



Training Report

Two-Day Training
On
“Women Health Awareness Program”
From October 10-11, 2017
Organized at
Social Eco Innovative Trust (SEIT Nepal)
Bagchauda-09, Belhi



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ACKNOWLEDGEMENT

Writing this acknowledgement had our purpose not merely just to thanks people and organization for their generosity but is to let them know that we are indebted for their support and cooperation in bringing out this workshop to successful completion.

The workshop on “Women Health Awareness Program” was organized at SEIT Nepal, Bagchauda-9, Belhi VDC of Dhanusha district from October 10-11, 2017.

First and foremost our sincere appreciation go to the trainers and other staff of SEIT Nepal for their suggestion, generous contribution, valuable time and co-operation during the period of conducting this workshop without which this camp would not have been successfully accomplished.

Our warm and heartfelt gratitude is reserved to BGN for their sustained guidance, encouragement, valuable suggestion and support in conducting this workshop.

Accomplishment of this project is indebted to many people to who have directly or indirectly influenced the work. We are especially grateful to training workshop participants i.e all the people of Bagchauda-9, Belhi VDC, Nikal, Suganikash VDC, and Laliya, mithaleshwar nikas VDC and Haspur Kathpula VDC tola of Dhanusha district for their sincere efforts, attention and fruitful interactive sessions that contribute greatly toward the success of the workshop.

Omission of the names does not mean that the help of other persons are under estimated. So, I would like to apologize if I have inadvertently omitted anyone to whom acknowledgement is due.

INTRODUCTION

Women are typically responsible for taking care of everyone – their spouses, children, parents, other family members and even friends. However, they tend to neglect themselves, especially when it concerns to their health.

In this connection, the SEIT Nepal organized a 2 day workshop on “Women Health Awareness Program” at Bagchauda-9, Belhi VDC of Dhanusha district.

This workshop provides health awareness, education and information regarding Introduction of Health, Healthy Habits to Healthy Life, Safe Pregnancy, Pregnancy Club, Safe Delivery and Menstrual Hygiene.

In developing countries like Nepal, people are prone to common health issues due to lack of education and awareness. Health education is an integral part of all health services. By increasing the level of education and awareness among women, we can not only improve the health of women but we can also improve the health of the other people in community.

The overall aim of the program was to inform and empower women to take responsibility for their health as well as encourage them to understand their health options.

This program can help women to uplift the health status of the women of the VDC by creating awareness among them.

**Women Health Awareness Program
At
Bagchauda-9, Belhi VDC of Dhanusha District**



Participants of the workshop

The Silent Features of the workshop

Workshop Overview

- ✓ Two days workshop on “Women Health Awareness Program” was organized from October 10-11, 2017.
- ✓ Venue - Social Eco Innovative Trust, Bagchauda-9, Belhi, Dhanusha, Nepal.
- ✓ Schedule – 1:00 pm to 3:00 pm.

Objectives of the training workshop

- ✓ The overall aim of the workshop is to improve women's health by educating and empowering women to take responsibility for their health as well as encouraging them to understand their health options. Few of the specific objectives of the training workshop are given below:
 - ✚ To develop a basic understanding of health among people.
 - ✚ To promote healthy habits among people.
 - ✚ To create awareness among all the women to be safe and healthy throughout the pregnancy and childbirth.
 - ✚ To improve the menstrual hygiene practices by increasing knowledge of menstrual hygiene.

Structure of the workshop

This was a two day workshop. Both days the presentation was done from health experts; first day of the workshop covered the presentation outlining the “Introduction of Health” in first session and “Healthy Habits to Healthy Life” in second session.

On, the second day, workshop covered the presentation on “Safe Pregnancy and Pregnancy Club” in first sessions, “Safe Delivery” in second session and “Menstrual Hygiene” in third session.

Annexure A – Agenda of the workshop is attached at the end of the report.

Participants of the workshop

There were total 29 participants. The participants of workshop were from Bagchauda-9, Belhi VDC, Nikal, suganikas VDC and Laliya, Mithaleshwar nikas VDC and Hanspur kathpula VDC tola of Dhanusha district.



