

COMMUNITY HEALTH MISSION — UPPER DOLPA, NEPAL

Saving Newborn Lives in One of the World's Most Forgotten Places

Installing Nyano Nani baby warmers · Training health workers · Distributing sanitary pads

Yasun Rayamajhi | Departing End of April 2026

In Dolpa, Nepal, a newborn has a 1-in-15 chance of dying in its first days of life.

The leading cause is hypothermia. A warmer exists. The problem is simply: no one has been able to bring it there yet.

Departure: End of April 2026 · **Duration:** 18–19 days · **Destination:** Upper Dolpa, Nepal

The Crisis in Upper Dolpa

Dolpa is Nepal's largest and most isolated district, sharing a border with Tibet at elevations above 4,000 metres. There are no roads. The nearest paved road is **ten days of walking away**. There is no regular flight. Entire communities live without electricity, without healthcare infrastructure, without trained birth attendants.

When a mother gives birth in Dolpa, there is a **less than 5% chance** that a skilled health worker is present. Delivery often happens in animal sheds or unheated shelters — because in local Tibetan culture, birth is considered impure and women are forbidden from delivering inside the home. Newborns enter the world in the cold, and many do not survive it.

67 neonatal deaths per 1,000 births in Dolpa (Nepal average: 21)	<5% of births attended by a skilled health worker in the district	0 all-weather roads reaching Upper Dolpa — the only access is on foot
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These are not statistics from a distant past. This is the reality today, in April 2026.

The Solution: Nyano Nani

Nyano Nani: "warm baby" in Nepali is the **first infant warmer ever designed and built entirely in Nepal**. Created by biomedical engineers at the **National Innovation Centre (NIC)** in Kathmandu, it was built with one specific problem in mind: how do you keep newborns warm in remote, low-resource settings where imported medical equipment is unaffordable and unreliable?

The answer was an affordable, easy-to-operate warmer designed for exactly the conditions found in places like Dolpa, no specialist training required, no expensive maintenance, built by Nepali engineers for Nepal's most neglected communities. It has already received the **People's Choice Award** at the Biomedical Equipment Innovation Exhibition at North East Ohio Medical University, USA.

The warmers are funded. Local government has arranged transport logistics. **What is missing is the human presence to carry this mission into the field.** That is what I am raising funds for.

What this mission will deliver:

Installation of Nyano Nani baby warmers at remote health centers and birthing units along the Upper Dolpa route

Hands-on training sessions for local health staff at each birthing center — ensuring the warmers are used correctly and maintained long after we leave

Education on sanitary pad use, menstrual health, and basic hygiene for women and girls in communities with no prior access to these supplies

Distribution of sanitary pads to women in communities that have never had access to basic menstrual health resources

Full documentation of the mission to raise awareness and sustained advocacy well beyond this trip

Who I Am and Why I Am the Right Person for This

My name is **Yasun Rayamajhi**. I currently work as a **Strategy Analyst at reAlpha**, where I design performance metrics, lead operational efficiency projects, and translate complex data into decisions that matter. I hold a BBA with a 3.88 CGPA and was recognised as Batch Topper and Academic Excellence Award recipient at Lincoln International College of Management and IT.

But none of that is why I am writing to you today.

Rooted in Community Work

Since 2022, I have completed formal **Community Centered Development Training with Rescue Network Nepal**: an organisation focused on grassroots intervention in underserved communities. That training was not theoretical. It came from going into the field and learning what genuine, community-centered support actually looks like on the ground.

Through **Duluwa** (@duluwa_): my platform documenting remote Nepal — I have spent years travelling to corners of this country that most people will never see. I have gone not as a tourist, but as someone who looks at the real struggle of people in these regions and asks: **what can I actually do?** Sometimes that has meant carrying medicine to a village. Sometimes it has meant telling their story so others would listen. This mission is the most meaningful extension of that work I have ever been invited into.

My brother ([Sanjay Bahadur Singh Thakuri](#)) — a core member of the team (National Innovation Centre) running this initiative invited me because he knows I will not just pass through. I will contribute, train, document, and advocate. **This is not something I am doing for the experience. It is something I am doing because I believe small, well-placed actions create real change.**

What I bring to this mission

- Community Centered Development Training : Rescue Network Nepal (2022)
- Years of field experience in remote Nepali communities through Duluwa
- Strategy and operations background contributes to planning, documentation, and impact reporting
- Content production skills captures this mission in a way that creates lasting awareness
- A genuine commitment: not just the trek, but the training, the handovers, and the follow-up

