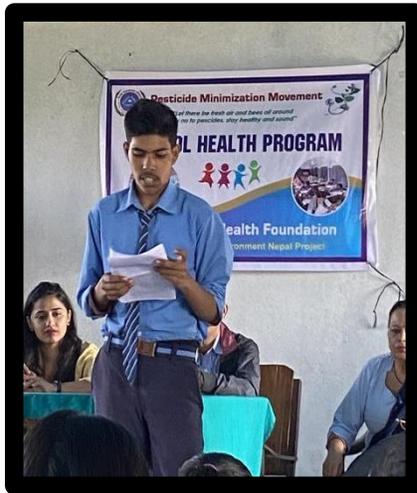


A Report on :School Health Program  
Bakulahar Secondary School, Ratnanagar





Prepared by:

Seema B.K

Edited by:

Samana Sharma

## **Background**

Farming, Health and Environment Nepal Project (FHEN) under Nepal Public Health Foundation facilitated a poem competition with support from Bakulahar Secondary School.

**Objective:** To aware the school students on pesticides, its effect on health and environment.

**Theme:** ‘Effects of pesticides in health and environment’

**Venue:** Bakulahar Secondary School, Ratnanagar municipality

**Date:** 20<sup>th</sup> October, 2022, Thursday

## **Participants**

Nine students had participated in the poem competition as a competitor while there were around 40 students as audience in the program of grade 9 and 10 of Bakulahar Secondary School.

## **Brief**

The School health Program was conducted on 20<sup>th</sup> October in Bakulahar Secondary School in Ratnanagar municipality with an aim on increasing awareness and sharing knowledge on pesticide, its effect on health and environment among school children.

A poem competition was held among 6 students of grade 9 and 10 where presences of about 40 students were seen. There were 9 students who had participated in the poem competition. The program was facilitated by Project Officer, Ms. Seema BK. The program started with the short introduction of Nepal Public Health Foundation, FHEN project and the objectives of the school health program by Project Manager, Samana Sharma. The names of the participated students were called and they recited the poem accordingly. The marking for the competition was based on skills on introduction, content creativity and presentation. The judge for the poem competition was Ms. Samana Sharma, Ms. Srijana

Bhattarai (Agriculture Officer of FHEN) and Mr. Rohini Prasad Lohani, science teacher of the school. The prize was distributed among the students by Ms. Samana Sharma, FHEN Project Manager and Kamana Dhakal, Principal of the school. All participants were awarded with certificates and the winners were given a token of love.

Ms. Kamana Dhakal, thanked for organizing the program and welcomed FHEN team wholeheartedly. She thanked all of them for their participation in the program. The students were shown videos related to pesticide effects after the poem competition. Lastly, Ms. Samana Sharma closed the program by thanking the students for their active participation in the program and also encouraged them to further participate in such types of the programs. The informational videos were shown to the students of class 9 and 10 after the poem competition.

The list of the students who had secured positions in poem competition as follows:

S.N	Name of the student	Secured Position
1.	Sadhana Mishra	First
2.	Aayushi Majakoti	Second
3.	Neshan Giri	Third
4.	Laxmi Lamichhane	Fourth

Hand written poems by the contestants

Date.

No.

विषाकी स्वराश्रय

गमस्कार गारे मेल सबे जनालाई  
शाष्पी संगी निपायिक गुरु वजिलाई

विषाकीको प्रयोग कस्तो सबैले जानेर  
शुनुहीला सबैजना कर्को नमानेर

शेतीजार्ने किसान हुन / जासंगार्ने डाक्टर  
त्यही शेतीमा हालैले विषादी द निर्कर्

शुनशाष्पी शेतीजार्ने धन है सजिला।  
बाकिर फन्दा घरकै शाना शाना हु पासिला।

विषाकी युक्त तरकारी खान मान्नु डर  
हाम्रो जीवन रहको है स्वराश्रयमा निर्कर्

विषाकीले मानिसलाई हानी पुऱ्याउंछ/  
त्यही कुखाला समाजलाई अलि डोऱ्याउंछ।

जीवन पाउने रक्छाती हो मान्नु पर्छ डर  
साथी, सम्झी जानी बुझी मात्र काम गर।

विषाकी हु चारैतिर टाँक्या हुन ठाँडे  
नदेरकी मित्र मित्र पाछे पसत छोडे।

नमस्कार है मेरी सतिश्री अनि अशिकावकलई;  
नमस्कार है ~~कैसी साधी~~ अनि गुरुवर्गलाइ,

