

1.3 Outreach



Jadibuti, Kathmandu

Report

On

One Day Outreach Programme on

Health Camp

May 22, 2025

Araniko Bus Park, Jadibuti,

Kathmandu, Nepal

Submitted to

University Grant Commission (UGC)

Sanothimi, Bhaktapur

Submitted by

Koteswor Multiple Campus

Jadibuti, Kathmandu

Tel: 01-4992950

1. Introduction

Koteshwor Multiple Campus has been regularly conducting its community outreach programs in different areas like health, educational, ecological, social-economic and cultural affairs around its neighbourhood. The provisions of conducting these sorts of activities has been mentioned in the Guidelines of RMC. These outreach programs engages communities as it helps find the problem the community is facing. It helps to work together to build community while solving the problems seen in the community. It encourages students to take part in community outreach programs.

Such community outreach programs are conducted with the involvement of students and faculty members in the community in collaboration with both the government and private organisations. The community outreach programs are conducted with the three-tier government. The RMC has been involving students in community outreach programs to provide better education, training and involve students in conducting researches. Such programs also help students to connect with the community, understand the problems the community is facing and suggest solutions for the problem while enhancing their research skills.

KMC organized One Day Health Camp in association with Nagarik Community Teaching Hospital Ltd. Gathaghar Bhaktapur at Araniko Bus Park Jadibuti, Kathmandu on May 22, 2025. The camp was supported by Araniko Bus Park Pvt. Ltd. and Purwa Araniko Yatayat Pvt. Ltd. The medical team available from Nagarik Community Teaching Hospital provided the service of general health check up, diabetic check up and other counselling to the staff of the transportation, driver and assistant of Buses working at the transportation. More than 70 people got the service of health check-up during the camp.

2. Objectives of the Camp

The One Day Health Camp organized by Koteshwor Multiple Campus in association with Nagarik Community Teaching Hospital, Gathaghar was organized to provide the health check-up facilities to the Bus transportation staff free of cost. The specific objectives of the camp were as follows:

- a) To identify common health problems such as blood pressure, diabetes, and other health issues free of cost.
- b) To make the transportation staff aware of the basic hygiene, nutrition, stress management, and lifestyle changes that promote long-term health and reduce the risk of chronic diseases.

- c) To assess the physical and mental fitness of staff members to ensure they are capable of safely carrying out their responsibilities, especially those related to driving and passenger safety.
- d) To offer on-the-spot medical consultation and treatment for minor ailments and refer serious cases to appropriate healthcare facilities for further management.

3. Detail Activities of the Health Camp

The health camp organized at Jadibuti, Kathmandu -32 on 22 May 2025 was conducted according to a well-planned schedule with the objective of providing accessible health services to the local community while also promoting awareness about preventive healthcare. The program began in the morning with tea and snacks from 8:30 to 9:00 a.m., which allowed participants, organizers, medical professionals, and invited guests to gather, interact informally, and prepare for the day's activities. This initial session created a welcoming environment and helped ensure timely coordination among the organizing team, volunteers, and health experts before the formal inauguration.

The inaugural session was held from 9:00 to 10:00 a.m. under the chairmanship of Dr. Prakash Pokhrel, Campus Chief, who highlighted the importance of community-based health initiatives and emphasized the need for collaboration between educational institutions and healthcare providers. The welcome speech delivered by Mr. Sedunath Dhakal warmly greeted the chief guest, health professionals, participants, and community members, expressing gratitude for their presence and support. The facilitators, led by Padam Raj Joshi, ensured smooth management of the session by coordinating the sequence of events and guiding participants through the program agenda. A short but meaningful speech was delivered by Dr. Sitaram Parajuli from Nagarik Community Hospital, Bhaktapur, who discussed the significance of early diagnosis, preventive health practices, and regular medical checkups in maintaining overall well-being. The chief guest, Mr. Kedar Chhetri, Chairperson of Araniko Yatayat Pvt. Ltd. and Araniko Bus Park, Jadibuti, also addressed the gathering, appreciating the organizers' efforts in bringing healthcare services closer to the community and encouraging continued initiatives for social welfare.

Following the inauguration, the main health checkup session commenced from 10:00 a.m. to 12:30 p.m. This session involved the registration of participants and the provision of health consultations by consultant doctors and supporting medical teams under the leadership of Dr. Sitaram Parajuli. The medical services included general health examinations, blood pressure measurement, basic diagnostic assessments, and personalized medical advice based on individual health conditions.

Participants were guided by volunteers to ensure an organized flow from registration to consultation counters, minimizing waiting time and ensuring that each attendee received proper attention. The presence of experienced healthcare professionals enhanced the credibility and effectiveness of the camp, and many participants benefited from professional advice that they might not otherwise have been able to access easily due to financial or logistical constraints.

A lunch break was arranged from 12:30 p.m. to 1:30 p.m., providing refreshments and rest for both the medical team and participants. This break also allowed organizers to review the morning session, address any logistical challenges, and prepare for the afternoon activities. The availability of meals ensured that the healthcare providers remained energized and motivated to continue delivering services efficiently throughout the day.

The second phase of the health checkup resumed from 1:30 p.m. to 3:30 p.m., continuing the registration and consultation process for additional participants who arrived later in the day. This extended session ensured maximum community coverage and allowed individuals who were unable to attend in the morning to benefit from the services. The medical team continued to provide consultations, health advice, and referrals for further medical treatment when necessary. Health education messages were also shared informally during consultations, encouraging participants to adopt healthier lifestyles, maintain hygiene, follow balanced diets, and seek timely medical care. The program concluded with a closing session and vote of thanks from 3:30 p.m. to 4:00 p.m. During this session, the organizers expressed sincere appreciation to the chief guest, chairperson, medical professionals, facilitators, volunteers, and community participants for their contributions and active involvement. The closing remarks highlighted the success of the health camp in reaching community members and emphasized the importance of continuing such initiatives in the future to promote public health awareness and early disease detection. The vote of thanks acknowledged the collaborative efforts that made the event possible, including institutional support, medical expertise, and community engagement.

Thus, the health camp was successfully implemented according to the planned schedule and achieved its intended objectives of providing accessible healthcare services, raising awareness about preventive health practices, and strengthening the connection between healthcare professionals and the local community. The structured approach, effective coordination, and dedicated participation of all stakeholders contributed significantly to the positive outcomes of the program. Such initiatives play a crucial role in improving community health, especially in urban

and semi-urban areas where many individuals may not prioritize regular medical checkups due to time, cost, or awareness barriers. The event demonstrated the value of collaborative community health programs and set a strong foundation for organizing similar programs in the future.

4. Achievement and Outcomes of the Health Camp

The One Day Health Camp organized by Koteshwor Multiple Campus in collaboration with Nagarik Community Teaching Hospital, Gattahgar, successfully completed with several positive outcomes in alignment with its objectives. The camp successfully conducted free health check-ups for about 75 number of bus transportation staff, identifying common health issues such as blood pressure, diabetes, and other related conditions. Through interactive sessions and consultations, the staff were made aware of the importance of basic hygiene, balanced nutrition, effective stress management, and lifestyle modifications to prevent chronic diseases. Physical and mental fitness assessments were carried out to evaluate the staff's ability to perform their duties safely, especially for those in driving roles. Additionally, immediate medical consultations were provided for minor ailments, and individuals with serious conditions were referred to specialized healthcare facilities for further treatment. Overall, the camp proved to be a valuable initiative in promoting the health and well-being of transportation workers.

In addition to the medical check - ups the camp was successful in providing counseling services to the staff that makes them confident regarding their mental health. This sorts of programs in association with the local organization gave the organizers to conduct such community welfare activities in the future too.

5. Conclusion and Recommendation

The health camp organized by Koteshwor Multiple Campus in collaboration with Nagarik Community Teaching Hospital marked a important program promoting community health and outreach. The program successfully catered to the drivers, staff, business persons and shopkeepers associated with Araniko Yatayat and the bus park. Despite the positive outcomes one of the key challenges observed was limited communication and coordination with stakeholders. This led to delays in information sharing confusion regarding schedules and a lower-than-expected turnout in some segments. Addressing this gap is crucial to ensure that future programs run smoothly and reach their full potential in terms of participation and impact.

To improve the effectiveness of such programme, it is recommended that future outreach programs include early and structured communication strategies involving all stakeholders. This could be

achieved through dedicated coordination meetings, use of digital platforms like group messaging apps, printed schedules, and visible posters at relevant locations. Additionally, assigning clear roles and responsibilities to liaison officers or representatives from each collaborating party will help strengthen coordination. Strengthening stakeholder engagement will not only enhance participation but also foster stronger partnerships and broader community impact in upcoming programs.

6. Acknowledgement

We would like to express our sincere gratitude to all those who contributed to the successful organization of the Health Camp held as an outreach programme by Koteshwor Multiple Campus, Jadibuti, in collaboration with Nagarik Community Teaching Hospital. This camp was specially conducted to serve the drivers and bus staff of Araniko Yatayat, business persons and shopkeepers of Araniko Bus Park reflecting our shared commitment to community well-being and health awareness.

Our heartfelt thanks go to Dr. Sitaram Parajuli and the team of dedicated consultants and medical teams from Nagarik Community Teaching Hospital for their valuable service and expert support. We are equally grateful to Mr. Kedar Chhetri, Chairperson of Araniko Bus Park Pvt. Ltd. and Mr. Rabindra Khadka, Chief Administrative Officer of the Bus Park for their outstanding cooperation and coordination. We deeply appreciate the active involvement and collaboration of Araniko Yatayat Pvt. Ltd. and Araniko Bus Park Pvt. Ltd. without whom this initiative would not have been possible.

We also extend our thanks to the students who volunteered their time and energy the Research Management Cell (RMC), all supporting faculty members and the leadership of Campus Chief Dr. Prakash Pokhrel for their continuous encouragement and institutional backing. Lastly, we acknowledge all the unseen but valuable contributions of everyone who supported this effort with a helping hand.

Event-1

Annex 1: Health Camp Schedule



Jadibuti, Kathmandu -32

Health Camp Schedule

Date	Experts	Sessions	Time
22 May 2025		Tea & Snack	8:30- 9:00 a.m.
		<i>Inaugural Session</i> Chair: Dr. Prakash Pokhrel , Campus Chief Welcome Speech: Mr. Sedunath Dhakal Facilitators: Padam Raj Joshi Short Speech : Dr. Sitaram Parajuli, Nagarik Community Hospital, Bhaktapur Chief Guest: Mr. Kedar Chhetri, Chairperson Araniko Yatayat Pvt. Ltd & Araniko Bus Park, Jadibuti	9:00 – 10: 00 a.m.
		<i>Health Checkup</i> Registration, Consultant Doctors and other medical Teams - Dr. Sitaram Parajuli & other	10:00 am - 12:30 pm.
		Lunch	12:30 am - 1:30 pm.
		<i>Health Checkup</i> Registration, Consultant Doctors and other medical Teams - Dr. Sitaram Parajuli & other	1:30 am - 3:30 pm.
		Closing & Vote for thanks	3:30 - 4:00 am

कोटेश्वर बहुमुखी क्याम्पस

कार्यकारी समिति

२०८२ जेष्ठ ५ गते

स्थान: क्याम्पस सभा हल

उपस्थिति

हस्ताक्षर

१. प्रकाश पोखरेल (पिएचडी)- संयोजक



२. सुरेश पोखरेल - सदस्य



३. नन्द केशर नेपाल - सदस्य



४. मनोज अधिकारी - सदस्य



५. सावित्रि ढकाल - सदस्य



६. हरि केशव अधिकारी - सदस्य



७. न्हुछेलाल महर्जन - सदस्य




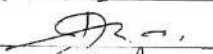

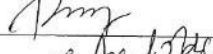
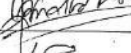


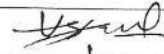
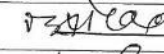


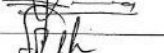
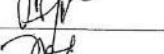
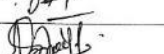



छलफल तथा निर्णय

१. यस कोटेश्वर बहुमुखी क्याम्पस र नागरिक कम्युनिटी टिचिड हस्पिटल, गढाघरको संयुक्त आयोजनामा अरनिको वसपार्क प्रा. लि. जडिबुटि र पुर्व अरनिको यातायात प्रा.लि.को सहकार्यमा यहि जेष्ठ ८ गते विहिवार विहान ७ देखि कोटेश्वर जडिबुटी वसपार्कमा एक दिने निशुल्क स्वास्थ्य शिविर आयोजन गर्ने निर्णय गरियो ।
२. उक्त शिविर सञ्चालन तथा समन्वयको जिम्मा यसै क्याम्पसको अनुसन्धान व्यवस्थापन एकाईलाई दिने निर्णय गरियो ।



आज दिने २०८२ जेठ १ गते विहिला यस
 को २२७ (बहुमुखी न्यायिक र नागरिक कम्पनि)
 सिन्डि. घटिपटलको संयुक्त आयोजना र अरबिबो
 वह पार्क, जाडवुटी २०८२ अरबिबो चालाचाल ज्ञा. लि.
 को सहायतामा शुक्र दिने नि:शुल्क स्वास्थ्य शिविर
 अरबिबो वह पार्क जाडवुटीमा आयोजना गरियो।
 उक्त शिविरमा बस्ने उपस्थित विवरण यमुपुत्र
 रहेको थियो।

उपस्थित

१. डा. प्रकाश पौखरेल, न्यायिक पुस्तक, को. वे. न्यायिक 
२. श्री डेवा र नेत्री 
३. डा. सिताराम परजली 
४. विमोद कुमार काकी 
५. रविन्द्र रमणका पुराव कार्यकारी अधिकृत अरबिबो चालाचाल 
६. शैलानन्द शर्मा RMC. पुस्तक, को. वे. न्यायिक 
७. विमोद नेपाल, कोरेक्टर बहुमुखी न्यायिक 
- ८.
- ९.
१०. प्रदीप नन्द शर्मा 
११. सुमन पौखरेल 
१२. कल्पना मरहडा 
१३. उषा शर्मा 
१४. उषा शर्मा 
१५. पद्म राज शर्मा 
१६. गणेश शर्मा 
१७. सुद्वे मर्स्या 
१८. लक्ष्मण शर्मा 
१९. राम कुमार राई 
- २०

एक दिने निःशुल्क स्वास्थ्य शिविर

आयोजक

कोशिका नरपरीक्षामण्डल
जडिबुडी, काठमाडौं

नागरिक स्वास्थ्य शिविर
जडिबुडी, काठमाडौं

सहकार्य

अरनिको वड पाई
जडिबुडी, काठमाडौं

पूर्व अरनिको स्वास्थ्य

स्वास्थ्य परिहाज उपस्थिति विवरण

क्र.सं.	नाम	ठेगाना	उमेर	एतद्वारा
1)	बालु गणेश	साभेदाप	40	बालु
2)	कलस कुले			कुले
3)	राज शर्मा			राज
4)	प्रशन्त शिमा			प्रशन्त
5)	नन्दलाल पुलाहि	जडिबुडी	57	नन्दलाल
6)	भुपेन्द्र थापा	बाँडे	38	भुपेन्द्र
7)	नारायण देव कुमाँर	जडिबुडी	37	नारायण
8)	शम सुन्दर	ठिमि	38	शम
9)	गौरव व.	जडिबुडी	50	गौरव
10)	डमरु व. मजरा	लीकन्धाले	37	डमरु
11)	नारायण शर्मा	दौलखा	34	नारायण
12)	मैदान अरनिको	दौलखा	25	मैदान
93)	अमर अमर अरनिको	साभेदाप	28	अमर
94)	जान व. कु. सि	मुल्पाहि	55	जान
95)	रविन पास शिवाकोट	बालुमाडि	42	रविन
96)	केशव के. मी	बालुमाडि	47	केशव
97)	सन्दिप शर्मा	भक्तपुर	48	सन्दिप
98)	राजेश शर्मा	बाँडे	38	राजेश
99)				

