



**Health and Development
Society Nepal**

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HDSN Update

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School Hand washing Program

Upcoming activities

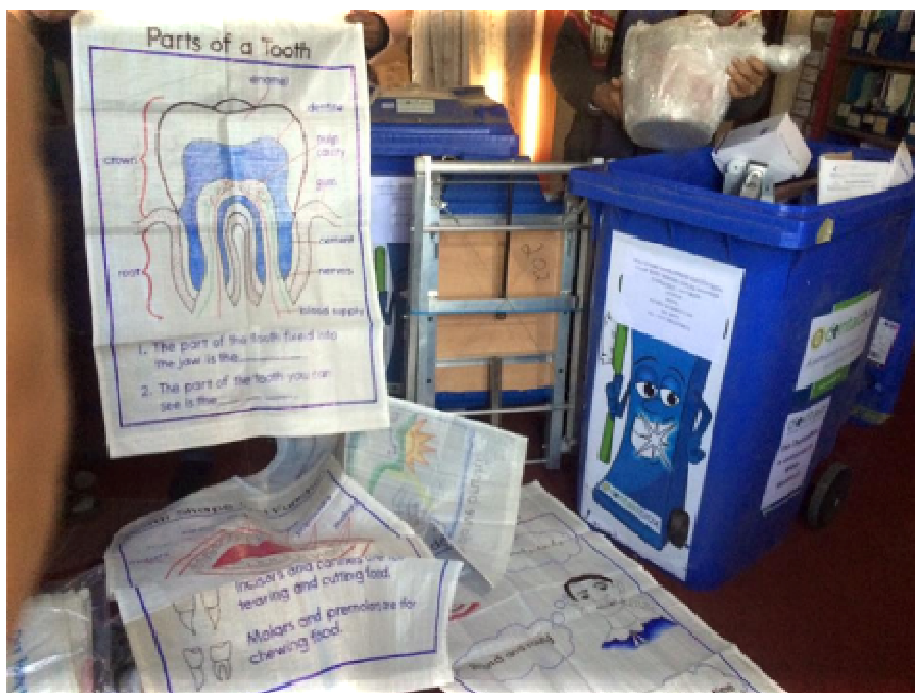
Training to the health worker so that they can provide services in their remote working area

Providing Dental setup in different remote villages

Oral Health camps in five different areas

The part of BABU project in Bhardeu.

Set up of shelters in Rasuwa for health post



Portable dental unit Gifted by Dentaid

Integrated camp at Ratmante Jiri

Integrated program was conducted in Ratmate-Dolkha 3.5km away from Jiri. The camp comprises oral health checkup and treatment program, acupuncture and Blood sugar test by Sakila Ranjit, motivation program & child friendly activities by team of Quake volunteers. 137 patients got the treatment in the form of restoration, extraction, fluoride application and needful advices about the oral health.



Hand washing program was conducted in the school premises to maintain the sanitation habit from the early childhood. The educational cartoon show was presented in the school. The program was supported by We Help Nepal.

Feb. 3,4,5



Accupuncture

Service of acupuncture to the villagers of Ratemate was provided by Ms. Sakila Ranjit.



What is acupuncture?

Contrary to popular Western belief, acupuncture is not just a system for inserting very fine needles into specific body locations to alleviate pain. So, what is acupuncture, then? Acupuncture is a complete medical protocol focused on correcting imbalances of energy in the body. From its inception in China more than 2,500 years ago, acupuncture has been used traditionally to prevent, diagnose and treat disease, as well as to improve general health.

The traditional explanation for acupuncture's effectiveness is that it modifies the flow of energy (known as qi or chi) throughout the body, but there is no scientific consensus that this is actually its mechanism of action. Research published in the May 30, 2010 online edition of *Nature Neuroscience* demonstrated that the effects of acupuncture needling include influencing the activity of adenosine, an amino acid which becomes active in the skin after an injury to ease pain. This may explain in part why pain relief is often experienced as one of the benefits of acupuncture. In fact, much research in the West has focused on this pain-relieving effect, rather than acupuncture's traditional role of balancing energy to address a wide range of disorders, and the more subtle mechanisms that may be responsible for its overall benefits to health.



Oral Health program at IJ. Pioneer school

HDSN conducted Oral health program at IJ. Pioneer School, Lalitpur. Examination and treatment done in the school premises. Treatment done in the form of restoration, Extraction, fluoride application. Needful counseling was given to the students and parents.



Along with the examination and treatment orientation class was taken by the team to improve the oral health status of the students. The program was supported by We Help Nepal. Feb. 12



Random Blood sugar test

Similarly the random blood sugar level was examined in the field, so that some patients who were unaware about the secondary diseases could be referred to the nearest hospital and get the proper treatment.

Oral health camp at Naikap- Supported by Milijuli Samaj Nepal

One day oral health program was conducted organized by Milijuli Samaj, HDSN team providing the technical support at Naikap. Community people and students were benefited by getting treatment in the form of restoration, extraction, fluoride application and needful advices about oral health have been provided. Feb. 6



Gift by Dentaïd

We have received Portable Dental units as a gift from Dentaïd UK. The box consists of materials that will be suitable for the remote set up and can be used for the dental treatment in ease way.



Pictures of the Dentaïd box

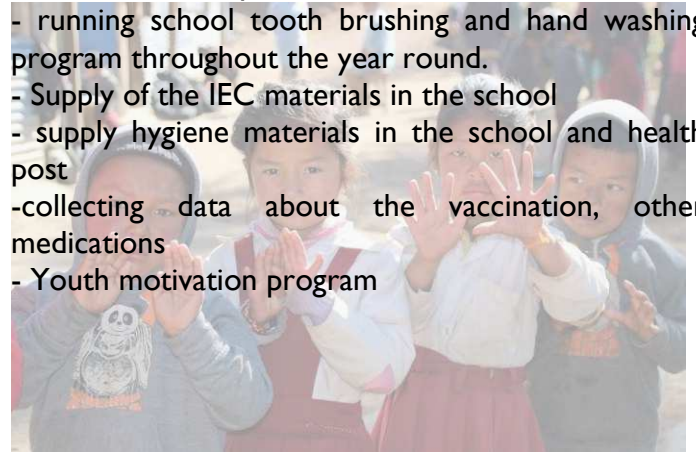
BABU Project

The rural development project BABU (Bringing About Better Understanding) Program has been started. **Feb. 15-18**



The Program consists of following activities which will bring about the changes in the habits of the students.

- Teachers training
- training the health workers
- hand washing
- General health camp, finding out the major diseases in the school children
- Referral of the cases to the Hospital and clinic
- Oral health camp
- running school tooth brushing and hand washing program throughout the year round.
- Supply of the IEC materials in the school
- supply hygiene materials in the school and health post
- collecting data about the vaccination, other medications
- Youth motivation program



Sample collection about nutrition, Vaccination, hand washing, oral health status has been completed. The sample has been collected from the students and teachers, along with the health workers.

We have also received the disclosing materials for hand washing program.

Receive medicines from Quake volunteers

Medicines have been received from the group of Quake volunteers' team as a donation. The medicines will be utilized in different integrated camps.

