



Healthy Lungs Nepal

# World Lung Day 2021

## Nepal

Breathe Clean Air | Be Smoke Free | Take the Active Option |  
Vaccinate



Submitted by: Healthy Lungs Nepal

Submitted to: European Lung Foundation



# HEALTHY LUNGS FOR LIFE





Healthy Lungs-Nepal

## Walk and Talk for Healthy Lungs

Healthy Lungs Nepal conducted the program Walk and Talk for Healthy Lungs aiming to raise awareness among youths and adolescents about the importance of physical activity for healthy lungs and for the combat of NCDs. In this program, youth and adolescents shared photos and videos aligning with the theme of campaign. The event T-Shirts designed for the campaign were distributed among the participating individual. Thirty-five individuals participated in the campaigns. Majority of the participants were from Kathmandu the capital city.







Healthy Lungs-Nepal

# Yoga and Meditation for Health Lungs



Jaimini Municipality, Baglung, Nepal



30 Participants (18 Males, 12 Females)

## Background:

Traditionally yoga and meditation were part of Nepal culture and practice. But in the recent time, training and awareness on yoga and meditation is less prioritized. Yoga and meditation are regarded to improve respiratory function, aids in weight loss, improves immunity, relieves stress and anxiety, and increases flexibility and muscles strength. This ultimately helps in making healthy lungs and help in fighting the various non communicable diseases and mental health. problems.

## Objectives of the event:

1. To train FCHVs and community people in yoga and meditation.
2. Raise awareness among general people about burden and risk factors of NCDs.

## Activities

With high precautions and adhering suggested public health measures health workers and yoga trainers organized the event among community people and female community health volunteers. They were invited for the 3 hours training in the morning.

Participants were made aware about the non-communicable diseases and its risk factors. Also provided them information on making lungs healthy and make alert while practicing unhealthy behaviors.



30 participants were benefited by our program. This program was coordinated by Healthy Lungs Nepal with Damek Ayurvedic center and Jaimuni Municipality. Participants were very interested to take part in such program in coming days too.

Considering the positive feedback of participants; we also discussed municipal office to conduct such NCD awareness and group yoga program frequently. We received very positive response.





Healthy Lungs-Nepal

## Focus group discussion and workshop on Healthy lungs and Non-Communicable diseases



Namobuddha, Kavre, Nepal



20 Participants (9 Males, 12 Females)

### Objectives of the event:

1. Raise awareness among marginalized community people of Namobuddha about burden and risk factors of major NCDs.
2. To identify the burden and risk factors of NCDs and lung health among marginalized people.



### Activities

Observing the World Lungs Day and NCDs week, focus group discussion and awareness program was organized by Healthy Lungs Nepal in nearby rural municipality of Kavre district. We discussed about the knowledge and awareness on healthy lungs and NCDs. And later the participants were educated about the importance lung health and ways to avoid risk factors. Considering the situation of COVID-19 pandemic, only 20 people were invited to avoid the overcrowding. Program was conducted maintaining the physical distances and following the necessary public health measures.

**Team Members:** Chief executive of Healthy Lungs Nepal, Trainer of Healthy Lungs Nepal and Medical officer.



**Beneficiaries:** From this program, 20 people benefited directly and indirectly reaching more than 150 people in the community considering they share the message back to the family.





Healthy Lungs-Nepal

## Online art and video competition

**Venue:** Online (social media)

**Event Organizers:** Healthy Lungs Nepal

**Target Population:** Students and social media users

**Team Members:** Public health and medical students

**Background:** The internet penetration and social media use rapidly increasing in Nepal. As of January 2020, the total number of Facebook users in Nepal was 10,520,000. As a result, public health campaigns are increasingly using social media platforms like Facebook raising awareness reaching wider people. In the midst of COVID19 pandemic, it is the best method to reach the maximum number of people in a short period of time.

The aims of this event:

- To increase awareness about respiratory health in Nepal through social media
- To engage a wider number of people in healthy lungs campaign in Nepal

**Activities:** People were asked to provide the art and video on any of the Campaign themes: 1) Respiratory health during COVID19, 2) Air quality 3) Stopping smoking 4) Physical activity

We received art and vlog were shared through the Facebook page of Healthy Lungs Nepal. We received 17 contributions. With our judge panel, top five participants were selected and awarded with certificates, prize money and campaign T-shirts. The best art of the competition was featured in our social media page. During the time since the social media campaign started the Healthy Lungs Nepal posts reached to 67225, 250 new page likes were gained, 9729 post engagement was seen.