Participants of workshop

For a detailed list of the workshop participants, please refer the *Annexure B* at the end of the report.

Workshop Description

- ✓ People in the villages were informed about workshop in advance. So, participants were already arrived at the venue at nearly 12:30 pm.
- ✓ A presentation in workshop was done from health experts.
- ✓ Presentations, interactive discussion and cross questioning was done during the training workshop among workshop participants and health experts especially dealing with healthy habits to healthy life, safe pregnancy and safe delivery as well as menstrual hygiene practices.
- ✓ The workshop was divided into day wise sessions, there were 5 presentations altogether, 2 presentations on 1st day and 3 presentations on 2nd day.
- ✓ Participants were provided travelling allowance.

Proceeding of the workshop

1. Opening of the workshop:

The workshop was opened by Mr. Amit Shah, chairman at SEIT Nepal. He welcomed all the workshop participants as well as trainers of the program.



Mr. Amit Shah opening the workshop

Then brief round of introduction of the workshop participants followed his opening and welcome program.

The goals and objectives of the training workshop were to provides health education and create awareness among women to improve their health and prevent them from diseases.



Brief round introduction of the participants

Mr. Amit emphasized the popular saying that ***“Health is wealth”***. Good health is crucial to everything we do in our everyday life. The importance of good health can be clearly seen in how we function as human beings in the daily tasks that define our functionality in the society. Without good health, we are not able reach our individual potentials and this can hinder us from achieving our personal goals in the social environment that we exist in. so, to achieve good health, we should know the proper steps in nurturing ourselves.

2. Presentations of the Day 1:

As explained earlier, the presentations were given by the health experts; a brief detail of every presentation is also summarized below:

2.1. Session 1: Presentation on “Introduction of Health” by Miss. Ruby Shah

Miss. Ruby Shah first of all focused on the meaning of health. She explained the components of health, importance of health and the factor influencing health.

She said that “Health is a state of complete physical mental and social well-being and not merely the absence of disease or infirmity”. To be in a state of optimum health a person must be physically, mentally, socially and spiritually healthy.

She explained components of health i.e. physical well-being, social well being, mental well-being and spiritual health.

She said ***“Health is our Wealth”*** and we need to take care of it. If people are healthy, they can live well, work well and

enjoy themselves. If they are healthy, they can lead “socially and economically productive life”.

She explained that health is multifactorial. Hereditary/ Biological, Environment, Behavioral and Socio-cultural conditions (lifestyle), Socio-economic status, Health Services, Aging Population, Gender and many other factors are influencing the health of people.



Miss. Ruby during her Presentation

2.2 Session 2: Presentation on “Healthy Habits to Healthy Life” by Miss. Jyoti Chaudhary

She stressed on a point that healthy habits and healthy life are inter-related with each other. Health requires the promotion of healthy lifestyle and a healthy lifestyle is built on a foundation of healthy habits. Making just a few changes in lifestyle can help people live healthy and longer. We know change is difficult but not impossible.

Our body is everything for us, and we need to take care of it. Today, your vital organs (Kidneys, heart, lungs, gallbladder, liver, stomach, intestines, e.t.c.) may be working well, but they may not be tomorrow, so take proper care of it.

Good health isn't just about healthy eating and exercise- it's also about having a positive mental health, a positive self-image and a healthy lifestyle. So, to be healthy, we have to adopt a healthy habits such as drinking more water, get enough sleep, do exercise, do meditation, eat whole grains, fruits, vegetables as well as fiber diet, breathe fresh air, choose white meat (fish, chicken) and cut out red meat, cut down on processed food, avoid smoking and alcohol, express positive emotions through laughing and smiling, plan your work and rest pattern, maintain personal hygiene and environmental sanitation, e.t.c.



Miss. Jyoti during her presentation

3. Presentations of the Day 2:

3.1 Session 1: Presentation on “Safe Pregnancy” and “Pregnancy Club” by Miss. Jyoti Chaudhary

Pregnancy is a vital event in the life of women. It needs special attention from the time of conception to the postnatal period. Maternal mortality and infant mortality rate is very high in developing countries. They are alternative to poor standard of living, poor socio-economic conditions and poor health services of the country. Every day in 2013, about 800 women died due to complications of pregnancy and childbirth. Almost all of these deaths occurred in low-resource setting, and most could have been prevented.