क्र.सं.	नाम	ठिकाना	उमेर	संभावित
19.	अर्जुन नान्य	अकपुल	82	अकपुल
20.	मरुत कुमार खत्री	जडिबुटी	80	मरुत
21.	केदार खत्री	जडिबुटी	82	केदार
22.	रविंद्र खत्री	जडिबुटी	24	रविंद्र
23.	Gandip Rimal	Jadibuti	20	रविंद्र
24.	विपुल राज कुर्की	लोकस्थल	55	विपुल
25.	जीवन बुढाथोकी	विभी	38	जीवन
26.	प्रेम प्रताप रिमाल	दौलारवा	85	प्रेम
27.	द. व. बुढाथोकी	मल्लाघाटी	29	द. व.
28.	Chandika Khadka	Sailong	77	चंदिका
29.	Siva Shrestha	Jadibuti	44	सिवा
30.	विपुल खत्री	जडिबुटी	86	विपुल
31.	रविंद्र कुप्याली	जडिबुटी	77	रविंद्र
32.	शिव बुढाथोकी खत्री	शालटाल	29	शिव
33.	Rabindra khadka	Jadiboti	36	रविंद्र
34.	Arjun Raj Ghimire	Jadibuti	53	अर्जुन
35.	Ganesh mayy	Koteshwor	39	गणेश
36.	Bir B. Khadka	Jadibuti	70	बिर
37.	Sakat Thakori	Ghathaghar	35	सकत
38.	Rabindra Bhandari	" "	39	रविंद्र
39.	Lalit b. Budhathoki	Saikhari	41	ललित
40.	Shiva p. Paudel	Jadibuti	55	शिव
41.	Ram saran Gadal	Shipadol	29	राम
42.	Binita Acharya	Bhaktapur	21	बिनीता
43.	Sukma Shrestha	Muipani	22	सुकमा
44.	Bhumika Budha	Bhaktapur	18	भुमिका
45.	Kamal Gautam	Kadha Gadh	38	कमल
46.	Bipna Bharel	Jadibuti	18	बिपना
47.	Jila Firuwg	Jadibuti	21	जिला
48.	Udoo Karvi	Jadibuti	62	उदू

क्र.सं.	नाम	ठिकाना	उमेर	संख्या
19.	अर्जुन नान्य	अकपुल	82	अकपुल
20.	मरुत कुमार खत्री	जडिबुटी	80	मरुत
21.	केदार खत्री	जडिबुटी	82	केदार
22.	रविन खत्री	जडिबुटी	24	रविन
23.	Gandip Rimal	Jadibuti	20	रवि
24.	विपुल राज कुर्की	लोकस्थल	55	विपुल
25.	जीवन बुढाथोकी	विमी	38	जीवन
26.	प्रेम प्रताप रिमाल	दौलारावा	85	प्रेम
27.	द. व. बुढाथोकी	मल्लाघाटी	29	द. व.
28.	Chandika Khadka	Sailong	77	चण्डिका
29.	Siva Shrestha	Jadibuti	44	सिवा
30.	विपुल खत्री	जडिबुटी	86	विपुल
31.	रवि कुर्की	जडिबुटी	77	रवि
32.	शिव बुढाथोकी खत्री	शालटाल	29	शिव
33.	Rabindra khadka	Jadibuti	36	रवि
34.	Arjun Raj Ghimire	Jadibuti	53	अर्जुन
35.	Ganesh mayy	Koteshwar	39	गणेश
36.	Bir B. Khadka	Jadibuti	70	बिर
37.	Sakat Thakori	Ghathaghar	35	सकत
38.	Rabindra Bhandari	" "	39	रवि
39.	Lalit b. Budhathoki	Saikhari	41	ललित
40.	Shiva p. Paudel	Jadibuti	55	शिव
41.	Ram Saran Gadal	Shipadol	29	राम
42.	Birha Acharya	Bhaktapur	21	बिरहा
43.	Sukma Shrestha	Muipani	22	सुकमा
44.	Bhumika Budha	Bhaktapur	18	भुमिका
45.	Kamal Gautam	Kadha Gadi	38	कमल
46.	Bipna Bharel	Jadibuti	18	बिपना
47.	Jila Firuwg	Jadibuti	21	जिला
48.	Uday Karvi	Jadibuti	62	उदय

क्र.सं.	नाम	ठेगाना	उमेर	सहचर
49.	umesh shrestha	kabra	25	
50.	aashish pahari	"	25	
51.	दादा लामा	Jadiboti	49	
52.	Bandana chapei	thimi	20	
53.	बिना क. भुडाली	डाडाघोली	53	
54.	Anisha silwal	काडाघोली	21	
55.	चिन्डा लामा	खानी	3	
56.	गजुरे वरुण	Jadiboti	48	
57.	sami r Rai	"	20	
58.	राम नाथ गिरी	कोटेश्वर	82	
59.	सोप्रीला शर्मा	नरेन्द्र	28	
60.	हर्षमान महराज	कोटेश्वर	85	
61.	विकास थापा	लोकेन्द्र	82	
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72.				









Event -2

Koteshwor Multiple Campus

Kathmandu -31, Jadibuti

Report

On

The One Day Health Camp and Blood Donation Programme

Shrawan 22, 2082

Brahmakhel, Buspark

Kageshwori, Manahara Kathmandu

Submitted to

University Grant Commission (UGC)

Sanothimi, Bhaktapur

Submitted by

Koteshwor Multiple Campus

Jadibuti, Kathmandu

Tel: 01-4992950

7. Introduction

The One Day Health Camp and Blood Donation Programme is being jointly organized by Koteshwor Multiple Campus (KMC), Kathmandu-32, Jadibuti, in coordination with the Regional Transport Management Organization, Shankarapur, Kathmandu. This initiative represents a strong example of institutional social responsibility and community engagement, reflecting the campus's commitment to extending academic knowledge beyond classrooms into practical social service. The programme is being conducted through the active efforts of the Research Management Cell (RMC) and the Department of Sociology, Rural Development and Mass Communication, which have played a central role in planning, coordination, and implementation. By involving academic departments and research units, the organizers aim to create a meaningful bridge between education and community welfare, encouraging students, faculty members, and local stakeholders to participate in socially beneficial activities. The selection of Brahmakhel Buspark, Kageshwori Manohara, as the venue is particularly significant because it provides access to transportation workers, drivers, conductors, local residents, and other community members who often have limited opportunities to receive regular health services. Through this programme, the organizers intend not only to provide immediate medical support but also to raise awareness about preventive healthcare, the importance of regular health checkups, and the value of voluntary blood donation in saving lives.

The programme is further strengthened through valuable collaboration with the Blood Donors Association Nepal and Shankarapur Hospital, Narayantaar, both of which bring essential technical expertise and healthcare resources to ensure the success of the event. Shankarapur Hospital has contributed experienced medical professionals, including specialist doctors, health assistants, and nursing staff, along with medical equipment required for general health examinations and eye checkups. Their involvement ensures that participants receive reliable, professional, and quality healthcare services during the camp. Similarly, the Blood Donors Association Nepal plays a vital role in organizing and managing the blood donation segment of the programme by mobilizing voluntary donors, providing technical support, maintaining safety standards, and ensuring proper collection and storage procedures. The collaboration among these institutions demonstrates the power of partnership in addressing community health needs and promoting humanitarian values. It also establishes a sustainable model for future cooperative initiatives where educational

institutions, healthcare providers, and community organizations can work together to create long-term positive social impact. Ultimately, the programme not only delivers health services but also strengthens community solidarity, encourages volunteerism, and reinforces the shared responsibility of institutions toward public welfare and social development.

8. Introduction of Programme

Access to basic healthcare services remains a continuing challenge for many community members, particularly daily wage workers, transport workers, and economically vulnerable populations who often prioritize livelihood over health checkups. Limited awareness, financial constraints, and time barriers frequently prevent individuals from seeking preventive healthcare and timely medical consultation. In such contexts, community-based health camps play a crucial role in bridging service gaps by bringing medical support directly to the people. The One Day Health Camp and Blood Donation Programme has been designed to address these practical health needs by providing general health screening, eye examinations, and opportunities for voluntary blood donation in an accessible public location. The programme also serves as an awareness platform to educate the community about preventive health practices, early diagnosis, and the importance of maintaining a healthy lifestyle.

The need for blood donation programmes is equally important, as healthcare institutions consistently face shortages of safe blood supplies, particularly during emergencies, surgeries, and treatment of chronic illnesses. Encouraging voluntary blood donation not only helps save lives but also builds a culture of social responsibility and humanitarian service within society. By integrating health services with a blood donation initiative, the programme aims to maximize community participation while addressing two critical public health concerns simultaneously. The involvement of local organizations, healthcare professionals, and academic institutions further ensures that the programme responds effectively to real community needs.

The rationale behind organizing this programme lies in the social responsibility of educational institutions and community organizations to contribute to public welfare beyond their primary functions. Koteswor Multiple Campus, through its academic departments and Research Management Cell, recognizes the importance of experiential learning and community engagement as part of holistic education. Collaborating with healthcare providers and social organizations creates opportunities for students, professionals, and community members to work together toward a common social goal. Moreover, organizing the programme in a public and accessible venue

allows outreach to underserved populations who may otherwise remain outside formal healthcare systems.

Ultimately, the programme is expected to generate multiple benefits, including improved health awareness, early detection of medical conditions, increased voluntary blood donation, and strengthened relationships among institutions and the community. It reflects a practical approach to social development where education, health, and community participation intersect to create meaningful and sustainable social impact.

9. Objectives of the Programme

The main objective of the One Day Health Camp and Blood Donation Programme is to promote community health and humanitarian service by providing accessible medical support and encouraging voluntary blood donation. The programme aims to create health awareness, support preventive care, and strengthen cooperation among educational institutions, healthcare providers, and community organizations.

Specifically, the objectives of the programme are:

- a. To provide free general health checkups and eye examinations to community members, particularly transport workers and underserved populations.
- b. To promote awareness about preventive healthcare, early diagnosis, and healthy lifestyle practices.
- c. To encourage voluntary blood donation and contribute to the availability of safe blood for medical emergencies.
- d. To strengthen collaboration among educational institutions, healthcare providers, and community organizations for community welfare activities.
- e. To enhance community engagement and social responsibility by involving students, volunteers, and local stakeholders in humanitarian service initiatives.

10. Detail Activities of the Programme

The One Day Health Camp and Blood Donation Programme was successfully conducted on 2082/04/22 at Brahmakhel Buspark, Kageshwori Manohara, under the joint organization of Koteshwor Multiple Campus (KMC), Kathmandu-32, Jadibuti, and the Regional Transport Management Organization, Shankarapur, Kathmandu, with collaboration from the Blood Donors

Association Nepal and Shankarapur Hospital, Narayantaar. The programme began with an inaugural session from 8:00 am to 8:45 am, chaired by Mr. Manoj Adhikari, Assistant Campus Chief. Mr. Prakash Nepal, President of the Regional Transport Management Organization, delivered the welcome speech, highlighting the importance of community health services and voluntary blood donation. The session was honored by the presence of Chief Guest Mr. Kiran Pandit, Ward Chairperson, along with distinguished guests including health professionals, campus representatives, and community leaders. The programme was moderated by Mr. Padamraj Joshi. Following the inaugural session, the blood donation programme was conducted from 8:45 am to 11:00 am under the technical management of the Blood Donors Association Nepal, supported by nurses and volunteers. A total of 26 individuals voluntarily donated blood during the programme, contributing to the life-saving initiative and supporting the availability of safe blood for medical emergencies.

The general health checkup session was carried out from 11:00 am to 1:00 pm by Dr. Sanchit Bhandari, Dr. Suresh Dahal, and their medical teams from Shankarapur Hospital. During this session, a total of 63 individuals received health services, including 48 males and 15 females. Participants underwent general medical examinations, consultation, and basic health advice related to their conditions. The health camp provided an opportunity for community members, especially transport workers and local residents, to receive professional medical attention free of cost.

The eye checkup (ophthalmology) session was conducted from 1:00 pm to 2:30 pm under the leadership of Dr. Suraj Dahal and his team. A total of 18 participants received specialized eye examinations, while other participants continued to receive general health consultations based on their needs. The medical teams provided recommendations, prescriptions, and guidance for further treatment where necessary.

The programme concluded with a closing ceremony from 2:30 pm to 3:00 pm, jointly coordinated by Koteshwor Multiple Campus and the Regional Transport Management Organization. The organizers expressed gratitude to collaborating institutions, medical professionals, volunteers, and participants for their active support and participation. Finally, tea and snacks were provided from 3:30 pm to 4:00 pm, creating an opportunity for informal interaction and appreciation among organizers, guests, and participants.

The programme was successfully implemented with active community participation, contributing to health awareness, preventive care, and humanitarian service through voluntary blood donation.

11. Main Outcomes of the Programme

The programme achieved meaningful results in promoting community health awareness, improving access to medical services, and encouraging humanitarian participation through blood donation.

A total of 63 individuals (48 males and 15 females) received free general health checkups, while 18 individuals benefited from specialized eye examinations, improving access to essential healthcare services for community members and transport workers.

Participants gained awareness about preventive healthcare, early diagnosis, and healthy lifestyle practices through medical consultation and professional guidance provided during the health camp.

The programme successfully collected blood from 26 voluntary donors, contributing to the availability of safe blood for medical emergencies and promoting a culture of voluntary blood donation.

Strong coordination and cooperation were established among Koteshwor Multiple Campus, Regional Transport Management Organization, Blood Donors Association Nepal, and Shankarapur Hospital, strengthening institutional collaboration for community welfare.

Active participation of students, volunteers, healthcare professionals, and local stakeholders enhanced community engagement and promoted social responsibility through collective humanitarian efforts.

12. Areas for Improvement of the Programme

The programme was successfully conducted; however, there are several areas that could be improved in future implementations to enhance effectiveness and community impact. The duration of the health camp could be extended so that more community members, particularly those with work commitments, can participate conveniently. Increasing the availability of medical resources, including additional equipment, medicines, and specialist doctors, would help reduce waiting time and improve the quality of services. Stronger publicity and awareness campaigns through local media, community groups, and transportation networks could attract greater participation, especially among women, elderly individuals, and underserved populations. A more systematic

registration and data management system, preferably with digital records, would help maintain participant information for follow-up and future reference. Establishing a structured referral and follow-up mechanism for individuals who require further medical attention would also increase the long-term benefits of the programme. Additionally, providing prior training and clear role allocation for volunteers could improve coordination, efficiency, and overall programme management in future events.

13. Conclusion

The One Day Health Camp and Blood Donation Programme was successfully implemented through the joint efforts of Koteshwor Multiple Campus, the Regional Transport Management Organization, and collaborating institutions, demonstrating a strong commitment to community service and social responsibility. The programme effectively provided accessible healthcare services, including general health and eye checkups, to community members while also promoting voluntary blood donation as an important humanitarian activity. The active participation of medical professionals, volunteers, students, and local stakeholders contributed significantly to the overall success of the event.