This program was implemented by the Healthy Lungs Nepal.

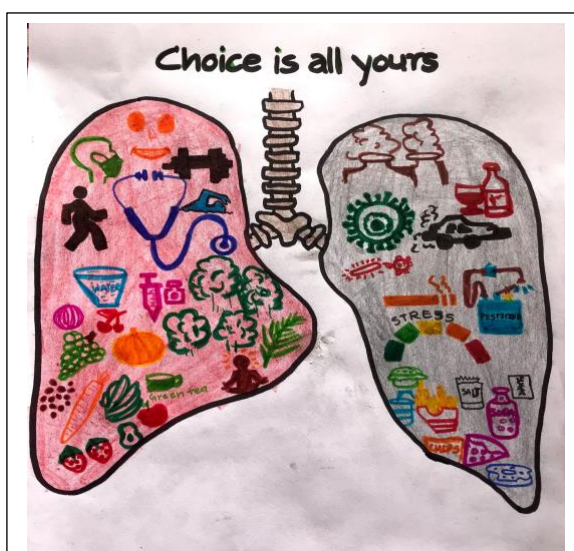
### Photos:



Winner of the Video message, art and slogan competition

Source of video:

<https://www.facebook.com/HealthyLungsNepal/videos/4283813351672253>



Runner up of the video message, art and slogan competition

# Production of video message for healthy lungs from health professionals

**Venue:** Online (social media)

**Event Organizers:** Healthy Lungs Nepal

**Target Population:** Students and social media users

**Team Members:** Healthy Lungs Nepal, Ministry of Health and Population, Tribhuvan University Teaching Hospital (Pulmonology Department), and Maharajgunj Medical Campus (Community Medicine)

## Aims:

The aims of this activity are:

- To increase awareness about respiratory health in Nepal through social media
- To engage a wider number of people in healthy lungs campaign in Nepal
- To provide authentic information from eminent personalities to public on healthy lungs.

**Activities:** During the COVID-19 most of the people are fascinated to get information to make lungs healthy but very rarely authentic messages get available. By considering this fact, Healthy lungs Nepal prepared the short videos on healthy lungs with the collaboration of Ministry of Health and Population, and Tribhuvan University Teaching (Pulmonology Department). Recently, young people are more curious and been addicted to e-cigarette. Short videos on the prevalence of e-cigarette, tobacco and smoking along with its harmful impact on our health was prepared by taking help from the associate professor of community medicine of MMC.

**Reach:** There are about 1000 reach in Social Media.

## Videos Links:

<https://www.facebook.com/HealthyLungsNepal/videos/883815705854829> (Dr. Pranil Man Singh Pradhan, Associate Professor of Community Medicine, MMC, IOM)

<https://www.facebook.com/HealthyLungsNepal/videos/2398508970279640> (Dr. Niraj Bam, Associate Professor of Department of Pulmonology and Critical Care, TUTH, IOM)

<https://www.youtube.com/watch?v=ap8W19ggjvU> (Dr. Samir Kumar Adhikari, Joint Spokesperson of Ministry of Health and Population, Government of Nepal)







# Policy brief by Healthy Lungs Nepal



## ज्ञापन पत्र

हरेक वर्ष सेप्टेम्बर २५ लाई विश्वव्यापी रुपमा फोक्सो दिवसको रुपमा मनाउने गरिन्छ। यो दिन फोक्सोको स्वास्थ्यबारे वकालत गरेर र विश्वभरका सबैजना एकीकृत भएर स्वास्थ्य फोक्सोको अभियानमा सरिक हुने गरिन्छ। यस वर्षपनि स्वास्थ्यप्रवास सम्बन्धित संकमणलाई रोकथाम, निपन्त्रण र उपचारका लागि अध्ययन र अनुसन्धानलाई थप प्राथमिकतामा राखी अधि वृद्ध आह्वान गर्दै यो दिवस मनाइयो।