She explained the measures to be followed to be safe and healthy throughout the pregnancy and childbirth.

- ✚ Early registration of pregnancy.
- ✚ At least four antenatal check-up.
 - 1st visit: 4 month
 - 2nd visit: 6 month
 - 3rd visit: 8 month
 - 4th visit: 9 month
- ✚ Immunization with Tetanus diphtheria (Primi gravida- 2 dose and Multi gravida- 1 dose)
- ✚ Diet supplementation, including four nutrients i.e. cereals or grains (rice or roti), pulses, Green vegetables or fruits and meat, egg or milk.
- ✚ Iron supplementation to prevent from anemia.
- ✚ Take prenatal vitamins.
- ✚ Eat folate rich food.
- ✚ Drinks plenty of water to be hydrated.

- ✚ Sleep 8 hours at night and 2 hours in day time
- ✚ Wear loose and comfortable clothes.
- ✚ Avoid high heels.
- ✚ Track your weight gain.
- ✚ Don't use any drugs without any prescription.
- ✚ Avoid sexual activity in early month and late pregnancy.
- ✚ Visit immediately to health center if any warning sign are seen like swelling of feet, fits (seizure), headache, blurring of vision, bleeding and discharge from vagina and any other unusual sign.
- ✚ Practice Kegel exercise.
- ✚ Personal hygiene should be maintained by doing skin care, breast care, oral care, hair care and clothing.
- ✚ Smoking, alcohol and tobacco should be avoided.
- ✚ Avoid travelling.
- ✚ Treatment of medical conditions. E.g. hypertension, diabetes, tuberculosis, e.t.c.
- ✚ Change up chores: Even every day task like scrubbing the bathroom is risky in pregnancy time.
- ✚ Deworming.
- ✚ Regular bowel movement may be facilitated by regulation of diet, plenty fluid, vegetables and milk.
- ✚ Birth preparedness, e.t.c.

She also explained about ***“Pregnancy club”*** that can help them to stay healthy during pregnancy, and give them confidence and information. It can help them to prepare for their baby's birth and learn to look after and feed their baby. It is also a good way to make friends with other parents who are expecting babies around the same time as them that can help them to build support network. In pregnancy club, they can learn about the different arrangements for labor and

birth, and the choices available to them. This can help them to make their own birth plan. There will also be a focus on key health messages from early in pregnancy (8 weeks +) up to the birth of your baby. It will help them to discuss their plans and any worries with professionals and with other parents.



Miss. Jyoti during interactive session on Safe Pregnancy and Pregnancy club topic

3.2. Session 2: Presentation on “Safe Delivery” by Miss. Ruby Shah

She said “clean and safe delivery services means delivery conducted either in a health institutions or a home assisted by a trained health professionals”.

Maternal death is very common event, for women living in the poorest parts of the world; the risk of dying as a result of pregnancy and in developing countries is about 23 times higher compared to developed countries. Most of delivery conducted by untrained “Dais” at home in rural areas due to their

cultural beliefs and perceptions that birth is a natural phenomenon which are the leading causes of poor utilization of primary health care services. The system lead to various complications and increased maternal and infant deaths. More than 2 lacks women die due to birth or related facts and diseases.

Most of these deaths can be prevented through the provision of basis essential maternal health care and availability of trained personnel to attend women during labor and delivery whether the birth takes place at home or in health facility.

She said that raising awareness among pregnant women on the danger signs of pregnancy would improve early detection of problems and reduce the delay in deciding to seek the obstetric care because literate women were found more likely to be attended by trained professionals during child birth. As well as community perception of community health workers (CHW's) knowledge, skills and overall ability to help women with health needs is also important for inspiring their respect and acceptance of CHW's services.



