

COMMUNITY POSTING REPORT:

Date: 2/12/2080 - 28/12/2080

Area: Charange-10, Devdaha, Tol.no- 3

Total House Survey: 195

Survey Conducted: 195 houses (N=904)

Conducted by: 1st year PCL nursing (AIHS, Butwal)

Introduction

During the period of 2/12/2080 to 28/12/2080, a series of health activities were conducted in Charange-10, Devdaha, Tol.no- 3. These activities aimed to promote health awareness and improve overall well-being in the community.



Health Teaching Topics:

Health teaching sessions were held on different topics based on the need of the families. These sessions aimed to educate community members for optimal health.

Topics covered:

A. Family Health teaching :

Hypertensive diet	Renal diet	Jaundice
COPD	Depression	Heart disease
Anxiety	Chicken pox	Pressure sore
Effect of Cigarette smoking	Uric Acid	Cholera
Diabetic Diet	Asthma	Uric Acid
Dengue fever	Kidney stone	Water pollution
Measles	Pressure sore	Air pollution
Hypothyroidism	Diabetes	Mumps
Hypercholesterolemia	Hypertension	Alcoholism
Hypothyroidism	Tuberculosis	Kidney disease



B. Group Health teaching:

1. Temporary Family Planning methods (Depo-povera, oral pills, condom, copper-T Implant)	5. Personal Hygiene (Oral, nail, bathing, hand washing)
2. Permanent Family Planning methods	6. Balance diet
3. Malnutrition	7. Environmental Sanitation
4. Substance Abuse and Addiction	8. Immunization



Health Actions:

Health action initiatives were undertaken in the community, guided by the identification of health problems through community diagnosis, leading to targeted interventions.

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| 1. Composting |
| 2. Kitchen garden |
| 3. Preparation of sarbottam pitho |
| 4. Water purification |



Grand Data Presentation:

A grand data presentation was organized to showcase the findings and outcomes of the health activities conducted during the community positing. This presentation provided a comprehensive overview of the survey results, health teaching sessions and health actions taken.

Date of program: 28thBaishakh 2081

Venue of program: Koliya English Boarding High School, Charange ward no 10

Program type: Formal

Contents of Presentation: The presentation began with an introduction, outlining its objectives and goals. It aimed to provide comprehensive insights into various aspects of the community's well-being, including socioeconomic status, education, family planning, access to safe water and nutrition, immunization coverage, and the prevalence of chronic diseases. Furthermore, it delved into the methods of family planning, both temporary and permanent, as well as the types of fuel commonly used for household purposes. The presentation also addressed initiatives such as kitchen gardens, water sources, methods of water purification, types of toilets, drainage systems, and waste disposal practices, offering a holistic view of the community's health and environmental considerations.

DETAIL OF PROGRAMME

The program was hosted by Jivan Khatri and Nabina Shrestha, while Dr. Binod Parajuli, Medical superintendent SCWH served as the chairperson. Mr. Yak Bahadur Sunar, the Ward Chairperson, attended as the chief guest, along with several other distinguished guests, including Ms. Sushila Bishowkarma, the Matron of SCWH, Mr. Khagendra Chhetri, Administrative Officers of SCWH, Ms. Sarita Rawal, Principal of AIHS and Mr. Gyanendra Sharma Nepal, administrative Officers at AIHS, Mr. Rajendra Parajuli, School Principal of Koliya School, and Mr. Capt. Dan Bahadur Thapa, Chairperson of Magar Sangh. Additionally, community members, totaling around 50-60 individuals, were also present. Among the guests were Mr. Arbin Kumar Acharya health post incharge of ward -10, Ms. Reeza Shrestha, Ms. Sangita Shah, and Ms. Laxmi Karki, all Nursing Instructors, and Ms. Gita Bhandari, the Librarian at AIHS were presented at grand presentation. As a Conclusion, The health activities conducted in Charange-10, Devdaha, Tol.no- 3 during the specified period have contributed to raising awareness about health-related issues and promoting positive health behaviors in the community. Continued efforts in this direction are essential for sustaining and further enhancing the health and well-being of the residents.

Summary:

From 2/12/2080 to 28/12/2080, a series of health activities were conducted in Charange-10, Devdaha, Tol.no- 3, aimed at promoting health awareness and improving community well-being. Health teaching sessions covered various topics, addressing family and group health needs. Additionally, health actions were implemented, including composting, kitchen gardening, preparation of Sarbottam Pitho, and water purification. A grand data presentation was organized,

providing insights into community health issues and interventions. The formal program, held on 28th Baishakh 2081 at Koliya English Boarding High School, was attended by dignitaries and community members. These efforts reflect a commitment to enhancing community health and well-being.

GRAND PRESENTATION



Arranging Badge



Welcoming Guests



Offering garland and light by program chairperson



Displaying social map



Data Presentation



Delivering speech



Social Map



Group Photo

Report on Observational Visit

Based on curriculum of PCL Nursing first year for the subject Community Health Nursing-I, Practicum the students will posted for community survey altogether for 6 weeks which will include local institutions visit (one day visit), where the students visited to the following areas from the 2081, Baishakh 21 to 2081, Baishakh 31.

The visited areas are as follows;

1. Butwal Industrial Estate, Ramnagar
 - a. Dairy Development Co-operation (DDC)
 - b. Shiva shakti soap industries
2. Butwal water supply co-operation, Golpark
3. Shree Siddhababa Durga Bhawani Shiva Kumari Old Age *Home*, Butwal-04
4. *Susta Manasthiti* Bal Bidhya Mandir (SMBBM)
5. Waste management, Butwal Sub-metropolitan City Office.

The specific objectives for observational visit

- To identify the needs especially health needs.
- To observe milk pasteurization process.
- To observe water supply collection, storage, purification methods, supplementation areas.
- To observe child rehabilitation
- To observe geriatric home.
- To know about the vision, mission, goals of an organizations.
- To identify the strength and limitations of an organizations.
- To provide education regarding occupational hazards and measures to overcome.
- To forward their needs and requirements to appropriate places.

Activities

During community survey, as the work plan schedule we started observational visit to third week from 2081, Baishakh, 21 toward Butwal Industrial Estate, to DDC and soap industries; where students get chance to know about the milk pasteurization process along with the milk hygiene, manufacturing of soap and supplementation to the local levels following Baishakh, 23 toward Butwal water supply; able to know about the collection, storage, purification, supplementation areas, Baishakh, 24 to Shree Siddhababa Durga Bhawani Shiva Kumari Old Age *Home*, Baishakh, 25 to *Susta Manasthiti* Bal Bidhya Mandir (SMBBM) and Baishakh, 31 to Waste management, Butwal Sub-metropolitan city office.

Conclusion

The students were able to meet the mentioned criteria as per CTEVT guidelines during observational visit.

Photo Gallery



Introducing History regarding Butwal Industrial Estate by Jib Narayan Banjade



Dairy Development Co-operation (DDC)



Butwal water supply co-operation



Students providing slippers and fruits as gift for geriatric people, Shree Siddhababa Durga Bhawani Shiva Kumari Old Age Home





Susta Manasthiti Bal Bidhya Mandir (SMBBM)



Waste Management, Butwal Sub-Metropolitan

THANK YOU!