

NEPAL NETRA JYOTI SANGH HIMALAYA EYE HOSPITAL



ANNUAL REPORT 2025



EDITORIAL

As we present the 2025 edition of Himalaya Insights, we reflect on another year of dedicated service to the Gandaki and Karnali Provinces. This report serves as a record of our journey toward eliminating avoidable blindness and our commitment to providing accessible, high-quality eye care to all.

The progress of Himalaya Eye Hospital (HEH) is built on a foundation of clinical excellence and a deep-rooted connection to the communities we serve. From our specialized units in Pokhara to our expanding network of Eye Care Centers and surgical outreach camps, our goal remains the same: to ensure that no one is forced to live in darkness due to a lack of resources or geography.

This mission is only possible through the strength of our collaborations. We extend our heartfelt gratitude to our supporting partners and donors who make this work possible.

We also want to thank our medical team, staff, and volunteers for their tireless efforts. As you look through this report, we hope you see the collective impact of your support and join us in our continued mission to restore the miracle of sight.

Editorial Team, Annual Report 2025
Himalaya Eye Hospital
Gharipatan , Pokhara-17



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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 care 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

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Prof. Dr. Buddhi Bdr. Thapa
Advisor



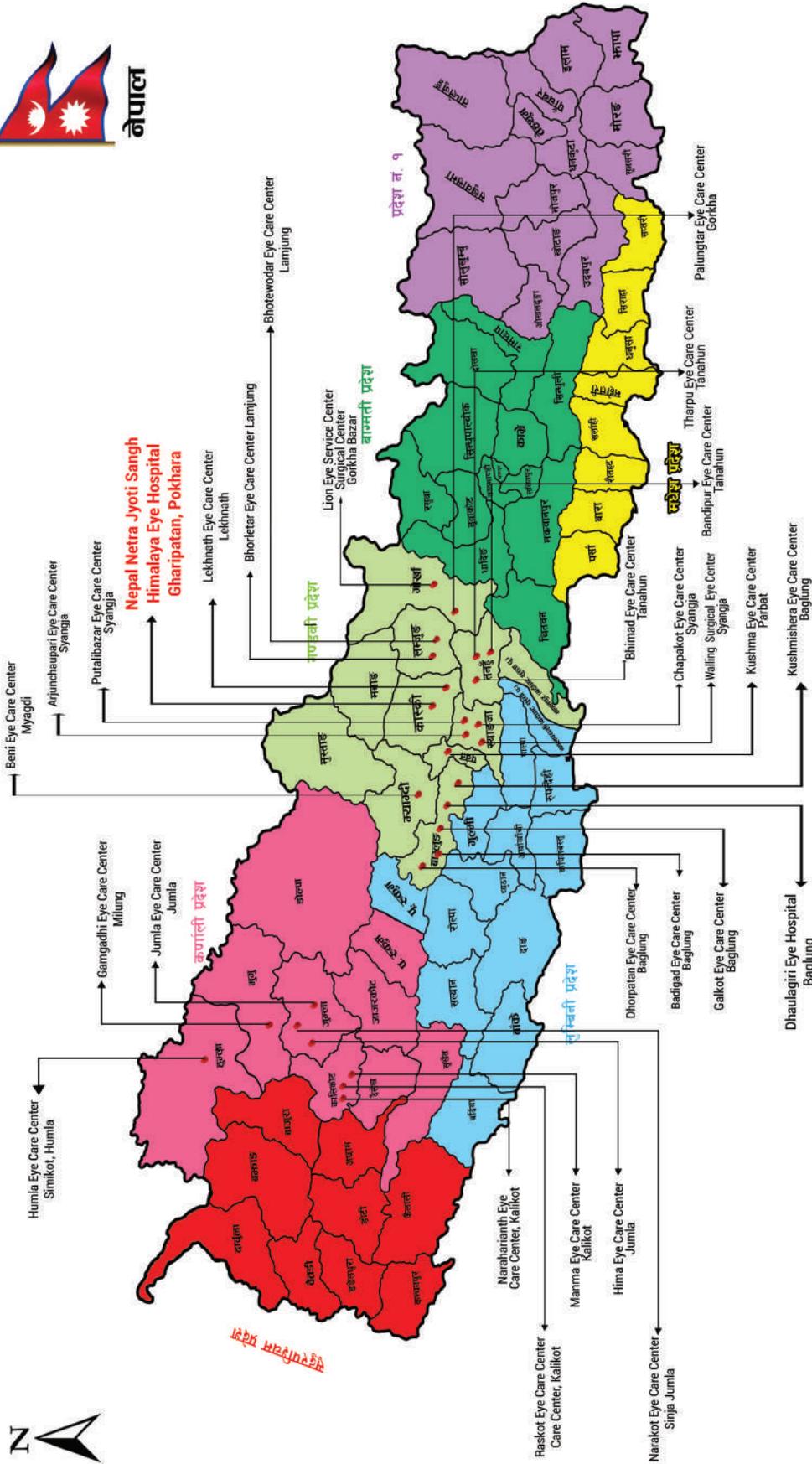
Mr. Sesh Bahadur Thapa
Advisor

HOSPITAL MANAGEMENT COMMITTEE

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नेपाल



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New Road, Kaski
Gandaki Province, Nepal

Pokhara Metropolitan City
Office of the Municipal Executive
Newroad, Kaski
Gandaki Province, Nepal

Message from the Mayor



I am immensely pleased to learn that Nepal Netra Jyoti Sangh - Himalaya Eye Hospital, Pokhara, is publishing its Annual Report 2025 on the occasion of its 33rd Anniversary, incorporating the programs conducted in 2025, service expansions, performance, and major achievements.

I understand that the hospital was established on the initial foundation of eye camp initiatives conducted three decades ago by volunteer doctors from the Netherlands, including Dutch ophthalmologist Dr. Gerard Smith, filmmaker Bas Anselms, and photographer Hans Donkersgoed, with the objective of providing affordable, quality, and accessible eye health services to the citizens of the then Gandaki, Dhaulagiri, and Karnali Zones (Western Region). Beginning with basic eye treatment services, the hospital has now developed into one of Nepal's well-equipped eye hospitals. It has been making significant contributions in the field of eye health by providing OPD services, cataract and other complex surgeries, various specialized eye care services, pediatric eye screening services, and organizing community eye camps in remote areas.

The role played by this hospital in eye care across Pokhara and Western Nepal is remarkable. As the eye is the most vital sensory organ of human life, the hospital's contribution to its protection and the promotion of vision is incomparable. With the hope that no individual loses their sight due to a lack of treatment, I express my best wishes for the continued partnership between the Eye Care Foundation (Netherlands), Nepal Netra Jyoti Sangh, and Himalaya Eye Hospital. Furthermore, I wish to affirm that Pokhara Metropolitan City remains committed to providing the necessary support for local management.

Finally, with expectations for further effectiveness of the hospital's overall services, I express my hope for the continued expansion of eye care services to remote and underprivileged communities. I extend my gratitude to the national and international partners, physicians, and management teams collaborating in this mission. Wishing the 33rd Anniversary of the hospital every success, I sincerely hope this Annual Report serves as a significant and valuable document.

Thank you.

Dhana Raj Acharya

Mayor

25 February 2026

Website: pokharamun.gov.np, Email: mayor@pokharamun.gov.np, Postal Code: 6X9P+4F Pokhara

MESSAGE FROM NNJS CHAIRPERSON



I am delighted to write the message for Himalaya Eye Hospital, as we are presenting to you the Annual Magazine for 2025. We celebrate another great year of quality support, new ideas, and good results at NNJS-Himalaya Eye Hospital (HEH) based in Pokhara.

Now Himalaya Eye Hospital (HEH) has become a strong hospital that gives high-quality eye care to everyone. The hospital is part of NNJS's big family — with 28 eye hospitals and more than 226 eye care centers across Nepal to end avoidable blindness in the country.

The team worked hard on cataract operations, glaucoma treatment, child eye care, and organizing several eye camps for the communities residing even in the remote areas of Gandaki and Karnali province. Since starting, HEH has done over 123,745 hospital surgeries. Given its scope and impact, it is safe to say that hospital has largely helped reduce blindness in Nepal, especially across the Gandaki province.

It is my pleasure to share that Himalaya Eye Hospital mainly serves the remote hilly and mountainous populations of Gandaki and Karnali provinces. The hospital provides multispecialty eye care services. It also conducts regular follow-up programmes. From this year, the hospital will start a Postgraduate (PG) programme

in Ophthalmology. In addition, it trains students at both bachelor's and master's levels in Optometry.

To cater to the need of the entire Gandaki province, the hospital still needs to treat 27,739 untreated refractive errors, 413,239 uncorrected presbyopia cases, and 3,100 low vision cases. In addition, there is an urgent need to restore vision to nearly 45,000 eyes and to treat 15,500 cases of avoidable blindness caused by cataract.

I would like to thank the Himalaya Eye Hospital team for their strong dedication and hard work. Your work gives back sight, changes lives, helps families, and builds stronger communities. I also would like to thank our donors, partners, government friends, and patients for your trust and support.

Let us keep working hard to do even better. No Nepali should lose sight from blinding diseases which can be prevented and treated. May this magazine show our journey together and give us energy for the future.

A handwritten signature in black ink, appearing to read 'Chet Raj Pant', written in a cursive style.

Prof. Dr. Chet Raj Pant
Chairperson
NNJS

**MESSAGE FROM
PRESIDENT ,
NNJS GANDAKI PROVINCE**



It is an immense pleasure for me to write a few words of best wishes on the very auspicious occasion of 33rd anniversary of Himalaya Eye Hospital.

Himalaya Eye Hospital since its inception has been rendering tired less and effective eye care service covering the then Gandaki, Dhaulagiri and Karnali zone and 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. At this auspicious moment I would like to offer sincere gratitude to the eye care foundation and Dutch people. In my opinion, Himalaya Eye Hospital itself is a pride for Eye Care Foundation Netherlands too.

Besides providing effective and quality eye services, Himalaya eye Hospital is running academic programs like Bachelor and Masters degree in optometry very effectively furthermore it is a matter of great pleasure to mention that this hospital is running M.D Ophthalmology program from the month of Baisakh, 2083 B.S. Nepal Netra Jyoti Sangh central

committee has a plan of developing Himalaya Eye Hospital as a center of excellence Himalaya Eye Hospital no doubt deserve it.

At this very moment, I would like to extend our sincere gratitude to Peter de Boer, Leendert Parlevliet, Anita Simons Dingemans, Gerald M Smith, Irene Nabeen, Bert Van Mareen, Jan Last as the pioneers and planners of Himalaya Eye Hospital that came into its present condition.

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.

A handwritten signature in black ink, appearing to read 'Dil Bahadur Kshetry', written in a cursive style.

Prof. Dr. Dil Bahadur Kshetry
Chairman
NNJS Gandaki Province



Ref. No.

