticated surgical microscopes. The OT follows strict infection control protocols, which include managing airflow and sterilizing tools. Cataract surgery, squint correction, corneal transplants, retinal detachment repair and glaucoma surgery are among the frequently done surgeries. Patient safety and the best possible surgical results is ensured by an experienced team of ophthalmologists, ophthalmic assistants, eye health professionals, and other allied health personnel. In order to assist patients to have the greatest visual rehabilitation possible, postoperative care and monitoring are also ascertained.



Surgery	No. of Surgery
Retina	147
Oculoplasty	293
Cataract	6528
Glaucoma	202
Cornea-Conjunct	577
Squint	27
Avastin	2337
Others	205
Total	10316

Inpatients Department

The Himalaya Eye Hospital's Inpatient Department (IPD) treats patients who need to stay in the hospital following major eye procedures or for severe eye disorders. It has a nursing staff with expertise in ophthalmic treatment, post-operative monitoring spaces, and well-



equipped patient rooms. Patients may require short-term hospitalization for monitoring and recuperation while undertaking difficult treatments such as corneal transplants, oculoplastic surgeries, or retinal detachment repair. The IPD makes sure that pain is controlled, infections prevented, and drugs are administered on schedule. Additionally, it helps patients with follow-up appointments and post-operative care and counselling. The department, which prioritizes comfort and recovery, is essential to the success of treatment outcomes. The IPD section at Himalaya Eye Hospital offers emergency care service which is open all the time.



Eye care Center

S.N	Name of ECC/Hospital	Address	Contact No.
1	Dhaulagiri Eye Hospital	Uppalachaur, Baglung	9806644278
2	Burtibang ECC	Dhorpatan, Baglung	9849611871
3	Kushmisera ECC	Kushmisera, Baglung	9847200404
4	Galkot ECC	Galkot Baglung	9843711824
5	Badigaad, Baglung	Badigaad, Baglung	9806616567
6	Gorkha Lions Eye Service Center	Gorkha Bazar, Gorkha	9845837234
7	Palungtar ECC	Palungtar, Gorkha	9814170545
8	Simkot ECC	Simkot, Humla	9846213478
9	Chankheli, Humla	Chankheli, Humla	
10	Jumla ECC	Chandannath, Jumla	9848313444
11	Sinja ECC	Sinja, Jumla	9868356975
12	Hima ECC	Hima, Jumla	9864734462
13	Manma ECC	Manma, Kalikot	9848301477
14	Raskot ECC	Raskot, Kalikot	9840839043
15	Narahari Nath ECC	Narahari Nath, Kalikot	9864743588
16	Lekhnath ECC	Pokhara - 31, Kaski	9849941748
17	Beshi Shahar ECC	Beshi Shahar, Lamjung	9805806332
18	Bhorletar ECC	Bhorletar, Lamjung	9820251503
19	Bhotewodar ECC	Sundarbazar, Lamjung	9846113100
20	Sorukot ECC	Soru, Mugu	9868039270
21	Gamgadhi ECC	Gamgadhi, Mugu	9856018112
22	Beni ECC	Beni, Myagdi	9857641057
23	Kushma ECC	Kushma, Parbat	9846135270
24	Bihadi ECC	Bihadi, Parbat	
25	Walling ECC	Garahun Ghyaling Health Post	9856055167
26	Putali Bazar ECC	Putalibazar, Syangja	9829125858
27	Chapakot ECC	Chapakot, Syangja	9816603051
28	Arjunchaupari ECC	Arjunchaupari, Syangja	9867245828
29	Kaligandaki ECC	Mirmi, Syangja	9846910985
30	Bhimad ECC	Bhimad, Tanahun	9812965011
31	Damauli/ Sishaghat ECC	Damauli, Tanahun	9846779761
32	Bandipur ECC	Bandipur, Tanahun	9861927983