The programme not only addressed immediate health needs but also created awareness about preventive healthcare, early diagnosis, and the importance of maintaining a healthy lifestyle. The collection of blood from voluntary donors further highlighted the community's willingness to support life-saving initiatives. Moreover, the collaboration among educational institutions, healthcare providers, and community organizations strengthened institutional relationships and demonstrated the value of cooperative efforts in achieving social welfare goals.

The programme served as a meaningful platform for community engagement, practical learning, and public health promotion. It reflected the positive impact that coordinated institutional initiatives can create in society and provided valuable experience for organizing similar programmes in the future. With continued commitment, improved planning, and expanded outreach, such initiatives can contribute significantly to long-term community health improvement and social development.

14. Acknowledgement

The organizers would like to express their sincere gratitude to all individuals and institutions whose valuable support and cooperation contributed to the successful completion of the One Day Health Camp and Blood Donation Programme. We are especially thankful to Koteshwor Multiple

Campus, Kathmandu, and the Regional Transport Management Organization, Shankarapur, for their joint leadership and coordination in organizing this important community welfare initiative. We would like to acknowledge the active efforts of the Research Management Cell and the Department of Sociology, Rural Development and Mass Communication for their dedication in planning and implementing the programme effectively.

We extend our respectful appreciation to the Chief Guest, Mr. Kiran Pandit, Ward Chairperson, for his gracious presence and encouragement. We would also like to sincerely thank the distinguished guests, including Mr. Sedunath Dhakal, Head of Research Management Cell; Dr. Sanchit Bhandari, Shankarapur Hospital; Dr. Suresh Dahal, Shankarapur Hospital; Dr. Suraj Dahal, Shankarapur Hospital; Mr. Rabi Rimal, President, Blood Donors Association Nepal; Mrs. Kalpana Marahattha, Head of Department, Sociology, Rural Development and Mass Communication; Mr. Tulasi Prasad Chudal, Shankarapur Hospital; Mr. Madhav Dhungana, Shankarapur Hospital; Mr. Nuchhelala Maharjan, Chief of Administrative Department, Koteshwor Multiple Campus; Miss Aarati Ghimire, Staff Nurse; Miss Anusha Acharya, Staff Nurse; Mrs. Nahakal Humagai, Treasurer, Regional Transport Management Organization; Ms. Rita Kumari Thakur, Kantipur Blood Camp; and Ms. Pooja Thapa, Kantipur Blood Camp, for their valuable presence, support, and contributions.

We would like to express our heartfelt thanks to Shankarapur Hospital, Narayantaar, for providing experienced medical professionals, healthcare teams, and technical assistance for the health services. Our sincere gratitude also goes to the Blood Donors Association Nepal for their professional management and coordination of the blood donation programme. We are particularly thankful to Kantipur Blood Camp representatives, Ms. Rita Kumari Thakur and Ms. Pooja Thapa, for their cooperation and assistance in conducting the blood donation activities smoothly.

Finally, we extend our sincere appreciation to Mr. Manoj Adhikari, Assistant Campus Chief, for chairing the programme; Mr. Prakash Nepal, President of the Regional Transport Management Organization, for delivering the welcome speech; and Mr. Padamraj Joshi for effectively moderating the programme. We are also grateful to all volunteers, students, staff members, community participants, and especially the voluntary blood donors and health service beneficiaries whose participation made the programme successful and meaningful. Their collective efforts and support played a vital role in achieving the objectives of the programme and promoting community health and humanitarian service.



Koteswori Multiple Campus

Kathmandu-32, Jadibuti

Organizer : Koteswori Multiple Campus, Kathmandu-32, Jadibuti (Active efforts of Research Management Cell and Department of Sociology, Rural Development and Mass Communication) & Regional Transport Management Organization, Shankarapur, Kathmandu

Collaboration : Blood Donors Association, Nepal, Shankarapur Hospital, Narayantaar

Programme : *One Day Health Camp and Blood Donation Programme*

Venue: Brahmakhel Buspark, Kageshwori Manohara

Date : 2082/04/22

Programme Schedule


Time	Activities	Responsibilities
8:00 am -8:45 am	<i>Inaugural Session</i> Chair: Mr. Manoj Adhikari, Assistant Campus Chief Welcome Speech: Mr. Prakash Nepal, President, Regional Transport Management Organization Taking Seats as Guests Chief Guest : Mr. Kiran Pandit, Wardchairperson Guests Sedunath Dhakal, Head of RMC Dr. Sanchit Bhandari, Shankarapur Hospital Dr. Suresh Dahal , Shankarapur Hospital Dr. Suraj Dahal, Shankarapur Hospital Mr. Rabi Rimal, President Blood Donors Association Nepal	


	<p>Mrs. Kalpana Marahattha, Head of Department Sociology, Rural Development and Mass Communication</p> <p>Mr. Tulasi Prasad Chudal, Shankarapur Hospital</p> <p>Mr. Madhav Dhungana, Shankarapur Hospital</p> <p>Mr. Nuchhelala Maharjan, Chief of Administrative Department, KMC</p> <p>Miss. Aarati Ghimire, Staff Nurse</p> <p>Miss. Anusha Acharya, Staff Nurse</p> <p>Mrs. Nahakal Humagai, Treasure , Regional Transport Management Organization</p> <p>Moderator : Mr. Padamraj Joshi, Member , Sociology, Rural Development and Mass Communication</p>	
8:45 am -11:00 am	Blood Donation	Blood Donors Association, Nurses
11:00 am -1:00 pm	General Health Checkup	Dr. Sanchit, Dr. Suresh & Teams
1:00 pm -2:30 pm	Eye Checkup (Ophthalmology)	Dr. Suraj & Teams
2:30 pm -3:00 pm	Closing Ceremony	KMC & Regional Transport Management Organization
3:30 pm - 4:00 pm	Tea and Snacks	KMC & Regional Transport Management Organization

आज दिनांक २०८२ साउन १८ गते यह क्रिस्टल (वहुरी) स्याम्पुको अनुशासन व्यक्त्यापन एकाइ (RMC) को बैठक एकाइ पुरख सुदनाथ कोलको अध्यक्षतामा वसी तपासको उपनिमित्तमा देहायका विषयकोमा छलफल गरी निर्णयहरू गरियो।

उपाध्यक्ष

१. सुदनाथ कोल
२. डा. बालाकृष्ण आर्चकार
३. अरन कामा (सिनि)
४. डा. विनायक नेपाल
५. डा. केशव राज पन्थी


आध्यक्ष


सिनि

सहसचिव
विषयहरू

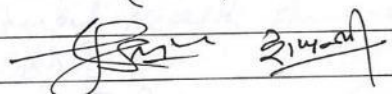

१. स्वास्थ्य विविध तथा रक्तदान कार्यक्रम आयोजना गर्ने को
२. विविध

निर्णयहरू

१. यह क्रिस्टल (वहुरी) स्याम्पु र सक्रिय उपत्यका मानाथान व्यक्त्यापन होस्को संयुक्त आयोजना र ठाम डोनर एकोसिपलन नेपाल, र शिखरापुर हस्पिटल मेरपारीको सहकार्यमा यह २०८२ साउन २२ गते बिहान प्रहरीको बसको, काठमाडौं, मनासा मा सबै दिन स्वास्थ्य विविध तथा रक्तदान कार्यक्रम आयोजना गर्ने निर्णय गरियो। उक्त कार्यक्रमको संयोजन गर्न यह स्याम्पुको समाजशास्त्र विभागको तथा डा. सुदनाथ (विनायक)को सहकार्य गरी गर्ने निर्णय गरियो।

२. उक्त कार्यक्रमको उक्त व्यक्त्यापन र स्याम्पुको उक्त आयोजना गर्ने गर्ने निर्णय गरियो।

आध्यक्ष

बैंक: सभाजशीस्त्र, ग्रामिण विकास र आम सञ्चार
तथा पत्रकारीता विभाग, कौन्सेलर क. क्याम्पस

मिति: २०८२/०४/२० मंगलवार

स्थान: विभागको कार्यालय

अध्यक्षता: कल्पना मरहडा

उपस्थिति:

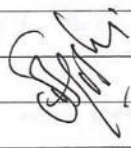
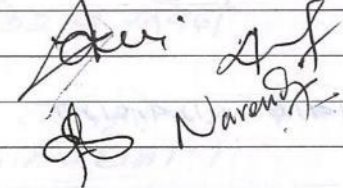
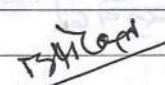
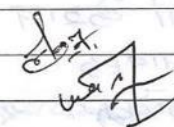
१. श्री कल्पना मरहडा
२. श्री मनोज अधिकारी
३. श्री सुमन पौखरेल
४. श्री पार्वती थापा मगर
५. श्री रुद्र प्र. मडुराई
६. श्री लेखनाथ विभिरे
७. श्री ज्योतनाथ विभिरे
८. श्री नरेन्द्र मिश्रा
९. श्री पद्मराज जोशी
१०. श्री सन्तोषी गौतम
११. श्री केदार सुवेदी

प्रस्तावहरू

१. स्नातक तह द्वितीय वर्षको स्थलगत अध्ययन अन्वेषण सम्बन्धमा
२. स्नातक तह चतुर्थ वर्षका विद्यार्थीलाई परीक्षाहरू पढाउने सम्बन्धमा
३. Openreach कार्यक्रम सञ्चालन सम्बन्धमा निर्णयहरू

१. प्रस्ताव नं. १ उपर छलफल गर्दा स्नातक तह द्वितीय वर्षका यस विभाग अन्तर्गत सम्पूर्ण विषयको प्रयोगात्मक कार्य अन्तर्गतको स्थलगत सर्वेक्षण अध्ययन अवलोकन भ्रमण मिति २०८२/०४/२५, २६ र ३० (तीन दिन) बुवाको र पिप्लुको वटार डासपासका क्षेत्रमा सञ्चालन गर्ने निर्णय गरियो। उक्त कार्य सञ्चालन गर्ने समन्वय गर्न यस विभागका सम्पूर्ण विषयका विषय विज्ञहरूलाई अनुरोध गर्ने निर्णय गरियो। उक्त कार्यका लागि उपप्राध्यापकहरू श्री कल्पना मरहडा र श्री पद्मराज जोशीलाई पठाउने निर्णय गरियो।

२. प्रस्ताव नं २ उपर हलफल गर्दा कोटेश्वर व. क्याम्पस र नैत्रिय उपत्यका यातायात व्यवस्थापन संस्था / नेपाल स्वतन्त्र मजदुर संगठन को आयोजना र एन्ड डोनर्स एसोसियसन नेपाल पूर्वभेगीय क्षेत्र र झांकरापुर हस्पिटल प्रा. लि गोकर्णेश्वर-६, नारायणटार, काठमाडौंले सहकार्यमा गिति २०८२ भावना २२ गते विहिन वमरवेन वसपार्क, कर्णेश्वरी, मनोहरा मा एक दिने स्वास्थ्य शिविर तथा बलदान कार्यक्रम सञ्चालन गरिने हुदा उक्त दिन BA/BASW चतुर्थ वर्षका विद्या धीरेन्द्रलाई ~~volunteer~~ गर्ने पठाउने निर्णय गरियो ।
३. प्रस्ताव नं. ३ उपर हलफल गर्दा अनुसन्धान व्यवस्थापन इकाई र सम्पत्का यस विभागको सहकार्यमा श्री पृथ्वी मा. वि विदुर-४, विदुरमा ^{नारायण} ~~विदुर~~मा स्वास्थ्य कार्यक्रम सञ्चालनमा सहयोग गर्ने निर्णय गरियो ।
४. प्रस्ताव नं ४ उपर हलफल गर्दा हलफल गर्न पर्ने अन्य विषय तरेरिक्काले बैठक झुन्ड्याउने निर्णय गरियो

आज दिने २०८२ साउन २२ गते विहिवार यस
 को २२०० वहुपुखी ब्यापार र मेडिक उपकरण यानियन
 यानियन पेशा को संकेत आयोजना र कंस डिनर
 एकोटिपान नेपाल र शिखरा पुर् आयुना ल नारायणर
 को सहकारमा काठमाण्डौ नरपाण, काठमाण्डौ मनेर। मा
 शुभ दिने एक निरुत्तु स्वास्थ शिखर तथा रत्नमदन
 को प्रथम आयोजना गरियो। उक्त शिखर शिखर
 उद्घाटन शिखर आयोजना विनय यणुग (रंको
 थियो।

उपाध्यति

१. काठमाण्डौ प्रशापति श्री मनेर आयुना, श्री. नारायण, श्री. व. नारायण
२. श्री पुकारा नेपाल, अध्यक्ष, एकोटिपान नेपाल, श्री. व. नारायण
३. श्री तरेण पाण्डे, श्री. व. नारायण
४. श्री रंको थियो RMC युपुख, श्री. व. नारायण
५. श्री रवि रिमाल, अध्यक्ष काठमाण्डौ एकोटिपान नेपाल
६. श्री जिवन वनेन
७. श्री. सन्धिन मडाउ, श्री. व. नारायण
८. डा. सुरेश पहाल
९. डा. शरज पहाल
१०. श्री तुलसी प्रसाद शिखर अस्पताल
११. श्री माधव कुमारी (काठमाण्डौ अस्पताल)
१२. श्री कल्पना मरहठु, विभागीय युपुख श्री. व. नारायण
१३. श्री सुन्दरलाल मजुन, युवायुपुख श्री. व. नारायण
१४. श्री लखेन्द्र चौतम
१५. श्री पदम राज मजुन, उप-प्रधान
१६. आरती घामरे, Staff nurse
१७. लखेन्द्र बापु शिखर अस्पताल
१८. अनुषा आचार्य, Staff nurse
१९. रिता कुमारी ठाकुर (Kantipur Blood camp)
२०. Purna Thapa (Kantipur Blood camp)
२१. नरकुल सुभागा, कोषाध्यक्ष

- | | | | |
|-----|-----------------------|-----------------|----|
| 22. | Anuska Dhakal | राष्ट्रिय - ४०५ | अस |
| 23 | Asha Kumari Chaudhary | BA 4th year | अस |
| 24 | Anju Gurung | " | अस |
| 25 | Abhishek Achikari | BA Fourth | अस |
| 26 | Kusum Basnet | BA 4th year | अस |
| 27 | Pratima Kandel | BA 4th year | अस |
| 28 | Anja KC | BA 4th year | अस |
| 29 | SARU KC | BA 4th year | अस |
| 30 | Narayan Khatri | BA 4th year | अस |
| 31 | Sabin Dhungel | BA 4th year | अस |
| 32 | Manisha Nepal | BA 4th year | अस |
| 33 | Bikash Tethara | BA 4th year | अस |



