



## FINAL REPORT

### YWC ESC-2 PUBLIC HEALTH

*Jitpurphedi, Tarkeshwar-3, Nepal*

December 2024-April 2025

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## **Acknowledgments**

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Furthermore,we recognize the dedication and hardwork of our team members- Mr.Harry Clarke, Ms. Alicia Laranjeira and Ms.Kanchan Pokhrel whose commitment and efforts were essential to the successful implementation of this project.

This journey has been invaluable, and we trust that our work will continue to promote public health awareness and improve well-being in the community.

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## **ABBREVIATIONS**

YWC: Youth We Can

ESC: European Solidarity Corps

VIN: Volunteer Initiative Nepal

CVD: Cardiovascular Disease

BMI: Body Mass Index

WBC: Women Business Center

## **Executive Summary**

This report provides a comprehensive overview of the collective experiences and accomplishments of the Public Health Team as ESC Public Health Project Volunteers and Intern at Volunteers Initiative Nepal (VIN) in Tarkeshwor Municipality. The project, spanning a duration of five months, from December 2024 to April 2025, involved the collaborative efforts of the team in addressing key public health concerns and implementing various initiatives in the community. Volunteers Initiative Nepal (VIN) is a non-religious, non-profit NGO dedicated to empowering marginalized communities in Nepal. The organization focused on holistic development through various community-driven initiatives, with a strong emphasis on improving health, education, and economic opportunities. As part of VIN's Public Health Project, our team worked to improve community health through direct engagement, education, and resource development.

## **CHAPTER I: INTRODUCTION**

Volunteers Initiative Nepal (VIN) is a non-political, non-governmental nonprofit organization established in 2005, based in Kathmandu, Nepal .VIN is committed to supporting marginalized communities across Nepal through its mission of empowering these communities via equitable,inclusive,and holistic development programs. There are six major community empowerment programs: Children Development,Women Development, Public Health and Medical, Youth Empowerment and Environment Conservation and Disaster Risk Reduction.

### **1.1 Project Description**

The ESC – Humanitarian Aid Corps is an international volunteer initiative launched by the European Commission in 2022. It provides young individuals aged 18 to 35 with the opportunity to engage in humanitarian aid efforts. Through this program, volunteers support humanitarian operations in non-EU countries for durations ranging from 2 to 12 months.As a part of this initiative,the YWC ESC-2 Public Health Project was implemented in Jitpurphedi,Tarkeshwar-3,Nepal,with the goal of improving health and well-being among marginalized communities.The project targeted schools,women,youths and elderly population through community outreach, educational workshops and health screening.Emphasizing inclusive and grassroot engagement,the initiative aimed to promote sustainable health practices and empower underserved groups.

### **Public Health Project**

The Public Health project is one of the major projects conducted by Volunteer Initiatives Nepal,aimed at fostering healthier communities by addressing various health concerns through a comprehensive and multi-faceted approach. This project focuses on disease prevention and control, improving overall well-being through extensive research, medical support, and access to essential health and hygiene facilities. It also emphasizes the importance of health, hygiene, and sanitation education by conducting awareness programs,training sessions,and community engagement activities. By integrating these efforts,the project seeks to promote sustainable health

practices, reduce the burden of preventable diseases, and enhance the quality of life for individuals and communities, particularly in underserved and vulnerable areas.

## **1.2 Objectives**

- To educate school students and community members on critical public health issues such as hygiene, mental health, nutrition, substance abuse and environmental health.
- To provide education on women's health issues and offer necessary support and information to women in the community.
- To improve health outcomes by promoting preventive care through regular health screenings and awareness campaigns.
- To engage school students and community groups in physical activities to encourage active lifestyles and better physical health.
- To raise awareness on the importance of environmental health and foster a sense of responsibility among youths and community members regarding waste management and sustainability.
- To promote the adoption of healthy dietary practices for students and community members.
- To ensure long term impact by encouraging the integration of health practices into daily routines, both in schools and communities for sustainable behavior change.

