

Date: 5 August 2025

Dear honorable president and All members of ANA France.

Namaste.

Today, we are going to submit the annual progress report of our Ganesh Himal Health Center from July 16, 2024 to July 16, 2025. First of all, our Ganesh Himal health center was established in 1999-2001. The buildings were completed in a period of about two years. The work of providing health services to the needy people was started from 1st April 2001. Every day and night, ANA France and MAP NAMASTE Monaco have been supporting this organization. This place is located in a very remote area where food is enough for 6 months from their farming. Although this place is inaccessible, we haven't received felt the remote area due to the continues support of the doner organization ANA France and MAP NAMASTE Monaco.



Front view of our Health Post before Painting



A photo of zinc sheets being cleaned and painted. The zinc sheet problem of the health post has also been resolved. For this work, the zinc sheet painting work was completed by France volunteers with the help of ANA France. Many thanks to them.



Dentist and Zinc plate painting groups.



Front view of our Health Post after Painting



Laxmi Tamang is getting additional dental training by a dentist. (From ANA France)



Laxmi Tamang is getting additional dental training by a dentist. (From MAP NAMASTE MONACO)





School Health Program In Tawal School



School health programme in Rigaun Higher Secondary School.



School Health Program In Choke School



School Health Program In Salleri School



This problem has been solved with the help of ANA France, due to the lack of space to cross the road in front of the main gate for vehicles such as ambulances carrying the patients to turn around.



Welcome to honarable guests in health post.

Ganesh Himat Health Center.

Now in this current fiscal year, 63 types of different diseases have been received at this health post. This year, a total of 5151 different patients received good treatment services. On average, 15 patients come per day. This year we have less number of patients due to good weather through the year, awareness programs and increased rate of migration of Rigdon people in urban areas. Our service is not only for Gangajamuna rural municipality, but also for the people of other rural municipalities, Lapa village from Rubi Valley rural municipality, Jharlang, Darkha village of Khaniyabas rural municipality have also been able to get good health services.

I have presented the details of the ten highest diseases in the total numbers of different diseases in the table below.

TOP TEN DISEASES.			
1 Shwan 2081 to 31 Asad 2082. (16 July 2024 to 16 July 2025.)			
1	Dental carries	DA08.0	1171
2	Gastritis	DA42	363
3	Falls/Injury	ND56	285
4	Backache	ME84	248
5	Arthritis	FA2Z	230
6	Cough	MD12	259
7	Fatigue & weakness	MG22	209
8	ARI (URTI)	CA07.0	202
9	Headache	MB4D	185
10	Conjunctivitis	9B10	164

We have presented the details of all the diseases in the table below.

1 Shrawan2081 dekhi 31 Ashad2082. (16 july2024 to 16 July 2025)			
SN	Name of disease	ICD code	Total
	A. Communicable, Immunization		
1	Mumps	1D80	1
	B.Communicable\Water\Food borne		
2	Typhoid (Enteric Fever)	1A07	57
3	Amoebic dysentery	1A36.00	2
4	Bacillary dysentery	1A02	3
5	Diarrheoa	ME05.1	100
	C. Other infected Disease		
6	ARI (LRTI)	CA4Z	9
7	ARI (URTI)	CA07.0	202
8	Pneumonia	CA40	11
9	Bronchitis (A&C)	CA20	1
10	UTI	GC08	74
11	Viral influenza	1 E 32	179
	D. Nutritional & Metabolic Disorder		
12	Diabetes mellitus (DM)	5A14	58

13	Anaemia	3A9Z	6
14	Polyneuritis	8C0Z	57
	E. Skin Disease.		
15	Dermatis /Eczema	EA8Z	110
16	Herpes Zoster	1E91.Z	23
17	Impetigo	1B72	23
18	Boils	1B75.0	32
19	Abscess	1B75.3	98
20	Fungal infection	EA60	53
21	Scabiess	1G04	18
22	Acute lyamphatitis	BD90.0	1
	F. Ear, Nose and Throat Infection.		
23	Acute otitis media	AA90	48
24	Sinusitis	CA0A	38
25	Acute Tonsilitis	CA03	91
26	Sore throat	CA02	10
27	Foreign body in ear.	ND71	6
28	Foreign body in nose.	ND72.1	1
29	Foreign body in throat.	ND72.2	1

