

Nom du sponsor : FONDATION EAGLE
 COMMUNITY HEALTH CARE CENTRE MARA MOSCA
 Banrait Tole - BarmaJhiya 9
 Saptari District
 Nepal

Nom du bénéficiaire :

Nom et description du projet : PROGRAMME DE NUTRITION 2017 - 2018
 COMMUNITY HEALTH CARE CENTRE MARA MOSCA
 Banrait Tole - BarmaJhiya 9
 Saptari District
 Nepal

Lieu de réalisation du projet :

Période de réalisation du projet : 1ER MAI 2017 AU 13 AVRIL 2018
 N° de référence de la Fondation Eagle : FONDATION EAGLE N° 00426 / 023 / Point N° 3
 Date de l'acceptation de la subvention : NOOSA, 23 JUILLET 2017

BMI Calculation 2017 - 2018

The program began mid of April 2017 for the Montessori and at the beginning of May 2017 for the government school's children.
 It lasted until end of the school's year (end of March 2018)
 Measurements from mid of April until mid of May 2017

Class	Mild underweight		Underweight		Severe underweight		Total
	f	m	f	m	f	m	
Nursery	10	1	2				13
One	5	3	2	4			14
Two	3	6	4		2	1	16
Three	8	8	1	1			18
Four	1	4	17	7	5	1	35
Five	8	4	7	4	2		20
Six	5	2	8	5	4	3	25
Seven	1	2	8	3	3	2	19
Eight	1		5	3	4	8	21
Nine	2	5	4		1	4	16
Ten	6	4	3	1	2	6	22
Total 1	50	39	54	28	23	25	219
Total 2	89		82		48		219

Remarks

After the first measurements made in April 2017 (until mid of May for the government school's pupils, due to their late admissions), all together 219 children from the government school were concerned with the nutrition program.

As we give the nutrition program to the Montessori children too, it is all together 259 children who are concerned. The Montessori children don't appear in this BMI calculation. They are all receiving a snack 5 days a week.

We could notice that in the government school, 89 children were in mild underweight class and 82 pupils in underweight class.

Unfortunately, still 48 students of all government classes are severely underweight class.

All together, we observed that around 22% of the measured children (with severe underweight) urgently need a better nutrition, which is our motivation to go on with this programme.

Second measurement: November 2017

Class	Good		Mild under weight	Under weight		Severe underweight		Absent		Total
	f	m	m	f	m	f	m	f	m	
Nursery	12	1								13
One	2		6	1	1					14
Two	1	2	5	1						16
Three			9							18
Four	1		10	2	1	1				35
Five	3	1	7	1						20
Six	1		1	3	5	1	2		2	25
Seven	2		5	2	3					19
Eight	5		8	4	3					21
Nine	1	5	4							16
Ten	4	4	2	2	2	1	3		1	22
Total 1	32	13	57	16	15	3	5	0	3	219
Total 2	45		132	31		8		3		

Remarks

During the 8 first months of the program, 3 children left the school.

Mostly, the children who are not coming at school regularly are either staying at home or helping their parents in the fields works.

After the measurement in November, we were very happy that already 45 children could get a normal BMI and that only 8 remained in the Severe underweight position.

Third measurement: Mid of March 2018

Class	Good		Mild under weight	Under weight		Severe underweight		Absent		Total
	f	m	m	f	m	f	m	f	m	
Nursery	12	1								13
One	5		7							14
Two	5	5	1							16
Three	4	4	4						1	18
Four	2		10			1		1	1	35
Five	4	3	5	1			1			20
Six	6	2	3	4	3					25
Seven	4	1	6		1					19
Eight	1		10	1				2	1	21
Nine	2	1	8							16
Ten	2		6		4	1	1			22
Total 1	47	17	60	6	8	2	2	3	5	219
Total 2	64		129	14		4		8		

Remarks

On March 2018, only 211 children could be measured, as 8 of them left the school during the scholar's year.

Unfortunately, among them 2 girls from class 8 were married and are nowadays at their husbands' houses. Two others are staying at home and helping their parents on the fields.

Two pupils went to another school, one left to go to Kathmandu, two are helping their parents on the fields and one boy went to the next town and got an apprenticeship in a garage.

47 girls and 17 boys have improved their BMI and nowadays they are good health. 98 children have improved from under weight to mild under weight.

