

NELUMBO, NEPAL

# UPDATES

Issue 1 | December, 2019



Welcome to the first issue of the NELUMBO, NEPAL updates on activities from the last three months. NELUMBO, NEPAL has conducted several activities under its different programs like free health camps, medical support, educational program, workshops and other. Let's go through them in brief through this update.



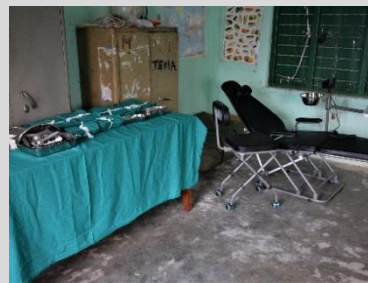
## HEALTH CAMPS

One of the major programs of the organization is Free Dental and General Health Camp at the remote areas. The working areas has been selected as per socio-economic condition and the distance from the Pokhara Metropolitan Office.

In between September to November, we have successfully conducted two health camps both in Machhapuchhre Rural Municipality (MRM)-06, Bhindabari.

### **Camp at Shree Baraha Secondary School**

Shree Baraha Secondary School is situated in the Machhapuchhre Rural Municipality (MRM)-06, Bhindabari with total of 164 students. A free dental and general health camp along with free medical distribution was conducted in collaboration with MRM-06, Dhital on September 25, 2019. 142 students were registered for the treatment and were also provided with free medication as per the prescription. Out of total checked students, 24 were referred to Gandaki Medical College, Pokhara Metropolitan City-27, Rithepani who needed further extensive treatment.





## Camp at Primary Health Care Centre, Bhindabari

The camp was carried out on November 13, 2019 to provide dental care service along with treatment of general diseases and identification of the chronic diseases of the locals in and around Machhapuchhre Rural Municipality-06, Bhindabari. We had two different departments for Dental and General Physical Checkup with lab test (blood sugar and urine test). The total of 184 people were registered for the checkup. Out of these registered people, 153 people



were registered for general physical treatment and 169 were registered for dental checkup. Thus, 322 gross total services were given during the camps. The prescribed medicines were distributed after the checkup and some patients were referred to the higher medical facility for further treatment.

## **AWARENESS PROGRAM**

Many people are unaware of the simple preventive measures they can carry out in their day-day life to keep them away from even minor diseases and the burden of treatment. To encourage people in adopting healthy behaviors that provide resistance to serious health threats, we conduct health awareness program on various topics along with our health camps.

During the camp held on November 13, 2019 awareness program was conducted focusing the local people and the students from the nearby school.

Mr. Rajendra Raj Timilsina, an anthropologist and media educator shared his life lessons and the other ways and methods on how to combat with gastritis with the locally grown food.

Likewise, Dr. Deepak Ranjan Dalai, Head of Community Dentistry, Gandaki Medical College made everyone clear about the brushing technique and other ways to keep up to one's oral hygiene.



## MEDICAL CHARITY FUND

This fund is established to support financially weak people with proper treatment and medication for their illness or health condition.

We have supported 71 peoples from the camps till December, 2019. Also we have supported a mother-son family for their treatment as both were suffering with different kinds of illness.

On October 27, 2019 we came to know about a mother and son family (Parbati Nepali and Dipendra Nepali), who are the resident of MRM-06, Dhital through a news article titled "Where even sorrow is afraid of sorrow" was published in Kantipur National Daily.

NELUMBO, NEPAL's team visited to Parbati's home in Dhital for Socio-Economic Assessment along with grocery items and blankets on 2<sup>nd</sup> November, 2019 and the very next day both of them were brought to Pokhara for their diagnosis and treatment which is still going on.

22 years old Dipendra Nepali has been suffering from paralysis on left side of his body from last seven years. He is living together with his mother who is also suffering from mental problems. With no source of income, this mother and son family has not been able to get the proper and desired treatment

for their condition. NELUMBO, NEPAL has taken full responsibility of their treatment and brought both mother and son to Pokhara for proper treatment. While Parbati was taken to Gandaki Medical College (GMC) for treatment, Dipendra was taken to Green Pasture Hospital (GPH), Nayagaun, Pokhara and later to BG Hospital and Research Center, Matepani, Pokhara and is still there for his treatment. Parbati is prescribed with psychiatric medicine for her condition and Dipendra's condition is also improving day by day after regular medication and physiotherapy.





## EDUCATIONAL PROGRAM

Quality education is right of every child. As we aim to enhance the teaching and learning process and experience, we have supported schools at our working areas by providing necessary sports materials as well as euro- guards to promote safe drinking water and healthy living.



Handing over the sports materials to  
the representatives of Shree Baraha  
Secondary School, MRM-06,  
Bhindabari.  
September 25, 2019

Handing over euro-guards to the  
representatives of Shree Baraha  
Secondary School, MRM-06,  
Bhindabari.  
November 13, 2019



## THIRD ANNUAL GENERAL MEETING

With the aim of reviewing the past activities and discussing about the future activities, third annual general meeting was held on October 4, 2019 at City Square Banquet Pvt. Ltd., Pokhara-08, Newroad. All the board members along with the stakeholders were present during the program. The



program also welcomed new general members and honorary members to the organization. The board members discussed about the future activities and approved the suitable and effective program for next working calendar.





## WORKSHOP

One day session to emphasize the exchange of ideas among the staff members and the board members was conducted on November 23, 2019 at Bagaincha Wellness Resort, Barahi Chowk, Lakeside, Pokhara. The session was an interactive session where the staff members talked about their experiences and learning from the organization and the expectations they have from the organization. Two of the board members (Chairperson and General Member) were present during the session and they spoke on how to perform the day-day work effectively and how to maintain the sustainability of the organization.





## VISITORS



Ellen Findlay, Peter (UK)  
Maurice Cotanchio and Betty Cotanchio  
(Australia)



Christina Gratzler  
Donor (Switzerland)



Barbara & Peter Stace  
(Australia)



Dr. Nil Fergusser  
(UK)



Hillary Fergusser  
(UK)



Dr. Ian Ferrer & Claire Steves  
(Australia)