



World Lung Day 2022

Nepal

**Breathe Clean Air | Be Smoke-Free | Take The Active Option |
Vaccinate**



Event Report

Submitted to:
European Lung Foundation

Submitted by:
Healthy Lungs Nepal



HEALTHY LUNGS FOR LIFE



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Healthy Lungs-Nepal



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Flash mob and awareness on Lung Health

Marking World Lung day 2022, Healthy Lungs Nepal together with the Nepal Public Health Students Society, organized a flash mob and awareness program as a part of the Healthy Lungs for Life campaign in Nepal. Basantapur Durbar Square, one of the world heritage sites in the Kathmandu Valley, was selected as a program site to reach a large number of participants. The program aimed to raise awareness among general people regarding lung health and chronic respiratory conditions. The program started in the morning with a flash mob from volunteers from the Nepal Public Health Students Society. After that, trained volunteers were actively involved in spreading the message about healthy lungs among the visitors in the stall. The event t-shirts designed for the campaign were distributed among volunteers.

The program directly reached more than 500 individuals in the venue. The people who participated were locals, and domestic and international tourists, as Basantapur Durbar Square. The virtual reach of the event video is more than 1.7k on the official page of the Nepal Public Health Students Society.

(<https://www.facebook.com/iompublichealth/videos/622341846061170/>)





Healthy Lungs-Nepal

Young Leaders for Healthy Lungs

school ambassador Program



Itahari Sub-metropolitan city, Sunsari, Nepal



15 Participants (8 Males, 7 Females)

Objectives of the event:

1. To train school children about the risk factors of chronic respiratory diseases and preventive and promotive practices for healthy lungs.
2. To make young school ambassadors in respective schools and conduct a healthy lungs campaign in their schools.

Activities

We trained 15 students from 7 different schools (government and private) about the respiratory system and respiratory health. Participants were made aware of the non-communicable diseases and their risk factors. We also provided them with information on ways for maintaining lung health and made aware about unhealthy behaviors at their age. At the end of the program, students were invited to present their concept that could be implemented at their level and the two best ideas were provided with seed funds.



Background:

A young leaders for healthy lungs: school ambassador for healthy is someone who represents Healthy Lungs Nepal at their respective school. Respective student can begin a chapter as part of their school club or their own initiative start a healthy lungs campaign at their school or in the community level. This campaign expects to promote healthy behavior for healthy lungs among school going students which ultimately helps in fighting various lung diseases, noncommunicable diseases and mental health.

Fifteen participants directly benefited from our program, and indirectly the trained young leaders have reached more than 1400 school students in their respective schools. This event was organized together with the Lions Club of Itahari Smart City. Students were also very interested in participating in such programs in the coming days. Considering students' positive feedback, school authorities were interested in conducting such a program in the coming days.

Lung Health Awareness Program in Tikuliya Tole



Itahari Submetropolitan city-16,
Sunsari, Nepal



50 Participants (20 Males, 30 Females)

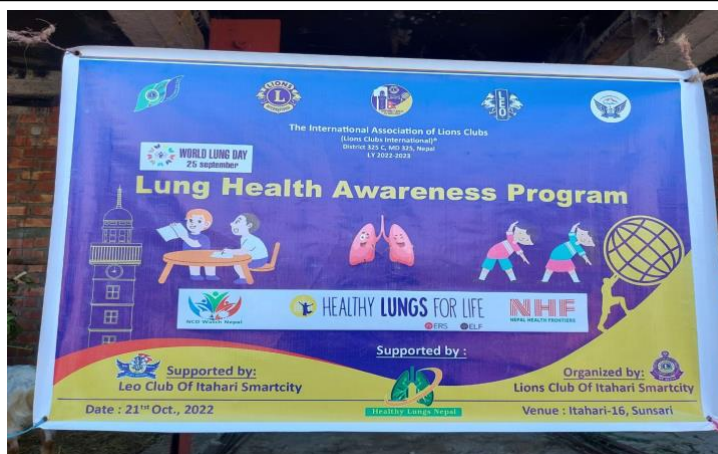


Objectives of the event:

1. To raise awareness among marginalized community people of Tikuliya tole, Itahari Submetropolitan city-16 about burden and risk factors of chronic respiratory conditions.
2. To encourage marginalized community to follow lung health promotive behavior

Activities

A community awareness program for Healthy Lungs was organized in the marginalized community in Itahari Submetropolitan city, ward number 16 of Sunsari District, together with the Lions and Leo Clubs of Itahari Smart City. We shared information about the importance of lung health, ways to avoid risk factors like cigarette smoking, reducing indoor air pollution for better lung health, and the importance of physical activity in dealing with major non-communicable diseases, including chronic respiratory conditions.



