



A big thank you!

We want to thank you for all the support. We have been committed to advancement of Nepal's health care . Any contribution now and then has not been taken lightly but perhaps it has always been the constant source of energy to excite positive responses in this difficult time.



<https://www.anmf.org/>



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STAY TUNED FOR
ANMF 25th ANNUAL
CONFERENCE UPDATE



President Message

What a year 2020 has been! With the COVID-19 pandemic our lives have changed upside down. All of us have been affected by it in various ways and some have faced the brunt of it with disease and death of near and dear ones. My condolences to so many who have lost their lives.

Despite all these challenges, ANMF has come out stronger by adapting to the changing times and working accordingly. With our yearly in person conference being postponed, the Board formed a new executive body on 5/17/20 and elected me as the president. We quickly moved to conduct the 24th annual conference online and were able to do it on July 11,2020. This conference ratified the new Board and office bearers.

ANMF has continued to work during these tough times. As of, 10/2020 over 430K USD has already been disbursed for several projects in 2020 (refer to pie chart). In our fight against COVID-19 pandemic, we have already funded and used over 140K USD.

Over 30 webinars, 3 COVID related training courses in collaboration with Nepal Medical Association (NMA) and Nepal Critical Care Development Foundation (NCCDF), Funding of isolation center in Birgunj, telemedicine units of NMA and Teaching Hospital Maharajgunj Kathmandu, telemedicine services in Janakpur regional hospital along with distributing PPEs to over 65 hospitals in different parts of Nepal, helping National Innovation Center (NIC) financially and by knowledge sharing are the salient work of the relief efforts so far. With the surge in COVID 19 cases in Nepal, ANMF has launched the SAVE Lives campaign with the primary aim of helping with supply/delivery of oxygen, awareness/knowledge sharing activities, virtual/online telemedicine activities and empowering healthcare professionals (HCPs). ANMF will be helping to set up liquid oxygen tanks in Nepal to aid with oxygen supply while by donating high flow nasal oxygen (HFNO) devices, it hopes to help as much as possible to SAVE the lives of as many people as possible. This campaign will continue to empower HCPs by helping them with much needed quality masks along with knowledge/experience sharing activities and providing telemedicine opinions. ANMF has been joined by various like-minded organizations from USA, UK and Australia to help in this SAVE Lives Campaign by forming an Alliance of Nepali Medical Diaspora. ANMF will continue this relief efforts to combat the pandemic in Nepal.



While we continue to work on COVID related projects, ANMF will continue to focus on projects that involve Research and development, Advocacy, Training and Education (RATE). We have been collaborating with other organizations to maximize resources and will also explore avenues on grant writing to fund for major infrastructure and high budget projects. In order to foster these causes, agreements have been reached with NMA and Nepal Health Research Council (NHRC). Educational and knowledge sharing webinars have been ongoing. Peer reviews of medical journals in Nepal is starting in near future. North American expertise have been used and provided to conduct studies involving convalescent plasma and Remdesivir for COVID-19 patients. I hope that these kinds of agreements will help provide ample opportunities for ANMF Members to be involved in the activities in the days to come and encourage others to participate. We have been working continually to expand the organization and attract more people to join from different walks of life and involve more young counterparts. It is a proud moment to share with you all that ANMF has already added over 100 members (life and general) in 2020. Our enthusiasm has increased day by day and a lot of people are wanting to get involved more to help healthcare in Nepal. It is without a doubt that the year 2021 will be even more encouraging and fulfilling for ANMF.

While we patiently look forward to the next year and to leave this pandemic filled year behind us, I would like to wish everyone a happy and safe holiday season. Thank you for trusting ANMF.

Bhupesh Khadka
President ANMF

SAVE Lives Campaign

S=Supply and delivery of Oxygen
A=Awareness/Knowledge sharing
V=Virtual/telehealth
E=Empowering Health Care Workers

Donate to
America Nepal Medical Foundation

[Donate with PayPal](#)

PPE Donation Made in Various Places In Nepal



In Collaboration with OSIN Transportation Facility and PPE distributed



Fanchhar, Sansharan Nagar



Patan Hospital



Mani Hospital



Teaching Hospital



Bir Hospital

America Nepal Medical Foundation (ANMF): turns 25 years

It was sometime in early 1996 that ANMF was formed. This was before the internet and dotcom era. Nepali physicians in training at Syracuse at that point were thinking more about a formal organization. With the gained support and confidence of Prof. Donald Blair, the de facto ANMF office was initially housed in department of Medicine at Syracuse.