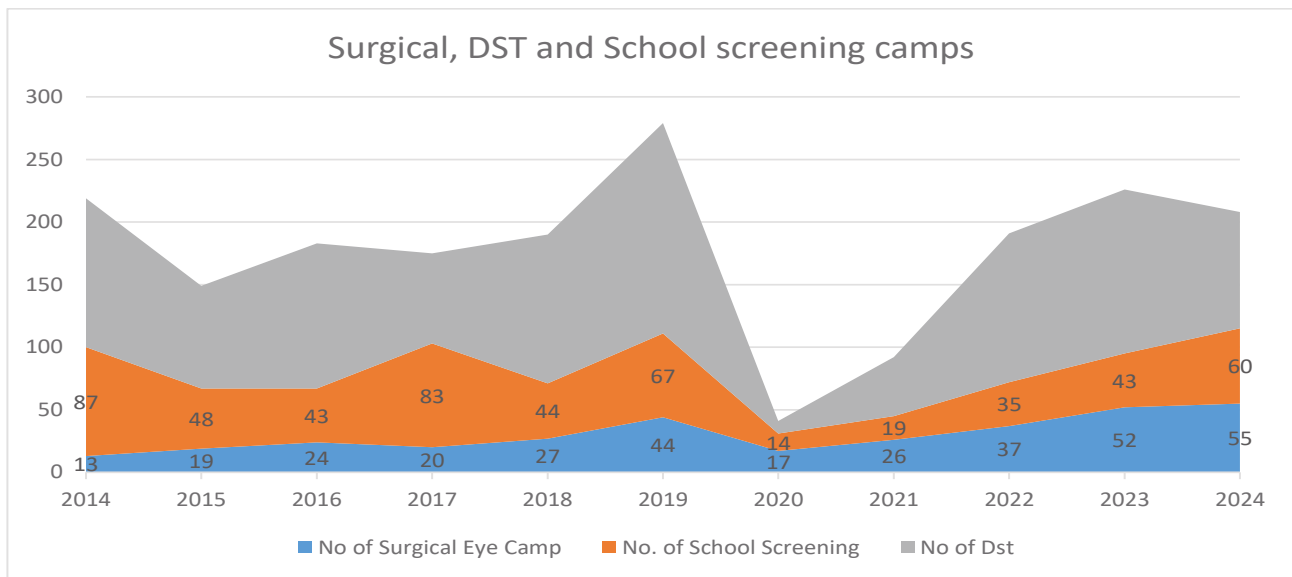
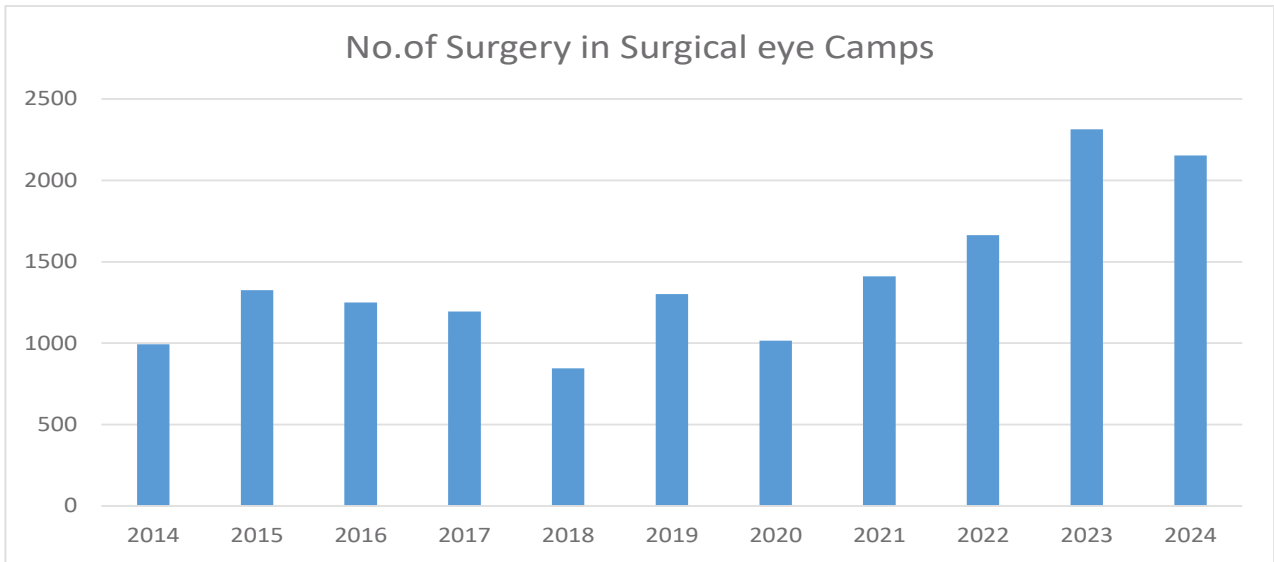
Community Program