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Attendance of the Patients

Date: 2082.01.22

S.N	पति / Name	पति / Address	Mobile No.	मिति / Age	Sign	
1	Anurka Dhakal	RPSI/Colli - Kathmandu	9706588196	23/F		Eye
2	Jiban Barnd	Mulpani - Ktm	9762408992	39/M		AH
3	Prakash Nepal	Kadaghari - Ktm				
4	Surya Nepal	Kadaghari Ktm	9841891871	42/M		AH
	Gita Pandit	Mulpani - Ktm	9860	60/F	-	AH
6	Sunata Tamang	Mulpani - Ktm	0	51/F	-	Eye/AH
7	Rampyari Shah	Mulpani - Ktm	-	45/F	-	AH
8	Shyam Bhandari	Mulpani - Ktm	9851185010	59/M	-	AH/AH
9	Muna Bhatrakari	Nayabata - Ktm	-	53/F	-	AH
10	Subash Thapa	Mulpani - Ktm	9766525978	47/M	-	AH
11	Megh B. Koirate	Bhaktapur	9842865278	47/M	-	pressure
12	Bhaji K. Shrestha	Bhaktapur	9842590022	43/M	-	Sugar/pressure
13	Raj Kumar Timdeina	Mulpani	9861098156	51/M	-	AH
14	Dy. P. K. Shrestha	Bhaktapur	9849483427	36/M	-	AH
15	Lok. B. Bamet	Bhaktapur	9860127990	35/M	-	AH
16	Hari B. Khatri	Koteshwor	9851063763	38/M	-	AH
17	Prem Kumar Thapa	Bhadrapur - 09	9851625619	50/M	-	pressure
18	Aarish Arya Raja	Hari, Siddhi	98516701608	25/M	-	AH
19	Rama Pukrani	Mulpani -	-	68/F	-	Eye
20	Rupesh Khadka	Mulpani	984972443	28/M	-	AH
21	Sarvani Nagar	Nayapati	9861040562	6/F	-	Eye
22	Nakul Humagain	Mulpani	9851217620	42/M	-	Uric acid
23	Sanam Lama	Mulpani	9841139956	34/M	-	Eye
24	Bimal Bhandari	Torpati	9865092623	35/M	-	Eye
25	Ka. M. N. Dhungana	Bhaktapur	984180987	44/M	-	Eye/Sugar
26	Jagar Thakuri	Hartar madhadev	9863676736	25/M	-	pressure
27	Nabin Shrestha	Mulpani	9813575515	26/M	-	Ear
28	Asmit Lama Chhane	Bhaktapur	9861812286	25/M	-	AH
29	Kumar Bhattarai	Sunetta	9861866322	29/M	-	Sugar
30	Raj Kumar Shrestha	Mulpani	9851314763	31/M	-	AH
31	Bimal Shrestha	Mulpani	9707326990	20/M	-	pressure
32	Bishnu Bhattarai	Mulpani	9860435942	31/M	-	AH



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3	Prakash Nepal	Kadaghari - Ktm				
4	Surya Nepal	Kadaghari Ktm	9841891871	42/M		AH
	Gita Pandit	Mulpani - Ktm	9860	60/F	-	AH
6	Sunata Tamang	Mulpani - Ktm	0	51/F	-	Eye/AH
7	Rampyari Shah	Mulpani - Ktm	-	45/F	-	AH
8	Shyam Bhandari	Mulpani - Ktm	9851185010	59/M	-	AH/AH
9	Muna Bhatrakari	Nayabata - Ktm	-	53/F	-	AH
10	Subash Thapa	Mulpani - Ktm	9766525978	47/M	-	AH
11	Megh B. Koirala	Bhaktapur	9842865278	47/M	-	pressure
12	Bhaji K. Shrestha	Bhaktapur	9842590022	43/M	-	Sugar/pressure
13	Raj Kumar Timdevina	Mulpani	9861098156	51/M	-	AH
14	Dy. P. K. Shrestha	Bhaktapur	9849483427	36/M	-	AH
15	Lok. B. Bamet	Bhaktapur	9860127990	35/M	-	AH
16	Hari B. Khatri	Koteshwor	9851063763	38/M	-	AH
17	Prem Kumar Thapa	Bhadrapur - 09	9851625619	50/M	-	pressure
18	Aarish Ananta Ray	Hari, Siddhi	98516701608	25/M	-	AH
19	Rama Pukrani	Mulpani -	-	68/F	-	Eye
20	Rupesh Khadka	Mulpani	984972443	28/M	-	AH
21	Sonari Nagar	Nayapati	9861040562	6/F	-	Eye
22	Nakul Humagain	Mulpani	9851217620	42/M	-	Uric acid
23	Sonam Lama	Mulpani	9841139956	34/M	-	Eye
24	Bimal Bhandari	Torpati	9865092623	35/M	-	Eye
25	Ka. M. N. Dhungana	Bhaktapur	9841880987	44/M	-	Eye/Sugar
26	Jagar Thakuri	Hartar madhadev	9863676736	25/M	-	pressure
27	Nabin Shrestha	Mulpani	9813575515	26/M	-	Ear
28	Asmit Lama Chhane	Bhaktapur	9861812286	25/M	-	AH
29	Kumar Bhattarai	Sunetta	9861866322	29/M	-	Sugar
30	Raj Kumar Shrestha	Mulpani	9851314763	31/M	-	AH
31	Bimal Shrestha	Mulpani	9707326990	20/M	-	pressure
32	Bishnu Bhattarai	Mulpani	9860435942	31/M	-	AH



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Attendance of the Patients

Date: 2082.01.22

S.N	पति / Name	पति / Address	Mobile No.	मिति / Age	Signature	Remarks
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2	Jiban Basnet	Mulpani - Ktm	9762408992	39/M		AH
3	Prakash Nepal	Kadaghari - Ktm				
4	Surya Nepal	Kadaghari Ktm	9841891871	42/M		AH
	Gita Pandit	Mulpani - Ktm	9860	60/F	-	AH
6	Sunata Tamang	Mulpani - Ktm	0	51/F	-	Eye/AH
7	Rampyari Shah	Mulpani - Ktm	-	45/F	-	AH
8	Shyam Bhandari	Mulpani - Ktm	9851185010	59/M	-	AH/AH
9	Muna Bhatrakari	Nayabata - Ktm	-	53/F	-	AH
10	Subash Thapa	Mulpani - Ktm	9766525978	47/M	-	AH
11	Megh B. Koirala	Bhaktapur	9842865278	47/M	-	pressure
12	Bhaji K. Shrestha	Bhaktapur	9842590022	43/M	-	Sugar/pressure
13	Raj Kumar Timdevina	Mulpani	9861098156	51/M	-	AH
14	Dy. P. K. Shrestha	Bhaktapur	9849483427	36/M	-	AH
15	Lok. B. Bamet	Bhaktapur	9860127990	35/M	-	AH
16	Hari B. Khatri	Koteshwor	9851063763	38/M	-	AH
17	Prem Kumar Thapa	Bhadrapur - 09	9851625619	50/M	-	pressure
18	Aarish Arya Raja	Hari, Siddhi	98516701608	25/M	-	AH
19	Rama Pukrani	Mulpani -	-	68/F	-	Eye
20	Rupesh Khadka	Mulpani	984972443	28/M	-	AH
21	Sarvani Nagar	Nayapati	9861040562	6/F	-	Eye
22	Nakul Humagain	Mulpani	9851217620	42/M	-	Uric acid
23	Sonam Lama	Mulpani	9841139956	34/M	-	Eye
24	Bimal Bhandari	Torpati	9865092623	35/M	-	Eye
25	Ka. M. N. Dhungana	Bhaktapur	984180987	44/M	-	Eye/Sugar
26	Jagar Thakuri	Hartar madhadev	9863676736	25/M	-	pressure
27	Nabin Shrestha	Mulpani	9813575515	26/M	-	Ear
28	Asmit Lama Chhane	Bhaktapur	9861812286	25/M	-	AH
29	Kumar Bhattarai	Sunetta	9861866322	29/M	-	Sugar
30	Raj Kumar Shrestha	Mulpani	9851314763	31/M	-	AH
31	Bimal Shrestha	Mulpani	9707326990	20/M	-	pressure
32	Bishnu Bhattarai	Mulpani	9860435942	31/M	-	AH



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Attendance of the Patients

Date: 2082.01.22

S.N	Name	Address	Mobile No.	Age	Sign	
33	Nirmala Khadka	Mulpani	9873586322	48/F	—	Eye/mean
34	Nabin Humagain	Mulpani	9842575695	20/M	—	pressure
35	Lok.B. Barnet	Bhaktapur	9860717990	35/M	—	⊕ sugar
36	Suresh Mijar	Mulpani	98421427841	42/M	—	All
37	Shree Krishna	Mulpani	9749857514	25/M	—	All
38	Susan Bhandari	Mulpani	9748266901	22/M	—	pressure
39	Aasha K. Chaudhary	Jadibuti	9818187767	22/F	—	Eye
40	Anju Gurung	Kadaghari	9840688465	26/F	—	Eye
41	Rudra.K. Dhakal	Mulpani	—	69/F	—	All
42	Amit Prajapati	Bhaktapur	9849328246	34/M	—	Eye
43	Dr. B. Jumar	Mulpani	9845301532	38/M	—	Eye
44	Aarati Ghimire	Baudha	9840881544	22/F	—	Eye
45	Kurum Barnet	Kavshatar	9745707244	22/F	—	All
46	Bal Krishna Adhikari	leintipur	9842486957	45/M	—	Eye
47	Pragna Kadel	Bhaktapur	9862039919	23/F	—	All
48	Puja Thapa	Bhaktapur	9803950419	26/F	—	Eye
49	Shivahari Poudel	Bhramkhal	9842670679	53/M	—	Eye
50	Niraj Khadka	Mulpani	9764784233	20/M	—	All
51	Bishal Khadka	Mulpani	9767342274	20/M	—	Eye
52	Gyare Lama	Mulpani	—	60/M	—	Eye/All
53	Sabin Dhungel	Banepa	9842661419	22/M	—	All
54	Ravi Rimel	Koteshwor	9842480776	52/M	—	Eye/All
55	Aavash Aryal	16/1	9842924400	48/M	—	All
56	Binod Limbu	Bhaktapur	9860276922	28/M	—	All
57	Rupesh Piyal	Mulpani	9861775720	18/M	—	All
58	Saroj Khadka	Kadaghari	9862155265	30/M	—	All
59	Bharat-B. Silwal	Mulpani	9863201927	56/M	—	All
60	Rajan Bhandari	11	9849218289	38/M	—	All
61	Harisham Bhandari	Pepsicola	9842728282	40/M	—	All
62	Bhim Tamang	Balaju	9706487286	27/M	—	All
63	Porna B. Khadka	Kadaghari	9749348292	30/M	—	All
64						
65						



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Attendance of the Blood Donars

Date: 2082.04.22

S.N	नाम/ Name	ठेगाना/ Address	Mobile No.	Blood Group	Age	Sign
1	कुसुम बस्नेत	कोशलेटार	9747707244		22	
2	नरकुल कुमावाह	मुलपानी	9851217633	A+	42	
	जिवन बस्नेत	मुलपानी	9762403992		39	
4	Prakash Nepal	Kadaghari				
5	Surya Nepal	Kadaghari	9841891871		42	
6	Dinrach Thapa	Mulpani	9841534208	B+	30	
7	Khemnath Shungra	Bhaktapur	97414880067	A+	44	
8	नरकुल कुमावाह	Bhaktapur	98414880067	B+	47	
9	रामकुमार तिमलिनता	Mulpani	9861098156	A+	36	
10	Surbash Thapa				35	
11	Lok Shudur Basnet	Bhaktapur	9860114010	O+		
12	Hari Shudur Khatri	कोशलेटार	9851265765	AB+	48	
13	Kallesh तामा	बिर्तामूर	9704300090	B+	29	
14	Aasich अथवा राय	nanichhi	9846701608	-	25	
15	Rupesh Khadka	Mulpani	9849532985	-	28	
16	Anshu Kumari Chudhary	Jadibuti	9848187767	-	22	
17	Ishwar Timsina	Kabre	9847854528	B+	32	
18	गिरीश बस्नेत	Jorpati	9854024592	B+	34	
19	Shiva	Mulpani			23	
20	सिद्धेश्वर शर्मा	Mulpani, Bishnu	97096100645	O+		
21	गिरीश्वर श. क	राप्ती - १	9844405950	B+	32	
22	राजेश्वर शर्मा	काजीपुर	9848102060	B+	32	
23	प्रकाश अधिकारी	काजीपुर	984044856	O+	38	
24	रमेश कुमार	मुलपानी	9844444000	B+	18	
25	सागर शर्मा लुक्टी	बसन्तपुर	9741266608	B+	22	
26	रुपक कुर्की	मुलपानी	9749080232		21	
27						
28						
29						
30						
31						

बैंक: समाजशास्त्र, ग्रामीण विकास र आम संचार तथा
पत्रकारिता विभाग, कोटेश्वर बहुमुखी क्याम्पस

मिति: २०८२/०४/२६ सोमवार

स्थान: विभागको कार्यालय

अध्यक्षता: कल्पना मरहट्टा

उपस्थिति:

१. श्री कल्पना मरहट्टा
२. श्री मनोज अधिकारी
३. श्री सुमन पौखरेल
४. श्री पार्वती थापा मगर
५. श्री रुद्र प्रसाद मडुर्छे
६. श्री लक्ष्मण धिमरे
७. श्री चैतनाथ धिमरे
८. श्री नरेन्द्र मिश्रा
९. श्री पद्मराज पौड्या
१०. श्री सन्तोषी गौतम
११. श्री कैशव सुवेदी

प्रस्तावहरू

१. कार्यक्रम समापन तथा हान्यवाद सम्बन्धमा

२. विविध

निर्णयहरू

१. प्रस्ताव नं- १ उपर हतफल गर्दा मिति २०८२ साउन २२ गते विहवार यस कोटेश्वर क्याम्पस र दोस्रो उपत्यका याता यात व्यवस्थापन संस्थाको संयुक्त आयोजना र ठन्ड डोतर्स अश्रीसिन्धुसँग नेपाल र इरवरापुरा अस्पताल नारायणटाढा सहकार्यमा ब्रम्हरेल वसपार्क, कोटेश्वरी मनोहरामा एक दिने निशुल्क स्वास्थ्य शिविर कार्यक्रम मध्यताका साथ सम्पन्न भयो। कार्यक्रममा उपस्थित सबै सहकार्यकर्तालाई हार्दिक हान्यवाद दिई उक्त कार्यक्रममा यस क्याम्पसका BA/BASW चौथो वर्षका प्राइवोहेनेहले गर्नुभएको उद्यमस्तरको कार्यलाई समेत मूल्यांकन गर्दै हार्दिक हान्यवाद दिने निर्णय गरियो।
२. प्रस्ताव नं- २मा हतफलका विषय नभएकाले बैठक समापन गर्ने निर्णय गरियो।

एक दिने स्वास्थ्य शिबिर तथा रक्तदान कार्यक्रम

आयोजक

क्षेत्रिय उपत्यका यातायात
व्यवस्थापन संस्था /
नेपाल स्वतन्त्र मजदुर संगठन

कोटेश्वर
बहुमुखी क्याम्पस
संस्था, काठमाडौं, १९९९

सहकार्य

ब्लड डोनर्स एसोसियसन नेपाल
पूर्वि भेगिय क्षेत्र

शंकरापुर हस्पिटल प्रा. लि.
कोटेश्वर ५, काठमाडौं, काठमाडौं

मिति: २०८२ आश्विन २२ गते बिहीवार

स्थान: ब्रम्हखेल बसपार्क, कागेश्वरी, मनोहरा

समय: विहान ९:०० बजे देखि











Event - 3

Koteshwor Multiple Campus

Kathmandu -31, Jadibuti

Report

On

One Day Outreach Programme on Menstrual Health Awareness and Sanitary Pad Donation

Shrawan 29, 2082

Prithivi Secondary School

Bidur, Nuwakot

Submitted to

University Grant Commission (UGC)

Sanothimi, Bhaktapur

Submitted by

Koteshwor Multiple Campus

Jadibuti, Kathmandu

Tel: 01-4992950

15. Introduction

Koteshwor Multiple Campus (KMC)

Koteshwor Multiple Campus (KMC), located in Kathmandu Metropolitan City -32, is a community-based academic institution committed to providing accessible and quality higher education in Nepal. The campus offers a range of undergraduate and graduate programs across management, humanities, education, and social sciences, aiming to develop competent graduates who can contribute to national development. KMC emphasizes academic excellence, research engagement, and community outreach, fostering an environment where students are encouraged to integrate theoretical knowledge with practical application. Through collaborations, seminars, and community programs, the campus plays an active role in promoting educational opportunities and social responsibility among learners.

