



Jysk landsbyudvikling i Nepal

Health and learning – Village development begin with the little ones

Madi Health Camp 4 – October-November 2014

Project description

Participants

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Madi Health Camp 4/2014 Project Description

Following is a project description of the Madi Health Camp 2014 produced by the Madi Health Team 4 prior departure to Nepal and the three villages of Madi Kantipur, Ayodhyapuri and Indrabasti.

Using the recommendations from Kantipur Health Camp 2013 six points of focus have been generated. The objective of the Madi Health Camp 2014 is to continue last year's initiatives as well as to accomplish a follow-up on the projects launched in 2013.

In our quest for establishing of improvements now as well as for the generations to come we believe our contribution will be most effective when approaching the pupils through the school system and in the local community. Therefore Madi Health Camp 2014 will prioritise it's presence at the schools teaching the pupils.

Furthermore we hope to expand our collaborations with Kharkatta Health Post.

In 2014, the project focuses on promotion of basic health and preventive measures through health education and training in the community.

1. Focus on team working with Kharkatta Health Post

This year we would like to create an estimate/measure on how to strengthen the team work with Kharkatta Health Post by introducing the following initiatives:

- Evaluation of the nine volunteers' competences within each of the health focuses points.
- Establishing of a network including the Health Volunteers of the Health Post and the appointed 'Health Ambassadors', with the aim of improving the level of training and to enhance the 'role model' function of the Health Post and the Health Ambassadors.
- Informing the Health Post about the existing and ongoing screenings and eventually make agreements with the Health Post on follow-up on critical health cases among the villagers.
- Examination of the option of acquiring a Dentist once a week at the Health Post, due to the overall poor tooth condition in the villages.
- Offering English language training to Health Volunteers and Health Ambassadors.
- Examination of the Health Post for any necessary upgrades of equipment.



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2. Focus on general sanitary conditions, oral health care and disease carriers

Following up on last year's effort we will continue to teach public health and sanitary conditions, oral health care and disease carriers. The objective is to increase the general level of understanding within the villages of the mutual gains, which can be achieved through sanitary improvements.

- The teaching will be included in the Health subject of the schools in collaboration with the Principals, the teachers and the Danish volunteers of the School Project. The practical instruction will consist of exercises held at the well in the school yard.
- If possible we will be celebrating the Global Handwashing Day (GHD) on the 15th of October, a WHO event dedicated to raise awareness of hand washing with soap as a key approach to disease prevention.
- During the screening sessions toothbrushes will be distributed and we intend to develop a storage system for the toothbrushes.

3. Focus on the Health Ambassadors

- In order to promote network and health training we establish a coherent team work among the Health Ambassadors and the Health Volunteers as well as Health in Charge of Kharkatta Health Post
- We give special emphasis on the teamwork to introduce/conduct orientation on preventive measure of health and hygiene in the villages and strengthen a reality of sanitary awareness and health education for all students, Health Ambassadors, Health Volunteers, and as well as Health in Charge of Kharkatta Health Post.

4. Focus on Nutrition

Like for the previous health teams nutrition will be a general topic of focus in 2014.

- In the 'Health' subject the focal points will be: Healthy versus unhealthy food; what do the students eat for lunch and what are the consequences of their choice of beverage?
- We will provide a follow-up instruction on the use of Ayodhyapuri School Kitchen and vegetable garden.
- We will examine the readiness and wishes of a the Tiffinbox project on the schools of Kantipur and Ayodhyapuri, with the objective of increasing the students' energy levels through a nutritious diet, which further may increase the interest of attending the school in general.



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5. Focus on puberty training for young women and girls

Based on the recommendations from the Kantipur Health Camp 2013 a couple of days will be allocated awareness training on puberty and the physiological change process that occurs during puberty as well as awareness program on the current women culture in Nepal. Our hope is to tackle the underlying taboo by influencing the topic of puberty in a gentle, respective and benefitting manner. This we consider of major importance, due to the present insecurity related to puberty topics. Together with Arati we will decide which materials are to be provided for the puberty training sessions. At project start we will arrange a project day on the topic of puberty and on one of the final days a catch-up session will be held allowing any new questions to be discussed.

6. Eye examination and handout of eyeglasses

The Eyeglass project has proved to be of major success in Madi. Because of the limited life expectancy of eyeglasses we feel compelled to launch the Eyeglass project on a yearly basis. Today the villages account a great portion of citizens of all ages to whom the daily tasks may be hard to fulfill due to limited eyesight. It is our experience that a general problem in this case easily may be overcome by a rather simple tribute.

- Issuing eyeglasses to everyone in need.
- Exchanging the eyeglasses for those presently holding a pair.



Madi Health Team 2014

Behind, from the left: Janne Filholm Svendsen, Sofie Børjesson Ibh, Susanne Rystok, Lotte Illeborg Riis and Trine Ladegaard Madsen. *In front, from the left:* Arati Upadhya, Sumit Gayak and Divya Prakash Jha