DECOMPTES DES FRAIS POUR LE PROGRAMME DE NUTRITION

MOIS	01.01.2017 AU 15.04.2018	
	Montant en NR	Montant en SFr.
Janvier 2017	35'260.00	332.20
Février 2017	55'730.00	525.06
Mars 2017	32'365.00	304.93
Avril 2017	17'720.00	166.95
Mai 2017	48'660.00	458.45
Juin 2017	25'551.00	240.73
Juillet 2017	19'070.00	179.67
Août 2017	28'350.00	267.10
Septembre 2017	24'280.00	228.75
Octobre 2017	45'218.00	426.02
Novembre 2017	79'568.00	749.65
Décembre 2017	41'796.00	393.78
Janvier 2018	87'820.00	827.40
Février 2018	77'740.00	732.43
Mars 2018	76'645.00	722.11
Avril 2018	26'954.00	253.95
TOTAL EN ROUPIES NEPALAISES	722'727.00	6'809.19
Différences	-170'799.00	-1'609.19
Montant reçu pour les 16 mois prévus	551'928.00	5'200.00

Montant en SFr. de la subvention accordée :

CHF. 5'200.--

Change, date et montant en roupies népalaises :

NR 106.14, RECU LE 23 JUILLET 2017 LE MONTANT DE NR 551'928.--

Delayed budgets and actual expenditure comparison

After the measurement of the students in May 2017, we decided to give the litho (special meal) not only to the pupils who were in severe or underweight, but also for those who were in light underweight.

We could immediately see that this was a very good idea, as the children improved within only 6 months.

In 2018-2019, we shall give the litho to everyone, every day.

The difference of CHF. 1'609.20 for the year of 2017-2018 will be assumed from the Association Ganesha Suisse-Népal, as it was a decision of its President.

Achievements:

Every year we can notice that quite all children improve their BMI and consequently their health.

It is our pride to offer this nutrition programme, more over this last year, as we gave the litho programme to everyone and saw very good results.

Challenges :

1. That every pupils, who needs to follow the nutrition programme, comes EVERY day to school! Unfortunately, it is not the case.
2. That the education of the parents, about nutrition for their children, can be followed with some results ... !

Changes & differences:

Year after year, too many children get their enrollment in our school, so we don't really see changes in the frequenting of our school. So that every year, we have new cases.

Anyway we are very optimistic and we see real progress for the pupils, more over after we change it and adapted it.

We are very happy about our nutrition programme and we want to go on with it as we notice, year after year, that the results are very good.



At the Montessori school, children are taught to plant different seeds: flowers are cultivated, as well as rice, potatoes, onions, garlic, spinat, etc. We also planted some fruits trees like coconut trees, mangoes, papayas.

When products are ready, the children collect them and they eat them with great pleasure

In the winter time, we often prepare the snack time outside, in the sun, to get also vitamins !



HEALTH CARE CENTRE MARA MOSCA

NUTRITION PROGRAMM 2016

NUMBER OF CHILDREN FROM CLASS B -:16

TOTAL OF CHILDREN IN CLASS B GIRLS 30 & BOYS 25 (55)

S.N	NAME	SURNAME	SEXE	AGE	MAY 2016			December 2016			MARCH 2017			Remark
					HIGHT	WEIGHT	BMI	HIGHT	WEIGHT	BMI	HIGHT	WEIGHT	BMI	
1	paikra	Kuseswar	m	13	150.00	29.00	12.88	152.00	33.00	14.72	152.00	36.00	15.56	
2	sah	Rajkumari	f	13	156.00	36.00	14.81	156.00	39.00	16.04	156.00	42.00	17.28	
3	Khang	Asmita	f	14	151.00	38.00	16.46	151.00	42.00	18.42	152.00	44.00	19.04	
4	ram	Sarban	m	14	154.00	37.00	15.61	154.00	40.00	17.24	155.00	42.00	17.50	
5	khathon	Tanjila	f	14	157.00	39.00	15.85	157.00	40.00	16.26	157.00	45.00	19.29	
6	thakur	Hira	f	14	159.00	32.00	12.69	160.00	34.00	13.28	161.00	36.00	13.89	
7	sardar	Punita	f	14	146.00	30.00	14.08	146.00	34.00	15.96	146.00	37.00	17.37	
8	Chaudhary	Ramkumari	f	15	152.00	38.00	16.45	153.00	43.00	18.37	153.00	47.00	20.08	
9	khang	Suban	m	14	160.00	35.00	13.67	161.00	37.00	14.28	161.00	39.00	15.05	
10	ram	Devkant	m	14	161.00	37.00	14.28	161.00	40.00	15.44	161.00	45.00	17.37	
11	mochi	Kabita	f	15	160.00	40.00	15.62	160.00	44.00	17.18	160.00	46.00	17.96	
12	khang	Pooja	f	14	146.00	30.00	14.08	146.00	34.00	15.96	146.00	37.00	17.37	
13	khang	Santosh	m	14	147.00	32.00	14.81	150.00	35.00	15.33	152.00	40.00	17.31	
14	sada	Ramkumar	m	14	149.00	33.00	14.86	150.00	35.00	15.59	151.00	40.00	17.54	
15	khang	Bishnu	m	12	145.00	32.00	15.23	146.00	40.00	18.77	147.00	42.00	19.44	
16	sardar	Rupesh	m	14	154.00	36.00	15.18	155.00	40.00	16.64	156.00	45.00	18.51	

NUTRITION PROGRAMM 2016

NUMBER OF CHILDREN FROM CLASS 9 -18

TATAL OF CHILDREN IN CLASS 9 GIRLS 26 & BOYS 30 (56)