To prevent blindness and guarantee that underprivileged populations have access to quality eye care, the community eye programme is an essential outreach program of Himalaya Eye Hospital. Common eye disorders like cataracts, refractive errors and presbyopia are identified and treated by the project through free eye camps, school exams, diagnostic, screening and surgical camps and outreach activities in remote areas. The outreach programme wasn't only focused on screening, diagnosis and treatment, it also helped empower the community through eye health education and eye health talks.

The HEH outreach program reaches underprivileged communities of Gandaki and Karnali.



Year	No of Surgical Eye Camp	No of Patients seen in surgical Eye Camp (SEC)	No.of Surgery Performed SEC	No. of School Screened	No.of Students examined	No of Glasses Provided	No of Screening camp	No.of patients seen in DST camp
1993-2013	123	87083	20781	1311	218924	6567	2468	670870
2014	13	7679	993	87	34093	1068	119	25078
2015	19	8962	1325	48	22388	705	82	14991
2016	24	7999	1250	43	16783	542	116	21506
2017	20	7590	1195	83	23519	425	72	12405
2018	27	6823	846	44	24731	504	119	20198
2019	44	12991	1302	67	25645	500	168	14875
2020	17	7485	1016	14	5824	191	10	2891
2021	26	10833	1411	19	8318	233	47	21816
2022	37	13511	1663	35	18502	592	119	32520
2023	52	17159	2314	43	19040	580	131	29169
2024	55	17303	2153	60	19240	524	93	17390
Total	457	205418	36249	1854	437007	12431	3544	883709



Education

Himalaya Eye Hospital (HEH) in Pokhara offers a range of academic programmes aimed at developing skilled professionals in eye care. The academic programme of Himalaya Eye Hospital is provided through its wing institute, Himalaya Eye Institute. The key programmes include:

1. Bachelor of Optometry (B.Optom): Launched in 2018 in collaboration with Pokhara University, this four-year programme aims to produce competent primary eye care clinicians. The curriculum includes comprehensive eye and vision care and different subspecialties of optometry like, binocular vision, contact lens, low vision, refraction, disease detection and management. Currently, Himalaya Eye Institute has five batches of Bachelor of Optometry students, having 87 Bachelor-level students. Two batches of Bachelor of Optometry students have graduated from Himalaya Eye Institute to date. Recently Himalaya Eye Institute achieved a 100% success rate in the License examination for Bachelor of Optometry, The License examination to Practice optometry in Nepal was conducted by Nepal Health Professional Council.

Bachelor of Optometry Third Batch



Bachelor of Optometry Fourth Batch



Bachelor of Optometry Fifth Batch



Bachelor of Optometry Sixth Batch



Bachelor of Optometry Seventh Batch



2. Master of Optometry (M.Optom): Initiated in 2019, this two-year postgraduate programme provides advanced clinical optometry education. It focuses on academic excellence, development in eye and visual system technologies and leadership in eye health. The programme involves coursework, clinical and teaching assignments, patient care and research projects. Eligibility includes a Bachelor of Optometry or an equivalent degree from a recognized university. Admission requires passing a common entrance examination conducted by the Nepal Medical Education Commission. Currently, Himalaya Eye Institute have five master of Optometry students and three batches have already graduated.