Subsequently ANMF was registered in the state of New York, and first annual conference of ANMF was held at Columbia University, New York on 1997.

ANMF was still busy networking and laying the early foundation for communications among various specialists in North America. Foundation projects and actual works to help Nepal then started slowly.

ANMF as a small, all volunteer organization, has played a catalytic role in assisting with health care advancement in critical time.

Then with time ANMF continued with its mission with various projects. All of this is evident on the ANMF website project map.

What started as a group of interested physicians trying to help Nepal has grown to be a formal organization with substantial potential to make a positive difference for Nepali health care scenario. What was once an abstract idea has now become a tangible, real time affair with a credible track record of years of hard work put up by many volunteers over the years.

Currently, under the leadership of Dr. Bhupesh Khadka, ANMF is spearheading in COVID-19 response. The funded projects by this institution just in 2020 is north of \$450,000.

The hardship felt by our fellow Nepalese citizens will only intensify as COVID continues its ramp up. Its never late too help.

A sincere THANK YOU to those who have donated.

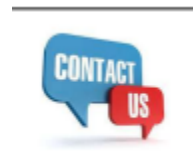
Special Appreciation for your generosity and please stay safe.

ANMF 24 th Annual Conference update

We successfully conducted its 24th Annual Conference and Members' Meeting via Zoom on July 11, 2020. Due to the COVID-19 pandemic, ANMF was unable to organize its regular annual conference, so we held a virtual annual conference this year. The meeting was held as a closed member only session for the first 20 min, followed by open session. The second session was live on Facebook for the public to view.

The total amount collected from membership and donation this year including fund raised during 24th AGM is **\$120,795.48**.

We will be actively interacting with you for our next Annual conference.



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ANMF Adapts to an Unusual Year:

An Update from the Finance Department

Year 2020 has been an exceptional and challenging year for us all, both professionally and personally. While I look forward to putting 2020 in the rear-view mirror, I take great pride in the unrelenting work from our Board members and committee members who have worked tirelessly to make this a successful year. We quickly adapted to this new virtual reality, holding our Annual General Meeting, our largest fundraising efforts, and several online meetings via Zoom and Facebook, to keep our members connected and fuel our efforts as an organization. We are proud of the collective effort by our members and what we have been able to accomplish this year despite some unpredictable challenges.

In 2020, ANMF funded 19 projects (approved in 2018-2020):

Bronchoscope for Patan Hospital	\$	\$20,000.00
Pediatric Critical Care Fellowship	\$	4,784.00
Rheumatology Fellowship Support	\$	18,600.00
Kathmandu Eye Study	\$	15,000.00
"I am a Child, not a Bride" Campaign (EQ)	\$	4,950.00
Oxygen Plant- Koshi Hospital	\$	101,000.00
Hamro Life Bank - Blood Management	\$	18,000.00
Nangi Rural Healthcare Center (EQ)	\$	23,211.00
Female Community Health Volunteer Training and Disease Surveillance	\$	12,630.00
ICU at Rapti Academy of Health Sciences	\$	58,010.00
Menstrual Cup - Phase 2	\$	15,955.00
Nepal Oversight & Office Expense	\$	8,284.00
Coronavirus Relief	\$	100,000.00
SanoPaila for Human Resources for Isolation Center (Covid-19 relief)	\$	8,334.00
Telemedicine Setup for ASK Foundation (Covid-19 relief)	\$	4,200.00
2 PAPRS for BPKIHS (Covid-19 relief)	\$	1,700.00
National Innovation Center (NIC) (Covid-19 relief)	\$	2,500.00
Monitoring and Management of Children & Pregnant/ Postpartum Mothers at Risk of Covid-19	\$	5,850.00
Safe Motherhood and Child Healthcare in Rural Kalikot	\$	5,000.00
Total Funded in 2020 to date	\$	428,008.00

**EQ- Earthquake project



Your current charity
America Nepal Medical Foundation
has received

Please donate via
smile.amazon.com

Covid-19 has been the dominant topic of the year and ANMF has doubled-down on activities revolved around this central issue. ANMF prioritized education (conducting numerous webinars to educate and share ideas on Covid-19 related topics) and helping health care workers in Nepal by financing various projects including funding for much needed Personal Protective Equipment. We greatly appreciate your contribution to these activities.

As of December 29, 2020, ANMF has raised a total of \$233,457.76. Our dominant fundraising campaign for Covid-19 Relief brought in \$173,711.55, which includes 90 new Life Members. In addition to the 90 Life Members, ANMF brought in 9 Annual Members and 16 Students Members during the year.

