

**YOUTH
RISING
PROGRAM
BY GHAR**

By Erica K C



OBJECTIVES OF THE CAMPAIGN

- To spread awareness about heat stress and dehydration.
- To educate people about kidney-related health problems caused by working in extreme heat.
- To encourage workers to drink enough water and take regular rest breaks.
- To promote healthy and safe working habits.
- To support migrant workers by sharing useful health information.

ACTIVITIES CONDUCTED

- Around 50 houses visited to spread awareness, like this :
- Awareness pamphlets distributed with important health information.
- Symptoms and prevention of heat stress explained to every household.
- Workers encouraged to drink clean water regularly and to avoid working continuously in extreme heat and take breaks.
- Water bottles given to workers as a symbol of promoting hydration.
- Photos and videos recorded to document the whole campaign.

THE PAMPHLET

I made this pamphlet in Nepali and gave it to every house I visited.



गर्मी किन खतरनाक हुन्छ?

मिर्गौलाले रगत सफा गर्छ र शरीरको पानीको सन्तुलन मिलाउँछ। तर तातोमा लामो समय काम गर्दा शरीरबाट धेरै पसिना निस्कन्छ र पानी नपिउँदा डिहाइड्रेसन हुन्छ। यस्तो गर्मीको तनाव (Heat Stress) बारम्बार हुँदा मिर्गौला थाक्छ र बिग्रिन थाल्छ, जसले अन्ततः गर्मी र डिहाइड्रेसनले हुने मिर्गौलाको रोग (CKDnT) निम्त्याउन सक्छ।

सतर्कता संकेतहरू (Warning Signs)

- ⚠ पिसाब कम आउनु वा बन्द हुनु
- ⚠ अनुहार, हात, खुट्टा सुन्निनु
- ⚠ थकान वा कमजोरी महसुस हुनु
- ⚠ वाकवाकी वा सास फेर्न गाह्रो हुनु

सावधानी अपनाऔं (Prevention Tips)

- 💧 हरेक ३०-४५ मिनेटमा पानी पिउनुहोस्।
- 🌿 घाममा काम गर्दा प्रत्येक घण्टामा छायाँमा आराम लिनुहोस्।
- 👕 हल्का कपडा लगाउनुहोस् र टाउको ढाक्नुहोस्।
- 🚫 धेरै मदिरा, चिया र कफी नखानुहोस्।
- पिसाब गाढा रडको भए पानी बढाउनुहोस्।
- 🤝 साथीहरूलाई पनि सम्झना गराऔं — पानी पिउनु र आराम लिनुहोस्।

अनुसन्धानले के भन्छ? (Research Fact)

GHAR-NeDS अध्ययन नेपालका डायलाइसिस बिरामीहरू (मिर्गौला फेल भएका) बीच गरिएको थियो। ३५४ बिरामीमध्ये करिब ३१% वैदेशिक कामदार थिए। तीमध्ये धेरैजना जवान र स्वस्थ थिए र धेरैमा ब्लड प्रेसर वा डायबिटीज जस्ता रोग थिएनन्। तातो देश र गर्मीको वातावरणमा लामो समयसम्म काम गर्दा भएको गर्मीको तनाव (Heat Stress) र डिहाइड्रेसन का कारण उनीहरूमा CKDnT (गर्मी र डिहाइड्रेसनले हुने मिर्गौला रोग) देखिएको थियो। 🔍

अन्तिम सन्देश (Closing Message)