## **1.3 Target Group and Location**










The YWC ESC-2 Public Health Project primarily targeted community women, men, youth and elder populations, with a special focus on individuals from marginalized communities. The project also engaged school students, addressing the health needs of diverse age groups. The project was implemented in Jitpurphedi, Tarkeshwar- 3, Nepal, an area where many women and students face limited access to education resources and there is less awareness of available healthcare services.

As the health team behind these initiatives, we conducted various educational sessions, health screenings and outreach activities at the Women's business Center, local schools and community



spaces. These locations played a crucial role in engaging the target groups, raising awareness, and providing access to essential public health information and services. The activities took place in five schools in Tarkeshwar (Nagarjun School, Jitpur School, Saraswati Primary School, North Star and Kalika Sharan School) as well as local communities like Khaduwal, Nayagau, Balami Gau, Lamicchane gau, Dadagau and others.

## CHAPTER II: ACTIVITY LIST - PROJECT GOALS AND RESULTS

ACTIVITY	TARGET	RESULT	SUCCESS
Physical Activity Workshops - Children	60 Beneficiaries	60 Beneficiaries	
Mental Health Workshops - Children	100 Beneficiaries	205 Beneficiaries	
Hygiene/Sanitation Workshops - Schools	50 Beneficiaries	Basic Hygiene and Sanitation - 98 Beneficiaries Handwashing - 135 Beneficiaries Oral Health - 124 Beneficiaries Menstrual Health - 45 Beneficiaries	
Environment Workshops - Schools / Community	50 Beneficiaries	61 Beneficiaries	
Youth Awareness Campaign	1 Awareness Campaign	Environmental Health and Clean-Up Campaign	
Community Health Campaigns	50 Beneficiaries	Diabetes Awareness - 166 Beneficiaries Hypertension Awareness - 92 Beneficiaries Menopause Awareness - 27 Beneficiaries	
Research - Health Challenges and Interventions	150 Beneficiaries	Blood Sugar Testing - 149 Beneficiaries Blood Pressure Testing - 92 Beneficiaries	
Support Health Post	50 Beneficiaries	Helped with HPV awareness campaign through distribution of pamphlets and counseling	
Additional Activities - School Workshops		Nutrition Education - 244 beneficiaries Drug/Alcohol/Smoking Awareness - 150 beneficiaries	

Physical Activity Workshops - Youth/Women/Older Men	120 Beneficiaries	9 Beneficiaries	
Mental Health Workshops - Community	100 Beneficiaries		

## CHAPTER III: MONTHLY ACTIVITIES SUMMARY

### 3.1 DECEMBER 2024

**1. Orientation and Community Engagement:** In December, the project team began by gathering valuable insights from past volunteers, VIN staff and local women's groups to understand the community's specific needs. This process involved visiting schools to list topics of interest and to determine how closely they aligned with the project's mission. A comprehensive study was conducted using manuals, previous reports, and presentations to identify existing health challenges and gaps. The findings provided a clear direction for the upcoming workshops and outreach activities. Additionally, meetings were held with teachers to discuss how the project could further address health topics for students, ensuring that the workshops were relevant and impactful for their specific needs.

**2. Hygiene and Sanitation Workshop:** A workshop on hygiene and sanitation was conducted across 5 schools: Nagarjun, Jitpur, North Star, Shree Kalika Sharan, Saraswati Primary School. The workshop targeted students in grades 3, 4, and 5, totaling 200 students. It focused on teaching the difference between good and bad hygiene habits and the impacts these habits have on health.

**3. Handwashing Workshop:** A practical session on handwashing was held in 3 schools (Nagarjun, Jitpur and Saraswati), where the importance of washing hands to prevent the spread of germs was explained to 135 students. The session emphasised proper techniques and the significance of hand hygiene in disease prevention.

**4. Oral Health Workshop:** This workshop educated students on the significance of oral hygiene and proper brushing techniques. The focus was on promoting healthy habits that can prevent oral diseases. The same group of students from grades 3, 4, and 5 participated in this session.

**5. Mental Health /Bullying Workshop:** The workshop focused on raising awareness about mental health and stress management techniques. Students were educated on how to manage stress and importance of emotional well-being with a specific focus on bullying prevention and how to cope with related challenges.

