



Global Health Advocacy & Research

Healthy Journey. Safe Return

Advocating for Nepali Migrant Workers' Health in a Heating World

About



- Founded in 2024 by a coalition of Health Professionals, Researchers & Advocates.
- Based in California, USA and Kathmandu, Nepal
- Mission: Protecting the health of Nepali Migrant Workers through research, advocacy and education.
- Core Focus: Heat-induced Chronic Kidney Disease of Non-Traditional Origin (CKDnT).
- Key Projects: Leading awareness Campaigns, Policy Dialogues, and Grassroots Interventions.

Empowering Migrant Workers | Defending Rights | Protecting Lives.



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Co-Founder & President



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Co-Founder &
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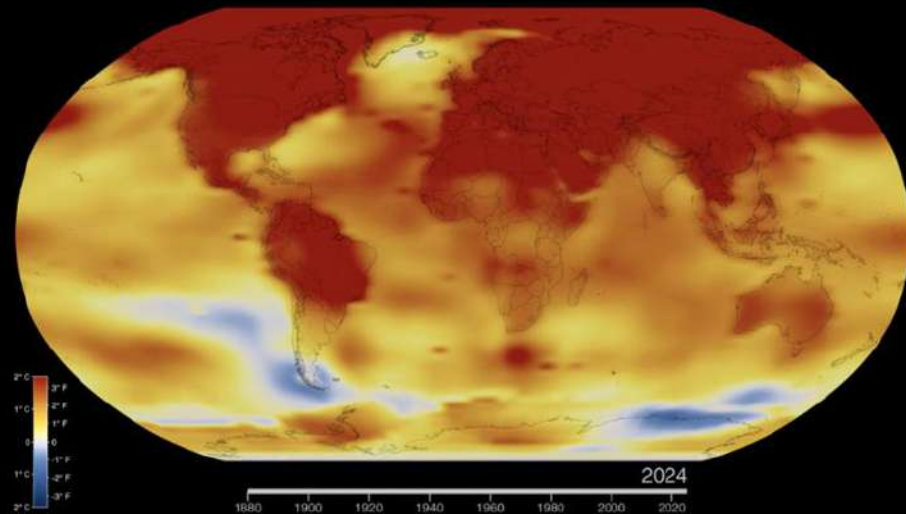
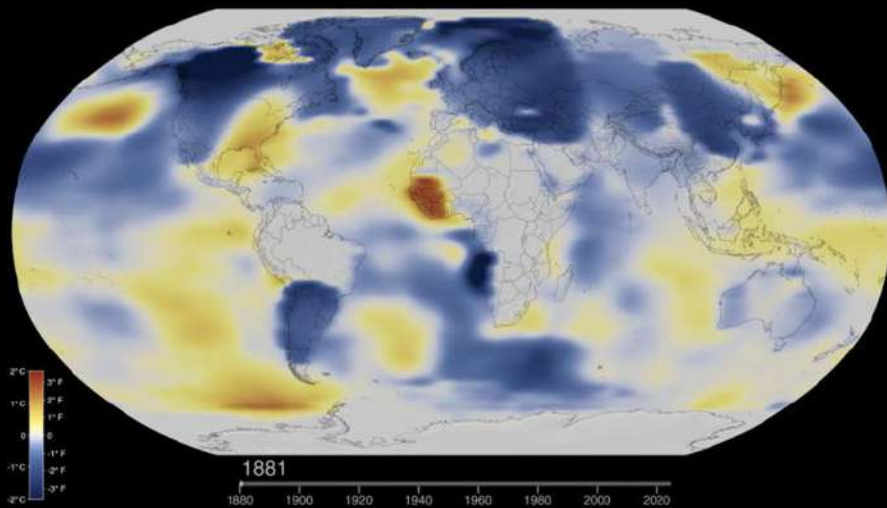
Meet The Team

The Crisis

Extreme Heat + Unsafe Work = Preventable Deaths



- Climate change is intensifying extreme heat.
- Nepali Migrant Workers in the Gulf, Southeast Asia and beyond, face extreme risks.
- Over 30% of Nepal's dialysis patients are returnee Migrant Workers. Many under 40.
- This is a public health emergency driven by dehydration, heat stress and lack of protection.