Miss. Ruby during her interactive session on Safe Delivery topic

3.3 Session 3: Presentation on “Menstrual Hygiene” by Miss. Ruby Shah

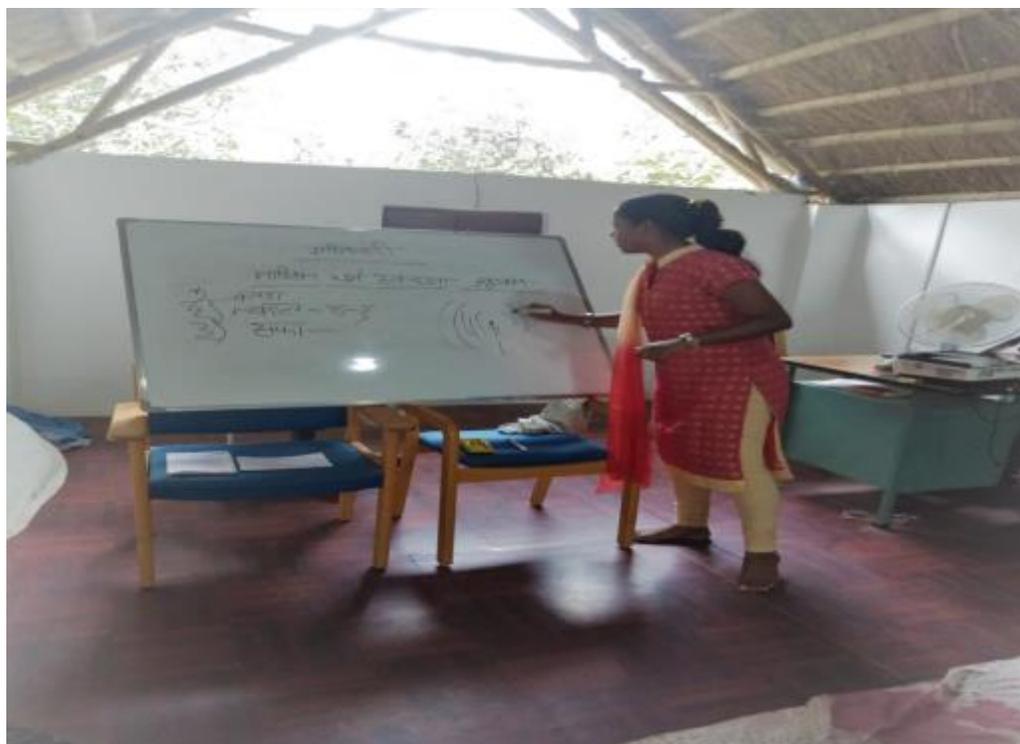
She said menstruation is a very phenomenal process; still even in present era menstruation is never discussed openly and the silence of it in young girls is keeping them ignorant of this biological function. Most of us go through our periods very secretly and don't really bother to figure out if our practices are hygienic or not. Proper advices and knowledge often lack among many young girls on their physiological process and hygiene practices that should be followed.

Unfortunately menstruation is being taboo in society. Even today at some parts of country, girls are not

allowed into kitchen, temples, around grains or any edible storage. Due to this, hygiene management is misunderstood and the practices which are ignored sometimes results into an adverse outcome like risk of reproductive tract infections and other health issues.

Increase in knowledge of menstruation hygiene can be very useful and effective. Women must be pulled out of traditional belief, misconception, and restrictions because health comes on first hand. She also explained the ways girls can maintain menstrual hygiene:

- ✚ Use of sanitary napkin instead of cotton or cloth.
- ✚ Change pad regularly before 4-6 hourly.
- ✚ Wash yourself regularly before changing into new pad.
- ✚ Never use soaps or vaginal hygiene products at intimate area.
- ✚ Use the correct washing techniques that are from vagina to anus to avoid bacterial infection and urinary tract infection.
- ✚ Have a bath on a regular basis.
- ✚ Beware of pad rash: stay dry to prevent pad rash. If you do have pad rash apply an antiseptic ointment, after a bath and before bed.
- ✚ Use only one method of sanitation at a time.
- ✚ Avoid skin fit denims or pants.
- ✚ Discard used sanitary products properly.