Research Management Cell (RMC)

The Research Management Cell (RMC) of Koteshwor Multiple Campus serves as a central body for promoting research culture, academic innovation, and scholarly collaboration among faculty and students. It facilitates research activities by organizing training workshops, seminars, conferences, and capacity-building programs while supporting proposal development and publication initiatives. The RMC also encourages interdisciplinary research and partnerships with external institutions to address contemporary social, economic, and developmental challenges. By strengthening research competencies and creating platforms for knowledge dissemination, the cell contributes to enhancing the academic reputation and evidence-based contributions of the campus.

Department of Sociology, Rural Development, Mass Communication and Journalism

The Department of Sociology, Rural Development, Mass Communication and Journalism at Koteshwor Multiple Campus focuses on developing critical understanding of society, communication processes, and community transformation. The department offers academic programs that integrate sociological theory, rural development practices, and media studies to prepare students for careers in research, development sectors, journalism, and public communication. It promotes experiential learning through fieldwork, research projects, internships, and community engagement activities, enabling students to analyze social issues and propose practical solutions. The department also supports academic discourse through seminars, workshops, and collaborative research, contributing to the advancement of knowledge in social sciences and communication studies.

16. Introduction of Programme

Koteshwor Multiple Campus (KMC), Jadibuti-32, Kathmandu, through its Research Management Cell (RMC) and the Department of Sociology, Rural Development, Mass Communication and Journalism, organized a One Day Outreach Programme on Menstrual Health Awareness and Sanitary Pad Donation at Prithivi Secondary School, Bidur, Nuwakot, on 2082/04/22. The programme aimed to promote awareness among adolescent girls regarding menstrual health, hygiene management, and reproductive well-being while addressing prevailing myths, misconceptions, and social stigma associated with menstruation. It also focused on building confidence, encouraging healthy practices, and providing practical guidance on the safe use and disposal of menstrual hygiene materials.

The programme included interactive learning sessions facilitated by a medical expert, covering topics such as adolescent body changes, menstrual cycle understanding, hygiene practices, nutrition, emotional well-being, and when to seek medical care. In addition to knowledge sharing, sanitary pads were distributed to support access to menstrual hygiene resources. The outreach initiative reflected the commitment of the academic institution to community engagement, adolescent health promotion, and social awareness beyond classroom boundaries. Despite growing attention to adolescent health, menstrual hygiene awareness remains limited in many parts of Nepal, particularly in semi-urban and rural communities. Social taboos, cultural restrictions, and misinformation often prevent adolescent girls from openly discussing menstruation, leading to confusion, fear, and unhealthy practices. Many schoolgirls lack accurate knowledge about the menstrual cycle, proper hygiene management, and reproductive health, which may result in poor sanitation practices, infections, school absenteeism, and reduced self-confidence.

Another major challenge is the limited access to affordable menstrual hygiene products. Economic constraints and inadequate availability of sanitary materials force many girls to rely on unsafe alternatives, increasing health risks and discomfort. These challenges highlight the need for awareness-based outreach interventions that combine education, health guidance, and material support. The One Day Outreach Programme was therefore designed to address these gaps by providing scientifically accurate information, promoting healthy behaviors, and supporting menstrual dignity among adolescent girls.

17. Objectives of the Programme

General Objective

The general objective of the One Day Outreach Programme on Menstrual Health Awareness and Sanitary Pad Donation was to enhance knowledge, awareness, and healthy practices related to menstrual health and hygiene among adolescent girls while promoting dignity, confidence, and access to menstrual hygiene resources.

Specific Objectives

The specific objectives of the programme are as follows:

- a. To provide scientific knowledge about menstruation, adolescent body changes, and the menstrual cycle to reduce myths, misconceptions, and stigma associated with menstruation.
- b. To educate participants on proper menstrual hygiene management practices, including the safe use, handling, and disposal of sanitary materials, as well as personal hygiene and nutrition during menstruation.
- c. To increase awareness regarding common menstrual health issues, emotional well-being, and the importance of seeking medical care when necessary.
- d. To support adolescent girls by distributing sanitary pads and encouraging positive attitudes toward menstrual health, thereby promoting school participation, confidence, and overall well-being.

18. Detail Activities of the Programme

The One Day Outreach Programme on Menstrual Health Awareness and Sanitary Pad Donation was successfully conducted on 2082/04/22 at Prithivi Secondary School, Bidur, Nuwakot, with the active coordination of Koteswor Multiple Campus (KMC), its Research Management Cell (RMC), and the Department of Sociology, Rural Development, Mass Communication and Journalism. The programme followed a structured schedule that included educational sessions, interactive discussions, and distribution activities aimed at improving menstrual health awareness among adolescent girls.

The programme began with the Inaugural Session (10:15 am – 10:45 am) chaired by Mrs. Kalpana Marahattha, Head of Department. Mr. Padam Raj Joshi delivered the welcome speech, highlighting the importance of menstrual health education and community outreach initiatives. The session was facilitated by Dr. Deepika Shrestha, Gynecologist and

Obstetrician Specialist from Trisuli Hospital, Nuwakot, who emphasized the significance of reproductive health awareness among adolescents. A short speech was delivered by Ms. Ojawaswi Pudasainee from the School Girls Network Committee, sharing student perspectives on menstrual health challenges. Mr. Baburam Lamichhane, Principal of Prithivi Secondary School, attended as the Chief Guest and expressed appreciation for organizing such an informative programme. The session was moderated by Mr. Basanta Timalisina, teacher of Prithivi Secondary School.

Following the inaugural session, Session 1 (10:45 am – 12:45 pm) focused on Understanding Menstruation and Adolescent Body Changes. Dr. Deepika Shrestha provided detailed information on puberty, physical and hormonal changes during adolescence, and the female reproductive system using simple and understandable explanations. Participants were informed about the menstrual cycle, its phases, duration, age of menarche, and common symptoms experienced during menstruation. The facilitators also addressed myths, misconceptions, and cultural taboos associated with menstruation through interactive discussions, encouraging students to ask questions and share experiences.

After a short break (12:45 pm – 1:00 pm), the programme continued with Session 2 (1:00 pm – 3:00 pm) on Menstrual Hygiene Management and Healthy Practices. This session covered different types of menstrual hygiene products such as sanitary pads and reusable cloth, along with proper usage and safe disposal methods. Participants were educated on maintaining personal hygiene, balanced nutrition, and self-care during menstruation. The facilitators also discussed ways to manage menstrual pain and discomfort, emotional well-being, and confidence building among adolescent girls. Guidance was provided on identifying warning signs and seeking medical assistance when necessary. The session was highly interactive and practical, helping students gain confidence in managing their menstrual health.

The participants were provided tea and snacks (3:00 pm – 3:30 pm) to refresh before the final activities. Afterward, the programme proceeded with Sanitary Pad Distribution (3:30 pm – 4:00 pm) conducted by Mrs. Kalpana Marahattha, Mr. Padam Raj Joshi, and members of the Girls Network Committee. A total of 235 girls from classes 6 to 10 benefited from the programme by receiving sanitary pads to support hygienic menstrual practices and

improve accessibility to menstrual hygiene products. In addition, four cartons of sanitary pads were provided to the School Girls Network Committee for future use and emergency support to students in need.

The programme concluded with the Closing Ceremony (4:00 pm – 4:15 pm), where organizers, facilitators, and school representatives shared concluding remarks. Mrs. Kalpana Marahattha and Mr. Padam Raj Joshi expressed gratitude to the school administration, participants, and supporting team members for their cooperation. Chief Guest Mr. Baburam Lamichhane appreciated the initiative and emphasized the importance of continuing such awareness programmes in schools. The programme ended successfully with positive feedback from participants and stakeholders, reflecting its educational and social impact.

19. Main Outcomes of the Programme

The One Day Outreach Programme on Menstrual Health Awareness and Sanitary Pad Donation produced several positive educational, behavioral, and social outcomes among the participating students and stakeholders. The programme significantly enhanced the knowledge and understanding of adolescent girls regarding menstruation, reproductive health, and hygiene management. Participants gained scientific information about the menstrual cycle, physical changes during adolescence, and common symptoms, which helped reduce misconceptions and fears associated with menstruation.

The programme also contributed to improving menstrual hygiene practices by providing practical guidance on the proper use and disposal of sanitary materials, personal hygiene, nutrition, and self-care during menstruation. Increased awareness regarding emotional well-being and confidence building encouraged participants to discuss menstrual issues more openly, thereby reducing stigma and social taboos. The interactive sessions created a supportive environment where students felt comfortable asking questions and sharing experiences.

Access to menstrual hygiene resources was another major outcome. A total of 235 girls from classes 6 to 10 received sanitary pads, directly supporting hygienic practices and potentially reducing school absenteeism during menstruation. Additionally, four cartons of sanitary pads were provided to the School Girls Network Committee for future use, ensuring continued support for students in need.

The programme strengthened collaboration between the educational institution, health professionals, and the school community, demonstrating the importance of academic-community partnerships in addressing adolescent health issues. Overall, the outreach initiative contributed to increased awareness, improved confidence, better hygiene practices, and enhanced menstrual dignity among adolescent girls, reflecting its meaningful educational and social impact.

20. Lesson Learned

The programme provided valuable insights into the importance of community-based health education and the need for open dialogue on sensitive topics such as menstruation. One of the key lessons learned was that adolescent girls are eager to learn and discuss menstrual health when provided with a safe, supportive, and respectful environment. The interactive approach, combined with expert facilitation, proved highly effective in addressing myths and misconceptions and building confidence among participants. The programme also highlighted the continued challenges related to limited access to menstrual hygiene products, reinforcing the importance of combining awareness activities with material support. Furthermore, collaboration between educational institutions, health professionals, and school communities was identified as a critical factor for successful outreach initiatives. The experience emphasized that sustained awareness programmes, regular follow-up activities, and institutional partnerships are essential for creating long-term improvements in adolescent health and well-being.

21. Areas for Improvement of the Programme

Small refinements can create meaningful improvements in future programmes, and the experience highlighted several areas that can be strengthened to increase effectiveness and long-term impact.

- The duration of the programme could be extended with follow-up sessions to reinforce learning, monitor behavioral changes, and provide continued support to students over time.
- Greater involvement of teachers, parents, and guardians would be beneficial, as their participation can help create a supportive environment beyond the programme and ensure sustained awareness and reduced stigma at both home and school.

- Improving school facilities, including access to adequate sanitation infrastructure, proper disposal mechanisms, and a regular supply of menstrual hygiene materials, would enhance the practical impact of such initiatives.
- Including adolescent boys and male teachers in awareness activities could help reduce gender-based stigma and promote a more inclusive understanding of menstrual health within the broader school community.

22. Conclusion

The One Day Outreach Programme on Menstrual Health Awareness and Sanitary Pad Donation was successfully conducted with meaningful participation and positive outcomes. The programme effectively enhanced awareness and understanding of menstrual health, hygiene practices, and adolescent reproductive well-being among the participating students. Through expert-led interactive sessions, participants were able to clarify misconceptions, gain scientific knowledge, and develop confidence in managing menstruation in a healthy and dignified manner. The distribution of sanitary pads to 235 girls from classes 6 to 10, along with the provision of additional cartons to the School Girls Network Committee for future use, further strengthened the practical impact of the initiative by improving access to menstrual hygiene resources.

The programme also demonstrated the importance of collaboration between educational institutions, health professionals, and school communities in addressing adolescent health issues. It created a supportive learning environment that encouraged open discussion on a sensitive topic, helping to reduce stigma and promote positive attitudes toward menstrual health. Overall, the outreach initiative achieved its objectives and contributed to empowering adolescent girls with knowledge, resources, and confidence, highlighting the need for continued awareness programmes and sustained efforts to promote menstrual health and dignity in schools and communities.

23. Acknowledgement

- Sincere gratitude is expressed to Koteshwor Multiple Campus (KMC), Jadibuti-32, Kathmandu, for providing institutional support to successfully organize this outreach programme.
- Appreciation is extended to the Research Management Cell (RMC) and the Department of Sociology, Rural Development, Mass Communication and Journalism for their coordination, planning, and implementation of the programme activities.

- Heartfelt thanks are conveyed to Dr. Deepika Shrestha, Gynecologist and Obstetrician Specialist, Trisuli Hospital, Nuwakot, for valuable technical expertise, guidance, and interactive facilitation during the sessions.
- Gratitude is extended to the administration and teachers of Prithivi Secondary School, Bidur, Nuwakot, particularly Mr. Baburam Lamichhane, Principal, for providing the venue, cooperation, and continuous support throughout the programme.
- Special appreciation is given to Mrs. Kalpana Marahattha, Mr. Padam Raj Joshi, and Mr. Basanta Timalina for leadership, facilitation and coordination roles that ensured the smooth execution of the programme.
- The contribution of the School Girls Network Committee and participating students is highly acknowledged for active participation, enthusiasm, and cooperation, which contributed to the success and impact of the programme.
- Appreciation is also extended to all individuals and supporters whose direct and indirect contributions supported the successful completion of this outreach initiative.