स्वस्थ हामी जीवन ही, स्वस्थ हामी मन ।  
स्वस्थ रहे हामी सर्वे स्वस्थ हामी तन ॥

प्रभाव पाई जीजाले जीवन स्वस्थ हुन ।  
सागरसोजी पालपुल सुरु जारी हुन ॥

भुरग्य जारी ४ धरीका विषादी हुन धिनी ।  
शती भने स्वतस्वाक नै हरीया प्रयोग जारी ॥

~~स्वस्थ~~ विषादीले पारेको है जीवन हामी अछारी  
स्वस्थ बानी बसालेसी जीवन नै उचाली

अैविक विषको प्रयोगले मित्रजीव आजीने,  
वातावरण स्वस्थ हुने भूमि उर्वर रहने ॥

रक्तकर सिक्कनुपर्छ अैविक विष बनावन ॥  
स्वस्थ वरुके सागरसोजी पालपुल पालाउन ।

पयावरण आगाउन पालाउन सखले ।  
नदी खोला जल प्राणी ~~लप~~ प्रभाव पाई विषले

मन वृद्धि स्वस्थ हुन्छ स्वस्थ रहे तन ।  
हामी स्वस्थ भवने को नै स्वस्थ ही जीवन ।

Notes

Date:

नमस्कार आतिथी र गुरुपर्जलाई  
नमस्कार साथीहरू आम्हीभावकलाई ।

मैले एउटा कविता सन्धु छुपान दिएर खुनौं  
विषादीतरवतरगाक छ सबैले बुझौं ।

विषादीको प्रयोग त कम गर्नुपर्दछ  
राती रोगको विषादी त प्रतिबन्ध नै छ ।  
क्यान्सर जस्ता खतरा रोग विषादीले हुने  
विषादीले मानव जीवन तहस तहस हुने ॥

जङ्गल, जमिन, जलीय प्राणीहरूलाई  
विषादीले असर गर्छ जानी राखौं ह ।  
सिकनुपर्छ हामीले जैविक विष खनाउन  
वातावरण सुन्दर आनी पौषण जोगाउन ॥

मन बुद्धि स्वस्थ हुन्छ स्वस्थ रहे तन  
हाम्रो लक्ष्य सगैको नै स्वस्थ हो जीवन ।

- नमस्कार अतिथि गुरु वर्गलाई
१. नमस्कार आधीहरू अभिभावकलाई  
मैले एउटा कविता भन्दा ध्यानदिएर सुनौं  
विषादीको प्रयोग कस्तो मनमनै गर्नु
  २. विषादीको प्रयोग न कस गर्नुपर्द  
रातो रङको विषादी न प्रविष्ट नै छ ।  
क्यान्सर जस्ता रक्तशुन्य रोग विषादी ले हुने  
विषादी ले मानव जीवन तहस तहस हुने ॥
  ३. जङ्गल , जमिन , जलिय प्राणिहरूलाई  
विषादीले असर गर्द , जानी बाख्रो छ ।  
मिठो पद हामीले जैविक विष बनाउन  
वातावरण सुन्दर सगरी पोषण जोगाउन
  ४. मन बुद्धि स्वास्थ्य हुनु स्वास्थ्य रहे तन  
हाम्रो लक्ष्य भन्नेको नै स्वास्थ्य हो जीवन ॥
  ५. जैविक विषको प्रयोगले मित्रजीव जोगीने  
वातावरण रच्य हुने भूमि उर्वर रहने