

SCHOOL HEALTH PROGRAM



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School Health Program as Panel Discussion Among the Students

Background

Farming, Health and Environment Nepal Project under Nepal Public Health Foundation successfully facilitated a panel discussion with support from Shree Bhandara 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 of pesticides and its effect towards health and environment.

Venue: Shree Bhandara Secondary School, Rapti Municipality, Chitwan

Date: 9th September, 2022, Friday

Participants

Around 30 students participated as audience in the program. 5 panelist from grades 9, and 10 of Shree Bhandara Secondary School participated in this initiative.

Proceeding

The program was initiated with a formal introduction among participants. Miss Usha Neupane gave a brief insight into our project and its activities and the school health program. She then started the Chairing session where Mr. Laxman Bartaula, principal was seated as Chief Guest.

The program began with the appreciation and best wishes by head of Secondary school Ms. Sumitra Rupakheti. She gave best wishes for our panelists and the importance of pesticide related education to the students and requested them to listen carefully.

Mr. Rohini Prasad Lohani is one of the trained teacher during Teachers training done by NPHF. He shortly shared how fruitful and important the training was for teachers and was glad about the school health program and showed his gratitude towards the NPHF.

Mr. Laxman Bartaula thanked for the opportunity given for students to talk on such sensitive topics. He also in sighted that the increasing use of pesticide is leading to diseases day by day and wished all the best to all panelists for the program.

Each panelist was given a different topic where they talked for around 5 minutes. Later on, the panelists were awarded with Token of love for further motivation and appreciation to their work.

List of Panelists and assigned topic for discussion

S.N.	Name of Student	Grade	Topic
1	Devraj Santang	10	Is pesticide poison or medicine? Its label and types.
2	Bidisha Dulal	10	Effects of pesticides on Human health
3	Krichan Shrestha	10	Effects of pesticide on Environment
4	Bhawana Khanal	9	Safe use and proper management of pesticides
5	Ankita Praja	9	Alternatives of pesticides.

Panelist 1: Devraj Sangtang

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

Devraj is a student of grade 10. He started by expressing his gratitude towards Nepal Public Health Foundation, principal and teachers for giving opportunity to share his knowledge on the assigned topic.

He stated that pesticide is not a medicine but a dangerous poison to human, animals and the environment. He explained about the four labels of pesticides. Label red meaning extremely hazardous, yellow which is highly hazardous, blue which is moderately hazardous and green meaning slightly hazardous. He aware about not using pesticides at all but if need to then we should always use green one for least effects.

Panelist 2: Bidisha Dulal

Topic: Effects of pesticides on Human health

Bidisha is a student of grade 10. She started by welcoming all the teachers and expressing thankfulness for the given opportunity. She started with brief introduction on pesticides and how innocent farmers use pesticide irrationally just to increase their production. Farmers think that using chemical pesticides make their

production high and are not aware about the health consequences on human health. It doesn't only affect human health but also has adverse effects on environment.

She explained how pesticide gets contaminated in sources of water and food. She mentioned the overuse of pesticides and its leakages in sources of water where it affects to the aquatic plants and animals. She also mentioned about acute health problems like allergies, skin and eye problems, irritation, headache, dizziness, vomiting and chronic diseases like cancer, paralysis.

She gave us an example of her family where her grandmother taught her mother about making Jhol mol, using botanical plants like neem and titepati in controlling pests as a replacement of chemical pesticides. They also practice IPM method for their small farm.

Panelist 3: Krichan Shrestha

Topic: Effects of pesticides on Environment

Krichan is a student of grade 10. He warmly welcomed everyone and started his speech. He also gave a brief about pesticide being a poison. He mentioned that pesticides can alter the natural eco-system of our environment. Pesticide creates imbalance on environment and such imbalance contributes in emerging of different diseases on plants and animals which in turn affects human health. Pesticide kills the beneficial and harmful insects and plants of the environment. He also suggests to use green label pesticide if necessary and to use in prescribed amounts by the pesticide retailer, if not so, then it will contaminate soil, water and destroy the natural habitat of plants and animals.

Panelist 4: Bhawana Khanal

Topic: Safe use and proper management of pesticides

Bhawana is a student of grade 9. She shortly thanked all the participants and appreciated the opportunity. She explained that pesticides are used to control pests, insects, Mollusca, bacteria, fungi. She again focused on pesticide is a poison. Thus, pesticide being a poison, it should be rationally used. She told about using gloves, a mask and bodysuit while spraying pesticides to follow instructions while spraying pesticides. She suggested talking with the Agriculture Knowledge Center for management of pesticides and its safe disposal.

Panelist 5: Ankita Praja

Topic: Alternatives of pesticides

Ankita is a student of grade 9. She was the last panelist, she thanked for the opportunity and showed gratitude towards Nepal Public Health Foundation, school and audiences. She talked about how chemical pesticides effects on human health and she said the best alternative is organic farming. She also explained that the use of natural methods in place of chemical pesticides. She also suggested to promote Integrated Pest management and use of bio pesticides.

After the discussions, we presented two short videos about the irrational use of pesticides among farmers and day to day increasing health problems due to pesticide use. The second video showed about how important is organic farming and explained that proper awareness and knowledge on organic farming should be given to farmers.

Discussion

Miss Usha Neupane heartedly thanked all the panelists for their meaningful participations and sharing their knowledge gracefully. She also thanked all the audiences and the school for their help to organize the program. She then explained about how we can reduce the labels of pesticides by merging fruits and vegetables in salt water for some time followed by rinsing them in running water. She mentioned how pesticides has a distinct nature, that it cannot be decomposed once entered in human body and it gets deposited in our cells, later on it gets accumulated and can take the form of tumor or cancer after long time. She also suggested to share the knowledge among their family, neighbors and their friends.

All the panelists were given token of love by the Chief Guest Mr. Laxman Bartaula. He appreciated the efforts of students and wished them better for their future.

Closing

Chief Guest Mr. Laxman Bartaula closed the program thanking NPHF, panelists, students for putting in sight on pesticide and its minimization. He explained that the children are our future and they should be taught about these topics as well. He then wished his best to NPHF for our upcoming programs.

