

**Free Health Check-Up in Tanahun**

*By Sangeeta Shrestha, Director of WAWCAS Nepal and Founder*

On February 3, 2025, WAWCAS Tanahun LNGO Region 2 successfully organized a free health check-up campaign in collaboration with Lokhit Arthritis Centre, Kathmandu. The event took place at Purundi Community Hospital, Tanahun Ward No. 5, focusing on providing essential medical support to women suffering from uric acid-related issues and arthritis - two prevalent yet often overlooked health concerns.



## **Spreading Awareness Before Treatment**

Before the check-ups began, the team of dedicated doctors and medical supporters took time to educate the attendees about uric acid and arthritis. They explained the causes, symptoms, and preventive measures, ensuring that women understood how to manage these conditions effectively.

*"Many women endure joint pain without realizing it could be due to high uric acid or arthritis. By educating them, we are not only treating the illness but also preventing future complications,"* said Dr. Subindra Shrestha, a specialist from Bharatpur Hospital. Lokhit Arthritis Centre.

## **A Large Turnout, A Long Wait**

The overwhelming response demonstrated the dire need for healthcare services in the community. 324 women registered for the check-up, but due to long waiting times, 294 were successfully examined, while others had to leave early to attend to their household responsibilities.

*"It was heartening to see such a large number of women seeking medical attention. However, it also highlights the need for more frequent health camps to accommodate everyone without long wait times,"* remarked Dr. Kush Bikram Chuarsiya, at the event.

## **Medical Support and Free Medicines**

Comprehensive blood tests were conducted to assess uric acid levels, and free medicines were provided to those in need. Each patient received personalized medical guidance, ensuring they understood their condition and how to manage it.

## **Strong Community and Institutional Support**

The event was made possible through financial assistance from local authorities and the active participation of Purundi Community Hospital. Their collaboration ensured that quality healthcare reached those who needed it the most.



*"We are proud to support initiatives like this that directly impact women's health. Access to healthcare is a basic right, and we will continue working with WAWCAS Tanahun to bring more such programs to our communities,"* said Ward Chairperson Nakul Adhikari.

#### An Inspiring Initiative for Women's Well-Being

Beyond just a medical check-up, the campaign served as a powerful step toward accessible healthcare for women, many of whom prioritize their families' well-being over their own.

*"This initiative reflects the strength of our community. When organizations, medical professionals, and local authorities come together, real change happens,"* said the chairperson of WAWCAS Tanahun Region 2 Ms. Bhagawati Deuja.

The campaign reaffirmed WAWCAS Tanahun's commitment to empowering women - not only through economic independence but also by ensuring their health and well-being.

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## WAWCAS Team-Building Workshop: A Journey of Reflection, Vision, and Transformation

*By Sangeeta Shrestha, Director of WAWCAS Nepal and Founder*

June 2-6, 2025, a transformative five-day team-building workshop brought together all 21 teams of WAWCAS in a powerful journey of reflection, connection, and collective visioning. Facilitated by Sangeeta Shrestha, this workshop was unlike any other conducted this year - rich in depth, creativity, and deepest emotion.

The workshop opened with team progress presentations, highlighting achievements, challenges, and district-wise plans for 2025/2026. From the very first day, the tone was set: this was not just a workshop, it was a journey - a journey into the heart of who we are as individuals and as a team.



## **Daily Rituals for Mind and Heart**

Every morning began with energizing team-building games and calming meditation practices. These rituals were designed to bring clarity and focus to the day ahead. While not all participants continued with meditation after the first day, its impact was evident among those who did—calmer minds, open hearts, and deeper conversations.

## **Powerful Messages That Moved the Soul**

A distinctive feature of this workshop was its content delivery. Rather than traditional presentations, thought-provoking messages were unveiled throughout the sessions. Teams responded by naming the essence of the messages—words like *“This week is a journey of reflection, growth, and vision”* and *“Vision is seeing not what is, but what can be”* echoed deeply with everyone. These guided prompts fostered powerful introspection and dialogue.

## **Reflections That Brought Tears and Connection**

Each day included reflection exercises, often touching profound depths. Participants revisited life events, named them, identified who supported them, and reflected on what life means today. The room often grew silent as tears flowed - tears of release, remembrance, and realization. Vulnerability became strength, and connection deepened.

## **From Wild Dreams to Clear Visions**

The 20-year visioning exercise, inspired by the “Zany Method,” initially challenged participants to think outside the box. But soon the room filled with wild, creative, and courageous ideas. Laughter and joy bubbled up as once-impossible dreams began transforming into tangible possibilities. The power of imagination met the clarity of purpose.

## **From Vision to Action**

Participants didn’t just dream - they planned. After crafting their long-term vision, each team identified potential obstacles, excluding time or generic resource limitations, to find real, actionable strategies. These were followed by 5-year strategic plans and prioritized 20-year action points.

In one of the most moving activities, each member wrote two letters to themselves - one as a promise for 20 years, and another outlining their detailed plan for the year ahead. One copy was sealed and handed to the facilitator to be opened in 2026, while the other stayed with the writer - a commitment held in trust.

### **Creative Evaluation: Songs, Stories, and Art**

The review and evaluation process itself became a celebration. Teams were divided into three groups and asked to reflect through song, story, or art. The outcomes were heartfelt and beautiful - narratives that captured learning, songs that echoed gratitude, and drawings that radiated insight and growth.



### **A Genuine Farewell**

The workshop concluded with a circle of gratitude. Team members thanked each other, honored shared experiences, and left not just with plans and strategies, but with renewed purpose and deeper bonds.

**This wasn't just a team-building workshop.**

It was a soul-building journey - space where dreams were born, hearts were opened, and the seeds of the next 20 years were lovingly planted.

WAWCAS teams leave not just stronger, but transformed.

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**More Stories from the WAWCAS Women and Their Children On Our Website**

Every month, three WAWCAS women add a new blog to their story on the WAWCAS website. And also, one of our many Child Groups upload a monthly story. You can get insight into the daily struggles and happy moments in the lives of these women and children by clicking the link below.

**[Meet the Women and Their Children • Wawcas International](#)**

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