शुभकामना-मन्तव्य

नेपाल नेत्रज्योति संघ, हिमालय आँखा अस्पताल पोखराको ३३ औं वार्षिकोत्सवको सुखद अवसरमा मेरो व्यक्तिगत तथा केन्द्रीय कार्यसमितिको तर्फबाट अस्पतालको दिगो विकास, विस्तार तथा उत्तरोत्तर प्रगतिका लागि हार्दिक शुभकामना व्यक्त गर्दछु । साथै, यस अस्पतालसँग आवद्ध सम्पूर्ण समाजसेवी, कर्मचारी तथा शुभेच्छुकहरूमा हार्दिक बधाई तथा मंगलमय शुभकामना व्यक्त गर्दछु ।



त्यस अस्पतालले अस्पतालसहित विभिन्न आँखा उपचार केन्द्रहरू मार्फत गण्डकी प्रदेश तथा कर्णाली प्रदेशका दुर्गम जिल्लाहरूमा समेत शुलभ र गुणस्तरीय उपचार सेवा उपलब्ध गराई संघको Vision, Mission, Goal परिपूर्तिमा र अन्धोपन न्यूनिकरणमा पुऱ्याउनु भएको अत्यन्त महत्वपूर्ण योगदानका लागि सम्पूर्ण समाजसेवीहरू, नेत्र विशेषज्ञ तथा प्रशासनिक प्राविधिक कर्मचारी, नेपाल सरकार, प्रदेश सरकार, स्थानीय सरकार एवम् दाताज्यूहरूमा हार्दिक आभार व्यक्त गर्न चाहन्छु ।

नेपाल सरकारको अविभावकत्व तथा विभिन्न विकास साभेदार संघसंस्था एवं स्थानिय सहयोगिहरूको अधिकतम परिचालन गरी सस्थाको विकास विस्तार र गुणस्तरीय आँखा उपचार सेवा पुऱ्याउने कार्यमा यहाँहरूले पुऱ्याउनु भएको योगदानको संघले उच्च कदर गरेको छ । आँखा उपचार सेवामा त्यस अस्पतालले पुऱ्याएको योगदान, प्राप्त उपलब्धि तथा भावी रणनीति र कार्यक्रमहरूबारे जानकारी गराउँदै सबै जनतालाई आँखा उपचार सम्बन्धि जनचेतना अभिवृद्धि गर्ने कार्यमा वार्षिक स्मारिकाले महत्वपूर्ण भूमिका निर्वाह गर्ने विश्वास लिएको छु ।

नेपालको आँखा स्वास्थ्य प्रणालीका परिकल्पनाकार प्रा.डा. रामप्रसाद पोखरेल तथा अन्य आठ जना समर्पित समाजसेवीहरूको सक्रिय पहलमा नेपालबाट अन्धोपन निवारण गर्ने उद्देश्यसहित वि.सं. २०३५ साल चैत्र १३ गते नाफारहित, विशुद्ध सामाजिक संस्थाको रूपमा नेपाल नेत्रज्योति संघको स्थापना भएको गौरवशाली इतिहास हामी सबैका लागि प्रेरणादायी छ ।

आँखा उपचार सेवालाई काठमाडौं उपत्यका बाहिर विस्तार गर्ने स्पष्ट लक्ष्यसहित स्थापना भएको संघले स्थापनाको पहिलो पाँच वर्षमै देशभर ९ वटा आँखा अस्पताल सञ्चालन गरी ऐतिहासिक उपलब्धि हासिल गर्‍यो । नेपाल सरकार, भारत सरकार, विभिन्न दातृ निकाय तथा सहयोगी व्यक्तिहरूको समन्वय र सहयोगमा छोटो अवधिमै यस्तो उल्लेखनीय सफलता सम्भव भएको थियो ।

सन् १९८१ मा गरिएको राष्ट्रिय सर्वेक्षण अनुसार नेपालमा अन्धोपनको दर ०.८४ प्रतिशत रहेको थियो भने सन्

२०२१ मा गरिएको अध्ययन अनुसार यो दर घटेर ०.२८ प्रतिशतमा भरेको छ । अन्धोपन न्यूनिकरणमा प्राप्त यस महत्वपूर्ण उपलब्धिमा नेपाल नेत्रज्योति संघको भूमिका अत्यन्तै महत्वपूर्ण रहेको तथ्य हामी सबैका लागि गर्वको विषय हो ।

हाल संघले देशभर २८ वटा आँखा अस्पताल तथा २२६ आँखा उपचार केन्द्र सञ्चालन गरी जनताको घरदै लोमै सेवा पुऱ्याइरहेको छ । मोतिविन्दु उपचारसँगै दृष्टिदोष, बाल दृष्टिविहीनता, जलबिन्दु, कोर्नियल अल्सर, डायबेटिक रेटिनोपेथी, न्यूनदृष्टि तथा पुनर्स्थापनात्मक सेवासमेत राष्ट्रिय स्तरमा प्रदान गर्दै संघले समग्र आँखा स्वास्थ्य सेवालार्ई व्यापक बनाएको छ । स्थापना कालदेखि हालसम्म संघको सञ्जालमार्फत करोडौं बिरामीले सेवा प्राप्त गर्नु यसको सफलताको प्रमाण हो ।

गुणस्तरीय सेवाकै कारण छिमेकी राष्ट्रहरूका नागरिकहरू समेत नेपालमा आँखा उपचारका लागि आउने गरेका छन्, जसले नेपालको आँखा स्वास्थ्य क्षेत्रको विश्वसनीयता र प्रतिष्ठालार्ई अझ सुदृढ बनाएको छ । आधुनिक विज्ञान र प्रविधिको युगमा कुनै पनि नेपाली नागरिक आँखा उपचार सेवाबाट टाढा नहोस् भन्ने दृढ संकल्पका साथ संघले आफ्ना कार्यक्रमहरू कार्यान्वयन गरिरहेको छ ।

यस अस्पतालले आँखा उपचार सेवा प्रवाहसँगै आँखा स्वास्थ्य क्षेत्रमा दक्ष जनशक्ति उत्पादनमा समेत महत्वपूर्ण भूमिका निर्वाह गर्दै आएको छ । वर्तमान शैक्षिक सत्रदेखि अस्पतालले एमडी अण्थाल्मोलोजी कार्यक्रम सञ्चालन गर्दै आएको छ, जुन संस्थाको शैक्षिक उत्कृष्टता र पेशागत प्रतिबद्धताको प्रतीकका रूपमा हामी सबैका लागि गौरवको विषय हो।

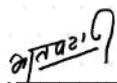
नेपालले आँखा उपचार क्षेत्रमा हासिल गरेको उल्लेखनीय उपलब्धिमा हिमालय आँखा अस्पतालको भूमिका अत्यन्त महत्वपूर्ण रहेको छ । यद्यपि हालसम्म उल्लेखनीय प्रगति हासिल भइसकेको भए पनि तीव्र गतिमा बढिरहेको प्रविधिको प्रयोगसँगै नयाँ-नयाँ चुनौतीहरू पनि थपिँदै गएका छन् । ती चुनौतीहरूको प्रभावकारी रूपमा सामना गर्दै अस्पताललार्ई अझ सेवाग्राहीमैत्री, प्रविधिमैत्री तथा गुणस्तरीय सेवा प्रदान गर्ने संस्थाका रूपमा थप विकास गर्दै अघि बढ्नु आजको आवश्यकता हो ।

संघले पोखराको प्राकृतिक पर्यटनसँग हिमालय आँखा अस्पतालको चिकित्सा पर्यटनलार्ई एकीकृत गर्दै अस्पताललार्ई सशक्त मेडिकल टुरिजम हबका रूपमा विकास गर्ने तथा आँखा उपचारसम्बन्धी सबै विशिष्टीकृत सेवा उपलब्ध गराउने सेन्टर फर एक्सलेन्सका रूपमा रूपान्तरण गर्ने गरी विभिन्न कार्यक्रमहरू अघि बढाएको छ ।

आगामी दिनमा यस अस्पतालले आफ्नो सेवा सञ्जाल अझ विस्तार गर्दै नेपालको अन्धोपन दर घटाउन र नागरिक लार्ई सहज, सुलभ तथा उत्कृष्ट आँखा उपचार सेवा प्रदान गर्न अझ सफल रहोस् भन्ने हार्दिक शुभकामना व्यक्त गर्दछु ।

हाम्रो कर्तव्य, हाम्रो जिम्मेवार, आँखा सेवामा साभेदारी ।

जय नेत्रज्योति ।


भरतबहादुर चन्द
महासचिव

MESSAGE FROM EYE CARE FOUNDATION



Let me begin by congratulating the staff, Board and volunteers of Himalaya Eye Hospital for dedicating and committing yourself to blindness prevention for last 33 years. On behalf of Eye Care Foundation, it is an immense pleasure for me to reflect on the origin and evolution of Himalaya Eye Hospital through this message for the 2025 Annual Report. 33rd anniversary is a great opportunity to celebrate our success and look forward to the future with enthusiasm.

Partnering with Eye Care Foundation, Himalaya Eye Hospital has played a key role in a remarkable achievement in bringing the prevalence of visual impairment down and reducing the blindness in the region.

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. But we are

going to face challenges in next 33 years. Over a billion people around the world can't see well because they have no access to simple pair of glasses. Globally, 1 in 2 people who need cataract surgery can't access it which means cataract surgery unmet need is still huge.

There is so much to be done and we can only achieve this if we work together and speak as one. Eye Care Foundation remains deeply committed to continuing this meaningful partnership. I wish all of you the very best for the future and hope that Himalaya Eye Hospital will continue to play important role in touristic city of Pokhara, in Nepal and Globally.

A handwritten signature in black ink, appearing to read 'Anil Gorkhaly', with a stylized flourish at the end.

Mr. Anil Gorkhaly

Country, Director

Eye Care Foundation, Nepal

MESSAGE FROM CHAIRMAN, HOSPITAL MANAGEMENT COMMITTEE



It is a matter of immense pleasure for me to extend my heartfelt congratulations and best wishes to the entire team of Himalaya Eye Hospital on the proud occasion of its 33rd anniversary and the publication of its Annual Bulletin.

Over the past three decades, the hospital has rendered quality and compassionate care to thousands of people across the Gandaki, Dhaulagiri, and Karnali regions. Its unwavering dedication has significantly contributed to making eye care services more accessible and to the prevention and control of blindness in our communities. Besides, the regular services to walk-in and remote patients through extensive outreach programs, the hospital has developed itself as an academic institution that produces different categories of manpower including ophthalmologist for service delivery.

This annual bulletin stands as a meaningful reflection of the hospital's journey, achievements, and ongoing contributions. It shows the dedication, professionalism, and teamwork of the hospital's management and staff.

On this special occasion, I would like to express my sincere appreciation to the

Eye Care Foundation, its past and present board members, generous donors, the board members of Nepal Netra Jyoti Sangh, members of the Hospital Management Committee, and all staff of the hospital. Their vision, commitment, and invaluable contributions have made today's status of Himalaya Eye Hospital possible.

I am confident that Himalaya Eye Hospital will continue to grow, introduce new dimensions in service delivery, and strengthen its mission to combat blindness and restore vision with dedication and excellence in the years ahead.

On behalf of the Hospital Management Committee and in my personal capacity, I extend my warmest congratulations and best wishes for the continued success and noble service of the hospital.

With warm regards and best wishes!

A handwritten signature in black ink, appearing to be 'S. Thapa Magar'.

