

Swastha Paila

Project No: 01

Date: 25th of July, 2026

Location: SOS HGS Gandaki—Pokhara

Collaborated with: N/A

Specified Community: Community

Sponsored by: N/A

Guests:

- Mr Pradeep Bhakta Acharya. (SOS Village Project Director)
- Mr CM Subedi. (SOS HGS-Gandaki's Principal)
- Miss Barsha Giri. (PCL Nurse)

Area of Focus:

Maternal and Child Health, Disease Prevention And Treatment.

About ' Swastha Paila

Introduction:

Hosted by the Interact Club of Annapurna SOS, "Swastha Paila" kicked off our tenure with a heartwarming focus on community wellness at the SOS Children's Village in Gandaki. Guided by speaker Miss Barsha Giri, we brought elder mothers and youth together for an open, friendly discussion on pregnancy stages, puberty changes, and menstrual health.

Project Summary:

"Swastha Paila" was a formal health awareness program held in the hall at SOS Children's Village Gandaki for elder mothers and local youth. Both key speaker Miss Barsha Giri and our team presented slides covering puberty, menstrual hygiene, and pregnancy stages, translating complex concepts into easier local terms so everyone could comfortably understand. As a result of the event, attendees gained a clear, myth-free understanding of maternal health, youth learned how to safely navigate adolescent body changes, and open, supportive discussions around personal hygiene were successfully brought into the community.

The main impacts/objectives of the event are as follows:

1. Dispel Myths: Bust taboos around puberty, menstruation, and pregnancy.
2. Simplify Concepts: Translate complex medical terms into easy local language.
3. Improve Hygiene: Teach clean, safe daily habits for personal health.
4. Encourage Dialogue: Normalize open conversations about body changes.
5. Bridge Generations: Connect youth and elder mothers for better support at home.

Itr. Prerika Baral
President RY(2026/27)

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Conclusion: The Swastha Paila program helped the local community by clearing up myths about puberty, menstruation, and pregnancy. By explaining health concepts in plain, easy-to-understand language, the event taught youth and elder mothers better hygiene habits and made it comfortable for them to talk openly about body changes. Overall, it gave families practical health knowledge and built a stronger, more supportive environment at home.

Feedback of the attendees

1. Talking about puberty and menstrual health can easily feel awkward at first, but the team led by student handled the room with so much warmth that everyone relaxed almost right away and the experiences shared by older teenagers make us comfortable to share ours too. (Itr. Anuja Gautam)
2. Instead of using heavy medical terms or slang, the presenters used everyday terms that made real sense to both the youth and the elder mothers. (Itr. Aatmik Bhari)



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