Programme Schedule



Koteshwor Multiple Campus

Jadibuti-32, Kathmandu

Organizer : Research management Cell (RMC) & Department of Sociology, Rural Development, Mass Communication and Journalism

Programme : *One Day Outreach Programme on Menstrual Health Awareness and Sanitary Pad Donation*

Venue: Prithivi Secondary School, Bidur, Nuwakot

Date : 2082/04/29

Programme Schedule

Time	Activities	Responsibilities
10:15 am - 10:45 am	<p><i>Inaugural Session</i></p> <p>Chair: Mrs. Kalpana Marahattha , Head of Department</p> <p>Welcome Speech: Mr. Padam Raj Joshi, KMC</p> <p>Facilitators/ Expert: Dr. Deepika Shrestha, Gynecologist and Obstetrician Specialist, Trisuli Hospital, Nuwakot</p> <p>Short Speech : Ojawaswi Pudasainee (School Girls Network Committee)</p> <p>Chief Guest : Mr. Baburam Lamichhane, Principal, Prithivi Secondary School, Nuwakot</p> <p>Moderator : Mr. Basanta Timalsina, Teacher Prithivi Secondary School</p>	Mrs. Kalpana Marahattha & Mr. Padam Raj Joshi, KMC
10:45 am - 12:45 pm	<p><i>Session 1</i></p> <p>Understanding Menstruation and Adolescent Body Changes</p> <ul style="list-style-type: none">• <i>Introduction to puberty and physical changes</i>• <i>Female reproductive system (basic anatomy)</i>• <i>What is menstruation and why it occurs</i>• <i>Menstrual cycle (phases and duration)</i>	Dr. Deepika Shrestha & Padam Raj Joshi

	<ul style="list-style-type: none"> • <i>Age of menarche and normal variations</i> • <i>Common symptoms during menstruation</i> • <i>Myths, misconceptions, and facts about menstruation</i> 	
12:45 pm - 1:00 pm	Break	
1:00 pm - 3:00 pm	<p><i>Session 2</i> Menstrual Hygiene Management and Healthy Practices</p> <ul style="list-style-type: none"> • <i>Types of menstrual hygiene products (pads, reusable cloth, etc.)</i> • <i>Proper use and disposal of menstrual materials</i> • <i>Personal hygiene practices during menstruation</i> • <i>Nutrition and self-care during periods</i> • <i>Managing menstrual pain and discomfort</i> • <i>Emotional well-being and confidence</i> • <i>When to seek medical help</i> 	<p>Dr. Deepika Shrestha & Padam Raj Joshi</p>
3:00 pm - 3:30 pm	Tea & Snacks	
3:30 pm - 4:00 pm	Sanitary Pad Distribution	<p>Mrs. Kalpana Marahattha & Mr. Padam Raj Joshi, KMC, Girls Network</p>
4-00 pm - 4:15 pm	Closing Ceremony	<p>Mrs. Kalpana Marahattha & Mr. Padam Raj Joshi, KMC, Mr. Baburam Lamichhane</p>

आज दिने २०८२ साउन २६ गते यस कोरेवा
बहुमुखी क्याम्पसको अनुशासन व्यवस्थापन खांड (AMU)
को बैठक खांड प्रमुख सैयदताथ बगालको, अध्यक्षतामा
बसी तपस्विलको, उपाधिका देहायका विषयहरूमा
हस्ताक्षर गरि निर्णय गरियो ।

उपाधिका

१. सैयदताथ बगाल
२. डा. बालाकुमारी आधिकारी
३. भरत कुमार छिदिरे
४. डा. विमोद नेपाल
५. डा. उशक राज पन्थी

हस्ताक्षर विषयहरू

१. Proposal defense विवा गर्ने गरि
२. सब दिने स्वास्थ समेतमा तथा सेनेरि काउ
विनरपु कार्यक्रम गर्ने गरि

निर्णयहरू

१. यस क्याम्पसको मास्टर तहमा अध्ययन गर्ने
शिक्षको पढिा विषयको Dissertation Writing
को लागि proposal बुझाउनुको लागि विचारिएको
proposal सिद्धांतको लागि viva defense
को लागि यदि २०८२ साउन २६ गते बुझाए विना
६:०० बजे काय संचालन गर्ने निर्णय गरियो । उक्त
proposal viva defense को काय-य तपसा उक्त
कार्यको तपसा डा. भरत राईलाई बोलाउने निर्णय
गरियो ।

२. यस क्याम्पसको निर्धारित रूपमा सञ्चालन
गर्ने कार्यको Community Outreach
कार्यको सञ्चालन गर्दै २०८२ साउन २९
गते नुवाकोट जिल्लाको विपिन नगरपालिका
वडा नं ४ स्थित श्री सुखी मा. वि. मा कु दिन
"Minimal Health Awareness and Sanitary
Pad Distribution" कार्यक्रम आयोजना गर्ने
गर्ने निर्णय गरियो ।

~~Signature~~ ~~Signature~~

निकेतन गौरी, 1 इत कु दिने अकुरुम पन म्यामाओ।
समजुवाण, गौरीये विठोयु तपास ध्यान मन्त्राद विकसने।
सुखापना मन्त्रालन गौरी निकेतन गौरी।

~~Signature~~ ~~Signature~~

केंद्र: समाजशास्त्र, ग्रामीण विकास र आम सञ्चार तथा पत्रकारीता विभाग, कोटेश्वर क. क्याम्पस

मिति: २०८२/०८/२० मंगलवार

स्थान: विभागको कार्यालय

अध्यक्षता: कल्पना मरहडा

उपस्थिति:

१. श्री कल्पना मरहडा
२. श्री मनोज अधिकारी
३. श्री सुमन पोखरेल
४. श्री पार्वती थापा मगर
५. श्री रुद्र प्र. मडुराई
६. श्री लक्ष्मण थिमरे
७. श्री चेतनाथ थिमरे
८. श्री नरेन्द्र मिश्रा
९. श्री पद्मराज जोशी
१०. श्री सतोजी गौतम
११. श्री केशव सुवेदी

प्रस्तावहरू

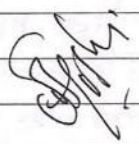
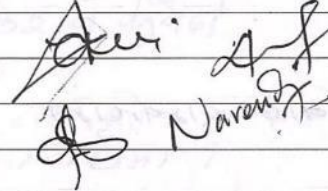
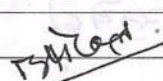
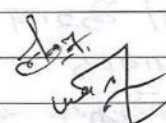
१. स्नातक तह द्वितीय वर्षको स्थलगत अध्ययन अवलोकन सम्बन्धमा

२. स्नातक तह चतुर्थ वर्षका विद्यार्थीलाई Voluntary पराङ्गाने सम्बन्धमा

३. Openreach कार्यक्रम सञ्चालन सम्बन्धमा निर्णयहरू ४. विविध

१. प्रस्ताव नं. १ उपर छलफल गर्दा स्नातक तह द्वितीय वर्षका यस विभाग अन्तर्गत सम्पूर्ण विषयको प्रायोगिक कार्य अन्तर्गतको स्थलगत सर्वेक्षण अध्ययन अवलोकन मूल्या मिति २०८२/०८/२५, २५-३० (तीन दिन) बुवाको र पिठ्ठाको वटार डासपासका क्षेत्रमा सञ्चालन गर्ने निर्णय गरियो। उक्त कार्य सञ्चालन गर्न समन्वय गर्न यस विभागका सम्पूर्ण विषयका विषय विज्ञकहरूलाई अनुरोध गर्ने निर्णय गरियो। उक्त कार्यका लागि उपप्राध्यापकहरू श्री कल्पना मरहडा र श्री पद्मराज जोशीलाई पराङ्गाने निर्णय गरियो।

२. प्रस्ताव नं २ उपर हलफल गर्दा कोटेश्वर व. क्याम्पस र हौत्रिय उपत्यका यातायात व्यवस्थापन संस्था / नेपाल स्वतन्त्र मजदुर संगठन को आयोजना र ठन्ड डोन्सो एसोसिएसन नेपाल पूर्वभेगोय क्षेत्र र झांकरापुर हस्पिटल प्रा. लि गोकर्णेश्वर-६, नारायणटाटा, काठमाडौं सहकार्यमा गिति २०८२ भावना २२ गति विह्वल ब्रम्हरेनेल वसपार्क, काजीश्वरी, मनोहरा मा एक दिन स्वास्थ्य शिविर तथा ब्रुकदान कार्यक्रम सञ्चालन गरिने हुदा उक्त दिन BA/BASW स्तुर्थ वर्षका क्रिया धीहरुलाई सम्प्रेषण गर्ने उठाउने निर्णय गरियो ।
३. प्रस्ताव नं ३ उपर हलफल गर्दा अनुसन्धान व्यवस्थापन इकाई र समाप्तका यस विभागको सहकार्यमा श्री पृथ्वी मा. वि विदुर-४, विदुरमा ^{नवाकोट} उपत्यका कार्य क्रम सञ्चालनमा सहयोग गर्ने निर्णय गरियो ।
४. प्रस्ताव नं ४ उपर हलफल गर्दा हलफल गर्नु पर्ने अन्य विषय तहसिलकोले बैठक झुन्ड्याउने निर्णय गरियो ।

आज मिति २०८२ साउन २९ गते बिहवार यस कोटेश्वर बहुमुखी क्याम्पसको आयोजनामा नुवाकोटको विदुरस्थित पृथ्वी मावि विदुरा डिमोरी (डात्रा) हरका लागि पुनतन स्वास्थ्य सम्बन्धि जनचेतनास्रलड कार्यक्रम 'One day outreach program on Menstrual Health Awareness and Sanitary pad donation' कार्यक्रम सम्पन्न भयो। कार्यक्रमका विद्यालयका डा. डा. देखि १० सम्मका छात्राहरू सहभागी थिए। कार्यक्रममा स्त्री तथा प्रसूति रोग विज्ञ डा. दिपिका श्रेष्ठले कार्यक्रम प्रस्तुत गर्दै डिमोरी (डात्रा) हरलाई पुनतन स्वास्थ्यका विविध विषयमा प्रमिसीण स्थिति जानकारी गराउनु भएको थियो। कार्यक्रमका क्याम्पसका समाजशास्त्र, ग्रामिण विकास एवं सामाजिक विभाग प्रमुख, कल्पना मरहटा, पत्रकारिताका उप-प्राध्यापक पद्म राज जोशी र पृथ्वी माविका प्रधानाध्यापक बाबुराम लामिडानेका उपस्थिति रहेका थिए। कार्यक्रमका डा. हरका कोटेश्वर क्याम्पसका तहबाट धानरी ज्पाड पनि वितरण गरिएको थियो।

- उक्त कार्यक्रममा निम्न महानुभावको उपस्थिति रहेको थियो।
१. कार्यक्रमको सभापती: श्री कल्पना मरहटा, विभागिय प्रमुख
 २. बाबुराम लामिडाने: प्र.अ. पृथ्वी मावि विदुर
 ३. डा. दिपिका श्रेष्ठ: स्त्री तथा प्रसूति रोग विज्ञ, त्रिभुली अस्पताल
 ४. पद्म राज जोशी: उप-प्राध्यापक पत्रकारिता विभाग
 ५. बसन्त तिमिल्सिना: शिक्षक, पृथ्वी मा. वि.
 ६. सनिका तामाङ: शिक्षक, पृथ्वी मा. वि.
 ७. सुलोचना श्रेष्ठ: शिक्षक, पृथ्वी मा. वि.
 ८. ओजस्वी पुडासैनी: पृथ्वी मा. वि., छात्रा संञ्जाल
 ९. युन्निपा अधिकारी: पृथ्वी मा. वि., छात्रा संञ्जाल
 १०. अञ्जला ङ्गोल: पृथ्वी मा. वि., छात्रा संञ्जाल
 ११. दिलीसा दाहाल: " " " "
 १२. सविता गनी: " " " "
 १३. जिहिमा श्रेष्ठ: " " " "

94. प्राईम न्यौपाने → पृथ्वी माध्यमिक विद्यालय - कात्रा सम्जाल ~~Prims~~
95. डेजी तामाङ → पृथ्वी माध्यमिक विद्यालय - कात्रा सम्जाल ~~Prims~~
96. कृषिका श्रेष्ठ --- ~~Prims~~
97. सरिसमा ढकाल --- ~~Prims~~ *Sarishma Dhakal*
98. प्रमिता श्रेष्ठ ~~Prims~~ *Pranshel Shrestha*
99. गुरांस तामाङ ~~Prims~~ *Gurans Tamang*
100. मालमोनेला घले ~~Prims~~ *Mallamoneela Ghale*
101. सजना शीली ~~Prims~~
102. विवी श्रेष्ठ ~~Prims~~
103. साधना नेपाल ~~Prims~~ *Sadhana Nepal*
104. स्वीकृती पौडेल ~~Prims~~ *Sweekruti Poudel*
105. अोजश्वी अर्याल ~~Prims~~ *Aojashwi Aryal*
106. इशिका थाकुरेल ~~Prims~~
107. स्तुती ढुङ्गेल ~~Prims~~ *Stuti Dhungel*
108. बकुसी तामाङ ~~Prims~~ *Bakusi Tamang*
109. आरुपी तामाङ ~~Prims~~ *Aarupi Tamang*
110. सोनिया तामाङ ~~Prims~~ *Soniya Tamang*
111. अश्विनासा रिजाल ~~Prims~~ *Ashwinasa Rijal*
112. राडजी शेर्पा ~~Prims~~ *Rajee Sherpa*
113. प्रिती शेर्पा ~~Prims~~ *Pritya Sherpa*
114. प्रिन्सी कौंडरला ~~Prims~~ *Prinsey Koundralla*
115. युगिका खड्का ~~Prims~~ *Yugika Khadka*
116. आस्था कुमारी ~~Prims~~ *Aastha Kumari*
117. कृषिना श्रेष्ठ ~~Prims~~
118. आरुषि पडासोने ~~Prims~~ *Aarushi Padasone*
119. रबुसी सिलौला ~~Prims~~ *Rubusi Silaula*
120. प्रिया शेर्पा ~~Prims~~ *Pritya Sherpa*
121. प्रिया लोहबी ~~Prims~~ *Pritya Lohebi*
122. लस्ता भट्ट ~~Prims~~
123. जयन्ता पौडेल ~~Prims~~
124. प्रसिद्धी लामिछले ~~Prims~~ *Prasiddhi Lamichhale*

४५. श्रेया वेंडेल ~~Shreyas~~
 ४६. निरमा भट्ट ~~Nirama~~
 ४७. सजना यावडे ~~Sajana~~
 ४८. गंगा प्रधान ~~Ganga~~
 ४९. रश्मी लाकुरेल ~~Rashmi~~
 ५०. स्वीकृती भट्ट ~~Sweetie~~
 ५१. रोशिका खडका ~~Roshika~~
 ५२. उरिमा राई ~~Urima~~
 ५३. आश्रया तामाड ~~Ashra~~
 ५४. उन्नती धिबिरे ~~Unnati~~
 ५५. स्वीकृती मण्डारी ~~Sweetie~~
 ५६. अनावी साह ~~Ana~~
 ५७. अरिमा पाठे ~~Arima~~
 ५८. लुजिना फ्रेवठ ~~Lujina~~
 ५९. विपस्वी न्योपले ~~Vipashvi~~
 ६०. लक्ष्मी तामाड ~~Lakshmi~~
 ६१. प्रतिमा ठकुरी ~~Pratima~~
 ६२. योजना तामाड ~~Yojana~~
 ६३. तोषिका बस्थाल ~~Tooshika~~
 ६४. आरुधा शिवाल ~~Aarudha~~
 ६५. सुरवदा खनाल ~~Survada~~
 ६६. प्रिन्सिया शक्ती ~~Principia~~
 ६७. साम्भवी प्रिया भट्टराई ~~Sambhavi~~
 ६८. इसिका शिवाल ~~Isika~~
 ६९. प्रेयसा शिवाल ~~Preysa~~
 ७०. योजना तामाड ~~Yojana~~

जैठक: समापनकार, ग्रामिण विकास र आगसुधार तथा
पत्रकारिता विभाग, कोटेश्वर बहुमुखी क्याम्पस

मिति: २०८२/०५/१ आइतवार

स्थान: विभागको कार्यालय

अध्यक्षता: कल्पना मरहडा

उपस्थिति:

१. श्री कल्पना मरहडा
२. श्री मनोज अधिकारी
३. श्री सुमन पोखरेल
४. श्री पार्वती थापा मगर
५. श्री इन्द्र प्रसाद मरुवा
६. श्री लेश्वनाथ धामिरे
६. श्री चेतनाथ धामिरे
८. श्री नरेन्द्र मिश्रा
९. श्री परमराज जोशी
१०. श्री सारतोषी जोतम
११. श्री केशव सुवेदी

(Handwritten signatures and initials)

प्रस्तावहरू

१. कार्यक्रम समापन र धन्यवाद सम्बन्धमा

२. विविध

निर्णयहरू

१. प्रस्ताव नं. १ उपर हलफल गुठी अनुसन्धान व्यवस्थामा
डुकार्ड र यस विभागको सहकार्यमा मिति २०८२/०८/२९
गते श्री पृथ्वी मावि विदुर-४ बुझाकोटमा प्रपतन् स्वास्थ्य
सम्बन्धी जनचेतनामूलाक कार्यक्रम "One day Outreach
program on Menstrual Health Awareness and Sanitary
Pad Donation" कार्यक्रम मध्यमाका साथ सौहार्दपूर्ण
वातावरणमा सम्पन्न गरियो। कार्यक्रमका लागि सहयोग
गारिदिनुहुने पृथ्वी मा.वि.का प्रधानाध्यापक श्री कान्छुराम
लामिछामे, स्त्री तथा प्रसुती रोग विज्ञा श्री डा. दिनेश्वर श्रेष्ठ
(त्रिभुली अस्पताल) लगायतका पृथ्वी मा.वि.का विद्यार्थीहरू,
शिक्षक सर्वेलाई धन्यवाद दिने निर्णय गरियो।

२. विविधमा हलफलका विषय नभएकोले बैठक समापन गर्ने निर्णय
गरियो।







One Day Outreach
On
Menstrual Health & Sanitary Pad Dis

Date: 2082-04-29
Venue: Prithvi Secondary School
Bisk-4, Nuwakot





Outreach Program -2 (Inter-college presentation competition on the topic Action Against Climate Change)



Intercollege Presentation Competition on Action Against Climate Change



Submitted To:

**UNIVERSITY GRANTS COMMISSION
NURTURING EXCELLENCE IN HIGHER EDUCATION PROGRAM
(NEHEP)**

Sanothimi, Bhaktapur

Extended Performance Based Funding

2024

Program Name: Intercollege Presentation Competition on Action Against Climate Change

Organized by: Koteshwor Multiple Campus Department of Sociology Rural Development and Mass communication in collaboration with RMC, SQC and FSU.