**6. Nutrition Workshop:** A workshop on nutrition was held, where students were taught about healthy eating habits, the food pyramid, nutrients and diseases related to poor nutrition. This session aimed to instill healthy eating practices and educate the students on the importance of balanced diets for overall health.

Prior to these activities, a comprehensive proposal was prepared for the schools, which outlined the project goals, the intended outcomes, and the workshop schedule. This provided the schools with clarity and ensured smooth coordination throughout the month.

### **3.2 JANUARY 2025**

**1. Menopause Workshop:** Conducted for women's groups in Khaduwal and Nayagau, educating 27 women on Menopause, its symptoms and relief methods.

**2. Diabetes Workshop and Blood Sugar Testing:** Held in 8 communities, where we provided diabetes education and conducted blood sugar tests for 141 participants.

**3. Local Health Post Collaboration:** Met with the local healthpost to discuss joint health initiatives, and made plans to collaborate in the coming months.

**4. Oral Health Workshops:** Conducted oral health workshops in Saraswati Primary School and Jitpur School.

**5. Physical Activities:** Conducted Zumba Session and games for primary students.

### **3.3 FEBRUARY 2025**

**1. Physical Exercise Session:** Conducted for students at Saraswati Primary School, focusing on physical activity and its health benefits.

**2. Mental Health Workshop:** Held at Jitpur and Nagarjun Schools for grades 6, 7, and 9, promoting awareness about mental health, stress management and bullying.

**3. HPV Awareness:** In collaboration with the local health post and FCHVs, distributed HPV vaccination pamphlets to female students, raising awareness about HPV and prevention.

**4. Cardiovascular Diseases:** Conducted session on CVDs, risk factors and prevention at different communities.

**5. Hypertension Workshop and Blood Pressure Check:** Conducted in six different communities. The workshop aimed to raise awareness about hypertension, its risks and prevention methods. Blood pressure checks were conducted with all participants, ensuring that they understood the importance of regular monitoring and early detection of potential health issues. Participants with high blood pressure readings were given advice on managing their condition and encouraged to seek further medical advice if needed.

**6. Nutrition Workshop:** Continued workshops on Nutrition at Jitpur and Nagarjun schools, focusing on healthy eating habits, nutrients, and its impact on overall health.

**7. Tobacco, Alcohol, and Drug Awareness Workshop:** Held at Jitpur School, educating students about the dangers of tobacco, alcohol and drugs and promoting healthy lifestyle choices.

**8.Video Interview:Testimonial from a Woman in Tinpiple:**An interview with a community member from women’s group highlighting the health programs conducted by VIN and their impact on her life.

### **3.4 MARCH 2025**

**1. Workshop on Menstrual Health:** A workshop was held at Jitpur School for grades 6, 7, and 9, where we educated 45 students on the menstrual cycle, common symptoms, and proper menstrual hygiene. The session was interactive, allowing students to anonymously submit questions which were answered in a supportive and informative manner. This approach fostered open dialogue and encouraged students to learn more about menstrual health.

**2. Workshop on Tobacco, Alcohol and Drug Awareness:** Continued workshops at Nagarjun School, reaching 60 students. The session involved role-playing activities, where students acted out real-life scenarios to better understand the consequences of substance abuse.

**3. Nutrition and Mental Health Workshop at Saraswati Primary School:** At Saraswati School, we held two separate sessions for small groups of students. The first session focused on nutrition,

teaching students about balanced diet and healthy eating habits. The second session covered mental health, where students expressed their emotions through a creative activity using colours.

**4. Environmental Health Session:** We conducted an environmental health session in Balami Gau and Chogau with 35 participants. The workshop highlighted the impact of the environment on health, covering topics such as pollution, waste management and the importance of reducing waste. Participants learned about the health risks posed by poor environmental conditions and were introduced to sustainable practices, including the 3Rs (Reduce, Reuse, Recycle). The session also provided valuable insights into how communities can improve their environmental health.

