



A Report on School Health Program

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Background

Farming, Health and Environment Nepal Project under Nepal Public Health Foundation successfully facilitated an Informative speaking program with support from Marsyangdi Siksha Sadan Secondary School. The program was conducted on the theme ‘Effects of pesticides in health and environment’ to enhance the knowledge on pesticides of students.

Objective

To inspire them to become more conscious and aware on pesticides and its effect towards health and environment.

Venue

Marsyangdi Siksha Sadan Secondary School. Ichchyakamana-5, Mugling Bazar, Chitwan.

Date: 13th October, 2022

Participants

Around 30 students participated as audience in the program. 5 speakers from grades 9, and 10 of Marsyangdi Siksha Sadan Secondary School participated as “**Informative Speaker**” in the program.

Title of the program

“Informative Speaking on Impact of pesticides in Health and Environment.”

Following subheadings were provided to the students.

1. Is pesticide poison or medicine? Its label and types.
2. Mode of entry of Pesticide in human body, its effects on Human health and environment.
3. Pesticide poisoning and its relation to suicide.
4. Safe use of pesticides.
5. Importance of pesticide free foods and its consumption

S.N.	Name of Student	Grade	Topic
1	Sonam Bhujel	10	Is pesticide poison or medicine? Its label and types.
2	Dipika Silwal	9	Mode of entry of Pesticide in human body, its effects on Human health and

			environment
3	Ishika Kharel	10	Pesticide poisoning and its relation to suicide.
4	Nirman Silwal	10	Safe use of pesticides
5	Archana Thapa Magar	9	Importance of pesticide free foods and its consumption.

Proceeding

The program was initiated by the school principal Mr. Sashi Bhusan Shrivastava. He welcomed our team and thanked us for conducting the program. He introduced and welcomed Mr. Suman Chhidai, vice principal, Mr. Sudip Bajkoti, science teacher and Ms. Parbati Shrestha, an accountant of the school and requested them to learn and share their knowledge from the program.

Ms. Samana Sharma, project manager of NPHF gave a brief introduction about our organization and the objectives of School health program. She gave an insight on the rational use of pesticides. She appreciated the school and students for their interest in the topic and welcomed for their participation.

1. Sonam Bhujel

Topic: Is pesticide poison or medicine? Its label and types.

Sonam Bhujel is a student of grade 10. He thanked NPHF, school and audiences for giving the opportunity.

“Today’s farmers are using pesticides in heavy doses. They aim for higher production by using large quantities of pesticides. These practice leads to various long term diseases like cancer, ulcer etc. and causes early death. Nowadays, farmers don’t use bio-pesticides and compost manure which don’t affect our health. Thus, pesticide is a poison and not a medicine. There are four labels of pesticides. Label red meaning extremely hazardous, yellow which is highly hazardous, blue which is moderately hazardous and green meaning slightly hazardous.”

2. Dipika Silwal

Topic: Mode of entry of Pesticide in human body, its effects on Human health and environment

Dipika Silwal is a student of grade 9. She introduced herself and gave a warm welcome to NPHF staffs, school and audiences.

“Chemical pesticides are used to minimize or eliminate any pests, herbs/weeds, disease and other bacteria, viruses which decrease the quality of seeds, plants and food during production, storage. Due to low productivity in agriculture, farmers use pesticides without necessary precautions which results in negative effects in human health and environment. Pesticides enter into human body indirectly or directly through skin, mouth, eyes and our respiratory organs.”

“Some of the acute health effects of pesticides are breathing difficulties, headache, allergies, unconsciousness, whereas chronic health effects may be cancer, gene mutation, birth of intellectually disabled child, asthma, paralysis, reproductive diseases, blindness. There is a harsh effect on environment as well. Pesticides kills the beneficial insects, aquatic animals and other microorganisms which creates an imbalance in the ecosystem. It hampers the soil quality, pest increases resistance to pesticides. So it’s important to be mindful when using pesticides.”

3. Ishika Kharel

Topic: Pesticide poisoning and its relation to suicide.

Ishika Kharel is a student of grade 10. She expressed thankfulness to the NPHF staffs, principal and all the audiences.

“Pesticides are widely sold and purchased in markets. Sometimes, people consume pesticide intentionally or unintentionally which needs serious medical attention. Due to not storing pesticide in a safe way, some children tend to consume or others find a way to suicide, it’s important to keep the pesticides in a place where children cannot reach. We should be aware of these incidents that could happen around us and seek the medical attention right away.”

4. Nirman Silwal

Topic: Safe use of pesticides

Nirman Silwal is a student of grade 10. He thanked all of FHEN staffs, school and audiences for the opportunity.

“Pesticides are harmful to our environment and health. It is important to use pesticide rationally and in safe amount. We shouldn’t use them without taking

precautions. Personal protective equipment (PPE) should be used compulsory and not to neglect while using pesticides. Gloves, apron, mask, boot, cap should be used properly to be safe and to reduce contact with pesticide and as much as possible. After using pesticide, the PPE should be properly washed with soap and water and hang in the sun to dry. We should always go to nearby health center if we get health problems right after exposing to pesticides.”

5. Archana Thapa magar

Topic: Importance of pesticide free foods and its consumption.

Archana Thapa magar is a student of grade 9. She welcomed all of the NPFH staffs, greeted the audiences.

“Pesticide use is a growing issue among us. It is hard to get organic foods like our grandparents used to eat. With irrational use of pesticide, its effect on health and environment is also increasing day by day. We get to hear various chronic diseases more often in our community. So, it’s really important to eat pesticide free foods and promote kitchen gardening and aware farmers for minimizing pesticides and their harmful effects.”

Discussion

Ms. Srijana Bhattara, Agriculture Officer of NPHF gave educational information about pesticides, its types and label. She explained the modes of entry of pesticides in human body where she adds the importance of PPE and stated about the acute and chronic health effects that may arise after using or consuming pesticides. She gave a short brief on the use of pesticide for suicides and warns to not do so and explained about safe handling, storage and disposal of pesticides. She thanked all the students for presenting useful information to all and encouraged them to share the knowledge to their parents and surroundings.

Mr. Sashi Bhusan Shrivastava and Ms. Samana Sharma provided certificate and token of love to the five speakers for their efforts and wished them for their future.

Closing

Mr. Sashi Bhusan Shrivastava expressed his thankfulness towards NPHF and students. He also stated about the importance of this knowledge among school

children. He was confident that this program has brought awareness on pesticides. Ms. Samana Sharma closed the program by thanking the entire school and speakers for their meaningful participation.

Some glimpse from the program