Master of Optometry Fourth Batch

Optometry Intern



3. Fellowship Programmes: HEH offers one-year fellowship programmes in anterior segment and oculoplasty approved by the Nepal Medical Council (NMC). Candidates must possess an MD/MS in Ophthalmology from a recognized institution and be registered with the NMC. Currently HEH has 3 fellows.

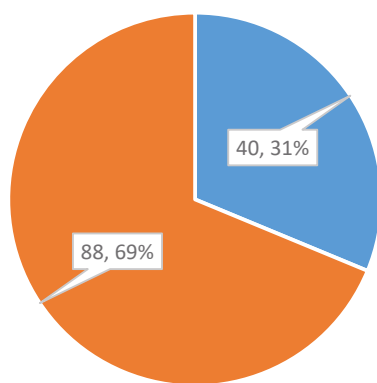
4. Internship Programme: Internship in optometry is provided at Himalaya Eye Hospital where optometry interns are exposed to various subspecialty departments and General OPD to enhance their clinical aspects. Currently two interns from Belgium are in internship programme.



5. Resident Training Programme: HEH offers resident training programmes in various speciality and general ophthalmology. Recently HEH has signed MOU with Manipal College of Medical Science for training their residents in HEH.

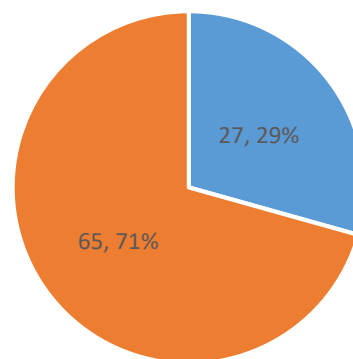
These programmes reflect HEH's commitment to advancing eye care education and services in Nepal.

Gender Distribution of Staffs



■ Male ■ Female

Optometry Students



■ Male ■ Female

Himalaya Eye Hospital: 32 Years of Eye Care Excellence

Himalaya Eye Hospital (HEH) has been relentlessly working for thirty-two years to eliminate avoidable blindness in Gandaki and Karnali provinces of Nepal. It provides eye care services through its base hospital (HEH), 31 eye care centers (ECCs), and community outreach programmes.

The hospital was inaugurated on March 1, 1993, by the late King Birendra Bir Bikram Shah. The idea of establishing HEH emerged after Foundation Oogkamp Himalaya, a Dutch-based organization, won the Libelle Puzzle Marathon prize in 1985. Prior to this, Dr. Gerard Smith and his team had been conducting successful surgical eye camps in remote areas of Nepal. The prize money provided crucial funding for HEH's infrastructure, training programmes and hospital capacity building.

Foundation Oogkamp Himalaya (now called Eye Care Foundation) collaborated with NNJS to establish HEH and multiple district eye care centres (DECCs). The hospital's architectural design was created by Australian architect and artist Robert Powell, who ensured that the hospital structure aligned with traditional Nepali architecture. This approach helped make the hospital more welcoming for patients from the mountainous region.

During its initial years, HEH received financial support from Eye Care Foundation, and still gets support for various programmes.. The hospital started with 39 clinical and non-clinical staff, under the leadership of Dr Wouter Japing, a Dutch ophthalmologist and HEH's first Medical Director, and now have 128 staff under the leadership of Dr. Babita Gurung.

Over the past three decades, HEH has seen significant progress, and since its first five years, it has been led entirely by local ophthalmologists. Today, HEH is fully governed, owned and run by NNJS, a non-profit, non-governmental, and welfare-oriented organization representing the Government of Nepal in eye care services.

