



REPORT ON THE SECOND VOLUNTEER HEALTH CAMP OF EK EK PAILA

Nuwakot



Introduction

In June 2015, Ek Ek Paila organized its second health camp in Bhadrutar, Nuwakot district, to serve earthquake victims. This time, the team comprised nearly **50 members**, making it a larger group than before. For the first time, the team also included specialists such as psychologists, nutritionists, and counselors, thereby broadening the scope of services provided.

Objective

The camp was aimed at extending medical services, psychological support, and nutrition counseling to communities severely affected by the earthquake.

Camp Site: Nuwakot



Services Provided

Following a swift setup, the team successfully served **560 patients** in total:

Eye Care – 239 patients examined by Dr. Suman Thapa and team

- 10 cataract cases referred

- 90 spectacles distributed

Dental Care – 150 patients treated by Dr. Neil Pande, Dr. Bhupesh Shakya, and Dr. Luna Shrestha

- 80 referrals made

Gynecology – 60 patients treated by Dr. Sapana Vaidya

- 10 uterine prolapse cases

- 3 referrals for surgery

- 8 pregnancy tests (1 positive)

- 1 polyp case

Medicine-1 (Dr. Sudhamshu KC) – 65 patients

- Hypertension: 3

- Blood sugar tests: 5

Medicine-2 (Dr. Subodh Dhakal) – 70 patients

Medicine-3 (Dr. Jyotindra Sharma) – 35 patients

(Paediatrics/Orthopedics/General Medicine)

- Osteoarthritis: 5 cases

Medicine-4 (Dr. Ganesh Parajuli) – 54 patients

Dermatology (Dr. Eliz Aryal) – 95 patients

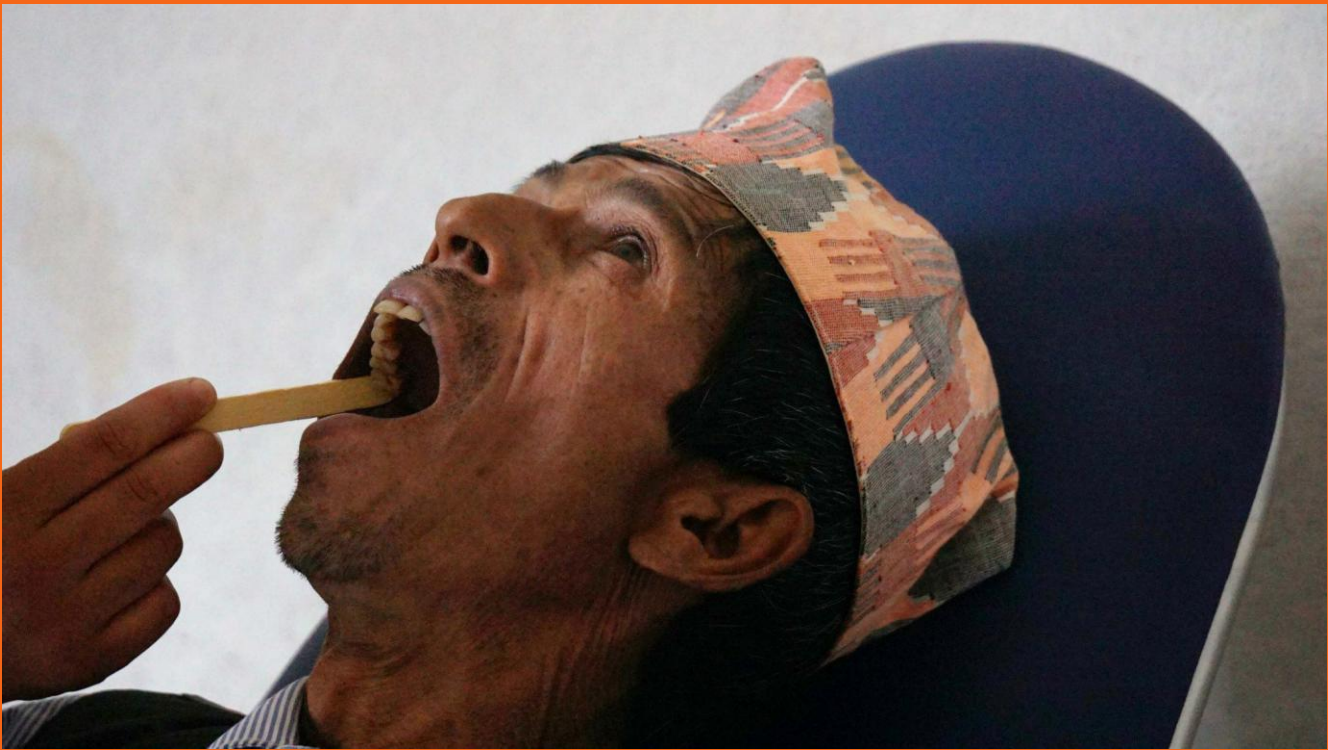
ENT – 60 patients

In addition to medical services, essential supplies were distributed:

- 450 toothpastes and soaps (courtesy of **Unilever**)

- 400 high-quality toothbrushes (courtesy of **Dr. Rosi Shrestha Greene** and **Colgate, USA**)

The distribution emphasized the importance of hygiene and preventive health.



Team Members

- 1 Jyotindra Sharma Dr
 - 2 Subodh Dhakal Dr
 - 3 Sudamshu KC Dr
 - 4 Ganesh Parajuli Dr
 - 5 Sapna Amatya Vaidhya Dr
 - 6 Kunjan Acharya Dr
 - 7 Suman Thapa Dr
 - 8 Eliz Aryal Dr
 - 9 Neil Pande Dr
 - 10 Bhupesh Shakya Dr
 - 11 Luna Shrestha Dr
 - 12 Lakhi Pande
 - 13 Optha Assistant
 - 14 Alina Gurung Nurse Gynae Asst
 - 15 Amrita Malla Dressing
 - 16 Asha Gurung Med Distrb
 - 17 Volunteer Children Camp
 - 18 Manju Bista Children Camp
 - 19 Ashish Bhattraai Vol Patient Mgt
 - 20 Sekhar Chettri Vol Registration
 - 21 Nabin Nepali Vol
 - 22 Min Bdr Vol
 - 23 Rajat Rana Vol Nutrition
 - 24 Kuldeep Malla Vol Nutrition
 - 25 Riva Thapa Vol Med Distrb
 - 26 Binayak Pande Vol Med Distrb
 - 27 Apoorva Thapa Vol Med Distrb
 - 28 Arun Parajuli Vol Dressing
 - 29 Prajwol Aryal Vol Patient Mgt
 - 30 Prabhakar Thapa Vol Patient Mgt
- Local Volunteers
- Shankar Adhikari
- Pradeep Banjara
- Mr Chaudhary
- Local Red Cross Officials

Conclusion The second health camp of Ek Ek Paila demonstrated both growth in scale and diversification in services. The inclusion of psychological and nutritional support reflected a holistic approach to disaster response. With 560 patients served, the camp reaffirmed the EEP's mission to deliver comprehensive health services to those most in need during times of crisis.