



## **Nepal**

When we describe Nepal in few sentences; it is a landlocked country in Asia continent. It has diverse geography and many different lingual, cultural, religion and racial communities living together in harmony. Therefore it is a pride of Nepal and Nepalese when outsiders define Nepal as "unity in diversity". The population of Nepal is about three crore. For easy governance, it is geographically divided into 14 zones and 75 districts.

## **Mustang**

Mustang is one of the 75 districts which is also called deserted district of Nepal in the north. It is native place of Mustangis and Thakalis whose living style, culture, language are different from other parts of Nepal. It is one of the most liked destinations for trekkers from all over the world.

When we talk particularly about Muktinath valley; Muktinath is a pilgrimage or a sacred place for both Buddhist and Hindu people and place liked to visit by tourists as well. It is known globally that is why the whole valley is known as Muktinath to tourists.

**Recently in September 2016, Human Association; a local NGO based in Muktinath-8, Khimkhar organized a free dental camp for people from Muktinath valley with kind support from Dr Agnes Wagner from Germany. The camp was planned by the end of year 2015. HA requested Dr Wanger for helping with dental volunteers to do the camp. It was found very necessary and helpful for people in the valley, especially to those who hardly go out of the valley. Dr Wagner accepted the request and agreed to send three dental volunteers to help people with dental problems.**

**To explain briefly about Human Association and its aim; HA was founded by a local, named Tsewang Norbu Gurung with his few friends to raise voice for humanity which is the key factor for peace in an individual, a family, a society, a nation and throughout the world. The only motto of HA is to promote sense of humanity through services understanding real needs to people in different sectors in communities.**

**In Mustang district, there was no easy access to dental clinic but nowadays some clinic have been opened which are not efficient enough to treat all dental problems. HA set up the camp from 1<sup>st</sup> of September till 6<sup>th</sup> of September based in Khimkhar village in Muktinath valley considering many legal aspects. The camp was quite successful if we consider the population of the valley which is about 1300-1400, among which more than half live outside the valley in different parts of Nepal, majority for education in cities. 65 patients had visited the camp and were given effective treatments like scaling, filling and extraction from highly efficient dentists.**

**All people who visited the camp were very satisfied and happy about the services. There were patients who went to clinic at district hospital in Jomsom and at another clinic opened by an NGO in Tukuche and could not have treated their problems there. There was lady who went to district hospital for extraction. Although she was given four anesthetics, tooth was not extracted. At our free dental camp, she had easy treatment from the dentists and was very happy and expressed gratitude to the dentists. There was another man who had same problem and had treatment at camp, was also very happy and thankful for having organized that camp.**

Free Dental Camp in Muktinath valley organized by Human Association with kind support from Dr Agnes Wagner and dental volunteers from Germany



The entire members of HA express appreciation and gratitude to all dentists (Dr. Almuth Hoth, Dr Sophia Baier and Dr Stephanie Wendy) for coming and having successfully organized the dental camp in service to people from the valley. We also did a short trekking or hiking to Lung Tah Peak in Khimkhar, it is special place for locals in Khimkhar, it is a place to leave Lung tah in English wind horse which is a piece of paper on which many mantras are written for good wishes like good health, good fortune, long life and so on for all beings. Whenever locals are about to start good deed they go to the peak for leaving Lung tah... We also did a practice there on top. It is about 3900m and a quiet place. We did close our eyes and tried to forget rest of the world and tried to look into ourselves that we can be better person but for others betterment.

These are some moments captured at the dental camp



On first day of free dental camp at Jharkot School; preparing equipments for dental treatment

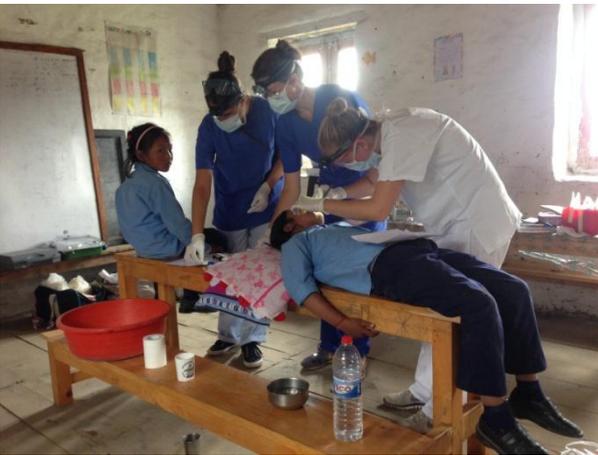


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Checking and giving treatments to children from Jharkot School. We have checked and given treatments to 21 patients including teachers. On the same day we could not finish treatments with teachers and were called at camp in Khimkhar for the treatments. They also followed to get the treatment.

At the end of the day at school; Doctors distributed tooth brushes and pastes to children and teachers; were given instructions to clean their teeth in correct way as well.



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Some pictures of the dental camp from 2<sup>nd</sup> to 6<sup>th</sup> September 2016-10-06



These are few pictures made at camp by Tsewang Norbu Gurung, President, Human Association. The free dental camp was meaningful and was proven very helpful for the

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people from the valley. It was a matter of pleasure to both volunteers and organizer, Human Association.

Some moments captured during trekking to Lung tah peak (about 3900m), Khimkhar



Khimkhar Village in Muktinath valley



We all had great time on Lung tah (windhorse) peak and had really enjoyed the lunch together high in the mountains.

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It is a brief report on free dental camp organized by Human Association based in Khimkhar, Muktinath-8, Nepal with kind support from Dr Agnes Wagner and dental volunteers from Germany.

Report Prepared by  
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