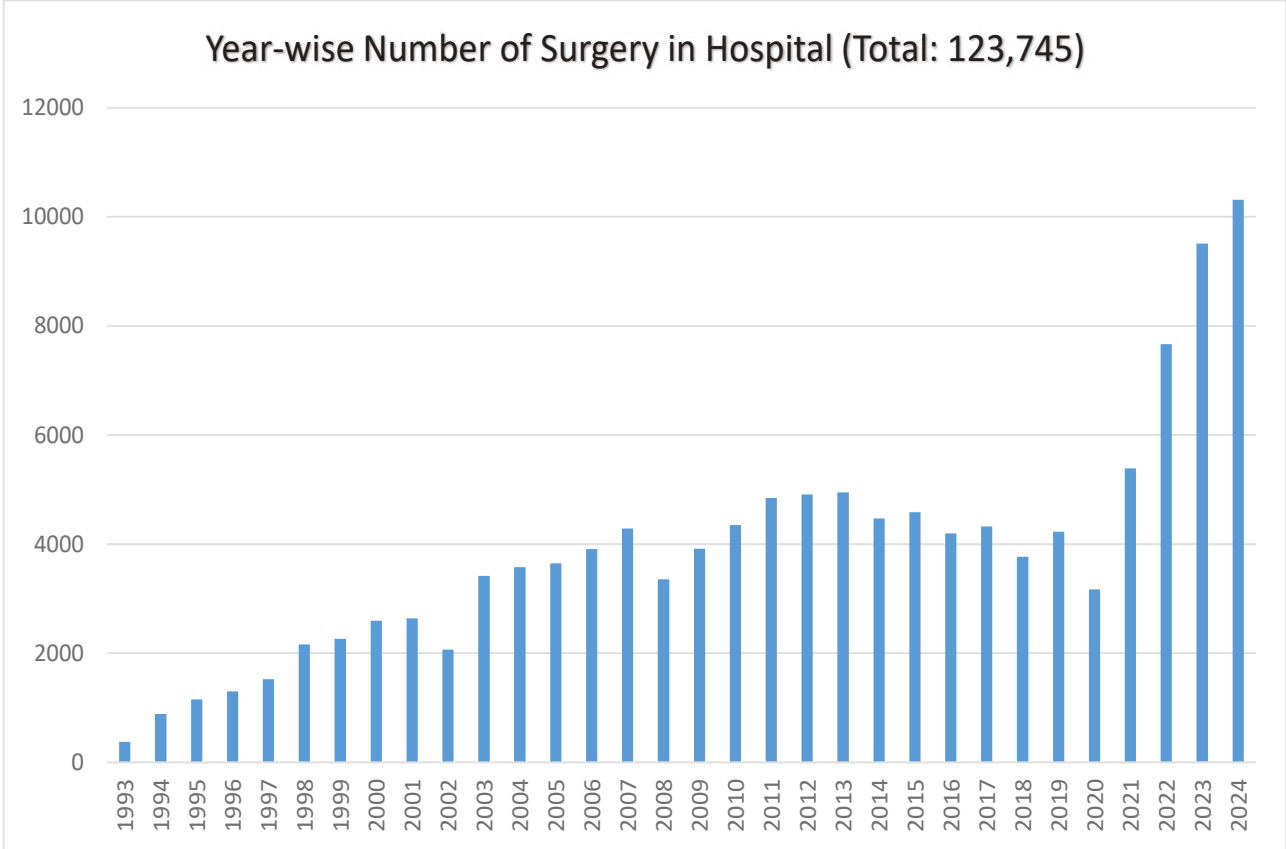
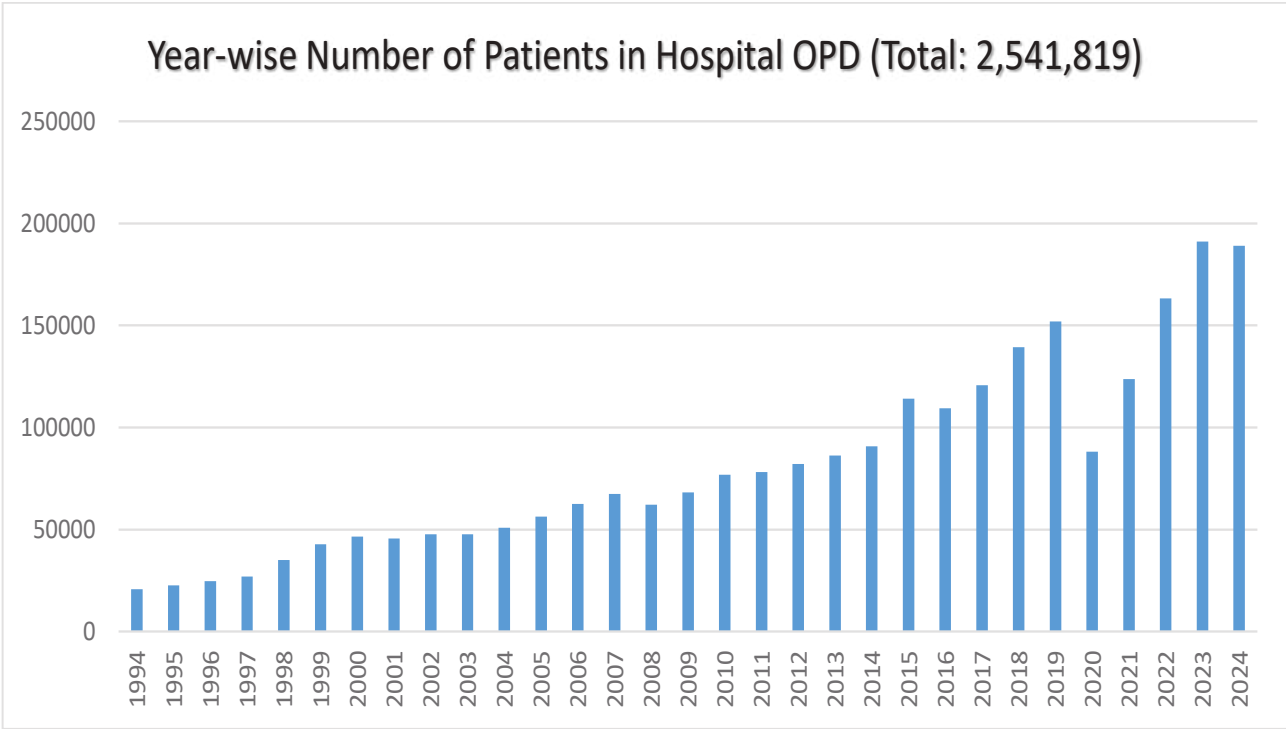
HEH, in collaboration with its partners, remains committed to delivering comprehensive, quality and affordable eye care services to the people of Nepal.

