



Dear Respected all,

Namaste.

Today, I am presenting the annual progress report of our health post from 17 July 2023 to 15 July 2024. My main work is in health. So I am more focused in the health sector. Since my main profession and responsibility is health, I think of more about this matter.

**Introduction to the Ganesh himal health center:**

The building of Ganesh Himal Health Centre was completed in 1999/ 2001 with support of ANA France.

We have a seven rooms health post building -1, Health workers living, patient's helper and guests living building-1, Toilet -2, Dental service building -1, And waste management incinerator building-1.

This building was inaugurated on 14 April 2001 in the presence of honourable donors from France. So far we have been providing regular treatment services in collaboration with a charity organization ( ANA France and MAP NAMASTE MONACO ).

It was inaugurated on 14 April 2001 immediately after its construction. Until now , we have been providing regular treatment services with the help of donor organization ( ANA France and MAP NAMASTE MONACO ).

- The Ganesh Himal Health Center was built by ANA France.
- The Maternity house was built by help of donors of France.
- Health post worker living, patient helper & guests building was built by Rotary club of Menton.

- The waste management house was built by Namaste Map Monaco.
- All these buildings are very convenient for everyone.



### **Ganesh Himal Health Center.**

In the current financial year, 62 different types of diseases had been presented in this health post. This year, a total of 5357 different patients had received good treatment services. Not only our GangaJamuna rural municipality but also the peoples of other rural municipality had received good service.

For example, the residents of Lapa village from Ruby valley Rural Municipality , Jharlang , Darkha villages of Khaniyabaas rural municipality also received good health services.





**Incinerator building & main gate.**



**Dental building**



**Young students called for dental treatment after checkup in school**





Carrying a patient on a stretcher.



Male ward of health post.





Dental working in health post.



Wound dressing & gave injection.

I have presented the details of the ten highest diseases in the total numbers of different diseases in the table below.

TOP TEN DISEASES.			
1 Shrawan 2080 to 31 Asad 2081. (17 July 2023 to 15 July 2024.)			
1	Dental carries	DA08.0	1045
2	Viral influenza	1 E 32	451
3	Backache	ME84	316
4	Gastritis	DA42	300
5	Arthritis	FA2Z	260
6	Headache	MB4D	254
7	Cough	MD12	235
8	Falls/Injury	ND56	233
9	ARI ( URTI)	CA07.0	195
10	Conjunctivitis	9B10	187

We have presented the details of all the diseases in the table below.

<b>1 Shrawan 2080 to 31 Ashar 2081. ( 17 july 2023 to 15 july 2024 )</b>			
<b>SN</b>	<b>Name of disease</b>	<b>ICD code</b>	<b>Total</b>
<b>A. Communicable, Immunization</b>			
1	Mumps	1D80	62
<b>B.Communicable\Water\Food borne</b>			
2	Typhoid (Enteric Fever)	1A07	56
3	Amoebic dysentery	1A36.00	3
4	Bacillary dysentery	1A02	9
5	Diarrhoea	ME05.1	75
6	Intestinal worms	1F90.2	21
7	Jaundice	ME10.1	1
<b>C. Other infected Disease</b>			
8	ARI ( LRTI)	CA4Z	95
9	ARI ( URTI)	CA07.0	195
10	Pneumonia	CA40	24
11	Bronchitis (A&C)	CA20	2
12	UTI	GC08	75
13	Viral influenza	1 E 32	451
<b>D. Nutritional &amp; Metabolic Disorder</b>			
14	Diabetic mellitus (DM)	5A14	85
15	Anaemia	3A9Z	7
16	Polyneuritis	8C0Z	51
<b>E. Skin Disease.</b>			
17	Dermatitis /Eczema	EA8Z	95
18	Herpes Zoster	1E91.Z	14
19	Impetigo	1B72	21
20	Boils	1B75.0	10
21	Abscess	1B75.3	122
22	Fungal infection	EA60	50
23	Scabies	1G04	12
<b>F. Ear, Nose and Throat Infection.</b>			
24	Acute otitis media	AA90	37
25	Chronic Otitis media	AA91	2
26	Sinusitis	CA0A	32