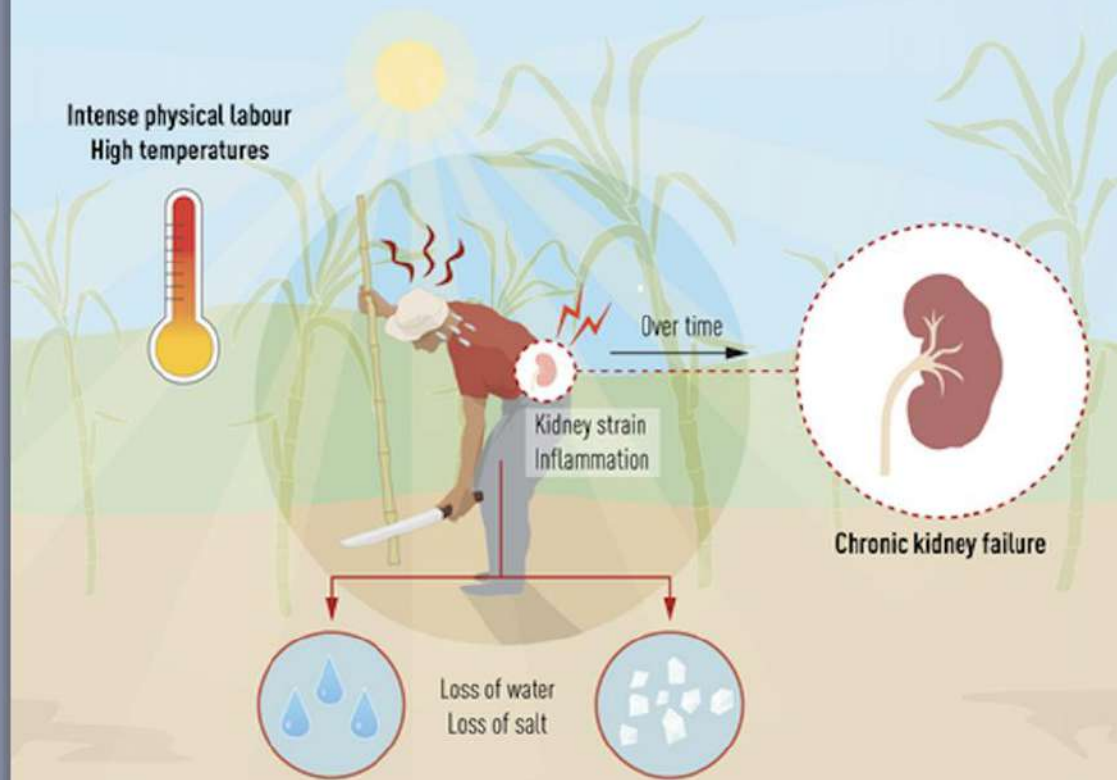
***Dehydration**

***Inflammation**

***Repeated insults**

Heat-Induced Kidney Disease: Understanding the Impact

Elinder C-G



Why This Matters

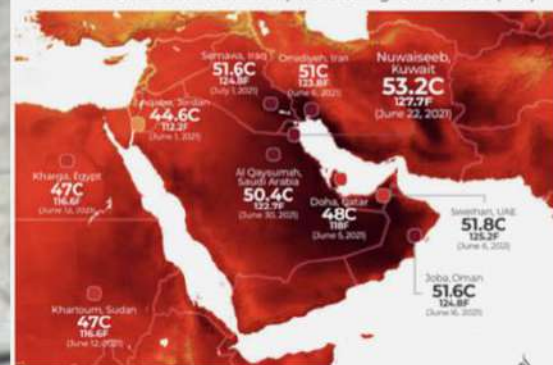
- Migrant Workers contribute \$11B/year ($\frac{1}{3}$ of Nepal's GDP).
- These '3D' job holders face invisible deaths—kidney failure, heatstroke, heart disease.
- CKDnT: Not from diabetes or hypertension, but from heat, dehydration and toxins.
- Without urgent action, families lose breadwinners—and Nepal loses its workforce.

- DIRTY
- DANGEROUS
- DIFFICULT
- DEHYDRATING

WEATHER

53.2C in Kuwait - the highest in 2021

On June 22, the Kuwaiti city of Nuwaiseeb recorded the highest temperature in the world so far this year. Several other countries in the Middle East recorded temperatures higher than 50C (112F).



Temperatures may vary according to local sources
Sources: NASA Earth Observatory, OMAR, local news (July 1, 2021)

ALJAZEERA

Hidden Health Cost for Nepali Migrants

Revealed: 6,500 migrant workers have died in Qatar since World Cup awarded

Guardian analysis indicates shocking figure over the past decade likely to be an underestimate

● [What we know about the human cost of the 2022 World Cup](#)



GROW LIGHTS SPEED GRASS GROWTH AT LUSAIL STADIUM, HOST OF THE 2022 WORLD CUP FINALS.

