



**Self Reliant  
Centre  
Projects 2022/23**

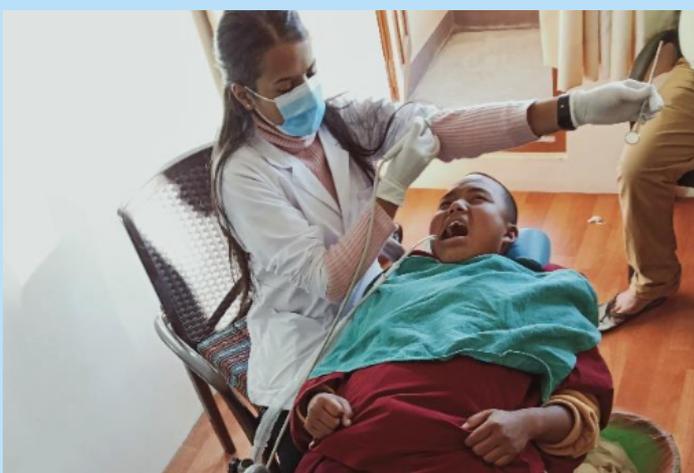
Aparna from the Self Reliant Centre has sent us this year's report detailing her latest work. She has held over 13 health camps in many areas including Chitwan, Sanku, Bhaktapur, Nagi Gumba Nunnery and Changu. Setting up health camps, visiting schools and orphanages with health care professional and dentists. Below is a shortened version but her full report is also available on the WMT website.

### **Self Reliant Centre - Nepal Projects**

*The SRC extends gratitude to the Wilkins Memorial Trust for their support over many years.*

During the time period from August 2022 through July 2023 the SRC focused on the following. . .

**Dental hygiene for children.** Children were given instruction on proper brushing. A toothbrush and toothpaste were provided and they brush in group. Many youngsters already have cavities since junk food and sugary drinks are available everywhere.



### **Professional dental care for people of all ages.**

A team of dental technicians and a dentist brought field equipment to remote sites for treatment. People received various types of care including extractions, fillings, cleaning and referral services for severe cases.



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**Health screening and medicine for adults and elderly.** The basic screening included blood pressure check up, blood sugar test and O<sub>2</sub> check up



**Consultation and nutritional advice were provided for those who require it.** Basic medicines and other local remedies were available for minor aches and pains, skin rashes, indigestion and other minor complaints.



**Women's health education and care.**

These services are well received in the community, especially since most people do not consult a healthcare professional and painful symptoms occur