**5. Environment Cleaning Campaign:** In collaboration with the youth team, we organized a successful environmental cleaning campaign in Tinpile. A total of 34 participants attended the event, which began with an informative session on environmental health. After the session, participants cleaned key areas such as the Women's Business Center, Tinpile and the Kalika Sharan School Compound. The collected waste was properly disposed of with coordination from the Ward Chairman, ensuring that the waste was placed in a central dustbin for Municipal collection.

**6.Video Interview:Testimonial from a Woman in Balami Community:**A testimonial from a woman,where she shared how VIN supported the construction of toilets,helping the community become open defecation-free.She also reflects on how VIN's health sessions brought positive changes to her own life and the overall well-being of her community.

### **3.5 APRIL 2025**

#### **1. Physical Activity Promotion and Yoga Session**

In collaboration with Doreen from the Women Empowerment team, we conducted a session in Tinpile which stressed the importance of physical activity for overall health. The main activity of this session was a simple yoga routine designed for participants to continue practicing at home.The session included basic yoga poses,guided meditation,and breathing exercises to promote physical and mental well-being.Participants responded very positively to the workshop,expressing happiness and appreciation for the experience.Many emphasized their interest in attending similar

sessions in the future, showing strong enthusiasm for incorporating these wellness practices into their daily lives.

## **2. Reporting and Handover**

We compiled all the data from all the workshops in schools and in communities to create this report and a final presentation. We also finished a report on blood sugar levels in the project area, based on the tests we administered during our diabetes awareness campaign. We provided this report to the chairman. To ensure continuity, we also created a handover folder containing all materials, documentation, and outcomes from our five-month project. The folder includes recommendations and suggestions for future volunteers to build upon our work and further support the community's health and well-being.



## **CHAPTER IV: IMPACT AND OUTCOMES**

1. Conducted a large variety of educational workshops, across schools and communities, focusing on hygiene, mental health, nutrition, physical activities, substance abuse, environmental health and more.
2. Engaged over 500 community members through health awareness workshops and screenings, particularly focusing on marginalized communities.
3. Performed blood sugar tests for over 149 participants in diabetes awareness workshops, providing valuable data for local health posts.
4. Educated 27 women on Menopause, offering knowledge about symptoms and relief practices.
5. Provided valuable menstrual health education to 45 students, fostering an open discussion and improving understanding.
6. Held interactive workshops for over 120 students, engaging them through role-play and activities, highlighting the risks of substance abuse.
7. Conducted physical activity sessions in schools, impacting over 100 students, promoting fitness and active lifestyles.
8. Conducted environmental health and waste management in multiple communities.
9. Organized environmental cleaning campaign, involving 34 participants in cleaning efforts, raising awareness about waste management.
10. Strengthened ties with local health posts.
11. Successful collaboration with schools.
12. Received positive feedback from teachers and community members, who appreciated the interactive and informative approach to health.
13. Conducted two interviews to assess the effectiveness of the project.

14. A comprehensive diabetes report was prepared based on the data collected during the screening camps in various communities. This report highlighted the number of individuals screened, their blood sugar levels, and provided recommendations for future action.

15. Each month, all team members contributed to writing two articles, sharing knowledge on personal experiences, sharing knowledge on public health issues and other topics.

#### **4.1 Community Engagement and Participation**

Overall, community participation in our workshops and health sessions was highly encouraging. While our primary focus was never just on numbers, the quality of engagement from participants was truly meaningful. Those who attended stayed fully present and actively involved, making each session impactful and worthwhile. The participation was also strong in terms of attendance, with a consistent presence from various community members across the age groups.

To enhance learning and involvement, we designed each session to be interactive by incorporating relevant activities aligned with the topic being presented. This approach created a space where participants felt comfortable sharing their thoughts, experiences and questions. As a result, the sessions often involved open discussions, helping build community trust, awareness and mutual learning.

#### **4.2 Diabetes Screening Findings and Analysis**

As a part of our activity, we conducted a diabetes awareness and screening program across 8 communities. Blood sugar tests were administered to community members, and the results were recorded to assess the prevalence of elevated glucose levels. The diabetes screening tested 149 participants, revealing that 16.8% had high blood sugar and 8.7% had low blood sugar.