Program Objectives:

1. Create awareness on climate issues among youths.
2. Facilitate the sharing of ideas, innovations, and stories about climate action.

Number of Participants: 28 participants from 14 different colleges.

Jury Members:

Prof. Dr Deepak Aryal

Head of Department

Hydrology and Meteorology Central Department

Tribhuvan University

Kirtipur, Kathmandu

Dr Saroj Gyawali

General Secretary

SSRI Nepal

Balaju, Kathmandu

Dul Raj Chimoriya

Assistant Director

University Grants Commission

Sano Thimi, Bhaktapur

Program Coordinator: Swroop Tripathi

Date: December 27th-29th, December 2023

Opening Session: 27th Dec 2023

Chief Guest: Prof. Dr. Bhim Prasad Subedi

Former President,

University Grant Commission

Sanothimi, Bhaktapur

Closing Session

Chief Guest: Prof. Dr. Kusum Shakya

Dean

Faculty of Humanities & Social Sciences

Tribhuvan University

Kirtipur, Kathmandu

Winner:

Name of College	Student Name	Position
St. Xavier College	Mimamsha Dhungel	First
Khwopa College	Ashmita Niraula	Second
Padma Kanya Campus	Soniya Karki	Third
Koteshwor Multiple Campus	Shalinta Malla Thakuri	Consolation

Overview:

The Intercollege Presentation Competition on Action Against Climate Change, organized by Koteshwor Multiple Campus, aimed to engage youths in addressing climate issues through awareness, innovation, and collaboration. With a total of 28 participants from various colleges, the event served as a platform for exchanging ideas and showcasing initiatives in combating climate change.

Program Highlights:

- **Awareness Building:** Through presentations and discussions, participants gained insights into the complexities of climate change and its impact on the environment and society.
- **Idea Exchange:** The competition fostered the sharing of innovative approaches and solutions to mitigate climate change, encouraging participants to learn from each other's experiences and initiatives.
- **Youth Engagement:** By targeting college students, the program actively involved the younger generation in climate action, empowering them to become advocates for sustainable practices and environmental stewardship.

- Prize Incentive: The provision of cash prizes served as a motivating factor for participants, recognizing and rewarding exemplary efforts in addressing climate change challenges.

Conclusion:

The Intercollege Presentation Competition on Action Against Climate Change proved to be a significant initiative in promoting environmental awareness and youth engagement. By bringing together students from different educational institutions, the event facilitated meaningful discussions, knowledge sharing, and the exploration of innovative solutions to combat climate change. Such initiatives play a crucial role in building a more sustainable future by empowering the next generation to take proactive steps towards environmental conservation and climate resilience.

वैठक : ग्रामीण विकास, समाजशास्त्र तथा आमशास्त्र विभाग
कोटेश्वर बहुमुखी क्याम्पस।

मिति : 20/01/2021

स्थान : विभागको कार्यालय

अध्यक्षता : विभागीय प्रमुख

उपास्थेती :

१. मनोज अधिकारी

२. सुमन पौखरेल

३. लेखनाथ षोमैरै

४. चैतनाथ षोमैरै

५. नरेन्द्र मिश्र

६. कल्पना मरहडा

७. पार्वती थापा

८. रुद्र प्रसाद भट्टराई

९. पद्म राज जोशी

१०. सन्तोषी गौतम

प्रस्तावहरू :

१. कार्यक्रम सञ्चालन सम्बन्धमा

२. कार्यक्रम व्यावस्थापन समिते निर्माण सम्बन्धमा

३. विविध

निर्णयहरू

१. प्रस्ताव नं. १ माथि हलफल गर्दा, कोटेश्वर बहुमुखी क्याम्पस
ग्रामीण विकास, समाजशास्त्र तथा आमशास्त्र विभाग, RMC,
SUC र FSU को सहकार्यमा मिति 20/01/2021, 21 र 22
गते Inter College Presentation Competition on Action
Against Climate Change कार्यक्रम क्याम्पसको सभाहलमा
सञ्चालन गर्ने निर्णय गरियो।

२. प्रस्ताव नं. २ माथि हलफल गर्दा, सो कार्यक्रम व्यावस्थापन
समिते निम्न बमोजिम रहने निर्णय गरियो।

समयोजक : मनोज अधिकारी

सदस्य : विभागका सम्पूर्ण सदस्यहरू

" RMC : सैदनाथ ठकाल, सावित्री ठकाल

Inauguration Schedule: Inter-College Presentation Competition on Action Against Climate Change

Date: 2023-12-27

Time: 11:00 am

Venue: Koteshwor Multiple Campus

Inaugural Session

1. Registration and Arrival of Guests

- Time: 10:30 am - 11:00 am
- Registration desk opens for participants and guests.
- Welcoming and assisting guests upon arrival.

2. Welcome speech by the Head of Research Management Cell, Sedunath Dhakal

- Time: 11:00 am - 11:10 am
- Introduction of the event and its significance.
- Brief introduction of the esteemed panel of jurors.
- Acknowledgment of the distinguished guests, judges, and participants.

3. Watering the Plant Ceremony

- Time: 11:10 am
- Symbolic inauguration with the Watering the plant by the chief guest, Prof. Dr. Bhim Subedi, and other dignitaries.

4. Opening Remarks by the Campus Chief

- Time: 11:10 am - 11:20 am

- Insights into the importance of such events in fostering academic and environmental awareness.

- Encouragement for participants and appreciation for their efforts.

5. Keynote Address by Prof. Dr. Bhim Subedi

- Time: 11:20 am - 11:30 am

- Sharing expertise and experiences related to climate change and its impact.

- Motivational words for the participants.

6. Address by Free Student Union President Sanjay Budhathoki

- 11:30 am - 11:40 am

7. Closing remarks - Program chair Mr. Manoj Adhikari

- Time: 11:40 am - 11:50 am

8. Refreshments and Networking

- Time: 11:50 am - 12:20 pm

- Light refreshments and an opportunity for guests, participants, and judges to interact informally.

Competition Schedule (Campus Hall)

9. Address by Program Co-Ordinator

10. Starting of Competition



Affiliated to Tribhuvan University
Koteswor
MULTIPLE/CAMPUS
Accredited by University Grants Commission (UGC) Nepal, 2023

EXPENDITURE SUMMARY

Inter College Presentation competition on Action Against
Climate Change

Date: 27-29 November 2023

S.N	Particulars	Amount	Remarks
1	Remuneration of Resource Person	90,000	
2	Lunch Expenses	22,835	
3	Banner Expenses	8550	
4	Fuel	1600	
5	Stationary Expenses	1525	
6	Prize	45000	
7	Token of love	6,600	
8	Total	176,110	

कोटेश्वर बहुमुखी क्याम्पस सञ्चालक समिति

चौथो बैठक (आ.व. २०८०/०८१)

बुधबार, १७ असोज, २०८० (४ अक्टोबर, २०२३)

अध्यक्षता : डा. सावित्री श्रेष्ठ

समय : दिउँसो : २:०० बजे

स्थान : क्याम्पस बैठक कक्ष, का.म.न.पा.-३२, जडीबुटी

उपस्थिति

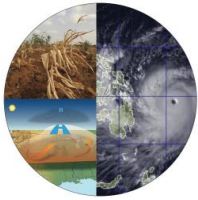
क्र.सं.	नाम थर	पद	हस्ताक्षर
१.	डा. सावित्री श्रेष्ठ	उपाध्यक्ष	
२.	प्रद्युमानकुमार पोखरेल	कोषाध्यक्ष	
३.	हरि बस्नेत	सदस्य	
४.	विश्वम्भरकृष्ण पराजुली	सदस्य	
५.	जनार्दन अधिकारी	सदस्य	
६.	लेखनाथ धिमिरे	सदस्य	
७.	रत्नकुमार श्रेष्ठ	सदस्य	
८.	सुवर्णकुमार कर्माचार्य	सदस्य	
९.	प्रा.डा. जीवनकुमार भट्टराई	सदस्य	
१०.	अर्जुन पराजुली	सदस्य	
११.	श्री सुरेश कुमार पोखरेल	सदस्य	
१२.	ई. राम भारती	सदस्य	
१३.	गोविन्दबहादुर कार्की	सदस्य-सचिव	

बैठकमा प्रस्तुत गरिएका प्रस्ताव तथा निर्णयहरू

१. कोटेश्वर बहुमुखी क्याम्पसको आ.व. २०८०/०८१ का लागि प्रक्षेपण गरिएको कार्यक्रम तथा बजेट पारित गर्ने सम्बन्धमा ।

कोटेश्वर बहुमुखी क्याम्पसको आ.व. २०८०/०८१ का लागि प्रक्षेपण गरिएको वार्षिक कार्यक्रम तथा बजेट छलफल गरी पारित गर्ने निर्णय गरियो । पारित गरिएको बजेटको कुल आम्दानी, कुल खर्च तथा आम्दानी र खर्चको फरकबाट हुने खुद बचतको विवरण देहायभूमोजिम रहेको छ ।

(Handwritten signatures and notes)



Department of RD, Sociology and Mass Communication

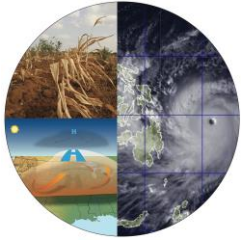
Event Name: Inter-college presentation competition on the topic Action Against Climate Change

Event Date: 2023-12-27 to 2023-12-29 (Day: 1)

Event Time: 11:00 am to 4:00 pm

Program Name	Time Slot 1	Time Slot 2	College Name	Participants	Topic Name
Inauguration	11:00 am	12:00 pm			
Snacks Break	12:00 pm	12:30 pm			
Presentation (1)	12:30 pm	12:45 pm	Orient College	Abhishek Dhital	Fighting climate change through Sustainability
Presentation (2)	12:45 pm	1:00 pm	Premier College	Tisa Manandhar	Action Against Climate Change
Presentation (3)	1:00 pm	1:15 pm	Sammridhhi College	Marmisha Nagarkoti	Action Against Climate Change
Presentation (4)	1:15 pm	1:30 pm	Triton College	Gauri Bista	Waste Management: The Burning Issue
Presentation (5)	1:30 pm	1:45 pm	Himalaya College	Nabin Basnet	Action Against Climate Change
Presentation (6)	1:45 pm	2:00 pm	Bageswori College	Resha Basi	Action Against Climate change
Presentation (7)	2:00 pm	2:15 pm	St. Xavier's college	Anusuya Aryal	Climate Change and Its Impact On Mental Health
Presentation (8)	2:15 pm	2:30 pm	Khowpa College	Sujan Rai	Action Against Climate Change
Tea Break	2;30 pm	2:45 pm			
Presentation (9)	2:45 pm	3:00 pm	R.R Campus	Deepika kc	Action Against Climate Change
Presentation (10)	3:00 pm	3:15 pm	Padma Kanya Campus	Prasuna Hamal	Switch to Cleaner Energy Resource

Presentation (11)	3:15 pm	3:30 pm	Baneshwor Multiple Campus	Manisha Basnet	Empowering Communities: The role of social workers in climate resilience
Presentation (13)	3:30 pm	3:45 pm	Koteshwor Multiple Campus	Sahil Karki	Action Against Climate Change
Session End	3:45 pm	4:00 pm			



Department of RD, Sociology and Mass Communication

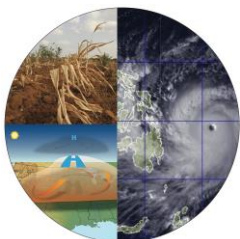
Event Name: Inter-college presentation competition on the topic Action Against Climate Change

Event Date: 2023-12-27 to 2023 -12-29 (Day: 2)

Event Time: 11:00 am to 4:30 pm

Program Name	Time Slot 1	Time Slot 2	College Name	Participants	Topic Name
Session Starting and Review	11:00 am	11:30 am			
Presentation (1)	11:30 am	11:45 am	Baneshwor Multiple Campus	Manisha Basnet	Empowering Communities: The role of social workers in climate resilience
Presentation (2)	11:45 pm	12:00 pm	Koteshwor Multiple Campus	Sahil Karki	Action Against Climate Change
Presentation (3)	12:00 am	12:15 pm	Pashupati Multiple Campus	Samir Karki	Climate Change
Presentation (4)	12:15 pm	12:30 pm	Jana Bhawana Campus	Sneha Shrestha	Action Against Climate Change
Presentation (5)	12:30 pm	12:45 pm	St. Xavier's College	Mimamsha Dhungel	Role of media and youth to combat climate change
Tea break	12:45 pm	1:00 pm			
Presentation (6)	1:00 pm	1:15 pm	Padmakanya Campus	Asha Neupane	Climate Change and Education
Presentation (7)	1:15 pm	1:30 pm	Khowpa College	Soniya Karki	Action Against Climate Change
Presentation (8)	1:30 pm	1:45 pm	Triton College	Suchana Mishra	Pollution and Erosion of River and Ribulates
Presentation (9)	1:45 pm	2:00 pm	Bageshwori College	Kripa Prajapati	Action Against Climate change

