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Green Tara Nepal Health Promotion Programme in memory of Jim Meyers, January 5, 2011



On January 5, 2011, Green Tara Nepal (GTN, the Nepalese branch of Green Tara Trust) held a mass health promotional event in the isolated Tamang community of Bhandarkharkha, Nepal.

Artists performed mainly drama followed by songs and dances. Included were health promotion messages such as the importance of antenatal care, use of Clean Delivery Kits (CDKs) and washing the baby every 24 hours. The artists are members of the local community, such as schoolteachers and students. They rehearsed the drama for about fifteen days. GTN provided contents only, from which they wrote the script. An experienced local artist then directed the drama.

The event was conducted by GTN staff member Manita and a community woman called Ranjana, an educated Tamang girl. The other ten local volunteers helped to manage the community and the event.



Of the attendees, about 70 percent were women. Of these, about 70-80 were mothers with children under two years old, about 25-30 were pregnant and about 70-80 were mothers-in-law. About 60-70 men and politicians attended.

Drawing on experience from previous events, the organisers ensured that people did not have to walk farther than 15-20 minutes from home to attend the programme, which had been advertised by posters. About 15 local artists entertained 350-400 people.

Representatives from local organisation like cooperatives, hospital, VDC, schools and the police post also participated in the event. They came to watch, and some were provided chance to speak a few words.



Health promotion through drama

Main messages

- * Use CDKs (Clean Delivery Kits) and skill birth attendants in home delivery
- * Wash baby after 24 hours
- * Complete antenatal visit

Sub-messages

1. Nutritious food for pregnant women
2. Rest and hygiene during pregnancy
3. Caring for pregnant women by husbands
4. Preparation for delivery
5. Importance of hospital delivery
6. Wrapping baby immediately after birth
7. Colostrums feeding
8. Postnatal check-ups



The drama compared about good antenatal care and its result and no ANC care and its consequences. It dramatized the drunken husband and quarrelling with wife, and beating her and smoking during pregnancy.

Beside this drama, some maternal and child health-related songs and other entertaining songs and dances were presented. The songs were also related to the messages mentioned above. That were presented by group members and the Green Tara Team.

This event was more successful than past events because it focused on expected issues. People are also saying that maternity care information organized by GTN is clear and understandable. Participation of the target group was quite low compared to the target population: about 60-70 percent of the target group population attended. It might be due to cold, as the event took place in winter. As they say, it's impossible to gather all the people.



GTT feels that this event was successful because it made all kinds of people (mother-in-laws, father-in-laws, husbands, mothers and young people) aware of the problems. People have talked about this event in their village and in gatherings. Moreover, people recognized GTT and the wide scope of its projects.

Clean Delivery Kits

People use these kits in home delivery. A kit has a blade, thread to tie the umbilical cord of the new baby, soap for washing hands and a clean plastic sheet (on which the mother can sit while giving birth).



Follow up

GTT are planning to review this via a health promotion and mothers' group every 3 months. Additionally, they are thinking to organize a meeting of artists after 3 months because they all are local and they can get feedback from community members.

