

Postnatal Care & Contraception in Maternal and Child Health



Project number: 2

Date: 24th July 2026

Location: Google meet

Collaborated with: Rotaract Club of Naxal Shakti, Rotaract District 3292, and Interact Club of Tops Fishtail, Interact District 3292, Nepal & Bhutan

Specified committee: Community

Area of focus: Maternal and Child Health

About: 'Postnatal Care & Contraception in Maternal and Child Health'

Introduction:

On 24th July 2026, The Interact Club of Prativa Pokhara Fishtail, in collaboration with the Rotaract Club of Naxal Shakti and the Interact Club of Tops Fishtail, successfully organized an online seminar titled "Postnatal Care & Contraception in Maternal and Child Health." The seminar was conducted with the objective of spreading awareness regarding the importance of postnatal care and family planning for the well-being of both mothers and children. The program was led by Itr. Sadikshya BK, while the session was delivered by Dr. Sarita Gurung (MS Consultant Gynecologist). Around 100 members from all three collaborating clubs actively participated in the seminar.

Itr. Lilesh Shrestha
President RY(2026/27)

**Interact Club of Prativa Pokhara
Fishtail
Pokhara**

Email:
lileshshrestha99@gmail.com

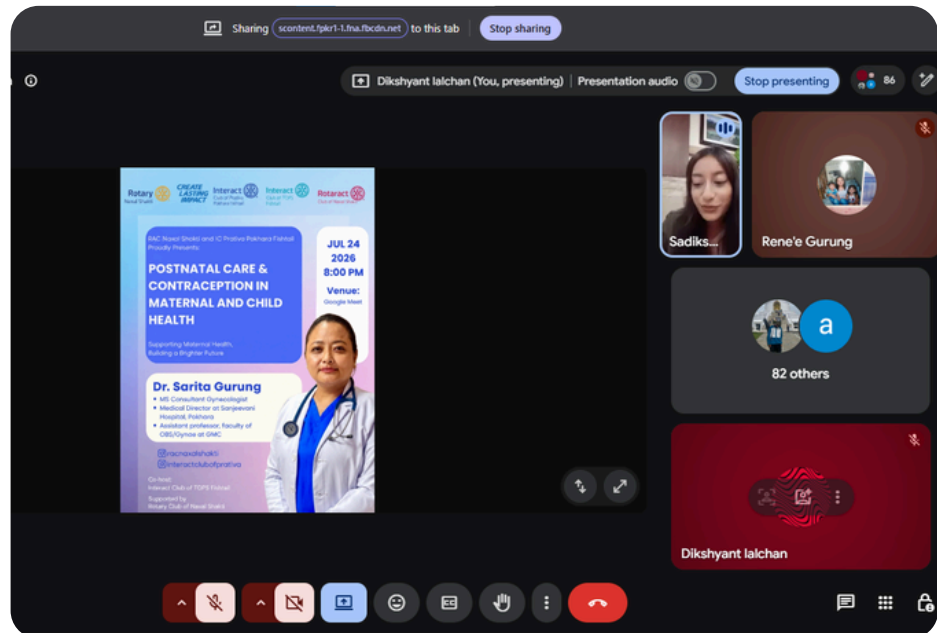
Cell no:
+977 9766049415

Project summary:

The online seminar on "Postnatal Care & Contraception in Maternal and Child Health" was successfully conducted through the collaborative efforts of the Interact Club of Prativa Pokhara Fishtail, Rotaract Club of Naxal Shakti, and Interact Club of Tops Fishtail. The session was led by Itr. Sadikshya BK, with Dr. Sarita Gurung serving as the chief speaker. During the seminar, Dr. Gurung shared valuable knowledge on the significance of postnatal care, maternal recovery after childbirth,



newborn health, breastfeeding practices, and the role of contraception in promoting healthy family planning. She addressed common misconceptions and emphasized the importance of informed healthcare decisions for mothers and families. Approximately 100 participants from the three clubs attended the session and actively engaged throughout the program. The seminar was highly informative and successful in raising awareness about maternal and child health while strengthening collaboration among the participating clubs.

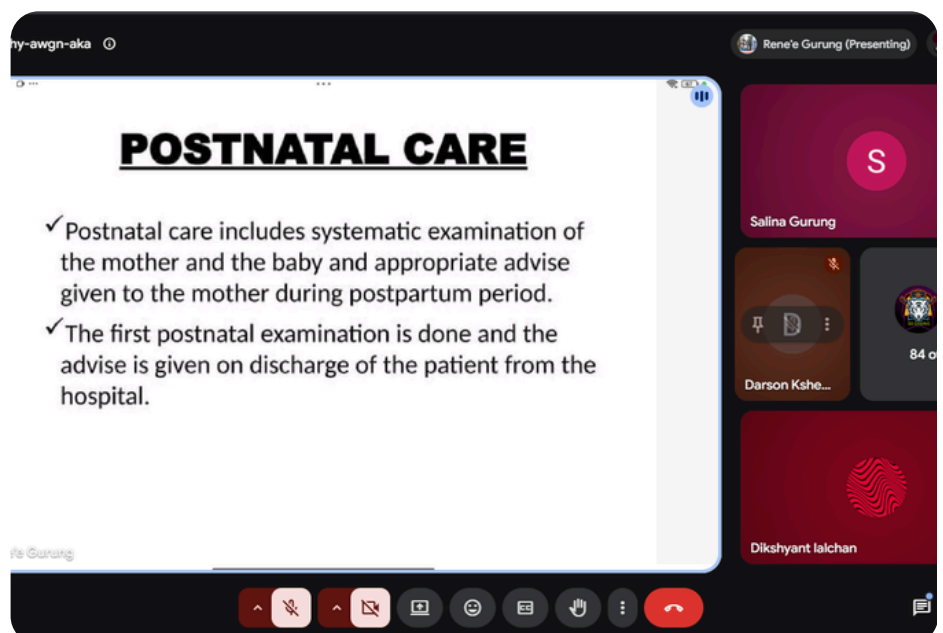


Itr. Lilesh Shrestha
President RY(2026/27)

Interact Club of Prativa Pokhara
Fishtail
Pokhara

Email:
lileshshrestha99@gmail.com

Cell no:
+977 9766049415





hy-awgn-aka

Rene'e Gurung (Presenting)

Introduction

- The first 42 days after birth is the post natal period and is crucial for mother and the new born.
- First 48 hours, followed by the first one week are the most crucial period as most of the fatal and near-fatal maternal and neonatal complications occur during this period.
- Evidence has shown that more than 60% maternal deaths occur during post partum period

s/e Gurung

Salina Gurung

Darson Kshe...

83 c

Dikshyant lalchan

hy-awgn-aka

Rene'e Gurung (Presenting)

Admit 3 guests

What is Postpartum Family Planning?

- ▶ Postpartum family planning is the initiation and use of family planning services within the first 12 months following child birth.
- ▶ To prevent unintended pregnancy and closely spaced pregnancies after child birth.
- ▶ Help women to choose the contraceptive method they want to use to continue to use it for 2 years or longer, depending on the reproductive plan

s/e Gurung

Himanshu Aryal

a

86 others

Dikshyant lalchan

Itr. Lilesh Shrestha
President RY(2026/27)

Interact Club of Prativa Pokhara
Fishtail
Pokhara

Email:
lileshshrestha99@gmail.com

Cell no:
+977 9766049415