Impact Over 32 Years

HEH's contributions over the years have been remarkable:

- ◆ Provided eye care services to over 3.5 million patients through HEH and outreach programmes.
- ◆ Conducted over 145,000 eye surgeries, restoring vision to thousands.
- ◆ Distributed more than 13,000 free spectacles to schoolchildren.
- ◆ Established two secondary eye hospitals and 32 eye care centres under HEH's technical and financial support.

The efforts of Peter de Boer, Dr Gerard Smith and the Dutch people were instrumental in the foundation and development of this hospital, making quality eye care accessible in Nepal.



Human Resources Development Activities:

S.N.	CME/Seminar/Workshop/Meeting/Official Visit	Name of Personnel
1	Eye Donation Program of Lions Club of Pokhara (January 2nd)	Subhash Nepal
2	NNJS Meeting, Kathmandu (January 8 & 9)	Dr. Eliya Shrestha
3	Lab Training, Pokhara (January 25 & 26)	Asmita Parajuli
4	Waste Management Training, Kathmandu (February 14 to 16)	Hari Prasad Aryal
5	APAO Conference, Bali (February 20 to 27)	Dr. Krishna Gurung
6	Faculty Development Training Opening ceremony (March 3)	Dr. Hara Maya Gurung
7	Faculty Development Training (March 3 to 7)	Alisha Regmi
8	Kathmandu Official Visit (March 5 & 6)	Dr. Eliya Shrestha
9	AIOC Kolkata, India (March 14 to 17)	Dr. Hari Bikram Adhikari Subhash Nepal
10	Training by NNJS, Kathmandu (March 18 to 20)	Parbati Gurung Avijit Budhathoki Anup Subedi Subhash Nepal Dharmendra Ku. Ghodasaini
11	Kathmandu Official Visit (March 25 to 29)	Dr. Eliya Shrestha
12	Eyexcel Training, Bhairahawa (March 31 to April 3)	Subhash Nepal Punay Pratap Sah
13	Research Training, PU (March 31)	Alisha Regmi
14	Surkhet Eye Hospital, Program (April 3 & 4)	Kumar Garbuja
15	Curriculum Development of B. Optometry PU (April 21)	Arjun Sapkota Punay Pratap Sah
16	Curriculum Development of B. Optometry PU (April 21 & 22)	Nabin Baral Dr. Gyan Bahadur Basnet Anup Subedi
17	Curriculum Development of B. Optometry PU (April 22)	Ravin Kumar Mishra
18	NNJS Program, Kathmandu (May 12)	Kumar Garbuja
19	NNJS Program, Kathmandu (May 12 to 15)	Hari Prasad Aryal Deep Bahadur Malla Thakuri
20	Health Care West Management Training (June 12)	Parbati Gurung
21	Accounting Training, NNJS Kathmandu (June 14 & 15)	Bikal Shrestha Santosh Baral
22	National Workshop on Eye Health Education (June 16 to 18)	Kumar Garbuja Govinda Nath Yogi Subhash Nepal
23	TOT Training (Jun 21 & 28, July 5 & 12)	Arjun Sapkota
24	NNO Conference, Birgung (July 5 to 7)	Punay Pratap Sah

S.N.	CME/Seminar/Workshop/Meeting/Official Visit	Name of Personnel
25	Expo, Kathmandu (August 21 to 24)	Hari Prasad Aryal Anil Kumar Singh
26	Research Training (August 28 to 31)	Dr. Anil Parajuli
27	ROP Training, Arvind Eye Hospital, India	Dr. Hari Bikram Adhikari (August 29 to October 3) Anup Subedi (August 29 to September 7)(Cataract Quality)
28	APOC Conference (Sep 8)	Dr. Gyan Bahadur Basnet Punay Pratap Sah Anup Subedi Alisha Regmi
29	SHAPU Awareness Program, Lamjung (Sep 23 & 24)	Dr. Hara Maya Gurung Deep Bahadur Malla Thakuri
30	17th SAO Conference, Bhutan (Sep 20 to 24)	Dr. Eliya Shrestha
31	Official Work, Kathmandu (Oct 4)	Dr. Eliya Shrestha
32	Official Visit, Kathmandu	Dr. Eliya Shrestha (Oct 25 to 28) Dr. Krishna Gurung (Oct 25 & 26)
33	Ridley Eye Foundation, UK (Nov 22 to Dec 4)	Dr. Eliya Shrestha
34	Workshop on Infection Control in Outreach Surgery Camp (Nov 27 & 28)	Subhash Nepal Mina Rai
35	NOSCON 2024, Kathmandu (Nov 29)	Dr. Babita Gurung Dr. Anju Gurung
36	Capacity Building Training by NNJS, Kathmandu (Dec 1 to 3)	Dr. Babita Gurung Kumar Garbuja
37	Accounting Capacity Building Training by NNJS, Kathmandu (Dec 2 & 3)	Bikal Shrestha
38	MEMIS Orientation Program, Butwal (Dec 13 & 14)	Nabin Baral
39	Rapid Assessment of Refractive Error (RARE) Survey, Training (Dec 19 to 23)	Dr. Gyan Bahadur Basnet Prem Kumar Nakarmi Parbati Gurung Ravin Kumar Mishra Manju Acharya Tej Bahadur Gurung Binam Adhikari Dipika Gurung Sangita Pokhrel Shalik Ram Bhandari
40	ROP CME, Tilganga Eye Hospital (Dec 20)	Dr. Hari Bikram Adhikari
41	GPAST, Pokhara (Dec 20)	Dr. Anil Parajuli
42	Official Work, Kathmandu (Dec 27 to 30)	Anil Kumar Singh Sakuntala Shrestha Shalik Ram Bhandari



