TeamMED Nepal 2025: Commitment Through Challenges

Report Overview

For many years, December has marked TeamMED Nepal's return to Nepal, bringing Monash University students together with the Himalayan Guge Organisation (HGO) to deliver free community health camps. In 2025, however, civil unrest in Nepal led Monash University to revoke the team's travel permits, bringing this long-standing tradition to an unexpected

pause. While students were unable to be physically present and offer on-site medical support, close collaboration with HGO continued, enabling the delivery of an alternative free 2-day Sowa Rigpa health camp in Bigu, Nepal. This report reflects a year defined by adaptation, partnership, and a shared commitment to improving community healthcare outcomes despite challenging circumstances.

Fundraising and Financial Support

Our team of 22 medical students and one paramedicine student is proud to report that, despite these disruptions, AUD $8,503.12 was fundraised throughout 2025. This was made possible through the generous and unwavering support of the Rotary Clubs of Beaumaris, Caulfield, Mont Albert and Surrey Hills, alongside individual donors and community fundraising initiatives including bake sales, market stalls, and sausage sizzles. All funds raised, together with an additional AUD $1,000 top-up from funds raised in previous years, were directed towards supporting the health camp.

Healthcare Camp and Patient Care

From 21st to 22nd of December, Sowa Rigpa practitioners (Amchis) invited by HGO provided care to 304 patients aged between 12 and 89 years. On-site treatment was delivered to all patients, with Amchis also identifying individuals requiring follow-up care and making necessary arrangements. Based on commonly encountered conditions, health education sessions were conducted on topics including nutrition, gastrointestinal health, hygiene, blood pressure, preventative care, musculoskeletal conditions, and other endemic illnesses. Educational materials were developed by TeamMED Nepal members and further tailored to regional contexts and sustainable practices by Amchis. Additional workshops were held for the nuns of Tashi Chime Gatsal Nunnery, as well as students from Tashi Chime and Gaurishankar Ma Bi Schools, with the aim of reducing the incidence of preventable illness.

Catering to Local Needs

Similar to Bhakanje, Dolangsa lacks basic infrastructure and government-mandated healthcare services, with these challenges being severely more pronounced in Dolangsa. In response to the local cultural, infrastructural, and religious context, Sowa Rigpa was utilised in place of conventional Western medical approaches. Sowa Rigpa is a long-standing holistic

medical system that has been practised across Tibetan and Himalayan regions for over 2,500 years and is deeply embedded in local culture and belief systems, while requiring minimal technological resources. Treatments incorporated remedies derived from medicinal plants, minerals, and other natural materials, alongside therapeutic practices such as acupuncture, moxibustion, and cupping therapy. Many patients reported improvements in symptoms following treatment. To support continuity of care, additional medications were intentionally procured and left at the Bigu Nunnery, allowing for free prescription refills beyond the duration of the health camp.

Future Goals

Beyond the immediate objectives of the health camp, TeamMED Nepal is exploring potential collaborations with physiotherapists and occupational therapists to further enhance care delivery in future initiatives, particularly through preventative strategies and lifestyle-focused interventions.

Looking ahead, TeamMED Nepal has also been working closely with HGO, local Nepalese government bodies, and Rotary partners to explore the establishment of a grant to support an ambulance jeep for the Bhakanje region. Such an initiative would significantly improve long-term access to urgent medical care for communities requiring transport to otherwise inaccessible healthcare facilities.

Acknowledgements

We extend our sincere gratitude to HGO, our sponsors, donors, team members, Monash University, and our families and friends. Your support has enabled us to navigate sudden changes and challenges, and to remain committed to serving communities in need. Through this collective effort, we touched the lives of 304 individuals, many of whom had limited or no prior access to basic medical services. TeamMED Nepal looks forward to continuing and expanding this work through partnerships with you in the years ahead.

Sincerely,
TeamMED Nepal 2025

Here are some pictures from the health camp.

Himalaya