30	Wax	AA42	4
31	Rhinitis	CA09.0	52
	G. Oral Health Related Problem.		
32	Dental carries	DA08.0	1171
33	Toothache	DA0A.Y	69
34	Gum disease	DA0D	44
	H. Eye Problems		
35	Cataract	9A60.Z	3
36	Conjunctivitis	9B10	164
	I. Mental Health Related Problems		
37	Depression	6A7Z	5
	J. Cardiovascular & Respiratory Related		
38	Hypertension (BP)	BA00	152
39	COPD	CA22	13
40	Bronchial asthma	CA23.32	62
	K. Other disease & Injury.		
41	Gastritis	DA42	363
42	Insect bite	PA75	10

43	Burn & Scalds	NE2Z	5
44	Dog bite	PA7Z	2
45	Snake bite	PA7Z	3
	L. Orthopedic problems.		
46	Arthritis	FA2Z	230
47	Backache	ME84	246
48	Falls/Injury	ND56	285
49	Fracture	ND56.2	6
	M. Surgical Problems		
50	Breast abscess	GB21	4
51	Hernia	DZD5	2
52	Hydrocele	GB00	1
53	Piles	DB60	14
	N. General Examination		
54	General Examination	QA00	67
	N.Common symptoms		
55	Chest pain	MD30	17
56	Cough	MD12	259
57	Abdominal pain	MD81	22

58	Nausea/vomiting	MD50.1	4
59	Headache	MB4D	185
60	Fever	MG26	130
61	Dizziness/and vomiting	MD48.0	34
62	Itching (Pruritis)	EC90.0	1
63	Fatigue and weakness	MG22	209
Grand Total			5151

We have a table of patients of different age groups in this annual report as follows, which can be clearly seen in the table below. This year, the number of new female patients is 2901 and repeated is 228, totaling 3129. On the male side, there are 1874 new patients and 148 repeat patients, totaling 2022. The grand total number of patients of female and male is 5151. It can be said that the most patients in the age group are female and male in the age group of 20 to 59 years.

1 Sawan 2081 to 32 Asar 20282 (16JULY 2024 TO 16 July 2025)						
Age groups						Total
S.N.	Age groups	Female		Male		
		New	Old	New	Old	
1	0–9	324	10	384	22	740
2	10–14	191	6	103	2	302
3	15-19	180	7	138	6	331
4	20-59	1551	76	773	39	2439
5	60-69	337	58	232	26	653
6	≥ 70	318	71	244	53	686
		2901	228	1874	148	
Grand total						5151

In our health post, based on caste, it can be estimated how many castes people come to seek health services throughout the year. However, Tamang, Ghale, kami, and Chhetri people live here. Tamang caste is in majority here, while Kami, Ghale and Chhetri have less number. Work is done on the basis of caste. Therefore, it is easy to identify diseases that can be contacted on the basis of occupation. The state has placed Kami and Damai castes in Dalit community. While Tamang, Ghale caste etc. have been placed in the janajatee community.

Its details can be clearly seen below.

16,July 2024 to 16, July 2025.			
S.N.	Cast	Female	Male
1	Dalit	49	34
2	Janajati	3080	1989
3	Madeshhi	0	0
4	Brahman	0	0
5	Other cast	0	0
Total		3129	2023

The main problems of our health post are as follows:

- 1) As there are many important items in the dental room, the windows of this building are not protected by grills. There is no good security due to lack of grills.
- 2) There is problem of water leakage in the roof of the building constructed by the Rotary club of Menton after the earthquake.
- 3) Solar hot water installation for long periods of time results in low heat and require maintenance.
- 4) Electric fans in dental room, patient checking room, dressing room, male room, female room etc.

Raju Tamang

In charge

Ganesh Hamal Health Center

Gangajamuna rural village municipality- 2, Gangmrang,

Dhading

Thank you.