



# **HEALTH NUTRITION EDUCATION AND AGRICULTURE RESEARCH DEVELOPMENT NEPAL**

**“KHDC Health Camp ”**

**Dated on 24 September, 2022**

**Report prepared by:-HEARD Nepal**

## I Introduction

### • Background

Health Nutrition Education and Agriculture Research Development Nepal (HEARD Nepal) is registered in DAO Saptari, Regd. No: 1761/077/78 as a non-Governmental organization under the Registration of Institutions Act 2034 BS. It has been affiliated with the Social Welfare Council, Kathmandu with Affiliation No: 52601) PAN No of HEARD Nepal is 615996712). It has contact office at Imadol-I, Lalitpur, and Kathmandu Nepal. It is a growing non-profit, non-political, service-oriented, non-governmental organization aiming to combat poverty and expand opportunities for all the people in Nepal. HEARD Nepal envisions to enable even the poorest people of Nepal to gain access to food security, safe drinking water, Health and Nutrition, Child Protection, Child safeguarding, Child Labor, quality health services, disability and Inclusion, Gender Equality & Social Inclusion (GESI) education, livelihood, Disaster Risk Reduction and Climate Change Adaptation (DRR/CCA), Emergency COVID-19 and Policy/Advocacy to contribute to the sustainable humanitarian development programs in Federal, Provincial, and local government in Nepal. HEARD knows through experience that different ideas, perspectives, and backgrounds create a stronger and more creative work environment that ultimately delivers better results.

### Objective of the Health camp:-

- The main objectives of the free health camp 2022 is to provide basic health facilities in the rural area specially focus on Musher community of Gramthan-I Morang Nepal

### Specific objectives

- To provide basic health check-up
- To distribute free medicine for the treatment of certain disease
- To provide basic lab test facilities for the diagnosis
- To provide old and new clothes for poor people including mosquito net for poor people

### • Materials

- Materials that are being used during health camp are:-
  - ✓ Register
  - ✓ Chairs, Desk & bench
  - ✓ Vital signs monitoring equipment, medical equipment, stethoscope etc
  - ✓ New + old clothes including mosquito net
  - ✓ Mask, gloves, sanitizer

### • Methodology:

- ✓ Registration
- ✓ Face to face interview with patients
- ✓ Vital sign measurements

- ✓ Physical examination
- ✓ Laboratory test
- ✓ Essential medicine distribution
- ✓ Counselling the patients

## 6. Name of Participants: -

S.N	Name of Participants	Position	Organization	Location	Contact number	Remarks
1.	Dr.Sarista Manaudar	Medical doctor	KHDC	Dharan	9802794739	
2.	Dr. Sumit chettri	Medical doctor	KHDC	Dharan	9843009764	
3.	Dr. Roshan singh	Medical doctor	KHDC	Dharan	9849849301	
4.	Dr.Baloha agrawal	Medical doctor	KHDC	Dharan	9819013525	
5.	Dr.Jenisha shrestha	Medical doctor	KHDC	Dharan	9817324589	
6.	Dr.Deepak Dhakal	PG resident	BPKIHS	Dharan	9868902410	
7.	Dr, Arun Gautam	Doctor resident	BPKIHS	Dharan	9849823571	
8.	Sajita Khadka	S ANM	Health post	Gramthan	9860448687	
9.	Januka Baral	S ANM	Health post	gramthan	9862023702	
10.	Bhawana Rai	Nurse	KHDC	dharan	9816337705	
12	Ram bdr. Magar	CMA	KHDC	Jhapa	9844657700	
13	Mamit Rai	Program admin	KHDC	Dharan	9802716201	
14	Ashik Moktan	Program co-ordinator	KHDC	Dharan	9802776169	
15	Sonika Bhattra	Bsc. Nursing	KHDC	Dharan	9840429079	
16	Sambhidhan Rana	Respi. educator	KHDC	Itahari	9816376543	
17	Suresh k. Majhi	Ward chairperson	Ward office	Gramthan	9814304299	
18	Rajib k. Chaudhary	Joint secretary	HEARD Nepal	Gramthan	9842320442	
19	Tanka Dhakal	PHI	Health post	Gramthan	9852031063	
20	Prof. Dr. Sanjib k. Sharma	Prof. of cardiology and internal medicine	KHDC	Dharan	9852047228	
21	Bijay Dalmia	Director	Mechi aviyan	Jhapa	9852672787	
22	Gyanendra niraula	Member	Mechi	Jhapa	9852674828	