27	Acute Tonsillitis	CA03	135
28	Sore throat	CA02	20
29	Foreign body in ear.	ND71	5
30	Foreign body in nose.	ND72.1	3
31	Foreign body in throat.	ND72.2	1
32	Wax	AA42	12
33	Rhinitis	CA09.0	43
<b>G. Oral Health Related Problem.</b>			
34	Dental carries	DA08.0	1045
35	Toothache	DA0A.Y	75
36	Gum disease	DA0D	38
<b>H. Eye Problems</b>			
37	Cataract	9A60.Z	6
38	Conjunctivitis	9B10	187
<b>I. Mental Health Related Problems</b>			
39	Depression	6A7Z	9
<b>J. Cardiovascular &amp; Respiratory Related</b>			
40	Hypertension ( BP )	BA00	121
41	COPD	CA22	8
42	Bronchial asthma	CA23.32	38
<b>K. Other disease &amp; Injury.</b>			
43	Gastritis	DA42	300
44	Insect bite	PA75	2
45	Abdominal pain	MD81.4	3
46	Burn & Scalds	NE2Z	7
47	Dog bite	PA7Z	4
48	Snake bite	PA7Z	2
<b>L. Orthopedic problems.</b>			
49	Arthritis	FA2Z	260
50	Backache	ME84	316
51	Falls/Injury	ND56	233
52	Fracture	ND56.2	2
<b>M. Surgical Problems</b>			
53	Breast abscess	GB21	6
54	Hernia	DZD5	1
55	Hydrocele	GB00	6
56	Piles	DB60	17
<b>N.Common symptoms</b>			
57	Chest pain	MD30	28

58	Cough	MD12	235
59	Abdominal pain	MD81	8
60	Nausea/vomiting	MD50.1	5
61	Headache	MB4D	254
62	Fever	MG26	63
63	Dizziness/and vomiting	MD48.0	27
64	Itching( Pruritis	EC90.0	8
65	Vatigo and weakness	MG22	217
<b>Grand Total</b>			<b>5357</b>

We are looking at the table of patients of different age groups who came throughout this annual, they are in the table below. Which can be clearly seen in the table below. It can be said which age group is more sick. For example, women & men between the ages of 20 to 59 seem to be more ill.

1 Shrawan 2079 to 31 ashad 2080. (17 July 2023 to 15 July 2024)					
S.N.	Age group	Shrawan			
		Female		Male	
		New	Old	New	Old
1	0-9	414	24	460	18
2	10-14	204	8	128	3
3	15-19	212	3	108	4
4	20-59	1665	53	755	27
5	60-69	317	52	249	11
6	≥ 70	303	48	252	39
		<b>3115</b>	<b>188</b>	<b>1952</b>	<b>102</b>
<b>Grand total</b>		<b>5357</b>			



On the basis of caste, it can be assumed that how many castes come to seek health care throughout the year. However, this is where the Tamang, Ghale, Kami and Chhetri people live. There is a majority of the Tamang caste here, while the Kami, Ghale and Chhetri are less in number.

Kami and Damai castes belong to Dalits. While Tamang, Ghale etc belong to Janajatee. Based on the total number of patients throughout the year, 97.99% of Janajatee and 2.01% of Dalits are seen.

Its details can be clearly seen below.

<b>1 Shrawan to 2080 to 32 Asad 2024. ( 17 July 2023 to 15 July 2024 )</b>			
<b>S.N</b>	<b>Cast groups of diseases.</b>	<b>Female</b>	<b>Male</b>
1	Dalit ( Kami. Damai & Sarki etc.)	56	32
2	Janajati ( Tamang, Ghale & Gurung )	3246	2022
3	Madeshi	0	0
4	Brahman	1	0
5	Other cast	0	0
	<b>Total</b>	<b>3303</b>	<b>2054</b>
	<b>Grand total</b>	<b>5357</b>	

Now, I am going to explain some topics related to my field visit in different schools and around environment. These photos will also remind all of you something. During this work I have been teaching students about health checkup and diseases. I lectured focusing on the what the environment is and what it consists of and how to protect it. Also, I have been lecturing on issues such as controlling plastic items in places where people gather.



Teaching about environmental sanitation at Rigaun school.

Giving

environmental awareness during assembly.





The main road leading to our health post is often blocked during the rainy season. Due to heavy rain, here is landslides. I made a humble request to villagers and have completed the work to remove the road landslide It is now very easy.



### **The main problems of our health post are as follows**

- 1) The problem of water leakage in the roof of the building constructed by the Rotary club of Menton after the earthquake.
- 2) Solar hot water installation for long periods of time results in low heat and require maintenance.
- 3) Lack of space to cross the road in front of the main gate for vehicles such as ambulances carrying patients to turn back.
- 4) Lack of budgets for changing the Zinc sheet of the health post.
- 5) Lack of materials for demonstrations during work visit.

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*My annual report is finished. Thank you.*

