



Rotary
Club of Bhaktapur
CLUB ID 62760, GOVT. REGD. NO. 187/075/76

**UNITE
FOR
GOOD**



MATERNAL AND
CHILD HEALTH

Rotary Club of Bhaktapur

Celebrating Maternal and Child Health Month

Maternity and Child health Care Program

Talk Program on
Key Components of a Maternity Diet:

by: **Ms. Kabita Maharjan (Ph.D)**

Date: 26th July 2025, Saturday, (१० आषाढ २०८२, शनिवार)



Location : Siddhi Memorial Hospital, Bhaktapur

Partners in Service:



INNERWHEEL CLUB
OF BHAKTAPUR



ROTARACT CLUB
OF BHAKTAPUR



ROTARACT CLUB
OF KMC DUWAKOT

Interact

Club Of Bhaktapur Mount
Valley English School

Title (4-7 Words):	Maternal & Child Health Talk Program & essential postpartum care items Distribution
Club Name:	Rotary Club of Bhaktapur
Event Date:	26th July 2025
<p>News (100-250words)</p> <ul style="list-style-type: none"> - Specialty - Facts & Figures - Budget - Beneficiary Profile - Impact/Outcome 	<p>A successful talk program on <i>Maternity and Child Health Care</i> was organized on 26th July 2025 at Siddhi Memorial Women and Children Hospital, Bhaktapur. The session was led by Dietitian Kumari Maharjan, who emphasized key areas like maternal nutrition, newborn care, and overall health awareness.</p> <p>The program was graced by Chief Guest Ms. Hema Kumari Adhikari, member of the Maternity and Child Health District Sub-Committee, who highlighted the importance of timely maternal care and newborn support.</p>

The event witnessed active participation from **Rotaract Club of Bhaktapur, Rotaract Club of KCM Duwakot, Interact Club, and Inner Wheel Club**, alongside hospital **nurses and health assistants**. Their joint coordination made the program seamless and impactful.

As part of the outreach, **essential postpartum care items**—including baby suits, ghee, chaku, and quati packs—were distributed to **new mothers**, promoting traditional recovery practices and nutrition.

- **Specialty:** Awareness session led by a certified dietitian and district-level expert
- **Facts & Figures:** 40+ attendees; 6 new born and new mother received care packages
- **Budget:** NPR 30,000
- **Beneficiary Profile:** New mothers and families at the hospital; nurses ; new parents
- **Impact/Outcome:** Raised awareness on maternal care; reinforced community support and traditional postpartum health practices