What I will do on the ground

- Assist in the physical installation of Nyano Nani warmers at each health center and birthing unit
- Educate local women and girls on sanitary pad use, menstrual hygiene, and basic reproductive health in a respectful, community-sensitive way
- Support health and hygiene awareness sessions alongside the installation team
- Document every stage, the communities, the health workers, the children so the impact of this mission is visible and lasting
- Ensure the mission's story reaches wider audiences to drive continued support and advocacy

What It Takes to Get There

Upper Dolpa is not inaccessible by choice. It is inaccessible by geography. **There is no other way to reach these health centers except on foot — through high mountain passes (Jyangla Pass, Shey la Pass, Nangdala Pass), across glacial rivers, over terrain that rises above 5,300 metres.** The trek will take 18–19 days crossing three major passes, with full camping support throughout, no roads, no teahouses, no shortcuts.

The difficulty of the route is not incidental. It is *the very reason* these health centers have been unreachable. The warmers exist. The need exists. The only thing separating them is distance, altitude, and the willingness to go anyway. That is what your support makes possible.

What Your Support Covers

To be completely transparent: **the Nyano Nani warmers are already funded. Transport logistics are supported by the local government.** The only gap is my personal travel and mission expenses to participate in this initiative. Every rupee raised goes directly towards getting me and the impact I will deliver into Upper Dolpa.

Fundraising Goal: NPR 1,00,000 – 1,50,000

Approximately £750–£1,100 (GBP) · \$900–\$1,350 (USD)

Expense	Approx. NPR	Approx. USD
Flight: Kathmandu – Nepalgunj – Juphal (round trip)	35,000–45,000	~\$260–335
Camping, food & supplies (18–19 days in the field)	25,000–35,000	~\$185–260
Trekking & camping gear	20,000–25,000	~\$150–185
Medical kit, mission supplies & emergency fund	20,000–25,000	~\$150–185
Mission materials (sanitary pads & health supplies)	10,000–15,000	~\$75–110
TOTAL	1,10,000–1,45,000	~\$820–1,075

The Impact That Lasts

A trek ends. **Impact does not.**

When this mission is complete, here is what remains in Upper Dolpa:

Nyano Nani warmers installed and operational

Each warmer will serve newborns for years. The health centers that receive them will be fundamentally better equipped for every birth that follows ours.

Trained health staff

We are not dropping off equipment and leaving. We are training the people who will use it — local health workers and midwives who will carry this knowledge for as long as they serve their communities.

Women and girls educated on health and hygiene

Many women in Upper Dolpa have never received basic information about menstrual health or hygiene. The education sessions we deliver will have an impact that outlasts any physical supply we bring.

Sanitary pads in the hands of women who have never had them

A small act with a direct impact on dignity, health, and the ability of girls and women to participate fully in daily life.

A documented story that demands attention

Through Duluwa and direct updates to supporters, this mission will be told in full. The goal is not just to go, but to make the world look at what is happening in Upper Dolpa and refuse to look away.

How to Support

Any amount moves this mission forward. Here is a simple sense of scale:

Any contribution	Meaningful support	Mission partner
NPR 5,000–20,000 ~£38–75 / ~\$45–90	NPR 20,000–30,000 ~£75–225 / ~\$90–270	NPR 35,000+ ~£225+ / ~\$270+

To contribute, please reach out to me directly at yasunrayamajhi63@gmail.com or via Instagram [@yasun_chettri](https://www.instagram.com/yasun_chettri). I will arrange a bank transfer in whatever format is most convenient for you from the UK, Switzerland, or the USA.

I am not going to Upper Dolpa to find myself.

I am going because there are mothers delivering babies in the cold, health workers waiting for equipment they have never received, and women who have never been given the most basic tools of dignity.

Your support does not fund a trip. It funds a mission that matters.

— Yasun Rayamajhi | yasunrayamajhi63@gmail.com | [@yasun_chettri](https://www.instagram.com/yasun_chettri)

About the National Innovation Centre (NIC), Nepal

NIC is Nepal's flagship institution for homegrown engineering and innovation. Its biomedical engineers built Nyano Nani — the first infant warmer made entirely in Nepal — specifically for low-resource, remote settings. The warmer won the People's Choice Award at the Biomedical

Equipment Innovation Exhibition, North East Ohio Medical University, USA. Learn more at nicnepal.org or follow [@nepalinnovation](https://www.instagram.com/nepalinnovation) on Instagram.

About Duluwa

Duluwa is Yasun's platform documenting the real Nepal — remote communities, untold stories, and the everyday struggle and resilience of people far from Nepal's tourist trail. Follow at [@duluwa](https://www.instagram.com/duluwa) on Instagram.