Presentation (10)	2:00 pm	2:15 pm	Koteshwor Multiple Campus	Shalinta Malla Thakuri	Climate Change: The warning sign is here
Snacks Tea	2:15 pm	2:45 pm			
Presentation (11)	2:45 pm	3:00 pm	Jana Bhawana Campus	Safalta Sanjel	Action Against Climate Change
Presentation (12)	3:00 pm	3:15 pm	Orient College	Sagarika Shrestha	Fighting climate change through indigenous knowledge
Presentation (13)	3:15 pm	3:30 pm	Premier College	Roshan Yadav	Action Against Climate Change
Presentation (14)	3:30 pm	3:45 pm	Padmakanya Campus	Swastika Bhandari	Adoption to renewable energy, the path for sustainability
Presentation (15)	3:00 pm	3:15 pm	Xavier College	Soniya Parajuli	Action Against Climate Change: Safeguarding Mountain Ecosystem
Presentation (16)	3:15 pm	3:30 pm	Sammriddhi College	Padma Shrestha	Action Against Climate Change
Presentation (17)	3:30 pm	3:45 pm	Bhaktapur Multiple Campus	Roja Shahi	Action Against Climate Change
Session End	3:45 pm	4:00 pm			



Department of RD, Sociology and Mass Communication

Event Name: Inter-college presentation competition on the topic Action Against Climate Change

Event Date: 2023-12-27 to 2023 -12-29 (Day: 3)

Event Time: 11:00 am to 4:00 pm

Program Name	Time Slot 1	Time Slot 2	College Name	Participants	Topic Name
Session Starts& Review	11:00 am	11:30 am			
Presentation (1)	11:30 am	11:45 am	Baneshwor Multiple Campus	Rasmita Giri	Local Solution to global climate change challenge community action and resilience
Presentation (2)	11:45 pm	12:00 pm	Pashupati Multiple Campus	Nawaraj Dahal	Climate Change
Presentation (3)	12:00 am	12:15 pm	Pashupati Multiple Campus	Samir Karki	Climate Change
Presentation (4)	12:15 pm	12:30 pm	Jana Bhawana Campus	Sneha Shrestha	Action Against Climate Change
Presentation (5)	12:30 pm	12:45 pm	St. Xavier's College	Mimamsha Dhungel	Role of media and youth to combat climate change
Presentation (6)	12:45 pm	1:00 pm	Padmakanya Campus	Asha Neupane	Climate Change and Education
Presentation (7)	1:00 pm	1:15 pm	Khowpa College	Soniya Karki	Action Against Climate Change
Tea Break	1:15 pm	1:30 pm			
Closing & Consolidation	1:30 pm	3:45 pm			
Tea & Snacks	3:45	4:00 pm			

Closing Ceremony Schedule:

Intercollege Presentation Competition on Action Against Climate Change

1. Opening (5 minutes)

- Welcome and Introduction
- Acknowledgment of Participants, Judges, and Sponsors
- Brief Recap of the Competition

2. Keynote Address (15 minutes)

- Invited Chief guest talk on the topic
- Insights into the urgency of climate action
- Motivational message for the participants

3. Judges' Remarks (10 minutes)

- Judges share their observations and insights
- Feedback on the overall quality of presentations
- Recognition of exceptional presentation skills

4. Award Ceremony (30 minutes)

- Announcement of Winners (1st, 2nd, 3rd place)

- Distribution of Certificates and Trophies
- Photo Session with Winners and Judges

5. Participant Recognition (30 minutes)

- Recognition of all participating colleges
- Certificates of Participation distribution
- Certificates of appreciation to all the organizers, sponsors
- Thanking the participants for their contribution

6. Closing Remarks (30 minutes)

- Expressing gratitude to sponsors, judges, and participants
- Reinforcement of the importance of action against climate change
- Invitation to future events and initiatives

7. Refreshments (15 minutes)

- Informal networking session
- Refreshments and snacks
- Opportunity for participants, judges, and guests to interact



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MULTIPLE CAMPUS
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Date: 2023-12-27

participation only

Department Of RD, Sociology, Mass Communication
 Inter College presentation competition on Action Against Climate Change

Registration Form Day - 1

Name	Name of the Organization	Email Address	Contact No:	Signature
✓ Sujan Rai	Khwopa College	Sujonrai66@gmail.com	9860839732	
✓ Sfaltra Sanjel	Jana Bhawana Campus	Sapathasanjel@gmail.com	9841395312	
✓ Rukmanika Kumat Sujata Paudel	Padma Manya Campus "	rukmanika@gmail.com PaudelSujata4@gmail.com	9841395312 9745960901	
✓ Swastita Bhandari	"			
✓ prasunahamal	"	prasunahamal49@gmail.com	9825538686	
✓ Marnisha Karki	"	karkimarnisha98@gmail.com		
✓ Anusuya Aryal	ST. XAVIER'S COLLEGE	aryalanusuyaa@gmail.com	9841242012	
✓ Marnisha Nagarkh	Samnidhi College	nagarkh@marnisha@gmail.com	9765411706	
✓ Urari Bista	Triton Int'l college	urari.bista20@gmail.com	9812993987	
✓ Abhishek Bista	Orient	abhishekdhital06@gmail.com	9808005015	
✓ Pisci Manandhar	Premier College	pismani03@gmail.com	9808004200	
✓ Navaraj Dahal	Rasthupadi m.c.	dahalnavaraj34@gmail.com	9864725177	
✓ Restha Basi	Bagiswori college	basiresta.985@gmail.com	976699860	
✓ Manisha Dasr	Baneshwori campus	baneshmanishadaser@gmail.com	9742537289	
✓ Deepika K.C	R-R campus			

2980-09-11

Page No.:

Date:

Day- 1 /

Name	Contact no	Email	Sign
1 Rona Gautam	9841616479	ronagautam59@gmail.com	Rt
2 Gireesh Dhimi	9849915612	dhimigireesh@gmail.com	GD
3 Anusha Bista	985877557	AnushaBista2000@gmail.com	Ansh
4 Sujita Thakur	9823045540	thakursujita48@gmail.com	Sujita
5 Sushila Nepal	9861996739	sushilakn@gmail.com	Sushila
6 Anuska Sainju	9840484727	anuskasainju@gmail.com	Anuska
7 Swastika Sanjel	9823861582	sanjel-swastika@gmail.com	Swastika
8 Aakriti Poudel	9808512070	aakritipoudel3210@gmail.com	Aakriti
9 Sandhya Karki	9841168336	sandhyakarki9835@gmail.com	Sandhya
10 Abhishek Limbu	9803280547	AbhishekLimbu6@gmail.com	Abhishek
11 Roshan Yadav	9769011864	yadavroshan91535@gmail.com	Roshan
12 Koipa Poojapati	9813486460	koipapoojapati55@gmail.com	Koipa
13 Nirjala Mishra	9704643371	nirjalamishra0@gmail.com	Nirjala
14 Pratima Yadav	9828280602	pragya.pratima4@gmail.com	Pratima
15 Nikita Basnet	-	-	-
16 Rukmani Katuwa	-	rukmani.katuwa102@gmail.com	Rukmani
17 Sujay Paudel	9745960901	PaudelSujay99@gmail.com	Sujay
18 Mamit Kawar	-	KawarMamita98@gmail.com	Mamit



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Date: 2023-12-28

Department Of RD, Sociology, Mass Communication
 Inter College presentation competition on Action Against Climate Change

Registration Form Day - 2

Name	Name of the Organization	Email Address	Contact No:	Signature
1	Suchana Mishra Tritan Intercol	Suchanemishra	9866150573	
2	Sneha Shrestha Jana Bhawana Campus	Shresthasneha66@gmail.com	9842833709	
3	Mimamsha Dhungel St. Xavier's College	dhungelmimamsha@gmail.com	9860914484	
4	Safalta Sanjel Jana Bhawana Campus	safaltasanjel@gmail.com	9841395312	
5	Sonia Karki Khwopa H.S. College	hi-sonia20@gmail.com	9745937780	
	Sushmita Neupane PKMC	bigyashaneupane@gmail.com	9861288005	
6	Sonika Pasajuli Xavier Int'l college	sonika.pasajulis@gmail.com	9843141403	
7	Padma Shrestha Samriddhi College	shresthprashimika@gmail.com	9805228604	
8	Ashmita Hazarika Padmakanya Multiple college	ashmitahazarika@gmail.com	9800960919	
9	Sagomika Shrestha Orient college	sagomikasrou@gmail.com	9869714777	
10	Samir Karki Pashupati Multiple Campus	samir1karki@gmail.com	9803876658	
11	Nawaraj Dahal Pashupati m.c.	Nawaraj Dahal	9864275247	
12	Nabin Basnet Himalaya college	basnetnabin796	9869249200	
13	Koipa Pasajapati Bagiswori College	koipapasajapati95@gmail.com	9813185460	
14	Rashan Yadav Premier College	yadavrashan45355@gmail.com	9863011864	
15	Swastika Bhandari Padmakanya ECHO campus	bhandariswastika277@gmail.com	9847380558	
16	Shalinta Malla Thakuri Koteshwor Multiple campus	skenobilly25@gmail.com	9860675788	

Day - 2

Name	Contact NO.	Email	Sign
▷ Bibek Shrestha	9860564480	Bheshrestha1@gmail.com	
▷ Sapana Sigdel	9860835131	sjanasigdel72@gmail.com	
▷ Anusuya Aryal	9841242012	aryalanusuyaa@gmail.com	
▷ Sanjita Timalsina	9840262567	timalsinasanjita@gmail.com	
▷ Asha Neupane	981035822	ashaneupane42@gmail.com	
▷ Bigyasha Neupane	9861288005	bigyashaneupane@gmail.com	
▷ Marmisha Nagarkoti	9765411706	nagarkotimarmisha@gmail.com	
▷ Resha Basi	9761679860	basiresha985@gmail.com	
▷ Nimesh Sigdel	9841564508	nimeshsigdel@gmail.com	
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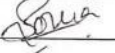

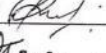

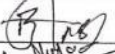


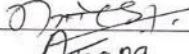
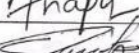
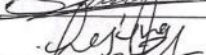
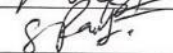
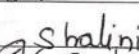



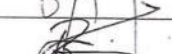

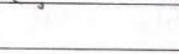

Day-3 Attendance

आज मिति २०८०-०८-१२ गते शुक्रवार दिन कोरेज (बहुमुखी क्याम्पस) ग्रामीण विद्यालय, समाजशास्त्र र आग सञ्चार तथा पत्रकारिता विभागद्वारा सञ्चालन भएको "Inter-college Presentation Competition" on Action Against Climate Change कार्यक्रमको समापन सत्रमा निम्न उपस्थिति रहेको।

उपस्थिति:

१.	श्री प्रतेज अधिकारी	कार्यक्रम अन्वयक	<i>Pratej</i>
२.	श्री डा.डा. डुमुरे शाक्य	प्रमुख अतिथि	<i>Dumure</i>
३.	श्री डा.डा. दिपक शर्मा	विशेष अतिथि	<i>Di</i>
४.	श्री डा. श्रेयज खत्री	विशेष अतिथि	
५.	श्री उप.नि. हुन राज चिमरिया	विशेष अतिथि	<i>Hunraj</i>
६.	श्री राम वाकु नेपाल	व्या. सा. या.	<i>Ram</i>
७.	श्री गोविन्द बहादुर खत्री	क्याम्पस प्रमुख	<i>Gobind</i>
८.	श्री श्रेयज पोखरेल	फाкульт्यापक सँघ	<i>Shreyaj</i>
९.	श्री श्रेयज पोखरेल	सहायक व्या. प्रमुख	<i>Shreyaj</i>
१०.	श्री रविज कुँडाकोटी	" " "	
११.	श्री श्रेयनाथ खड्का	अनुसन्धान विभाग प्रमुख	<i>Shreyana</i>
१२.	श्री कामनीकान्त भट्टवाल	उप प्राध्यापक	<i>Kamni</i>
१३.	श्री तेज प्र. दाहाल	" "	<i>Taj</i>
१४.	श्री जगन्नाथ शर्मा	" "	<i>Jagan</i>
१५.	श्री विक्रमजीत बस्नेत	" "	<i>Vikram</i>
१६.	श्री प्रसाद भट्टराई	" "	<i>Prasad</i>
१७.	श्री पार्वती व्यापारिका	" "	<i>Parkati</i>
१८.	श्री विजय प्रकाश अधिकारी		<i>Vijay</i>
१९.	श्री पवन शर्मा		<i>Pavan</i>
२०.	" श्रीरज कस्यप	सरीदा	<i>Shriraj</i>
२१.	" देवराज उपाध्याय		<i>Devraj</i>
२२.	" महेश्वर खड्का		<i>Mahesh</i>
२३.	" रविन्द्र प्रसाद जोशी		<i>Ravindra</i>
२४.	" सुभाष कुँडाकोटी		<i>Subhash</i>
२५.	" लक्ष्मीकान्त व्यापारिका		<i>Laxmi</i>
२६.	" कल्पना शर्मा		<i>Kalpna</i>

26.	शिवराज पांडे		
27.	पद्मनन्द अरुण		
28.	सुरिला राई		
29.	विनीतकुमार कुकी		
30.	रुद्र नरमन		
31.	संगीता जातम	(SM)	
32.	एलिजा बर्योपाने		
33.	तृष्णा इंग्राल		
34.	अन शरण, गुरुद्वी	अपराजिता	
35.	विपना सिद्धे	Dipansu	
36.	वसन्ती रेड्डी	Safal	
37.	मौनिका योगी	Mal	
38.	ललिता नाथ	Dans	
39.	अञ्जना थापा शर्मा	SA	
40.	विमला बिल	SA	
41.	आमिता काकी	Dans	
42.	कञ्चन व्यापकोटा	Kanya	
43.	Samiksha Tamang	Sanskrit	
44.	Sabina Bhandari	Sanskrit	
45.	Asha Chaudhary	AS	
46.	Anusha Kulkarni	AS	
47.	Shalinta Malla Thakuri	Shalinta	
48.	Samir Rai	Sanskrit	
49.	Sagarika Shrestha	Orient college	Sagarika
50.	Swastika Shandari	Padmakanya Multiple college	
51.	Prasanna Hamal	Padmakanya Multiple college	
52.	Anusuya Aryal	St. Xavier's college	Kanya
53.	Mimansa Dhunge	St. Xavier's college	Mimansa
54.	Safalta Sanjel	Jana Bhawana Campus	Safalta
55.	Sneha Shrestha	Jana Bhawana Campus	
56.	Dinesh Shahi	BMC	
57.	Marmisha Nagarkoti	Samridhi College	

- | | | |
|-------------------------------|------------------------------|---|
| 60) Sonika Pasajuli | Xavier Int'l College |  |
| 61) Sonia Karki | Khwopa College |  |
| 62) Sanjita Timalsina | " " |  |
| 63) Sujan Rai | Khwopa College |  |
| 64) Asha Neupane | Padma Kanya multiple college |  |
| 65) Bigyasha Neupane | Padma Kanya multiple college |  |
| 66) Sandhya Silwal | Padma Kanya multiple college |  |
| 67) Ashmita Nirawa | Padma Kanya multiple college |  |
| 68) Madam Gautam | |  |
| 69) Aliza Thapa | |  |
| 70) Sunita Karki | |  |
| 71) Rejina Bhattarai | |  |
| 72) Sanjay Prasad Rana | |  |
| 73) Shalini Kumari Shrivastav | |  |
| 74) Ruosh Kumar Khandanjan | |  |
| 75) Rajan Kunwar | |  |
| 76) Sanjay Prasad Majhi | |  |
| 77) Suman Prasad Pali | |  |
| 78) Talashi Prasad Parasuli | |  |
| 79) Ganga Pr. Shiwakoti | |  |