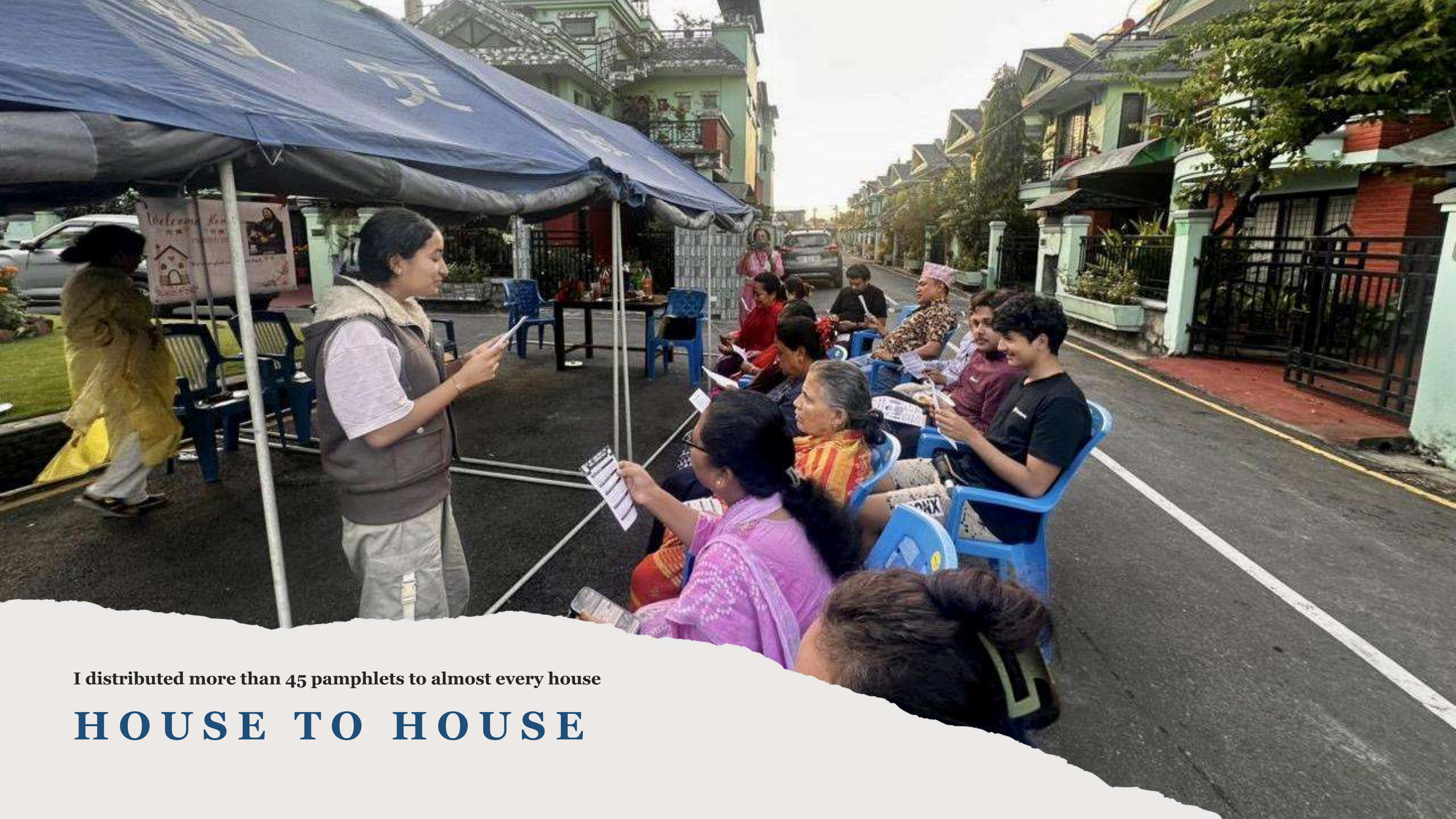
💧 पानी पिउँ। 🌿 छायाँमा बसौं। 🛡 मिर्गौला जोगाऔं।

Drink Water. Rest in Shade. Protect Your Kidneys.

AWARENESS PROGRAM

Starting from home





I distributed more than 45 pamphlets to almost every house

HOUSE TO HOUSE

A SHORT CLIP



This clip does not include everything, but it shows many moments from my awareness campaign.

A person wearing a blue jacket and a green backpack is walking. The background is a blurred city street with buildings.

A Meaningful Journey

Thank you everyone for letting me take part in this wonderful project. I loved working on it, and deep down I feel happy and blessed, because I know I have made many people aware and helped them too. It was a wonderful time and a new, meaningful experience participating in the

“GHAR Youth Rising Program”.