Sr. Adv. Surendra Thapa Magar
Chairman, Hospital Management Committee
President Nepal Netra Jyoti Sangh Kaski

MESSAGE FROM MEDICAL DIRECTOR



Respected Readers,

As I reflect on our journey, I am reminded of the profound privilege it is to serve the community through the gift of sight.

The past year has been one of meaningful progress and quiet triumphs. Our dedicated team has worked with unwavering commitment to restore vision and hope to thousands. From sight-saving surgeries in our operation theatres to preventative camps in remote villages, every effort has been driven by a single belief: that quality eye care should reach everyone, regardless of where they live or what they can afford.

None of this would be possible without the strong collaborations we share with national and international partners. Your support has enabled us to bring advanced technology and innovative treatments to the foothills of the Himalayas, touching lives in ways that go beyond medicine.

To our staff: You are the heart of this hospital. Your compassion and skill transform fear into relief and darkness into light.

To our patients: Thank you for placing your trust in us. Your courage and smiles inspire everything we do.

To our donors and well-wishers: Your generosity fuels our mission and extends our reach to those who need it most.

Restoring vision is not just a clinical outcome—it is the beginning of a new chapter for an individual, a family, and a community. As we look ahead, we remain steadfast in our commitment to expand services, strengthen infrastructure, and reach wherever preventable blindness still exists.

Let us move forward together, toward a future where no one loses their sight needlessly.

A handwritten signature in black ink, appearing to read 'Babita Gurung'.

Dr. Babita Gurung

Medical Director
Himalaya Eye Hospital
Gharipatan, Pokhara-17, Nepal

OVERVIEW

INTRODUCTION TO HEH

A Leading Force in Eye Care

Nestled in the heart of Pokhara—the tourist capital of Nepal—Himalaya Eye Hospital (HEH), operating under Nepal Netra Jyoti Sangh, has been a trusted pillar of quality eye care since 1993. As a non-profit institution, HEH has dedicated itself to restoring sight, preventing blindness, and empowering communities across Gandaki and Karnali Provinces.

Today, HEH oversees **27 eye care centers and two partner hospitals**, delivering services that range from routine exams to advanced ophthalmic surgery. Located just six kilometers from Pokhara International Airport, the hospital spans three hectares and houses state-of-the-art facilities including outpatient clinics, modern operation theaters, inpatient wards, emergency services, diagnostic laboratories, and fully equipped pharmacy and optical units.

HEH offers comprehensive services across multiple specialized units—cornea, glaucoma, retina, pediatric ophthalmology, oculoplasty, Neuro-Ophthalmology, binocular vision and Vision Therapy, Myopia Control, contact lens, and low-vision care. A dedicated academic wing strengthens Nepal's eye care workforce by training Ophthalmic workforce including Optometrist and Ophthalmologist, conducting research, and supporting clinical excellence. With a commitment to exceptional patient experience, innovation, and outreach, Himalaya Eye Hospital continues to advance its mission of eliminating preventable blindness and elevating eye care standards across Nepal.



2025 AT A GLANCE : A LANDMARK OF SERVICE AND GROWTH



247,585

Total Patients Served



15,841

Lives Transformed by surgery



223

Medical Camp Conducted



General
Hospital
OPD
132,000



Speciality
Clinics
32,599



Pediatric
Care
24,424



Patient Profile and Reach

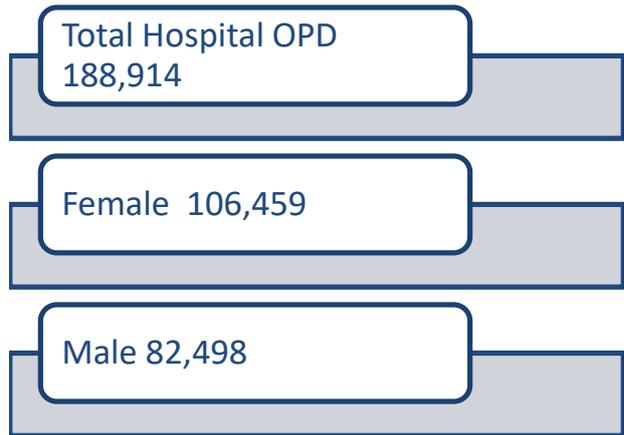
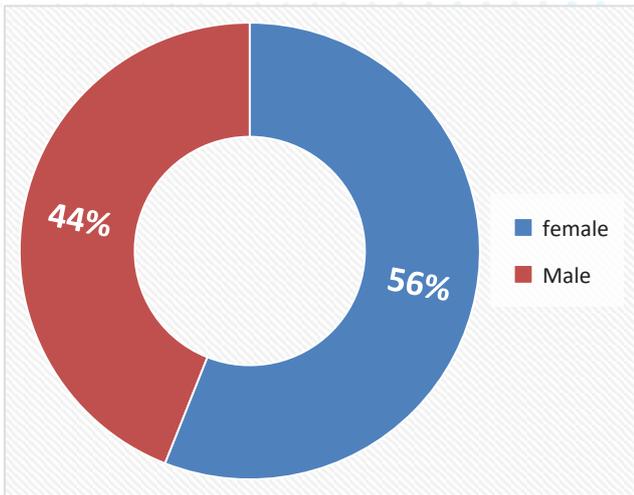
Services were delivered to children, adults, and elderly patients, addressing vision needs across the life course.

A 27% increase in Surgery in total surgery performed compared to 2024, demonstrating significant expansion of surgical Capacity.

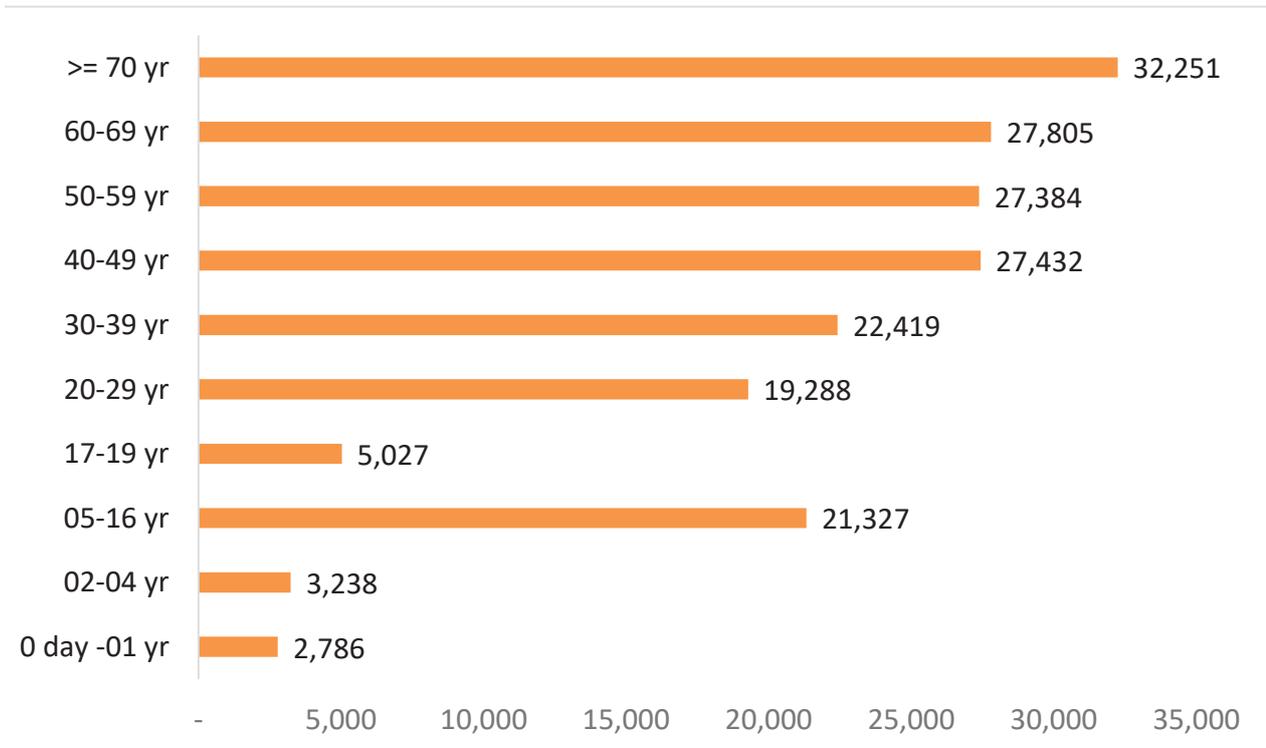
Dedicated Services for patients under 15, representing 13% of total OPD visits.

SERVING ALL GENERATIONS

GENDER DISTRIBUTION (OPD PATIENTS)

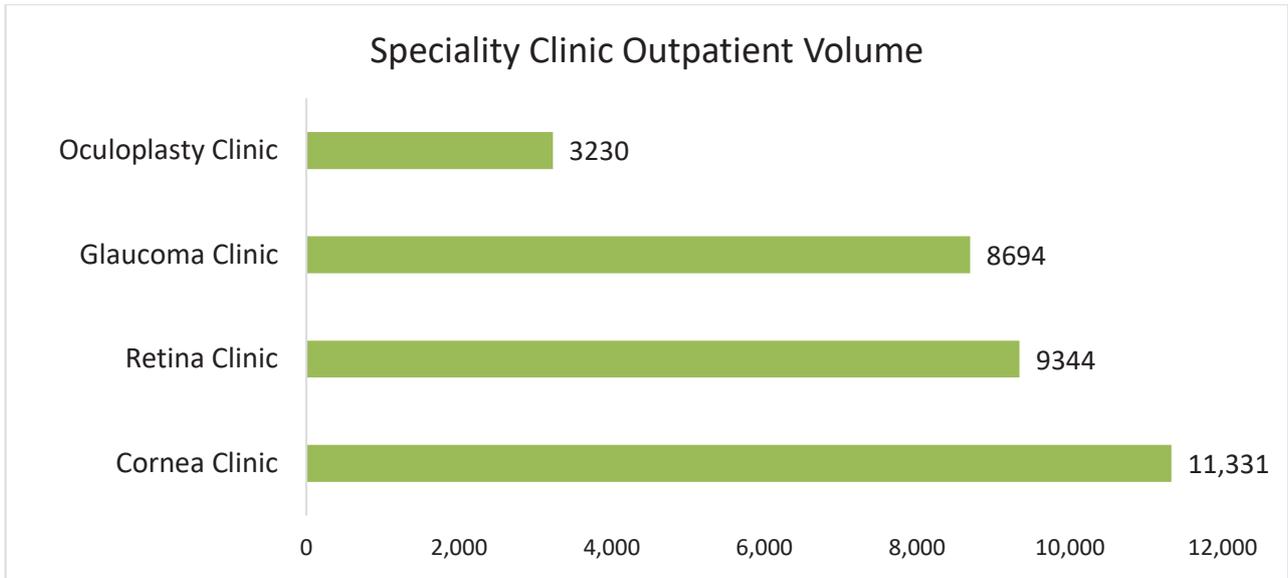


Patients Volume by Age Group



ADVANCE CARE : A CENTER FOR OPHTHALMIC SPECIALIZATION

A breakdown of 32,599 specialty clinic consultations in FY 2025, The cornea and retina Clinics are our largest specialty clinic addressing some of the most complex causes of vision impairment.