S.N	NAME	SURNAME	SEXE	AGE	MAY 2016			December 2016			MARCH 2017			Remark
					HIGHT	WEIGHT	BMI	HIGHT	WEIGHT	BMI	HIGHT	WEIGHT	BMI	
1	Khang	Arun	m	15	163.00	40.00	15.09	164.00	40.00	14.92	165.00	45.00	16.54	
2	yadav	Arijun	m	15	163.00	37.00	13.96	165.00	39.00	14.33	165.00	42.00	15.44	
3	yadav	Saroj	m	15	160.00	40.00	15.62	163.00	40.00	15.09	164.00	45.00	16.79	
4	sardar	Rajesh	m	15	164.00	42.00	15.67	164.00	44.00	16.41	164.00	47.00	17.53	
5	paikra	Kajal	f	15	155.00	34.00	14.16							
6	yadav	Arbind	m	15	139.00	30.00	15.54	140.00	31.00	15.81	140.00	35.00	17.85	
7	chaudhary	Mamta	f	15	159.00	37.00	14.68	160.00	40.00	15.62	160.00	46.00	17.96	
8	khang	Manisha	f	15	157.00	39.00	15.85	157.00	41.00	16.00	158.00	47.00	18.87	
9	khang	Sarita	f	15	155.00	37.00	15.62	157.00	39.00	15.85	157.00	42.00	17.07	
10	raut	Suresh	m	15	155.00	35.00	14.58	159.00	38.00	15.07	159.00	43.00	17.08	
11	mandal	Hemakumari	f	16	150.00	32.00	14.22	153.00	34.00	14.52	153.00	40.00	17.09	
12	mandal	Saraswati	f	16	152.00	39.00	16.88	152.00	40.00	17.31	152.00	41.00	17.74	
13	sada	Bhawani	m	16	164.00	45.00	16.79	165.00	47.00	17.21	165.00	50.00	18.38	
14	khang	Puso	m	15	160.00	43.00	10.79	160.00	45.00	17.57	160.00	47.00	18.35	
15	mandal	Ajay	m	16	162.00	44.00	18.19	164.00	48.00	18.91	165.00	50.00	18.75	
16	sah	Dharmdev	m	16	157.00	38.00	15.44	159.00	40.00	15.87	159.00	43.00	17.08	
17	Raut	Anita	f	16	148.00	35.00	15.98	150.00	38.00	16.88	157.00	49.00	19.91	
18	Mohamad	Sajam	m	16	165.00	47.00	10.95	167.00	48.00	17.28	167.00	49.00	17.62	

HEALTH CARE CENTRE MARA MOSCA

NUTRITION PROGRAMM 2016

NUMBER OF CHILDREN FROM CLASS 10 -16

TOTAL OF CHILDREN IN CLASS 10 GIRLS 42 & BOYS 25 (67)

S.N	NAME	SURNAME	SEXE	AGE	MAY 2016			December 2016			MARCH 2017			Remark
					HIGHT	WEIGHT	BMI	HIGHT	WEIGHT	BMI	HIGHT	WEIGHT	BMI	
1	khang	Durga	f	16	149.00	35.00	15.76	150.00	38.00	16.41	150.00	40.00	17.77	
2	majhi	Paras	m	16	162.00	41.00	15.64	164.00	44.00	16.41	164.00	47.00	17.53	
3	raut	Pooja	f	16	151.00	35.00	15.35	153.00	35.00	14.95	153.00	41.00	17.52	
4	sada	Priyanka	f	16	151.00	37.00	16.22	152.00	40.00	17.31	152.00	42.00	18.18	
5	Sardar	Rabina	f	16	160.00	42.00	16.40	160.00	43.00	16.79	161.00	45.00	17.34	
6	prabin	Pharhad	f	16	150.00	38.00	16.88	151.00	40.00	17.54	151.00	44.00	19.26	
7	yadav	Sangita	f	16	156.00	40.00	16.46	156.00	41.00	16.87	157.00	42.00	17.07	
8	malik	Sandip	f	16	157.00	36.00	14.63	158.00	38.00	15.26	158.00	42.00	16.86	
9	Raut	Kabita	f	16	153.00	36.00	15.38	153.00	39.00	16.66	154.00	43.00	18.14	
10	Gaim	Radha	f	16	158.00	42.00	16.80	158.00	43.00	17.26	159.00	46.00	18.25	
11	Mandal	Dipendra	m	16	157.00	42.00	17.07	159.00	45.00	17.85	159.00	47.00	18.65	
12	Raut	Priyanka	f	17	151.00	39.00	17.10	151.00	41.00	17.98	152.00	47.00	20.34	
13	sardar	Sangita	f	17	157.00	43.00	17.47	158.00	46.00	18.47	159.00	48.00	19.04	
14	Majhi	Silendra	f	17	161.00	42.00	16.21	161.00	43.00	16.60	161.00	47.00	18.14	
15	mandal	Devanand	m	16	167.00	49.00	17.82	170.00	52.00	17.99	170.00	53.00	18.33	
16	Sah	Surendra	m	16	168.00	44.00	15.60	170.00	49.00	16.95	170.00	51.00	17.64	