Proportion of Normal, High, and Low Blood Sugar Levels Among All Participants

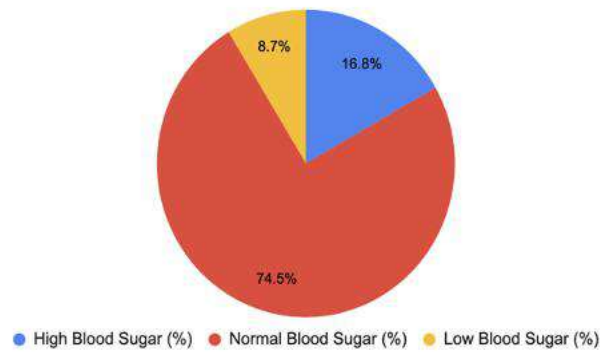


Figure 1: Shows the distribution of blood sugar levels

Community Blood Sugar Testing; Tarakeshwar-3

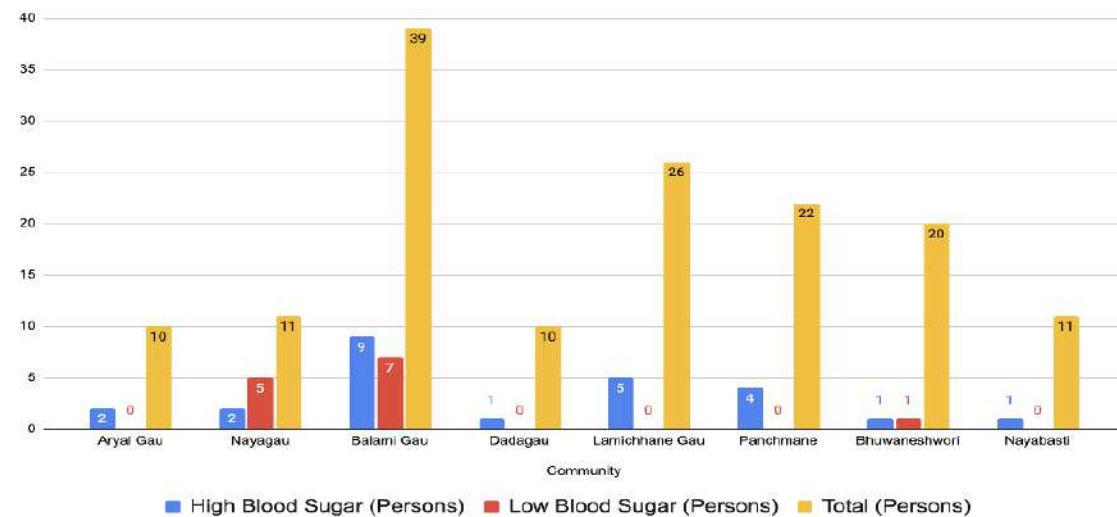


Figure 2: Illustrates the number of participants tested in each community and the prevalence of high or low blood sugar levels across communities.

These findings underscore the need for continued education and follow up interventions to address diabetes risk in these areas.

## CHAPTER V: CHALLENGES AND SOLUTIONS

Challenges/Issue	Actions Taken/Solutions
1.Keeping the class calm and focused during the sessions.	1.Collaborated with the teachers and disciplinary manager to maintain classroom discipline.
2.A lack of projectors in the schools made it a little difficult to provide digital presentations.	2.Adapted to the available equipment and used creative approaches to present ideas clearly (also used multiple laptops to show informative videos)
3.Difficulty in scheduling workshops due to exam periods and holidays	3.Adjusted schedules and collaborated with school authorities to ensure smoother execution.
4.Low student attendance at Saraswati Primary School, which hindered the completion of the program.	4.Conducted engaging Montessori children for physical exercise.
5.Difficulty in contacting women's groups and community members for workshops.	5.Communicated with the Women's Business Center and scheduled sessions.
6.Could not conduct a School Cleaning Campaign due to exams.	6.Shifted ideas with Youth Club and conducted Campaign with them as it was on our activity list too.
7.Constant electricity and internet cutoffs in the beginning of the project	7. Prepared offline materials,used printed handouts and used mobile data.  -To compensate for time lost due to electricity issues,the team extended their work hours,completing tasks outside regular office hours.