RESTORING SIGHT

Cataract Surgery remains our highest-volume procedure, accounting for nearly 70% of all in hospital surgeries. In addition to surgeries, 2033 Avastin injections were administered.

| S.NO | SURGERY TYPES | NUMBER |
|------|----------------|---------------|
| 1. | Retina | 2,427 |
| 2. | Oculoplasty | 478 |
| 3. | Cataract | 8,154 |
| 4. | Glaucoma | 138 |
| 5. | Squint Surgery | 22 |
| 7. | Sclero-cornea | 617 |
| 8. | Others | 52 |
| | Total | 11,888 |

CORNEA CLINIC

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.

Comprehensive Diagnostics: Utilizing high-resolution imaging and therapeutic tools to deliver tailored treatments for patients of all ages.

The unit is propelled by the visionary leadership of **Associate Professor Dr. Babita Gurung**, Medical Director and renowned cornea specialist, and **Dr. Narayani Bhattarai Roka**.



GLAUCOMA CLINIC

The Glaucoma Department at Himalaya Eye Hospital (HEH) in Pokhara is a specialized center dedicated to the prevention, diagnosis, and advanced management of glaucoma. Utilizing state-of-the-art diagnostic technology—including Optical Coherence Tomography (OCT), automated visual field analyzers, and precision tonometry—the department provides a full spectrum of medical, laser, and surgical interventions.

Under the leadership of renowned specialists **Prof. Dr. Indra Man Maharjan** and **Dr. Anil Parajuli** the clinical team emphasizes early detection and personalized, long-term management strategies to safeguard patient vision

Beyond clinical practice, the department is committed to public health and academic excellence:

Community Outreach: Integrating specialized glaucoma screenings into community cataract camps to provide essential care to underserved populations.

Research & Education: Advancing evidence-based treatments and providing rigorous training for the next generation of ophthalmic professionalism.



OCULOPLASTY CLINIC

The Oculoplasty and Reconstructive Surgery Unit at Himalaya Eye Hospital specializes in the intricate management of the eyelids, orbit, tear (lacrimal) system, and surrounding facial structures. Led by **Prof. Dr. Eliya Shrestha & Dr. Krishna Gurung**, the unit provides expert care for both functional medical issues and aesthetic enhancements. Our specialists treat a diverse range of conditions, including eyelid malpositions (ptosis, entropion, and ectropion), eyelid tumors, tear duct obstructions, and complex orbital diseases like thyroid eye disease.



The clinic also offers advanced reconstructive and cosmetic procedures such as blepharoplasty, browlifts, fornix reconstruction, Ball implant and trauma repair to restore both facial function and appearance. Beyond clinical excellence, the department is a hub for professional development, actively engaging in fellowship training, specialized workshops, and clinical research to pioneer new surgical techniques. By integrating innovative procedures with compassionate care, we are committed to achieving the best possible outcomes for our patients.



PEDIATRIC CLINIC

The Heh Pediatric Eye Clinic is dedicated to securing a lifetime of healthy vision for children for providing early intervention and expert management for a wide range of ocular disorders. Our specialized, child-friendly facility offers comprehensive treatment for conditions such as congenital cataracts,



strabismus (squint), amblyopia

(lazy eye), and refractive errors, Myopia control and vision therapy, alongside critical screening and care for retinopathy of prematurity and other developmental eye diseases. Under the expert leadership of Academic Director **Dr. Hari Bikram Adhikari**, a specialist in pediatric ophthalmology and adult strabismus surgery, the unit delivers compassionate, world-class eye care tailored to the need of young patients.



RETINA CLINIC

The HEH Retina Clinic is a cornerstone of the hospital's mission to combat avoidable blindness, specializing in the diagnosis and management of complex retinal conditions. Under the leadership of **Dr. Hara Maya Gurung**, who also serve as the hospitals Deputy Medical Director, the unit provides expert care for range of vision threatening disorders including:

- ◆ Diabetic Retinopathy and Age-Related Macular Degeneration (AMD)
- ◆ Retinal Detachment and Vascular Eye Disorders
- ◆ Infective, Degenerative, and Genetic Retinal Problems

To ensure precise treatment, the clinic utilizes advanced diagnostic tools from the HEH Investigation Unit, such as Optical Coherence Tomography (OCT), OCT Angiography Fundus Fluorescein Angiography (FFA), and B-scan ultrasonography. Patients have access to modern therapeutic interventions, including intravitreal injections, specialized laser therapy, and vitreoretinal surgery performed in sterile, high-tech operation theaters. By prioritizing early detection and cutting-edge medical care, the clinic aims to preserve sight and significantly improve the quality of life for its patients.



SEASONAL HYPERACUTE PANUVEITIS (SHAPU) – NEPAL’S MYSTERIOUS SEASONAL BLINDING DISEASE

SHAPU is a unilateral blinding eye disease first identified in Nepal in 1975. It affects mostly healthy children with no history of trauma or systemic illness. (1)

Sudden and Severe Attack

SHAPU typically begins with redness in one eye followed by rapid decline in vision with little or no pain. Within a few days, the eye becomes soft with shallowing of anterior chamber which has been called “Malignant Hypotension.” Hypopyon, fibrinous exudates in anterior chamber, a difficult to dilate pupil and inability to visualize retina because of massive exudation into vitreous producing a “White pupil in Red eye”(2)



Although SHAPU primarily affects children, cases have been reported in patients as young as 38 days old and as old as 80 years. It affects males and females equally. (3)

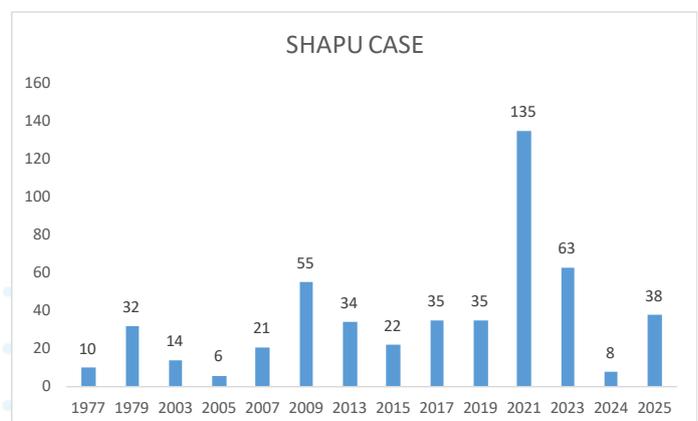
A Mysterious link to Moths

Since 1977, researchers have reported an association between SHAPU and white moth (*Gazalina chrysolopha*). The outbreak often coincides with increase moth activity. However, whether SHAPU resulted from an autoimmune response to toxins of the moths or pathogens transferred by the moths to human ocular surface still remain unanswered. (4)



Seasonal Pattern

One of the most intriguing aspects of SHAPU is its seasonal and cyclical pattern. Outbreaks usually begin in the end of Nepal’s monsoon season in September and peak during the winter months, especially in December of odd-numbered years. However, sporadic outbreaks have also been observed in even years often presenting with an atypical clinical picture. (5)



The disease was first identified in Pokhara in Kaski district, but it has since been reported

across Nepal, including in eastern regions of the country.

Raising Awareness and Fighting Blindness

Since the first cases were identified, Himalaya Eye Hospital (HEH) has played a leading role in managing SHAPU. Beyond treatment the hospital actively conducts community and school awareness programs to help families recognize early symptoms and seek prompt care.



Although much has been learned about SHAPU over the past five decades, many questions remain unanswered. For Nepal's eye health community, solving the mystery of this seasonal blinding disease continues to be both a medical challenge and a public health priority.

Photographs taken from 2025 SHAPU outbreak. 18 SHAPU cases treated at HEH



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2. Upadhyay M, Kharel Sitaula R, Shrestha B, Khanal B, Upadhyay BP, Sherchand JB, et al. Seasonal Hyperacute Panuveitis in Nepal: A Review over 40 Years of Surveillance. *Ocul Immunol Inflamm.* 2019 Jul 4;27(5):709-17. doi:10.1080/09273948.2018.1439643
3. Gurung H, Kharel Sitaula R, Karki P, Lamichhane G, Singh S, Shrestha E, et al. Seasonal Hyperacute Panuveitis (SHAPU) Outbreak Amidst COVID-19 Pandemic. *Ocul Immunol Inflamm.* 2024 Aug 8;32(7):1400-4. doi:10.1080/09273948.2023.2250440
4. Sitaula RK, Shrestha R, Karki P, Gurung H, Khatri KC A, Katuwal N, et al. Advanced diagnostic approaches for SHAPU: Metagenomic sequencing and interleukin analysis. *AJO Int.* 2024 Oct;1(3):100056. doi:10.1016/j.ajoint.2024.100056
5. Gurung H, Kharel Sitaula R, Karki P, Khatri A, Khanal B, Joshi SN, et al. Sporadic summer outbreak of SHAPU in even years: Does the pattern match with the usual autumn outbreak? *Am J Ophthalmol Case Rep.* 2021 Dec;24:101198. doi:10.1016/j.ajoc.2021.101198

NEURO-OPHTHALMOLOGY CLINIC

The Neuro-Ophthalmology Clinic at HEH was launched in mid-2024, Led by **Dr. Anju Gurung** (following her US fellowship), this clinic diagnoses and treats complex issues involving the brain, nerves, and eye muscles and also provides integrated, multidisciplinary care in collaboration with neurosurgeons and radiologists to manage intricate neuro-ophthalmic disorders and preserve vital neurological vision.



GENERAL OPHTHALMOLOGY CLINIC

As the essential cornerstone of vision care, the **General Ophthalmology Clinic** at Himalaya Eye Hospital serves as the frontline for preserving sight and promoting long-term ocular health. This high-impact unit provides a comprehensive suite of services, ranging from precision refractive prescriptions and routine wellness exams to the early detection of silent sight-threats



like glaucoma and cataracts. Our specialists also provide rapid, effective relief for daily ocular concerns, including dry eye syndrome, infections, and allergic conditions.



Driven by a collaborative team of expert ophthalmologists, optometrists, and ophthalmic officers, the clinic leverages advanced diagnostic technology to ensure early intervention and prevent avoidable vision loss. By delivering accessible, world-class care to patients of all ages, we act as the primary gateway to a lifetime of clear and healthy vision.

BINOCULAR VISION UNIT

The Binocular Vision Department at HEH is a specialized center for correcting visual coordination issues, including amblyopia, strabismus, and convergence insufficiency. Led by **Dr. Gyan Bahadur Basnet**, OD, M.Optom, the unit utilizes advanced diagnostic tools to provide individualized vision therapy, orthoptic exercises, and critical pre- and post-operative evaluations. By restoring the harmony between the eyes, the department ensures optimal visual comfort and performance for patients of all ages.



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



The HEH Investigation Unit is the technological backbone of our clinical care, housing an elite suite of diagnostic tools designed for the early detection and management of sight-threatening conditions. In 2026, the unit continues to provide world-class imaging and analysis, including OCT-Angiography (OCT-A), Fundus Fluorescein Angiography (FFA), Corneal Topography, and high-resolution B-Scan ultrasonography.