Thanks to all those who raised funds for their birthday and donated this gift to ANMF. Your generous and selfless gesture is very much appreciated. We also would like to thank those who use smile.amazon.com and chose ANMF as their charity. Please continue to support us through smile.amazon.com. We can't stress enough that every dollar counts.

Finally, we would like to thank all our participants and donors who have contributed to ANMF in spite of these difficult times. You are our greatest asset and your commitment to our cause strengthens our belief that we can make a difference in healthcare in Nepal.

We are happy to report that we have used all funds raised for Earthquake Relief since 2015. ANMF made its final disbursement in 2020 to fund 2 projects in the Earthquake zone totaling \$28,161.00. This account is now closed.

Projects Approved and Funds on Hold

Establishing an Intergrated Community Mental Health Center	\$	20,000.00
Oxygen Plant- Ampipal Hospital, Gorkha	\$	23,000.00
CME - Pediatric Critical Care	\$	1,580.00
N95 Masks for Healthcare Workers	\$	17,950.00
Total	\$	62,530.00
Funds on hold		

Summary of Income and Expense Report (as of 12/29/2020)

Total Income	\$ 233,457.76
Administrative expenses	\$ 6,476.03
Project Funded	<u>\$ 428,008.00</u>
Net Deficit	<u>\$ 201,026.27</u>

Thank you for your support and hope that you will continue to support our cause.
I wish everyone a prosperous New Year!

Kalpna Shrestha
Treasurer-ANMF





Secretary's corner

I would like to begin by thanking every member and well-wishers of ANMF for giving me an opportunity to serve as your secretary this year. Can you remember a year more life changing than 2020?

Over 1.5 million precious lives have been cut short by the COVID-19 pandemic. The world economy has turned upside down in a matter of months, the global tourism industry almost came to a halt, millions of jobs were lost, and the lockdowns brought people's daily lives to standstill. All of you may remember hoarding groceries, toilet paper, and other necessities of daily life. There was a higher demand for the use of technology that would allow everyone to work/connect remotely. We saw the rise of video conferencing websites such as zoom. Working from home became the new normal. A large share of face-to-face outpatient medicine changed to tele-medicine in a matter of months. We have been awaiting the light at the end of the tunnel and it is finally here- the approval of the COVID-19 Vaccine.

ANMF was obviously affected by this pandemic. We were not able to host our 24th Annual Conference in person which we then had to transfer to a virtual platform. This was a very new experience, but with the collective effort of all the talented minds here at ANMF, our 24th annual conference was a huge success in terms of participation and fundraising. COVID-19 pandemic gave us an opportunity to rise against the challenges. ANMF worked tirelessly in the initial days of pandemic to make a difference in Nepal, a resource limited nation. We created a COVID-19 task force who worked with all concerned parties in Nepal early on and were successful in planning and policy making, procurement and distribution of PPE, improving diagnostic work ups, educating health care professionals on infection control practices, expertise and knowledge sharing via webinars,

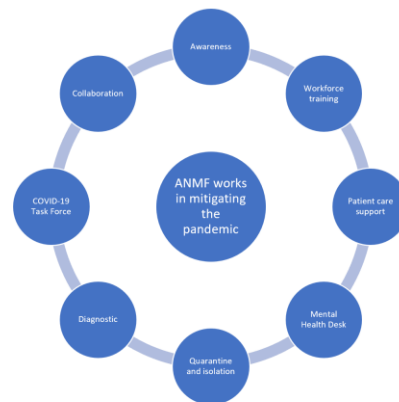
and providing consultative medical services via tele medicine in Nepal. It is worthwhile mentioning that we were also able to do the following. ANMF started a mentorship committee to help recruit more young and active professionals.

We were successful in expanding collaboration network with many like-minded organizations in Nepal. We did a press release in support of Prof Dr. Govinda KC's 19th Fast. It was covered by different online media outlets in the US and in Nepal.

We approved an important policy "It is the policy of ANMF not to discriminate on the basis of race, ethnicity, caste, color, sex, religion, age, national origin, ancestry, citizenship, sexual orientation, gender identity and/or expression, or disability".

After this wild ride in 2020, many of us may be thinking what 2021 will be like. Will we be able to live a normal life? I am optimistic. The ANMF team will continue to meet and exceed our expectations to advance the delivery of health care in Nepal.

I would like to offer my heartfelt condolences to all the families who lost their loved ones during this pandemic. At the end, I wish you all a happy holiday and a magnificent New Year. I greatly appreciate your contribution to this organization.



Bishnu Sapkota MD, FACG
General Secretary, ANMF