			aviyan			
23	Pratima k. chaudhary	Volunteer	HEARD Nepal	Biratnagar	9823831632	
24	Renu k. thakur	Volunteer	HEARD Nepal	Biratnagar	9819035759	
25	Rakesh k. Yadav	Founder, Presedent	HEARD Nepal	Biratnagar	9855028137	
26	Gyanu Gautam	Professional volunteer Team leader	HEARD Nepal	Biratnagar	9852025137	
27	Shankhar k. Ray	Professional volunteer	HEARD Nepal	Biratnagar	9811019486	
28.	Asmita Chauhan	Professional volunteer	HEARD Nepal	Biratnagar	9849583265	
29.	Manika Moktan	Professional volunteer	HEARD Nepal	Biratnagar	9840915249	
30	Suresh kumar Majhi	Wardchairperson	Ward office-I	Gramthan	9867906073	
31	Rajib kumar chaudhary	Joint secretary	HEARD Nepal	Gramthan	9842320442	
32	Tanka dhakal	HP incharge	HP Lakhantari	Gramthan	9852031063	
33	Jay prakash Gachedar	Meyor	Gramthan	Gramthan RM	Not available	
34	Sanjya kumar Majhi	Ward member	Ward office-I	Gramthan RM	Not available	
35	Rajkumar Jha	Health coordinator	R.M.	Gramthan	9852030525	
36	Sajita Khadka	HP staff	Lakhantari	Gramthan RM	Not available	
37	Roshan Nepal	HP staff	Lakhantari	Gramthan RM	Not available	
38	Dalbahadur Karki	Nepal police	Jorhat	Gramthan RM	Not available	

## II Key Achievements

- ✓ We Provide free and high-quality medical services for the poor population. People know about their health condition and got facilities of tests and free medicine.
- ✓ Too many people got the check-up for the very first time concerning their BP and sugar.
- ✓ Some people were with high BP. They have advised to take proper treatment.



### III Positive aspects, challenges/lesson learned during activity implementation and Case Study/Voices

**Positive aspect:** - The overall community participation helps in making the camp harmonious and it shows that they are conscious about their health as well as desiring to become healthy.

**Challenges/Issues:** - During the distribution of clothes many people demand their choice of colour and make noise while selecting old clothes.

**Lessons learned:** -

- proper planning is important
- Learned to adapt and flexible
- Co-operation is essential and the key to success in any situation.
- Learnt about common disease in the rural setting.

### IV Environment Compliance (If applicable, list 3-5 discussion points below for each)

It is the most important aspects of health camp. All the equipment after used were disposed safely and properly like used gloves, mask, water bottle syringe etc.

### V Recommendation for future improvement

FCHV should be actively participate and play their role as needed during the program. More of these camps be organized such that there are follow ups to see if there is any improvement in health status of the community people.

### VI Conclusion (1-2 paragraphs)

Overall, that health camp was more fruitful and most important to that community people. More than 230 people got service from that health camp as well total of 132 families received new clothes at the per head of 1, old clothes at the per rate of 6/7/8 and as well as mosquito net at the of 1. Total 1873 old clothes were distributed at that program.

This health camp which was conducted from coordination with multiple organization benefits of all organization and community people. They are a good platform to identify as well as to prevent lifestyle disease at an early stage and modify the risk factor. Healthcare is a basic right of a human being that should be available for everyone and shouldn't be treated as a commodity only for those who can spend money to buy the services.

This free health camp provides the poor population overall physical examination including the functioning of vital organs like heart, lungs, digestive system, liver, kidney and others. Moreover, this camp act as an opportunity to orient medical graduates towards the health needs of common

people and to identify the potential role of various health personnel in implementing health measures.

### Suggested Annexe:



**Thank you!**