

Postnatal care & contraception in maternal and child health



Project number: 1

Date: 24" July 2026

Location: Google meet

Collaborated with: Rotaract Club of Naxal Shakti, Rotaract District 3292, and Interact Club of Prativa Pokhara 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 24" July 2026, The Interact Club of Tops Fishtail in collaboration with the Rotaract Club of Naxal Shakti and the Interact Club of Prativa Pokhara 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. Bibek Poudel

Charter President - 2025/27

Interact Club of Tops Fishtail

Interact District 3292 - Nepal & Bhutan Zone III

Sponsored by:

Rotary Club of Pokhara Fishtail

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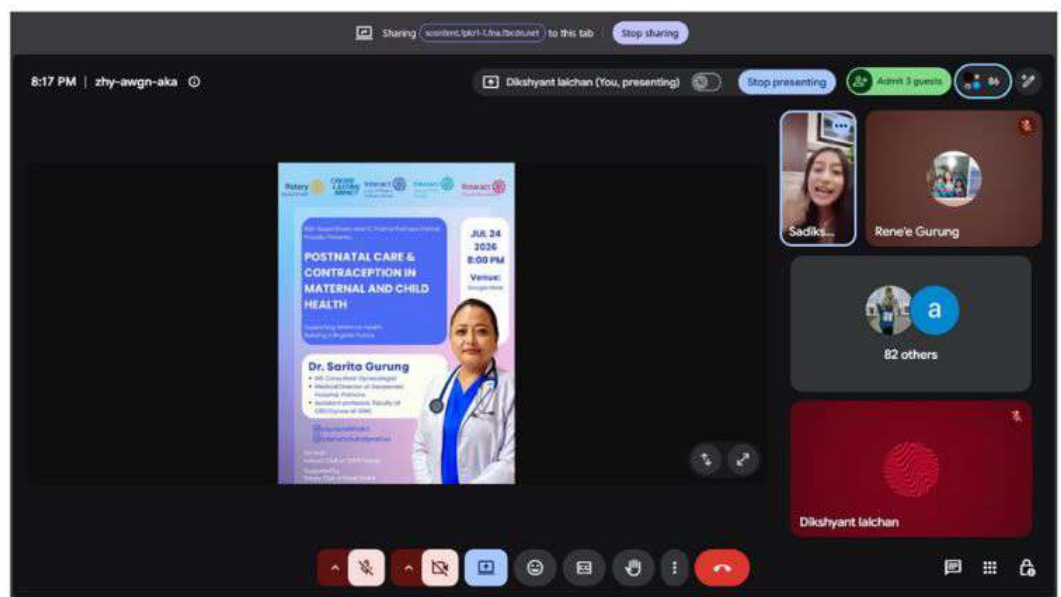
Project summary:

The online seminar on "Postnatal Care & Contraception in Maternal and Child Health" was successfully conducted through the collaborative efforts of the Interact Club of Tops Fishtail, Rotaract Club of Naxal Shakti, and Interact Club of Prativa Pokhara 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.



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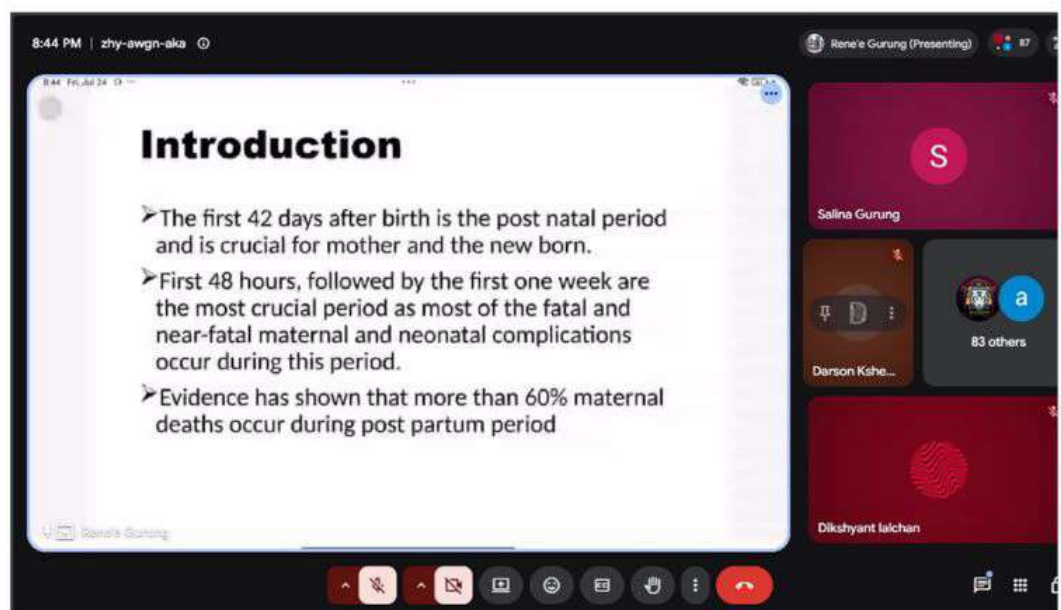
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Ren'e Gurung (Presenting) 3 guests 90

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

Ren'e Gurung

Himanshu Aryal
Sadiksh...

a
86 others

Dikshyant lachan

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Ren'e Gurung (Presenting) 3 guests 91

By helping ensure that pregnancy occurs at the healthiest times of a women's life:

- ▶ After age 18 and before 34 years
- ▶ At least 24 months after a live birth
- ▶ About 6 months after an abortion or miscarriage
- ▶ At birth orders below 5

Ren'e Gurung

Sadiksh...

Himanshu Aryal

a
87 others

Dikshyant lachan

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