From advanced Dry Eye Testing and Meibography to complex neuro-visual assessments like Electrophysiology (ERG, EOG, VEP) and Visual Field Analysis, our facility ensures unparalleled precision in treatment planning. By integrating these cutting-edge technologies, the unit provides the essential data needed to manage glaucoma, retinal abnormalities, and corneal diseases with absolute clinical certainty.

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;-

Haematology

- ◆ CBC
- ◆ ESR
- ◆ Blood grouping

Biochemistry

- ◆ Blood sugar
- ◆ Kidney function
- ◆ Lipid Profile

Microbiology

- ◆ Culture and sensitivity
- ◆ Staining
- ◆ Urine routine microscopy
- ◆ Stool routine microscopy

Immuno-serology

- ◆ HIV
- ◆ HCV
- ◆ HBsAg
- ◆ VDRL
- ◆ C-reactive protein
- ◆ Rheumatoid factor
- ◆ Mantoux test



PHARMACY UNIT

The Pharmacy Service at Himalaya Eye Hospital ensures the consistent availability, precise dispensing, and therapeutic oversight of essential ophthalmic medications. The formulary includes a comprehensive range of treatments, such as antibiotics, anti-inflammatory agents, anti-glaucoma drops, and lubricants.



Beyond procurement, our pharmacists play a critical role in patient care by providing expert counseling on administration techniques, potential side effects, and medication adherence. Additionally, the pharmacy provides vital support to surgical and emergency departments, managing the supply of specialized drugs required for both pre-operative preparation and post-operative recovery.

OPTICAL DISPENSING UNIT

Himalaya Eye Hospital operates two dedicated optical centers—located within the Paying Clinics and the General Outpatient Department—to provide comprehensive vision correction solutions. Our centers offer an extensive selection of high-quality prescription lenses featuring advanced coatings, such as anti-glare and blue-light protection, alongside a diverse range of frames to suit every budget.



Staffed by trained opticians, the service ensures precision in fitting and adjustments while providing essential patient education on lens maintenance and contact lens care. By integrating these optical services directly into the hospital's clinical workflow, we guarantee a seamless transition from diagnosis to correction, significantly enhancing visual outcomes and patient satisfaction.

OPERATION THEATER

The state-of-the-art Operation Theater (OT) at Himalaya Eye Hospital is a sterile, highly controlled environment dedicated to a comprehensive range of ophthalmic procedures. Equipped with advanced technology—including sophisticated surgical microscopes, phacoemulsification units for cataract surgery, and specialized vitrectomy systems—the facility adheres to rigorous infection control protocols and modern airflow management standards.



Our surgical team routinely performs complex procedures such as cataract extraction, retinal detachment repair, corneal transplantation, glaucoma surgery, and squint correction. Patient safety and optimal clinical outcomes are driven by a multidisciplinary team of experienced ophthalmologists, ophthalmic assistants, and specialized eye health professionals. To ensure the highest level of visual rehabilitation, the hospital provides meticulous postoperative monitoring and personalized follow-up care for every patient.



INPATIENTS DEPARTMENT

The Inpatient Department (IPD) at Himalaya Eye Hospital provides specialized care for patients requiring overnight stays following major surgeries or for the management of severe ocular disorders.

- ◆ **Comprehensive Facilities:** The department features well-equipped patient rooms and dedicated post-operative monitoring spaces.
- ◆ **Specialized Clinical Support:** Staffed by a nursing team with specific expertise in ophthalmic care, the IPD ensures precise medication administration, infection control, and effective pain management.
- ◆ **Surgical Rehabilitation:** Inpatients receive focused care during recovery from complex procedures such as corneal transplants, retinal detachment repairs, and oculoplastic surgeries.
- ◆ **Holistic Recovery:** Beyond clinical treatment, the department prioritizes visual rehabilitation through personalized post-operative counseling and streamlined follow-up planning.
- ◆ **24/7 Emergency Services:** The IPD section also hosts the hospital's emergency unit, which remains operational 24 hours a day to provide immediate care for urgent ophthalmic conditions.



EYE CARE CENTER



Dhaulagiri Eye Hospital
Uppalachaur, Baglung
Ph.: 9806644278



Gorkha Lions Eye Service Center
Gorkha Bazar, Gorkha
Ph.: 9845837234



Bhotewodar ECC
Sundarbazar, Lamjung
Ph.: 9846113100



Chandannath Eye Hospital
Chandannath, Jumla
Ph.: 9848313444



Arjunchaupari ECC
Arjunchaupari, Syangja
Ph.: 9867245828



Bandipur ECC
Bandipur, Tanahun
Ph.: 9861927983



Bihadi ECC
Bihadi, Parbat
Ph.: 9846676705



Simkot ECC
Simkot, Humla
Ph.: 9846213478



Kaligandaki ECC
Mirmi, Syangja
Ph.: 9846910985



Kushma ECC
Kushma, Parbat
Ph.: 9846135270



Lekhnath ECC
Pokhara - 31, Kaski
Ph.: 9849941748



Gamgadhi ECC
Gamgadhi, Mugu
Ph.: 9856018112



Myagde ECC
Tharpu, Tanahun
Ph.: 9817199228



Beni ECC
Beni, Myagdi
Ph.: 9857641057



Walling ECC
Garahun Ghyaling Health Post
Ph.: 9856055167

| S.N | Name of ECC/Hospital | Address | Contact No. |
|-----|----------------------|------------------------|-------------|
| 16 | Burtibang ECC | Dhorpatan, Baglung | 9849611871 |
| 17 | Kushmisera ECC | Kushmisera, Baglung | 9847200404 |
| 18 | Galkot ECC | Galkot Baglung | 9843711824 |
| 19 | Badigaad, Baglung | Badigaad, Baglung | 9806616567 |
| 20 | Palungtar ECC | Palungtar, Gorkha | 9814170545 |
| 21 | Sinja ECC | Sinja, Jumla | 9868356975 |
| 22 | Hima ECC | Hima, Jumla | 9864734462 |
| 23 | Manma ECC | Manma, Kalikot | 9848301477 |
| 24 | Raskot ECC | Raskot, Kalikot | 9840839043 |
| 25 | Narahari Nath ECC | Narahari Nath, Kalikot | 9864743588 |
| 26 | Bhorletar ECC | Bhorletar, Lamjung | 9820251503 |
| 27 | Putali Bazar ECC | Putalibazar, Syangja | 9829125858 |
| 28 | Chapakot ECC | Chapakot, Syangja | 9816603051 |
| 29 | Bhimad ECC | Bhimad, Tanahun | 9812965011 |

COMMUNITY PROGRAM

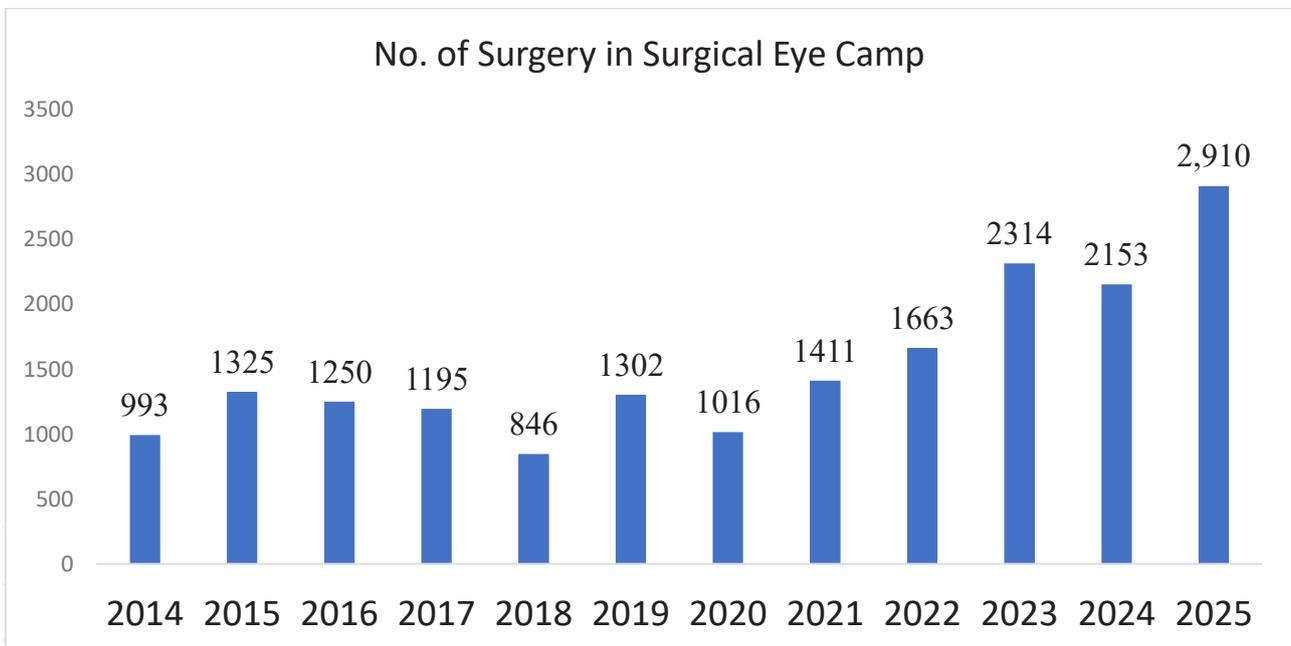
As a cornerstone of the Himalaya Eye Hospital, the Community Eye Programme provides essential outreach to guarantee high-quality eye care for underprivileged populations across the **Gandaki** and **Karnali** provinces.

The project systematically identifies and treats prevalent conditions including cataracts, refractive errors, and presbyopia through an integrated network of free eye camps, school screenings, and mobile surgical units in remote regions. Beyond clinical intervention, the program prioritizes community empowerment by integrating eye health education and public awareness initiatives into its outreach model.

