

# Annual REPORT 2021



**NELUMBO, NEPAL**

Gairapatan-4, Pokhara

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## **Our Vision**

Proper health care and quality education services accessible, affordable and acceptable to all in Nepal.

## **Our Mission**

To improve the life condition of poor and marginalized people in the remote areas of Nepal through basic health and education services.

## **Our Objectives**

- To deliver quality health services in remote parts of Nepal.
- To provide general health camps with free treatment (from specialist) and free medicine as per doctor's prescription.
- To run awareness programs related to health, education, environment conservation and gender equality.
- To promote and support the quality education in local community schools (through trainings and distribution of educational materials).
- To work in co-ordination with the local government bodies, institutions and community for the effectiveness of the program.

# Health and Education Aid

## About the Project

The main theme of this project is to provide quality health, education, environment and awareness related services to the vulnerable and marginalized community people in its working area. The pandemic of COVID-19 had greatly impacted the programs under this project but as the situation was easing up, the programs are starting to gain its pace like before.



### General Health Camp

Total registered **466**  
individuals  
No. of service provided **970**



### Awareness Program

**500**  
beneficiaries



Supported for treatment & medication **2**  
individuals



Distribution of Education & Sports Materials to government schools

**550**  
students



Supported Gov-  
ernment School  
with Financial Aid  
for Infrastructure  
Development

**900**  
students



Handover of Euro-  
guard to government  
schools

**2**  
pieces



Scholarship to students **4**



Sapling Distribution **300**  
individuals

# COVID-19 Response Projects

## Project Description

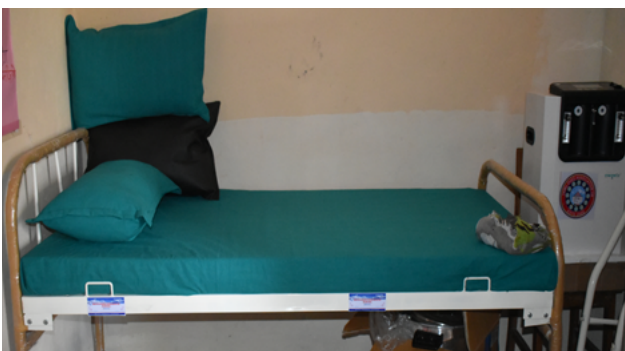
From the beginning NELUMBO, NEPAL is solely focusing on the preventive and curative aspect of the disease for which it has been working in coordination with various organizations and local government to support the country's preparedness and response activities to address the direct and indirect effects of pandemic on most vulnerable population. The response program especially focused on four aspects i.e., awareness, medical safety materials distribution, medical equipment distribution and relief distribution.



Medical Safety  
Materials  
Distribution **135,450**  
individuals



Food Relief  
Packages **525**  
individuals



Supported Med-  
ical Equipment  
to Government  
Hospitals &  
Community  
Health Unit **5500**  
individuals



Distribution of  
Oxygen Concentrator **4**  
pieces

# Cash Support for Oxygen Plant

5000 individuals

## IEC Materials Distribution for Awareness

### नेलम्बो नेपाल, सचेतनामूलक कार्यक्रम नोवेल कोरोना भाइरस (COVID-19)

हाल विश्वभर फैलिरहेको नयाँ कोरोना भाइरस (Severe Acute Respiratory Corona Virus 2 (SARS-CoV-2)) को संक्रमणबाट लागेको रोगलाई "कोभिड-१९" को नाम दिएको छ। यो भाइरस सन् २०१९ डिसेम्बरमा पहिलो पटक चीनमा देखा परेको हो। यस भाइरसले सामान्य रुग्ण-जोको देखि गम्भीर प्रकारको तीव्र स्वास्थ्यसम्बन्धी Severe Acute Respiratory Syndrome (SARS) सम्म गराउन सक्छ र यसको जोखिम बुझा-पाका र दीर्घ रोगीहरूमा बढी मात्रामा हुने गर्छ।

#### नोवेल कोरोना भाइरसबाट बच्ने उपायहरू :

1. नियमित रूपमा राम्ररी हात धुने।
2. कठोरता र शक्तिपूर्वक शारीरिक दूरी कायम राख्ने।
3. खोपडा र हातसम्म नजान्ने ढाँचा लगाउने।
4. घर बाहिर निस्कनु अघिवापि मास्कको प्रयोग गर्नु।
5. भीडभाड हुने ठाउँमा नजान्ने।
6. पशु जसको छेउमा टाउको नजान्ने।
7. रोगी वा संसृष्टार हुने जसको छेउमा नजान्ने।
8. घोरिलो र संसृष्टित आहार खाँने।

#### लक्षणहरू

**सामान्य**

- अधिक उच्च (१००.४°) लगाउनु
- सुरुमा लहरे सौती
- सकल अवस्था दुःख
- खाँसे र अन्त कान टुँडो लाग्ने

**कम सामान्य**

- नासोपरीधर दुःख
- टाउको दुःख
- छसला लाग्ने
- घाँटी दुःख
- आँखा रातो हुने

**जोखिमपूर्ण**

- सकलमा सङ्क्रमण टुँडो लाग्ने वा अन्त-सकलमा टुँडो लाग्ने
- खाँसे अत्यधिक दुःख
- बोल-चाल/सिन्टुल गर्न सक्नु नराख्नु

