



Project नव अंकुर

Project No : 01

Date: 21st July 2026

Time: 11:30 A.M

Location: Balodaya Secondary School, Conference Hall

Collaborated with: Rotaract club of Pokhara GMC

Specified community: Community Service

Area focused on:

- Women's health and well-being
- Adolescent health and development
- Menstrual hygiene and awareness
- Personal hygiene and healthy habits
- Balanced nutrition
- Mental and emotional well-being
- Health awareness and myth busting

About 'Women's health, well-being and Adolescent health'

Introduction:

The Interact Club of Balodaya Pokhara in collaboration with Rotaract Club of Pokhara GMC initiated a project under the name नव अंकुर (Nav Ankur). The main objective of this project was to create awareness about women's health and adolescent well-being. The session focused on the importance of maintaining good hygiene, following a balanced diet, understanding the physical and emotional changes during adolescence, and developing healthy habits. It was an informative and meaningful session that helped us gain useful knowledge about health and well-being.

Itr.Prekshya Bhandari
President RY(2026/27)

**Interact Club Of Balodaya
Pokhara**

Email:
prekshyabhandari200@gmail.com

Cell no:
9766048525



Project Summary:

Project नव अंकुर (Nav Ankur) was successfully conducted on 21st July 2026 at the Balodaya Conference Hall in collaboration with the Rotaract Club of GMC Pokhara. Organized under the theme of Maternal and Child Health, the program aimed to educate and raise awareness among Grade 6 and 7 students about adolescent and women's health.

The session was informative, interactive, and engaging throughout. The resource persons explained topics such as personal hygiene, menstrual health and hygiene, balanced nutrition, and the physical and emotional changes that occur during adolescence in a simple and easy-to-understand manner. They also shared practical tips on maintaining a healthy lifestyle and encouraged students to prioritize both their physical and mental well-being.

Beyond the educational sessions, students took part in a heartfelt activity where they prepared appreciation cards for their mothers. This encouraged them to express gratitude and recognize the love, care, and sacrifices mothers make every day, complementing the project's message of maternal health and respect.

The program also included an interactive question-and-answer session, where students freely shared their questions and clarified their doubts. To keep the atmosphere lively and encourage participation, chocolates were distributed to the students, making the learning experience both enjoyable and memorable.

Overall, Project नव अंकुर (Nav Ankur) was a meaningful initiative that not only increased awareness about adolescent and women's health but also inspired students to adopt healthy habits, appreciate their mothers, and carry these lessons into their daily lives.

Itr.Prekshya Bhandari
President RY(2026/27)

**Interact Club Of Balodaya
Pokhara**

Email:
prekshyabhandari200@gmail.com

Cell no:
9766048525



Itr.Prekshya Bhandari
President RY(2026/27)

**Interact Club Of Balodaya
Pokhara**

Email:
prekshyabhandari200@gmail.com

Cell no:
9766048525