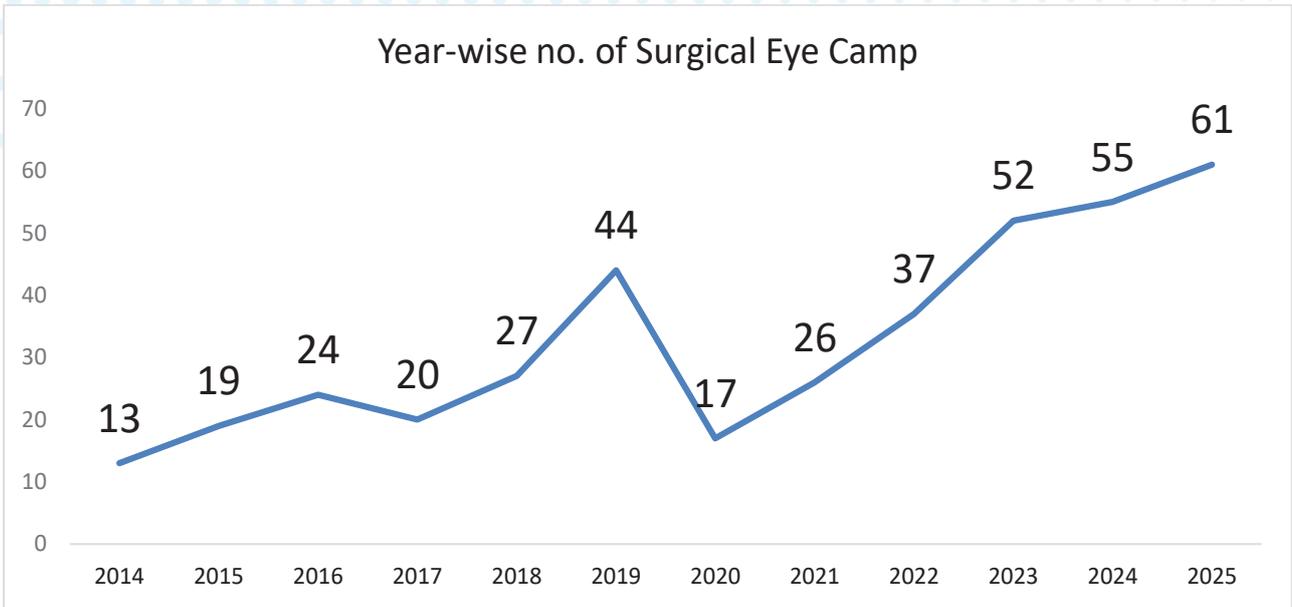


| Year | No of Surgical Eye Camp | No of Patients seen in surgical Eye Camp (SEC) | No. of Surgery Performed SEC | No. of School Screened | No. of Students examined | No of Glasses Provided | No of Screening camp | No. of patients seen in DST camp |
|--------------|-------------------------|--|------------------------------|------------------------|--------------------------|------------------------|----------------------|----------------------------------|
| 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 |
| 2025 | 61 | 18,346 | 2,910 | 50 | 19,558 | 1,035 | 112 | 20,767 |
| Total | 518 | 223764 | 39159 | 1904 | 456565 | 13466 | 3656 | 904476 |

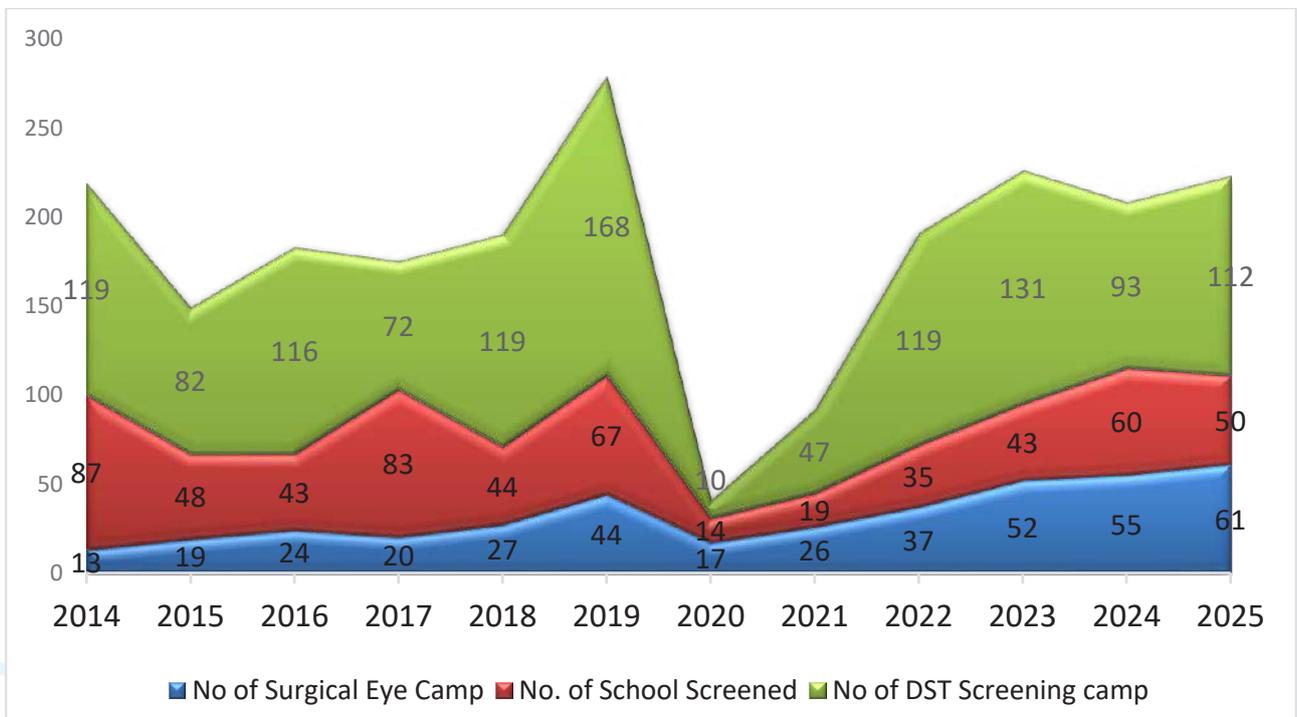
Historical Trend Analysis of Outreach Activities (1993-2025)



No. of Surgery in Surgical Eye Camp (2014-2025)



Year-wise no. of Surgical Eye Camp



Eleven-Year Trend of Outreach Programs

ACADEMIC



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. Himalaya Eye Institute achieved a 100% success rate in the License examination for Bachelor of Optometry, in last two consecutive year. The License examination to Practice optometry in Nepal was conducted by Nepal Health Professional Council.
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.

- 3. Residency Program:** HEH offers resident training programmes in ophthalmology. Recently MEC provided 2 Seat for the Residency Training in Ophthalmology through NBMS.
- 4. 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 fellows.
- 5. 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 three interns from Belgium are in internship programme.
- 6. 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, Patan Academy of Health Science, Nepal medical college Ktm., Pokhara Academy of Health Science for training their residents in HEH.

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



4th Batch B. Optometry Students



5th Batch B. Optometry Students



6th Batch B. Optometry Students



7th Batch B. Optometry Students

HIMALAYA EYE HOSPITAL: 33 YEARS OF EYE CARE EXCELLENCE

Himalaya Eye Hospital (HEH) has been relentlessly working for thirty-three years to eliminate avoidable blindness in Gandaki and Karnali provinces of Nepal. It provides eye care services through its base hospital (HEH), 2 Peripheral secondary eye hospital, 27 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 125 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 33 Years

Since its inception, Himalaya Eye Hospital has remained steadfast in its mission to eradicate avoidable blindness. Over the past 33 years, our dual-pronged approach integrating world-class clinical care with grassroots community outreach—has transformed the lives of over 4.3 million individuals.

Clinical Excellence: The Foundation of Care

Our hospital-based services have evolved from a modest regional clinic into a premier ophthalmic center of excellence.

Outpatient Dynamics: From our first full year in 1995 (serving 20,787 patients) to a record-breaking 188,914 visits in 2025, our facility has managed a cumulative total of 2,781,371 outpatient consultations.

Surgical Precision: Our surgical teams have successfully performed 135,633 specialized procedures within our hospital theaters, restoring sight and dignity to thousands.

Community Outreach: Bridging the Accessibility Gap

Recognizing that geography should never be a barrier to health, our mobile initiatives have reached 1.54 million people in the most remote corners of our region.

| Outreach Initiative | Impact (Patients Served) |
|----------------------------------|---------------------------------|
| Diagnostic Screening (DST) Camps | 904,476 |
| School Screening Programs | 437,007 |
| Surgical Eye Camps (SEC) | 205,418 |
| Total Outreach Reach | 1,546,901 |

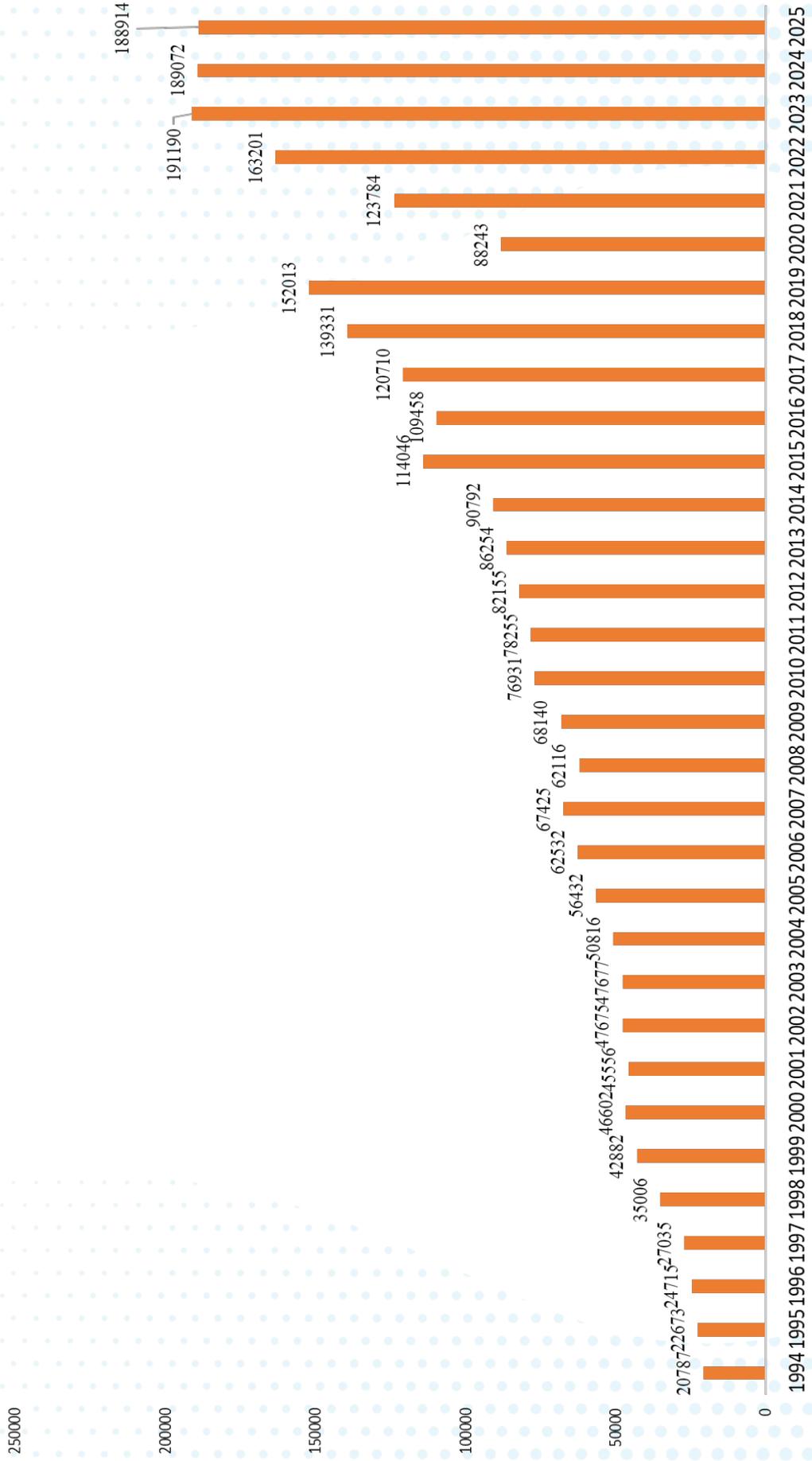
Looking Ahead

As HEH celebrates its 33rd anniversary, the mission is far from over. The hospital continues to work towards:

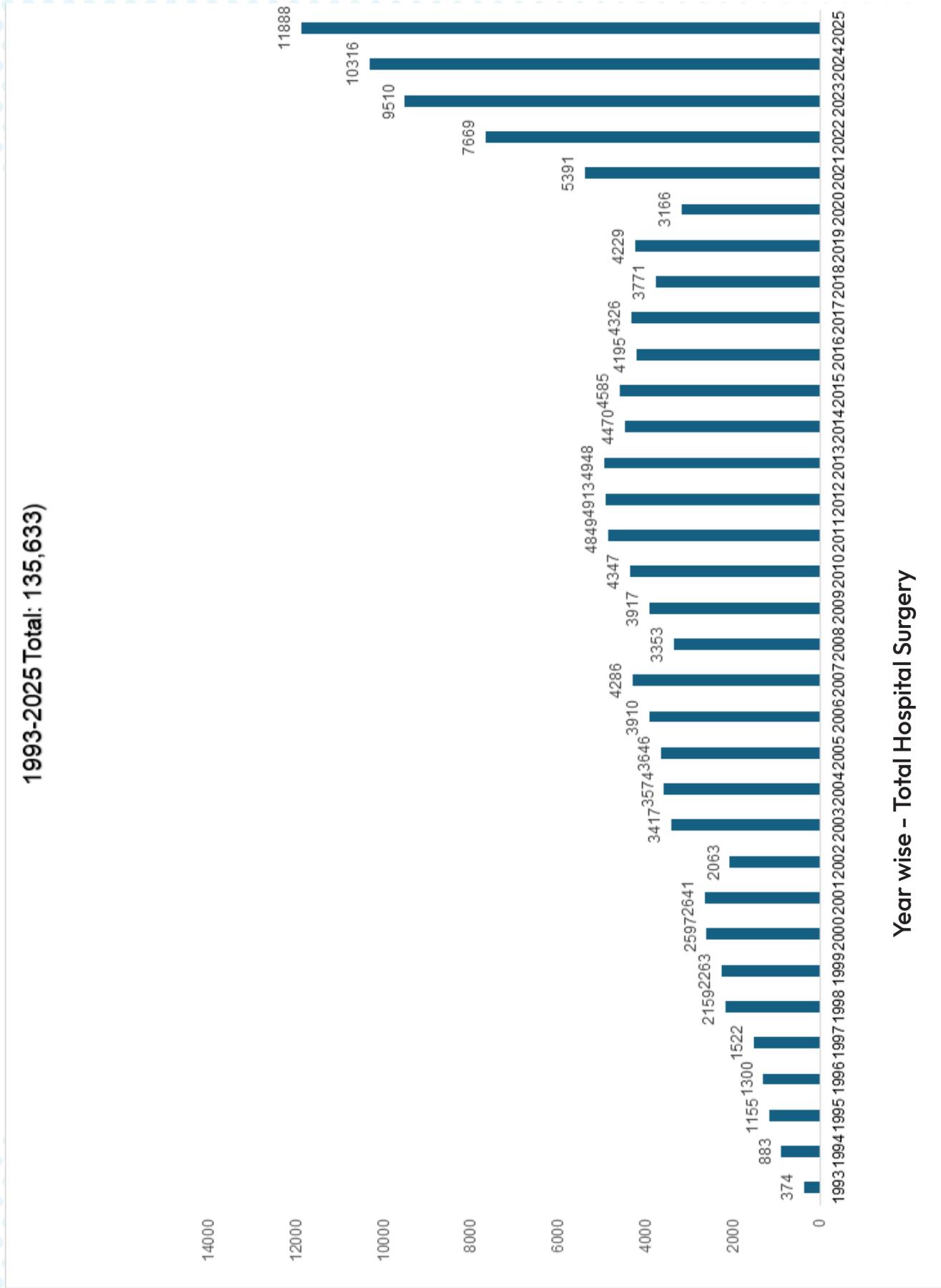
- ◆ Expanding primary eye care services closer to communities.
- ◆ Ensuring affordable and equitable eye care services.
- ◆ Strengthening training, research and education to develop skilled eye care professionals.

With the unwavering support of partners, volunteers and dedicated professionals, HEH remains committed to its mission of eliminating avoidable blindness and vision impairment in Nepal.

OPD Total : 27,30,733(1994-2025)



Year wise - Total Hospital OPD



HUMAN RESOURCES AND DEVELOPMENT TRAINING

| S.N | Participant Name | Date and Venue | Program and Venue |
|-----|--------------------------|----------------------------|---|
| 1 | Dr. Hara Maya Gurung | 7th to 9th Feb 2025 | Management Training in Pokhara |
| | Kumar Garbuja | | |
| 2 | Dr. Eliya Shrestha | 17th & 18th Feb 2025 | TIO, Kathmandu |
| 3 | Hari Prasad Aryal | 26th to 28th Feb, 2025 | Medical Expo, Kathmandu |
| | Kesh Maya Gurung | | |
| | Kishor Malla | | |
| 4 | Dr. Anil Parajuli | 27th Feb to 1st April 2025 | Glaucoma Observership Program, Netherland |
| 5 | Dr. Hara Maya Gurung | 2nd to 7th April to 2025 | APAO, New Delhi, India |
| | Dr. Anju Gurung | | |
| | Hari Aryal | | |
| 6 | Anil Kumar Singh | 19th to 21st April 2025 | Optical Expo, Kathmandu |
| | Suraj | 21st & 22nd April 2025 | |
| | Parbati Gurung | | |
| 7 | Kumar Garbuja | 28th April to 1st May 2025 | IAPB Conference, Kathmandu |
| | Dr. Babita Gurung | | |
| | Dr. Hari Bikram Adhikari | | |
| | Nabin Baral | | |
| 8 | Arjun Sapkota | 6th to 9th May 2025 | Eye Excel Program, Chitwan |
| | Alisha Regmi | | |
| 9 | Bikal Shrestha | 7th to 12th May 2025 | Accounting Training, Kathmandu |
| 10 | Sakuntala Shrestha | 22&23 May 2025 | Leadership Training, Kathmandu (Union) |
| | Jamuna Paudel | | |
| 11 | Tej Bahadur Gurung | 31st May to 14th Jun 2025 | Outreach Management Training |
| 12 | Subhash Nepal | 10th to 11st July 2025 | Community Eye Health Training, Arvind Eye Hospital India |
| 13 | Govinda Nath Yogi | 2nd to 4th Jul 2025 | Role of Social Media In Eye Health Education Workshop, Biratnagar |
| | Govinda Raj Badhu | | |
| | Reena Gurung | | |
| | Kalpana Acharya | | |

| S.N | Participant Name | Date and Venue | Program and Venue |
|-----|--|--------------------------|---|
| 14 | Mr. Anup Subedi | 31st July & 1st Aug 2025 | Diabetic Retinopathy Registry, TIO Kathmandu |
| 15 | Anup Subedi | 1st Sep 2025 | Orientation and Workshop on MEMIS Scholarship Management Module, MEC, Kathmandu |
| 16 | Govinda Nath Yogi | 5th - 7th Sep 2025 | Bharatpur Eye Hospital |
| 17 | Kumar Garbuja Dr. Indra Man Maharjan | 5th Oct to 9th Oct 2025 | Inspection and Monitoring DEC, Karnali and Jumla |
| 18 | Subhash Nepal | 12th-15th Oct 2025 | Biratnagar Eye Hospital |
| 19 | Dr. Babita Gurung Dr. Hari Bikram Adhikari Bikal Shrestha | 15th to 17th Oct 2025 | Workshop on Strengthening Eye Health System, Kathmandu |
| 20 | Dr. Babita Gurung Dr. Eliya Shrestha Dr. Hara Maya Gurung Dr. Anju Gurung | 13th & 14th Nov 2025 | NOSCON Conference 2025, Mechi Eye Hospital, Jhapa |
| 21 | Er. Binod Bhandari | 27th Dec 2025 | National Conference on Equipment Maintenance for Ophthalmic Service, TIO, Kathmandu |
| 22 | Chitra Upreti Parbati Gurung | 31st Dec to Jan 1st | MEMIS Scholarship Module, Bharatpur |

NAME LIST OF STAFF

| S.N. | Employee Name | Designation | Branch |
|--|------------------------------|---------------------------|----------|
| Ophthalmologist | | | |
| 1 | Dr. Babita Gurung | Medical Director | HEH |
| 2 | Dr. Hara Maya Gurung | Deputy Medical Director | HEH |
| 3 | Prof. Dr. Indra Man Maharjan | Outreach Program Director | HEH |
| 4 | Dr. Hari Bikram Adhikari | Academic Director | HEH |
| 5 | Prof. Dr. Eliya Shrestha | Ophthalmologist | HEH |
| 6 | Dr. Anil Parajuli | Ophthalmologist | HEH |
| 7 | Dr. Anju Gurung | Ophthalmologist | HEH |
| 8 | Dr. Krishna Gurung | Ophthalmologist | HEH |
| 9 | Dr. Narayani Roka Bhattarai | Ophthalmologist | HEH |
| Optometrist | | | |
| 1 | Nabin Baral | Optometrist | HEH |
| 2 | Gyan Bahadur Basnet | Optometrist | HEH |
| 3 | Ravin Kumar Mishra | Optometrist | HEH |
| 4 | Punay Pratap Sha | Optometrist | HEH |
| 5 | Anup Subedi | Optometry Lecturer | HEH, HEI |
| 6 | Arjun Sapkota | Optometry Lecturer | HEH, HEI |
| 7 | Alisha Regmi | Optometry Lecturer | HEH, HEI |
| Ophthalmic Officer/Ophthalmic Assistant | | | |
| 1 | Durga Bahadur Maski | Ophthalmic Officer | HEH |
| 2 | Govinda Nath Yogi | Ophthalmic Officer | HEH |
| 3 | Manju Acharya | Ophthalmic Officer | HEH |
| 4 | Govinda Raj Badhu | Ophthalmic Officer | HEH |
| 5 | Bijaya Poudel | Ophthalmic Officer | HEH |
| 6 | Sashi Kamala Lamichhane | Ophthalmic Officer | HEH |
| 7 | Reena Gurung | Ophthalmic Assistant | HEH |
| 8 | Tej Bahadur Gurung | Ophthalmic Assistant | HEH |
| 9 | Tasbiran Miya | Ophthalmic Assistant | HEH |
| 10 | Subash Nepal | Ophthalmic Assistant | HEH |