Beneficiaries: From this program, 50 people benefited directly and indirectly reaching more than 250 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 and Nepal Public Health Students' Society

Target Population: Students and social media users

Team Members: Public health and medical students

The aims of this event:

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

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

We received eight contents that included lung health promotional art and video messages. The received contents were shared through the different social media handles of Healthy Lungs Nepal and Nepal Public Health Students' Society. The top two participants were selected and awarded certificates, prize money, and campaign T-shirts. The best part of the competition was featured on our social media page. Since the social media campaign started, the Healthy Lungs Nepal posts reached 27225, 75 new page likes were gained, and 7200 post engagement was seen.

Link to winning submission: www.facebook.com/iompublichealth/videos/5470863269697264



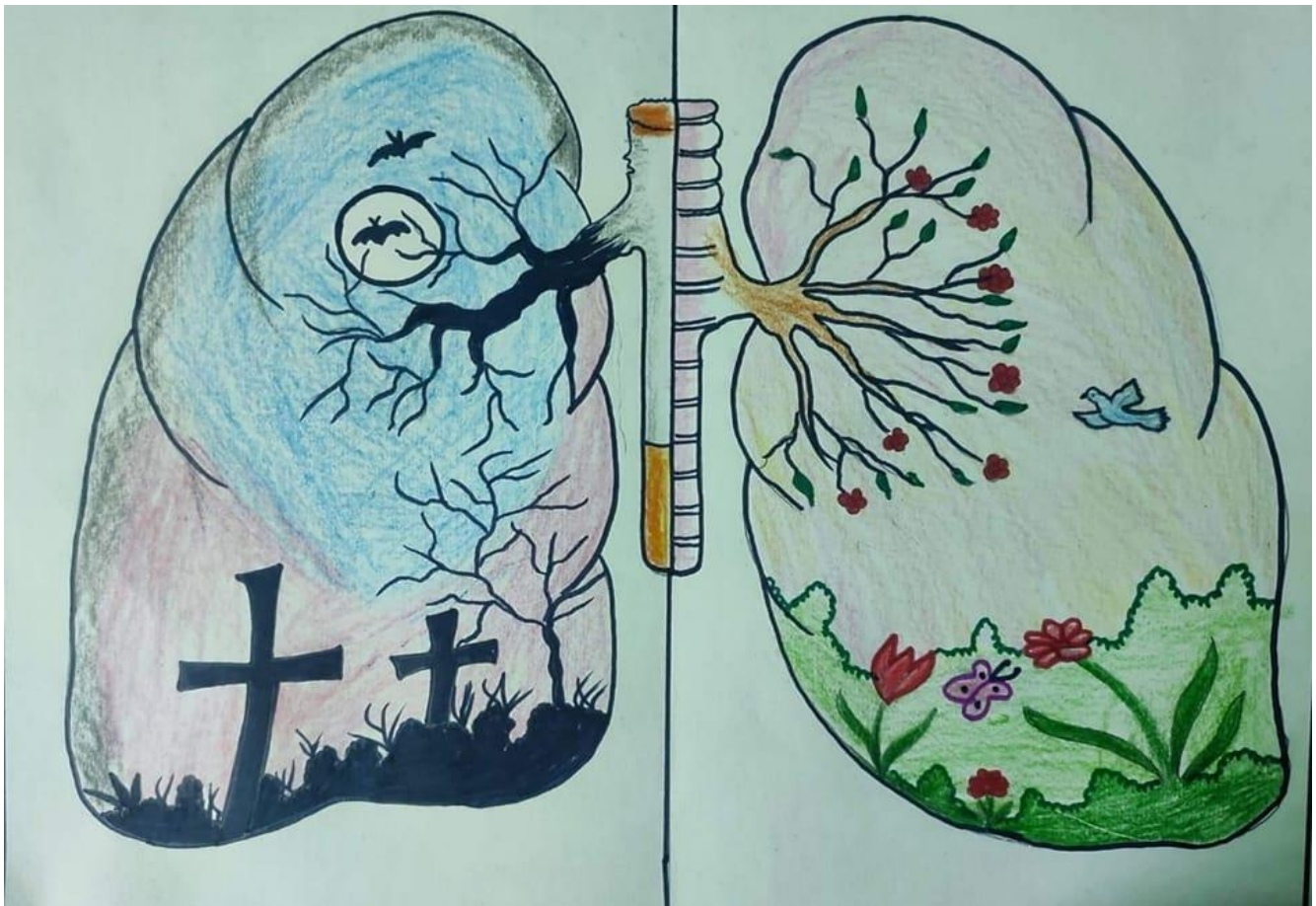


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