

Maternal Health and Child Care – Online Awareness Session



Project Number: 02

Date: 26th July 2026

Location: Google Meet (Online)

Collaborated With: Interact Club of Valmiki

and collaborating Interact Clubs

Specified Committee: Community Service

Area of Focus: Maternal and Child Health

Introduction

On 26th July 2026, the Interact Club of Valmiki organized the Maternal Health and Child Care – Online Awareness Session through Google Meet in collaboration with the Interact Club of Skyrider and several other Interact and Rotaract Clubs. The session aimed to raise awareness about maternal health, child care, and the importance of proper care during pregnancy and early childhood.

Summary

The session began with a warm welcome, followed by an insightful presentation on prenatal and postnatal care, breastfeeding, child nutrition, immunization, and maternal mental health. Participants remained engaged throughout the session, listening attentively and gaining practical knowledge about the importance of caring for both mothers and children. The speaker also highlighted the significance of proper nutrition, timely health check-ups, and the Golden 1,000 Days in ensuring a child's healthy growth and development. Overall, the session encouraged everyone to spread this valuable knowledge within their families and communities, making it both informative and meaningful.

Itr.Ojaswi Pokharel
President

Interact Club of Skyrider

Ratnanagar-13, Chitwan

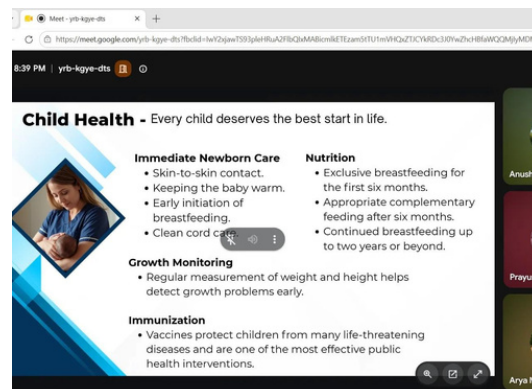
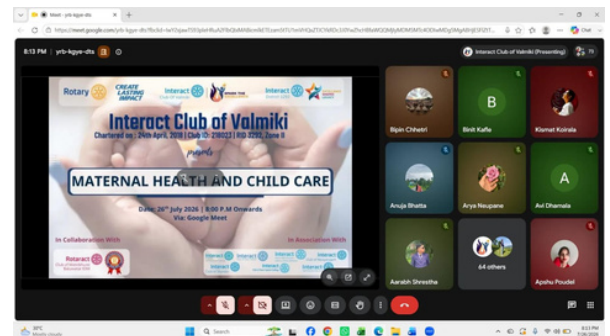
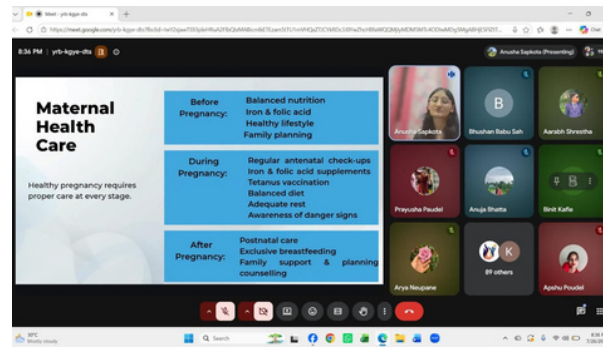
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Conclusion

The awareness session was successfully completed and achieved its objective of educating participants about maternal and child health. It inspired attendees to adopt healthy practices and highlighted the importance of community awareness in ensuring the well-being of mothers and children.

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Feedback of Attendees

Participants appreciated the informative and interactive session, sharing that the speaker explained the topics in a simple and easy-to-understand manner.