| S.N. | Employee Name | Designation | Branch |
|--------------------------------------|---------------------------|----------------------|--------|
| 11 | Dharmendra K. Ghodashaini | Ophthalmic Assistant | HEH |
| 12 | Rupsing Bohara | Ophthalmic Assistant | HEH |
| 13 | Deep Gurung | Ophthalmic Assistant | HEH |
| 14 | Shanti Choudhari | Ophthalmic Assistant | HEH |
| 15 | Sabita Ghimire | Ophthalmic Assistant | HEH |
| 16 | Dipa Shahi | Ophthalmic Assistant | HEH |
| 17 | Dipika Gurung | Ophthalmic Assistant | HEH |
| Pharmacy | | | |
| 1 | Dikshya Shree G.c. | Pharmacist Officer | HEH |
| 2 | Nagandra Shahi | Pharmacy Assistant | HEH |
| 3 | Samikshya Adhikari | Pharmacy Assistant | HEH |
| Staff Nurse/CMA/ANM/Assistant | | | |
| 1 | Jamuna Paudel | Staff Nurse | HEH |
| 2 | Fulmaya Karki | Counselor | HEH |
| 3 | Gita Kumari Sharma | CMA | HEH |
| 4 | Sishu Maya Adhikari | CMA | HEH |
| 5 | Mina Rai | OT Assistant | HEH |
| 6 | Uma Sunuwar | CMA | HEH |
| 7 | Kalpana Acharaya | CMA | HEH |
| 8 | Gupti Purja | CMA | HEH |
| 9 | Ganga Bhujel | CMA | HEH |
| 10 | Devi Pun Magar | CMA | HEH |
| 11 | Sita Thapa | CMA | HEH |
| 12 | Dipa Malla Thakuri | CMA | HEH |
| 13 | Swostika Adhikari | OPD Assistant | HEH |
| 14 | Samridhi Suman Shahi | OPD Assistant | HEH |
| 15 | Arishu Khatri Chhetri | OPD Assistant | HEH |
| 16 | Anjana Poudel | OPD Assistant | HEH |
| 17 | Smriti Aryal | OPD Assistant | HEH |
| 18 | Preeti Thapa | OPD Assistant | HEH |
| 19 | Manita Poudel | OPD Assistant | HEH |

| S.N. | Employee Name | Designation | Branch |
|-----------------------------|-----------------------|----------------------------------|---------|
| 20 | Sunita Dhakal | OPD Assistant | HEH |
| 21 | Sabina Giri | OT Assistant | HEH |
| 22 | Prasamsha Pariyar | OPD Assistant | HEH |
| 23 | Dipti Saru Magar | OPD Assistant | HEH |
| 24 | Nita Gurung Ghale | OPD Assistant | HEH |
| 25 | Ishwor Manandhar | OT Assistant | HEH |
| 26 | Muskan B.k. | OPD Assistant | HEH |
| Laboratory | | | |
| 1 | Ashmita Parajuli | Lab Assistant | HEH |
| 2 | Laxmi Kumari Poudel | Lab Assistant | HEH |
| 3 | SAPANA RAI | Lab Assistant | HEH |
| Eye Health Worker | | | |
| 1 | Gita Naharki | Eye Health Worker | HEH |
| 2 | Keshmaya Gurung | Eye Health Worker | HEH |
| 3 | Sangita Shrestha | Eye Health Worker | HEH |
| 4 | Balika Parajuli | Eye Health Worker | HEH |
| 5 | Bobita Kshetry | Eye Health Worker | HEH |
| 6 | Kamal Prasad Sharma | Eye Health Worker | HEH |
| 7 | Chet Kumari Thapa | Eye Health Worker | HEH |
| 8 | Asmita Paudel | Eye Health Worker | HEH |
| Administrative Staff | | | |
| 1 | Kumar Garbuja | Hospital Manager | HEH |
| 2 | Parbati Gurung | Admin./Account Officer | HEH |
| 3 | Ramesh Bahadur Baniya | Administrative Officer | HEH |
| 4 | Chitra Upreti | Assistant Administrative Officer | HEH/HEI |
| 5 | Prabina Giri | Research officer | HEH |
| 6 | Sakuntala Shrestha | Office Assistant | HEH |
| 7 | Bikal Shrestha | Account Assistant | HEH |
| 8 | Manu Rai | Office Assistant | HEH |
| 9 | Shalikram Bhandari | Office Assistant | HEH |

| S.N. | Employee Name | Designation | Branch |
|------------------------|----------------------------|--------------------------|---------------|
| 10 | Buddhi Sagar Tripathee | Administrative Assistant | HEH |
| 11 | Sunita Kumari Sharma | Administrative Assistant | HEH |
| 12 | Sangita Pokhrel | Administrative Assistant | HEH |
| 13 | Linu Thapa Shrestha | Office Assistant | HEH |
| 14 | Puja Ranabhat | Office Assistant | HEH |
| 15 | Nabina Karki | Office Assistant | HEH |
| 16 | Simran Gurung | Office Assistant | HEH |
| 17 | Srijana Pageni | Office Assistant | HEH |
| Technical Staff | | | |
| 1 | Er. Binod Bhandari | Maintenance Officer | HEH |
| 2 | Dadhiram Bk | Maintenance Assistant | HEH |
| 3 | Anil Kumar Singh | Optical Incharge | HEH |
| 4 | Bishnu Prasad Kafle | Maintenance Assistant | HEH |
| 5 | Suraj Chaudhari | Lens Edger | HEH |
| 6 | Kishor Malla | Asst. Lens Edger | HEH |
| 7 | Dhan Bhahadur Lama | Lens Edger | HEH |
| 8 | Binita Kumari Kushwaha | Asst. Lens Edger | |
| Driver | | | |
| 1 | Deep Bahadur Malla Thakuri | Driver | HEH |
| 2 | Santosh Baral | Driver | HEH |
| DEC staff | | | |
| 1 | Dabal Adhikari | Ophthalmic Officer | DEC, Kalikot |
| 2 | Buma Bohara | Ophthalmic Officer | DEC, Humla |
| 3 | Dinesh Baniya | Ophthalmic Officer | DEC, Beni |
| 4 | Sumitra Adhikari | Ophthalmic Assistant | DEC, Parbat |
| 5 | Dhruba Bahadur Thapa | Ophthalmic Assistant | DEC, Mugu |
| 6 | Samikshya Thapa | Ophthalmic Assistant | ECC, Maygde |
| 7 | Binita Gurung | Ophthalmic Assistant | ECC, Lekhnath |

| S.N. | Employee Name | Branch |
|-----------------------|-----------------------|--------|
| Housekeeping | | |
| 1 | Krishna Rana | HEH |
| 2 | Sangita Bhujel | HEH |
| 3 | Pratima Rai | HEH |
| 4 | Basanti Bhujel | HEH |
| 5 | Dil Mayapun | HEH |
| 6 | Rajani Jalari Karki | HEH |
| 7 | Bal Kumari Darji | HEH |
| 8 | Laxmi B.K. | HEH |
| 9 | Buddhi Bahadur Nepali | HEH |
| 10 | Mina Pariyar | HEH |
| Security Guard | | |
| 1 | Sant Bahadur Gurung | HEH |
| 2 | Surya Bahadur Gurung | HEH |
| 3 | Agandhar Raj Bhat | HEH |
| 4 | Laxman Gurung | HEH |
| 5 | Maheshowr Baral | HEH |
| 6 | Indra Bahadur Gurung | HEH |
| 7 | Hom Bahadur Gurung | HEH |
| 8 | Krishna Bahadur Karki | HEH |

Memories in Photos



Ophthalmologist Group



Optometrist Group



Ophthalmic assistant and ophthalmic officer group



Administration Group



Pediatric clinic team



Retina clinic team



Investigation unit team



Registration/Insurance team

Memories in Photos



Outreach Team



Counseling Unit



Minor OT team



Paying clinic team



Laboratory team



Pharmacy team



Billing team



Glaucoma team

Memories in Photos



Medical record Unit



Optical team



Store team



Housekeeping



Driver



Ophthalmology Fellow



Maintenance team



Master of Optometry Student



Farewell of Tulasi Dhakal



Farewell of Prem Kumar Nakarmi



Farewell of Kali Bahadur Rawat



Farewell of Hari Prasad Aryal



Best Employee Award 2024 to Dr. Hari Bikram Adhikari & Prem Kumar Nakarmi



Best Department Award 2024 to Optical



Welcoming Dr. Keshar Dhakal



Tree Plantation



Celebrating World Sight Day



Welcoming Dr. Peter, his wife Riya



Eye Health Training



Picnic



Eye health Training for School Teacher



CME Programme



Appreciation to Dr. Eliya as Former MD



Welcoming Dr. Babita as MD



Welcoming Delegates from Taiwan



Hospital Visit



Welcome and Farewell Program of B. Optometry Student



Teej Program



Training Program



Welcoming Delegates from USA



Welcoming Central NNJS Team



CME Program

Memories in Photos



Welcoming Dr. Sabina Shrestha



APAO Hongkong



Token of Love to Dr. Sabita Palikhe



Dispensing Trainer from Germany



World Environment Day Celebration



CME program



Sunglasses Distribution to Traffic Police



NNJS District Conference



Eye Health Training



Optical Dispensing Training



Community Outreach Training



Insight of Dr. Anil Visit to Neatherland



MOU with DEF for SHAPU Care



Eye Health Training



Fellowship Completion



Ridley Eye Foundation Delegates in HEH



Annual Workshop, Gandaki



Annual Workshop, Gandaki



Annual Planning-Karnali



Sun Glass Distribution to Journalist



Hon. Maeda Toru Ambassador of Japan at HEH



Inauguration of ECC



Refresher Training



Annual Planning

Memories in Photos



Waste Management Training



Observation visit from MEC



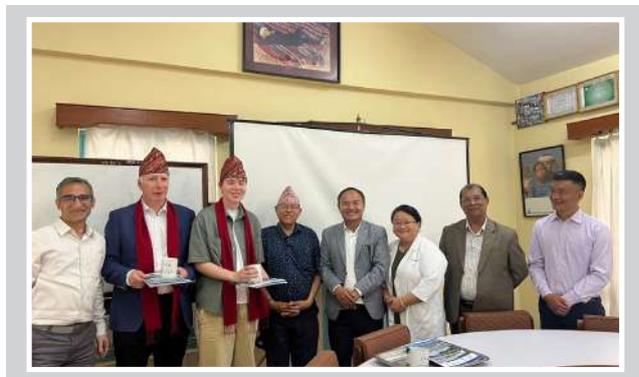
Eye Care foundation with student



Observation visit



Eye Camp to Senior Citizen



Mr. Peter Holland IAPB CEO



Ms. Anita Verkerk Chairperson of ECF



Recognizing the kindness



MOU signing for ECC



MOU signing for Chandannath Eye Hospital, Jumla



Certifying Phaco Trainee



World Glaucoma week Celebration



ECF guest at HEH



Observational tour from Gaur



RARE Team



RARE survey

Memories in Photos



Saraswati Puja Celebration



Student tour



Welcoming Mutu Foundation



Annual Sports Event of Students



DAK program monitoring visit by SWC



Student Picnic



School Screening



Free Cataract Surgery Provided to five siblings

A MOBILE HEALTHCARE REVOLUTION:

From 1993 to 2025, our community outreach initiatives have reached **1.54 million individuals**, turning remote villages into centers of healing.



HAPPY FACES





विद्यया अप्सरे अप्सरे मृतमृतम्
From Eye Surveilling

Volunteer
S.H.M.

Maker

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

Sat. & Public Holiday 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