Miss. Ruby during her presentation

Closing address by Mr. Shiv Shankar Sah, care man of Bagchauda-9, Belhi VDC

Mr. Shiv Shankar Sah, Care man of Bagchauda-9, Belhi VDC was the chief guest of the event. First of all, he thanked for giving him this role of speaking in the behalf of the participants in this closing ceremony of workshop on “women health awareness program”.

In his closing address, he appreciated the efforts of the SEIT Nepal management in organizing very useful and much needed workshop. This is a fact that health of Nepalese people is poor due to lack of knowledge and awareness among them and women are responsible taking care of all family members. So, by increasing the level of knowledge and awareness in women is not only helpful to improve the health of women but also to improve the health of all family members. He was of the view that this workshop had presented many examples of how healthy habits and health promotional activities help us to be healthy. He

thanked the health experts for their valuable and clear explanations. A workshop becomes success only if participants arrive. Thus, we do express our sincere thanks to all the participants who have come from Bagchauda-09, Belhi and neighbor villages to be with us today. He said this is our closing ceremony but he hope this closing will not be the end but the beginning of our concerted efforts towards health promotional activities.

Annexure A

Detailed Agenda of the workshop

Day-1 (10th October, 2017)

Time	Agenda	Speaker/Facilitator
01:00-1:30 pm	Welcome, Objectives of workshop and Participants introduction.	Mr. Amit Shah
1:30-2:00 pm	Introduction of Health	Miss. Ruby Shah
2:00-2:10 pm	Cross Questioning	Miss. Ruby Shah
2:10-2:20pm	Tea Break	
2:20-2:50 pm	Healthy Habits to Healthy life	Miss. Jyoti Chaudhary
2:50-3:00 pm	Cross Questioning	Miss. Jyoti Chaudhary
3:00 pm	Breakfast	

Day-2 (11th October, 2017)

Time	Agenda	Speaker/Facilitator
01:00-1:30 pm	Safe Pregnancy and Pregnancy Club	Miss. Jyoti Chaudhary
01:30-1:40 pm	Cross Questioning	Miss. Jyoti Chaudhary
01:40-1:50 pm	Tea Break	
1:50-2:10 pm	Safe Delivery	Miss. Ruby Shah
2:10-2:20 pm	Cross Questioning	Miss. Ruby Shah
2:20-2:30 pm	Breakfast	
2:30-2:50 pm	Menstrual Hygiene Practices	Miss. Ruby Shah
2:50-03:00 pm	Cross Questioning	Miss. Ruby Shah
03:00 pm	Closing remarks by the chief Guest	Mr. Shiv Shankar Sah

Annexure B

List of Workshop Participants

S.No.	Name	Address
1.	Usha Jha	Bagchauda-03
2.	Sarita Mukhiya	Bagchauda-05
3.	Sabitri Devi	Bagchauda-03
4.	Jinter yadav	Bagchauda-02
5.	Kumari Usha Kiran	Bagchauda-05
6.	Harsika Sahani	Bagchauda-06
7.	Lalita Devi	Bagchauda-02
8.	Sunita Mahara	Bagchauda -04
9.	Mina Mukhiya	Bagchauda-05
10.	Gita Sahani	Bagchauda-05
11.	Sarita Yadav	Bagchauda-02
12.	Manju Yadav	Bagchauda -02
13.	Lacho Devi	Bagchauda -03
14.	Manju Devi Sarma	Bagchauda -03
15.	Rinki Mandal	Bagchauda -03
16.	Fulo Devi	Bagchauda -06
17.	Sunita Devi	Bagchauda -02
18.	Sakunti Devi Mandal	Bagchauda -02
19.	Ramkali Devi	Bagchauda -07
20.	Sukmari Devi	Bagchauda -07
21.	Agam Devi	Bagchauda -07
22.	Shribati	Suganikas
23.	Soliya Devi	Bagchauda
24.	Sarita Devi Paswan	Haspur Kathpula
25.	Guriya ali Sah	Laliya
26.	Sagira Khatun	Haspur kathpula

27.	Lalita Devi Yadav	Laliya
28.	Rina Devi	Laliya
29.	Roksana Khatun	Haspur kathpula