



Jysk landsbyudvikling i Nepal

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Health and health promotion

Madi Health Team 5/2015

Project Summary

The Health Project focuses on promotion of health - in this case promoting the knowledge and awareness of health. Ability to choose the healthy solution in everyday life will give the children a better capacity for learning and promote a general better life quality for the general population.

Volunteers

Charlotte Steffensen – Nurse

Ute Kristensen – Health Visitor

Gitte Jensen – Health Assistant and Gardener

Nepalese staff

Divya Jha, Health Assistant

Kamala Gyawali, Bachelor in Public Health

Pradip Ranjit, Health Assistant

Danish Coordinators

Susanne Rystok, Nurse and Master in Health Anthropology

Anne Marie Koch Jørgensen, Health Visitor

Nepalese Coordinator

Vacant

Translation

Marie Worm

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Silkeborg, Denmark



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Introduction

Jysk landsbyudvikling i Nepal is a non-profit organisation based in Silkeborg, Denmark. Based on the concept of cooperatives and the principle of a Self-Help Assistance Program, the organisation supports the population of selected villages in Madi, Nepal in their efforts to lift themselves away from poverty. Since 2009 the organisation has supported the population in the selected villages to establish Cooperative Associations, with inspiration, advice, capacity building and financial resources for defined projects. Partnering with the Nepalese NGO, **The Madi Integrated Inclusive Sustainable Development Project** it has been decided that **Jysk landsbyudvikling i Nepal** during the coming years will work on development projects within four focus areas: Schools and Education, Health, Infrastructure and Income Generating Activities.

The Madi Health Team 5/2015 – September-October 2015

From 11th September to 17th October 2015 three Danish Volunteers and three Nepalese staff members will join the 5th Health Team as a part of our Health Project. The 5th Health Team will focus their work on the three schools of Kantipur, Indrabasti and Ayodhyapuri and the surrounding local communities in close collaboration with the health ambassadors from the primary schools, the local community and the Kharkatta Health Post.

The general tool for the dialogue on health with the children, teachers and villagers in the health project is the "Flower of Wellbeing".

Focus areas of Madi Health Team 5/2015

1. Screening of all students in nursery at Ayodhyapuri, Kantipur and Indrabasti Schools focusing on wellbeing and to teach the older students in relevant health topics such as practicing proper hand washing and tooth brushing and puberty education mainly targeted the female students. A large involvement by the health ambassadors on the individual schools is expected.
2. Initiation of the work on establishing school gardens at Ayodhyapuri School in collaboration with the school leaders. If possible, another school will be involved in this project.
3. Two health workshops will be held in the work period. The first workshop held in the beginning will focus on following up on last year's workshops on general health and wellbeing in the villages. The second workshop will focus on first aid and health at the schools. Topics such as: how to involve the family when a child does not thrive in school, tiffin boxes at school, hygiene, soap and hand washing buckets project. The second workshop will be held shortly before the health team is to leave Madi.
4. Handing out glasses which will be planned in collaboration with the school leaders on when and where the event is possible to take place.
5. The students' need of food during school day has to be investigated at Ayodhyapuri and Kantipur Schools. The tiffin box project at Indrabasti from April 2013 and the school kitchen project at Ayodhyapuri September 2013 will be evaluated. The nutritional situation at the three schools will be discussed with the school leaders focusing on optimisation of the situation.



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6. Follow-up on the use of the hand washing buckets provided for the 30 most vulnerable families in autumn 2014. Together with the local health ambassadors the health team will visit these families and during the visit discuss the hygiene, health and wellbeing in the family.
7. Plan and perform the event “Global Handwashing Day” on Thursday the 15th of October.
8. A discussion with Mr. Shiva Subedi, Kharkatta Health Post on possibilities of cooperation on the establishment of a new health clinic and staff skills development. Especially with focus on the delivery room and service provided in relation to giving birth and on dental care and treatment.

Evaluation

The health team will work out a report based on the Health Teams and local health ambassador’s investigations and experience. The report will include recommendations for Madi Health Team 6/2016.

31.8.2015
Susanne Rystok



Health Team 5/2015

From the left:

Divya Jha, Gitte Jensen, Ute Kristensen, Charlotte Steffensen, Kamala Gyawali and Pradip Ranjit



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The Flower of Wellbeing – a dialog tool ¹

This method uses laminated cards shaped like flower petals and a basket (the middle of the flower). The basket represents the child or a group of children who is taking part in the conversation. The petals illustrate aspects of the life that affect how the children feel. These petals have to do with the child's basic needs in everyday life. The aspects are family, school, friends, spare time, sleep and rest, healthy food and meals, drinking water, tooth brushing, soap and water.

¹ The Flower of Wellbeing will be exhaustively described in the attached appendix.