## **CHAPTER VI: LESSONS LEARNED**

Throughout the YWC ESC-2 Public Health Project, several key lessons emerged that greatly contributed to the overall success of the initiatives.

1. Flexibility is essential for adapting workshops to the unique needs for each school and community.
2. Interactive engagement methods, such as role-play and activities after sessions, significantly improve learning and participation.
3. Collaboration with schools and community groups ensures smoother execution and greater support.
4. Adapting health messaging to different age groups and levels of understanding is crucial for effective communication.
5. Building strong partnerships and maintaining continuous communication with stakeholders is crucial for support.
6. Community members are highly interested in receiving medical information and health education.
7. Adapting sessions to the student's interests ensures maximum engagement.
8. Allowing students to ask anonymous questions fosters open communication, especially on sensitive topics.

## CHAPTER VII: CONCLUSIONS AND RECOMMENDATIONS

### 7.1 Conclusion

The YWC ESC-2 Public Health Project has achieved significant success in educating students and community members on vital public health issues. Through engaging workshops and outreach activities, the project has successfully raised awareness on topics such as hygiene, nutrition, mental health, diabetes, menopause, menstrual health and environmental health. The sessions were well-received by the participants, fostering a strong foundation for continued health education. The initiatives contributed positively to community health by addressing both immediate concerns and long term prevention strategies, creating a platform for sustained health awareness and behaviour change. Feedback from participants, especially from schools and community members, has been overwhelmingly positive, emphasizing the need for continued health education in these areas.

### 7.2 Recommendations

- **For VIN:**
  - **Continue Health Education Program:** Regular workshops should be conducted to reinforce health awareness and promote long-term behavior change.
  - **Supervisor Check Must be on a Regular basis:** Ensure supervisor check in with each team regularly to support, guide and monitor progress.
  - **Healthpost Follow-up System:** The health post was not as collaborative as expected. We recommend VIN to establish clearer communication.
  - **Monitor and Evaluate Impact:** Collect data regularly to assess behavioral changes and improve workshop effectiveness and regular follow ups in schools and communities.
- **For Future Volunteers:**
  - Review the Tracking and Feedback Sheets to understand past insights and community response.

- Gather direct feedback from women after each workshop to improve content and approach.
- Celebrate key health days(eg.,World health day-April 7,World Diabetes Day-Nov 14)with special events and screenings.
- Use the ESC-2 Register to contact community members before visits.
- Create visual posters or flipcharts for health topics to reuse across schools and communities.
- Use community spaces-temples,schools and local shops to reach more people.
- Include interactive elements(games, role plays ,guessing activities)in workshops to keep sessions engaging.
- Conduct regular follow-ups with communities to strengthen trust and reinforce learning.
- Work closely with FCHVs for health post collaboration.
- Keep detailed records of each session and add on a tracking sheet for future planning and reporting.
- Involve local youths for campaigns.
- Coordinate closely with schools to plan workshops around exams and holidays to maximize students participation.

## CHAPTER VIII GALLERY



Picture 1: High Blood Pressure Screening



Picture 2: Nutrition Session (Activity Round) at Jitpur Secondary School





Picture 3:Community Cleaning Campaign



Picture 4: Nagarjuna Thulagaon School



Picture 5:Mental Health Workshop



Picture 6:Hypertension Session at Tamang Basti



**Proposal**  
**Public Health and Wellbeing  
Workshop Programme**  
Volunteers Initiative Nepal

Public Health Team:

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**December 2024**

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**Report**  
**Findings from Community Blood Sugar  
Testing in Tarakeshwar-3**  
Volunteers Initiative Nepal



Public Health Team:

Harry Clarke, Alicia Laranjeira, Kanchan Pokhrel

**March 2025**

Picture 7: Workshop proposal to Schools

Picture 8: Diabetes Report



Picture 8: Well-being session (Yoga)





Picture 9:Waste Management Session for Youths



Picture 10:Hypertension Awareness Session