Ophthalmologist Group



Optometrist Group



Ophthalmic assistant and ophthalmic officer group



Admin Group



Pediatric clinic team



Retina clinic team



Investigative unit team



Registration team



Medical record Unit



Counseling Unit



Minor OT team



Paying clinic team



Laboratory team



Pharmacy team



Billing team



Security team



Subhas Nepal Outreach Coordinator receiving Netra Jyoti Samman Puraskar



Best Depart Award 2023 receiving by OT team



Ashmita Poudel receiving Best Staff Award



Dhan Bahadur Lama received Best Staff Award



46th NNJS day celebration



Authorities and Dutch dignitaries of Takam Foundation, Netherlands based organization, donated a-scan and ot bed.



Maintenance team



CME program



Cataract quality workshop organized in Aravind and attended by Dr Hari Bikram Adhikari and Anup Subedi



Cleo Van Aanhold from Netherland in Himalaya Eye Hospital for Ophthalmic clinical postings



Eye Care Center inauguration in Kali Gandaki Gaunpalika.



Farewell of Maintenance officer Chhab Bdr. Basnet



Eye Health Education to Teacher



Free spectacles distributions.



HEH Annual Planning Workshop.



HEH Annual Planning Workshop



Rotary Club of Pokhara and dist. 3523 ROC Taiwan, donated a slit lamp to HEH.



Tramedico B.V. team from Netherlands visit to HEH



40th Anniversary of eye care foundation celebration.



Member from the Turkish Cooperation and Coordination Agency (TIKA) visit to Himalaya Eye Hospital.



Eye health education program on SHAPU.



Eye health education program on SHAPU.



Team of eye care foundation and RARE program for monitoring RARE survey.



Lecture on Vision Therapy



CEO and country director of eye care foundation & Intern from Belgium with HEH team.



DR Hari Bikram Adhikari receiving a training complete certificate on ROP from Aravind Eye Hospital, Madurai, India.



Team Building Program



Orientation Program



Contact lens Expert Gagan Sahni from India in the workshop on contact lenses for optometry students.



Workshop on refraction



Optometry students celebrating Optometry Day.



Graduation Program of Optometry Student



Statue unveiling ceremony of the Respected आँखा बा Prof. Dr. Ram Prasad Pokharel.



Welcoming Dr Narayani Roka Bhattarai in HEH.



RARE monitoring team.



Workshop on refraction



CEO and country director of eye care foundation & RARE monitoring team in HEH.



Visit of Dr. Cewc Van Der Windt, esteemed Medical Advisor of the Eye Care Foundation Netherlands, to Himalaya Eye Hospital.



Refresher training for Eye care center Incharges.



Visit by donor Rays of hope UK

Happy Faces



Feed Back of Hospital Services



Registration Time

GENERAL CLINIC

Sunday - Friday

New Registration - 8:45am to 2:00pm

Old Registration - 8:45am to 2:00pm

Paediatric (Child)

Sunday - Thursday - 8:45am to 3:30pm

Friday - 8:45am to 2:30pm

Lunch Break - 1:00pm to 1:30pm

PAYING CLINIC

Sunday - Thursday

New Registration – 9:00am to 3:30pm

Old Registration – 9:00am to 3:30pm

Friday – 9:00am to 2:30pm

Lunch Break - 1:00pm to 1:30pm

Emergency Service : 24 hours

Saturday Clinic - 9:00 am to 11:30 am

Phone Number

Department	Phone Number
Registration	061-451429
Administration	061-450352
Administration	061-450458
Administration	061-451168
Store	061-453020
IPD	061-453021
Counselling	061-453152
Optical Counter	9866008111
OT Cell No.	9848258145
Paying Clinics	9769211344
Pediatric/ROP Clinics	9769498810
Retina Clinics	9763252352
Guard House	9769211322



Nepal Netra Jyoti Sangh

HIMALAYA EYE HOSPITAL

Gharipatan, Pokhara 17

Phone No: +977-061-450458, 451168 | Email: heh@ntc.net.np

