

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:

This project mainly targets Maternal and Child Health and Disease Prevention And Treatment by educating mothers on pregnancy stages and guiding youth through adolescent growth changes along with menstrual hygiene.

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.

Itr. Prerika Baral
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