ED KASHI—VII FOR TIME

Thousands of Migrant Workers Died in Qatar's Extreme Heat. The World Cup Forced a Reckoning

Preparation for the World Cup has brought global attention to the deadly perils of

ASIA

The world's torrid future is etched in the crippled kidneys of Nepali workers

One-third of transplant patients at a center near Kathmandu have been young men who worked abroad in extreme heat



By [Gerry Shih](#)

January 6, 2023 at 2:00 a.m. EST





समाचार ▾

एक्सक्लुसिभ

प्रदेश ▾

अर्थतन्त्र ▾

विचार ▾

स्वास्थ्य

मनोरञ्जन ▾

खेलकुद ▾

शिक्षा

स्पेसल

अन्य ▾

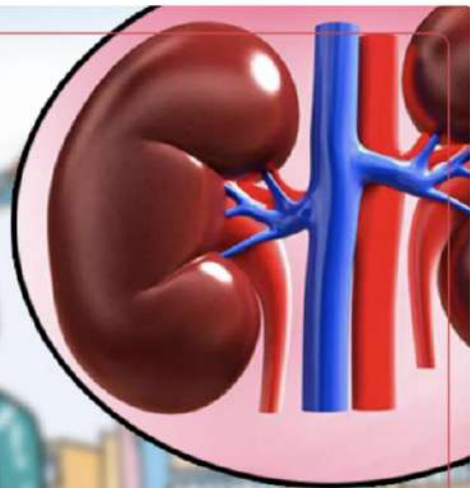


जो वैदेशिक रोजगारीबाट पैसा होइन, मिर्गौला रोग लिएर फर्किए

Test Drive: 9705110022

Driving Range

Ground Clearance



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GHAR's Impact

2023–2024 Key Milestones:

- Labour Ministry Workshop → Task force, medical repository proposal
- 'Too Hot to Work' Screening → #AfaiNayak Launch
- Joint Ministry Workshop with Jason Glaser (LIN)
- Media Workshop → 30+ Journalists Trained
- Shutdown of fraudulent labs
- Proposal for safe work reforms and insurance improvements
- Momo for Impact, a collaborative seminar with L3 (Link, Learn, and Lift), Stanford NSA, NNYN and GHAR on 27th October, 2024
- Heat, Health & Hope Zoom Fundraiser on 19th April, 2025 with over 100 participants

Flagship Initiative – #AfaiNayak Campaign

Inspired by Prakash Saput's song: ख्याल गर ज्यानको

- Health Education for Workers
- Cultural & Media Mobilisation
- Celebrity Ambassadors and Rural Screenings
- Goal: A Generation of Informed, Protected, Empowered Migrant Workers

**GHAR & #AfaiNayak Campaign
began after learning about
high rates of renal failure
among migrant workers**



kidney
INTERNATIONAL

**The
Washington
Post**



**Almost a third of dialysis
patients are returnee migrant
workers**



**Majority worked long hours in
outdoors**



**One-third of kidney
transplant patients are
migrant returnees without
diabetes or hypertension**





#AfaiNayak Campaign

Healthy Journey. Safe Return

**Education and Awareness of
High Risk Population at the grassroots**

GHAR's 5-Year Vision (2025–2030)



- Youth Rising Program
- Ambassador Program: Recruit Athletes, Musicians and Influencers
- Media Engagement: Feature Experts on worker-focused platforms
- Pre-Migration Education: Develop and integrate Health Curriculum
- Sagar/Surendra Fund: Raise support for kidney transplants
- Film Screenings: Expand Rural and National access to educational Media

Fundraising Strategy

Annual Goal: \$150,000

Primary Channels:

- Crowd-funding and micro-donations
- Cultural Events (New Year, Holi, Tihar, Concerts)
- Marathon runs and awareness events
- School and Community Fundraisers
- Grant applications and Donor Outreach
- Youth Rising Program
- Webinars and in-person Conferences

Call to Action



Join Us in Protecting the Nepali Migrants and Nepal's Economy

- Migrant workers are the backbone of Nepal's global labor presence—yet their lives are at risk from a silent, preventable crisis.

Extreme heat. No shade. No rights. No return. You can help change that.

How You Can Take Action

I. Fund the Movement

Support GHAR's goal to raise \$150,000 annually to:

- Scale the #AfaiNayak Campaign nationwide
- Provide pre-migration education and training
- Establish and expand the Sagar/Surendra Kidney Transplant Fund
- Equip Youth Ambassadors to drive change in Schools, Villages and Online



How You Can Take Action

2. Raise Your Voice

- Share GHAR's story across your networks
- Host a screening of *Too Hot to Work*
- Engage on GHAR's Social Media
- Invite others to Learn, Act and Contribute



How You Can Take Action

3. Partner with Us

- Collaborate on health screenings, policy design, research, or outreach
- Sponsor awareness campaigns, educational materials, or rural media tours
- Integrate worker safety modules into government or NGO programs



Partnership with



Every Dollar, every Partnership, and every shared message contributes to:

- Fewer preventable deaths
- Safer, informed workers
- Healthier families
- Stronger, more resilient communities

Your support will:

- Scale the #AfaiNayak campaign nationally
- Educate and protect thousands of workers before migration
- Prevent future CKDnT cases through early intervention and education
- Equip thousands of Youth Ambassadors to lead advocacy at the grassroots level



THE GREAT
NEPALI
DIASPORA

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