नेपालमा पनि हेल्थी लन्स नेपाल (Healthy Lungs Nepal) अभियानको संयोजनमा देशका विभिन्न ठाउँमा स्वास्थ्यप्रवास सम्बन्धित रोगका विषयमा जनचेतना, नसर्ने रोगबारे अन्तरक्रिया कार्यक्रम, योगा, WALK AND TALK FOR HEALTHY LUNGS जस्ता कार्यक्रम गरि यो दिवस मनाइयो। यो वर्ष फोक्सोलाई स्वस्थ गरी र स्वास्थ्य राखी भन्दै सुतीजन्य पदार्थको प्रयोग नगरी, स्वस्थ हावामा सास फेरी, दैनिक रुपमा शारीरिक व्यायाम गरी भन्ने विषय वस्तुलाई ध्यानमा राखेर प्रतियोगिता, सामाजिक संजाल र विभिन्न माध्यमबाट देशव्यापी जनचेतना कार्यक्रम गरियो।

हाल विश्वले भोगिरहेको कोभिड-१९ को महामारीले स्वास्थ्यप्रवास सम्बन्धी भाईरसहरु कति धातक हुन सक्छन् भन्ने विश्वलाई अबगत गराएको छ। वास्तवमा, स्वास्थ्यप्रवासको संकमण सम्बन्धी रोगहरु धेरै समयदेखि हामीमाभै रहदै आएको छ र मृत्युको प्रमुख कारणको रुपमा रहीरहेको छ। भाईरस बाहेक स्वास्थ्यप्रवासको संकमणको अन्य धेरै कारणहरु छन् जसले मानव जगतमा धेरै रोग निम्त्याउने गर्दछ। जस्तै, व्याक्टेरिया, फंगी र अन्य जीवहरू जसले माथिल्लो वायुमार्ग (नाक, साइनस र थ्रोटी) र वा तल्लो वायुमार्ग र फोक्सोलाई संक्रमित गर्न सक्छन्। जसको कारण संक्रमितमा छोकी लाग्ने,

७. स्वास्थ्यप्रवासको दिवस समस्याका विरामितलाई चाहिने सबै अत्यावश्यक औषधिहरु देशका सबै ठाउँमा निशुल्क र सर्वसुलभ उपलब्धताका लागि अझै बढी नितिगत र कार्यगत निर्णयहरु गर्न आवश्यक छ।

८. स्थानीय सरकारले विज्ञहरु सहितको समिति गठन गरि स्वास्थ्यप्रवास र नसर्नेरोगहरुको व्यवस्थापनलाई प्रभावकारी बनाउन जरुरी छ। तिनै तहका सरकारले नागरिक समाज र विषय विज्ञहरु संग समन्वय गरि नसर्ने रोग तथा स्वास्थ्यप्रवास सम्बन्धी रोगको निपन्त्रणमा विशेष पहल गर्ने जरुरी छ।

स्वास्थ्यप्रवास सम्बन्धित रोगहरुको भार धेरै हदामै पनि यस रोगहरुलाई रोकथाम र निपन्त्रण गर्न कुनै विशेष पहलकदमिहरु नभएको र प्रमुख प्राथमिकतामा नपर्नेको देखिन्छ। त्यसैले, फोक्सोको स्वास्थ्य र यसको कारणले हुने अकाल मृत्यु र आर्थिक र सामाजिक भारलाई कम गर्न सरकारले स्वास्थ्यप्रवास सम्बन्धित रोग र समस्याहरुलाई प्राथमिकतामा राखी नीति तथा कार्यक्रम निर्माण र कार्यान्वयन गर्न आवश्यक छ।

## Healthy Lungs Nepal

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**Activities:** 8<sup>th</sup> point recommendation was submitted to the Ministry of Health and Population and Nepal Health Research Council (NHRC) by the team of Healthy Lungs Nepal.

URL to Press Release:

<https://drive.google.com/file/d/1WnIXTXydvzEP5xHBZfx2QDMfmoSRHEqr/view?usp=sharing>



Healthy Lungs-Nepal

## Essay writing competition in school

**Venue:** Kailali, Sudhuraschim Province, Nepal

**Event Organizers:** Healthy Lungs Nepal

**Target Population:** Secondary level school students

**Team Members:** Healthy Lungs Nepal

### Aims:

The aims of this activity is:

- To increase awareness about respiratory health in school students
- To engage a wider number of people in healthy lungs campaign in Nepal

**Activities:** Team of Healthy Lungs Nepal approached the school of Sudhuraschim, Nepal and asked secondary level students to participate in the Healthy Lungs Campaign. Essay writing competition was done on the topic Healthy Lungs and about 40 students get participated.

### Photos:



Winners of the essay competition



Top 10 students of the essay competition



## **Contacts**

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