### कोरोना भाइरस कसरी सर्छ ?

- ⇒ फोहोर हातबाट
- ⇒ बोल्दा, खोक्दा वा हाँस्युं गर्दा नाक वा मुखबाट निस्कने छिट्टाहरूबाट
- ⇒ भाइरसबाट प्रभावित व्यक्तिको सम्पर्कबाट

नोवेल कोरोना भाइरसको जोखिमपूर्ण लक्षण देखिएपछि स्वास्थ्यकर्मीसँग परामर्श लिने। स्वास्थ्यकर्मीसँग परामर्श बिना कुनै पनि औषधीको सेवन नगर्ने।

गाइसको उचित प्रयोग गर्ने तरिका

"आफु पनि बचाउँ र अरुलाई पनि बचाऊँ !"

- 1. ज्यानमा राख्नुपर्ने आधारभूत कुराहरू :**
1. अनावश्यक वस्तु तथा सतहहरू नछुने।
  2. अलुहारको टो क्षेत्र-आँखा, नाक र मुखलाई अनावश्यक रूपमा नछुने।
  3. सकेसम्म आफ्नो साथमा रुजाल वा टिबु पेटेर राख्ने।
  4. सार्वजनिक स्थलमा जवाभवी नबुल्ने।
  5. सतह भएसम्म पैसाले कारोबार गर्दा विपरीत कारोबार गर्ने।
  6. उच्च, सौती तथा स्वास्थ्यसम्बन्धी सकारण सपथमा नजान्ने।

कोभिड-१९ ले भेटनाय गर्दैन।  
हामीले पनि नगरीौं।  
साञ्जना होइन ऐक्यबद्धता !!!

आफ्नो बोली र व्यवहारको प्रभावकारिता छान्न राखौं।  
हरेक व्यक्तिको प्रति समानभूतिको भाव व्यक्त गरौं।

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विशेष कार्यक्रम : विपत व्यवस्थापन र सहयोग

## के हो ओमिक्रोन ?

### ओमिक्रोन बाट सुरक्षित हुन के गर्न सकिन्छ ?

- भ्याक्सिन लगाउनु
- सुरक्षित सामाजिक दूरी कायम राख्नु
- मास्क लगाउन सक्नु
- हातसम्म नजान्ने ढाँचा लगाउनु
- इयाल तथा भेन्डिलेस सुत्नु
- बेला बेला हात धोनु

के हो ओमिक्रोन ?

सकलमा व्यापक रूपमा प्रयोग भइरहेको पीसीआर परीक्षणले ओमिक्रोनको संक्रमण पत्ता लगाउन सक्छ। अन्य प्रकारका परीक्षणहरूमा कुन हदसम्मको प्रभाव छ या छैन भनेर निर्धारण गर्न अध्ययनहरू द्रुततरमा जारी छन्।

के ओमिक्रोन कोभिडका अन्य भेरियन्टहरू भन्दा बढी गम्भीर छ ?

ओमिक्रोनको संक्रमणले तुलनात्मक रूपमा धेरै गम्भीर रोग निम्त्याउँछ भन्ने कुरा अझै स्पष्ट भइसकेको छैन। ओमिक्रोन भेरियन्टको गम्भीरताको स्तर बुझ्न केही समय आवश्यक छ।

१० मिटर २००० मा, विश्व स्वास्थ्य सङ्गठनद्वारा भाइरस विकासक्रम अध्ययन गर्ने प्रविधिको सल्लाहकार समूह (TAG-VE) को सल्लाहमा बी.१.१.५२५ भेरियन्टको नाम ओमिक्रोन राखियो। यो भेरियन्टलाई चिन्ताजनक विषय भनेर पनि घोषणा गरियो।

स्रोत: विश्व स्वास्थ्य सङ्गठन

# Oral Health and Dental Care Services



The concept of Dental Mobile Clinic is effective in Nepal as major health services are centralized in urban areas which limits the accessibility of the oral health service among the rural population which out numbers the urban population. Full treatment is provided to all the patient through fully equipped **Dental Mobile Clinic** by qualified Dental Surgeon, Dental Hygienist and the team. It includes services like disease screening, rct, cleaning, dental x-rays, fillings, etc.





NELUMBO, NEPAL launched its Dental Mobile Clinic under the program Oral Health and Dental Care Services on February 19, 2021 at a special school for differently abled children i.e. Sirjana Residential Secondary School for the Deaf, which is located at Pokhara Metropolitan City-26. The main objective of this program is to address oral and dental health problem of people residing in rural and remote parts of Nepal. Till



December 2021, a total of **11** dental camps with **6** follow up camps has been done in various municipalities of Kaski and Parbat District. Along with treatment and medication, awareness program to promote oral health and hygiene is also organized targeting the local community people, students, teachers, etc. to focus on preventive aspect of oral health and hygiene as well.

**Total Beneficiaries  
(Total Registration)**

**2959**



## NELUMBO, NEPAL

Nepalese Ultra Poor Marginalized and  
Biodiversity Organization, NEPAL

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