



**Program concept by:
Dental Volunteers
e.V. NGO Germany**

**Volunteers:
Dr. Anna Madry
Ms. Marlene Borchert
Ms. Filia Sigmar**

**Reported by:
Mohan Kumar Lama
Enuka Tamang**

INTRODUCTION

The Free Dental Camp was organized with the association of Germany NGO under the supervision of Dr. Agnes Wagner and coordination with Mr. Mohan Kumar Lama in Nepal. The aim of the organization is to provide the dental treatment to the people of remote areas and the poor people those who are unable to achieve the general treatment because of the poverty. Dr. Agnes showed the positive response to help the remote village with the request of Mohan Lama. Dr. Agnes has decided to help the village people with providing three volunteers. The village name is Dimi Pokharai VDC, Ramechhap District which is located in the eastern part from Kathmandu and mostly the people are illiterate and highly poor in economically. The place is beautifully surrounded by the Himalaya and the people are resided in the sloppy areas.

Dr. Anna , Marlene Borchert and Filia Sigmar the volunteer along with Mr. Mohan Kumar Lama and Euka Tamang headed towards the Dimi Pokhari on August 23, 2016 morning and successfully organized the camp for 4 days and returned on August 28, 2016 in Kathmandu.

TRAVELLING KATHMANDU TO DIMI POKHARI

We had started to travel in the morning 10 AM from Kathmandu and reached at Murkot at 3 PM where we had our snacks. The way to the Manthali was quite good but after that the way was really unbelievable, it was all the way to top of the hill and road was quite narrow and very bumpy. We were so much scared throughout the way for several time because of road was muddy and sloppy because of land sliding. We were very much frightened and couldn't dare to stay in the jeep and walked for few minutes until the vehicle crossed the dangerous spot. Everywhere there was Himalaya in surroundings and finally at night at 7:15 PM reached in Dimi Pokhari where villagers are highly awaiting to welcome by offering us the scarves the tradition of Nepalese culture.





Treatment

Many people were in the queue for the treatment early in the morning from the first day. Dental Volunteers initiated the treatment early in the morning with a patient lady name Mrs. Misher Tamang age 55 by Dr. Anna Madry. Similarly Marlene and Filia started their treatment subsequently. All the patients were so much excited to see the Dental Volunteers perhaps they have seen the European people first time in their village. All the different ages of patients were come for the treatments. The patient's age was from the range of 4 to 86 years old. There were come critical cases also, thus the patients need to visit for the second days as well and some of the patient took around more than two hours for the treatment. Mostly the patient teeth were decayed and need to be extracted, hence maximum six teeth were extracted of the single person. It was difficult to handle the case of one child four years because her cases need to be extracted the teeth. After several attempts and by compassionately succeeded her treatment. Three volunteers were persistently showing their energetic treatment for the whole day and every patients and villagers were appreciated for their splendid jobs done heartily. It was a great experience for the villagers and perceives the tremendous treatment in free of cost moreover in their own place for the first time.





VISIT TO SCHOOL

Volunteers visited the school to give the dental hygiene education to the students. All the teachers and students welcomed in the school. There were crowd of people to see the volunteers. Volunteers provide the speech on the importance of teeth and how to keep hygienic teeth. The demonstration of cleaning teeth has been demonstrated to the students and subsequently asked students for their understanding. Students also participated to demonstrate for their understanding.

Finally, tooth brush and paste that available with volunteers were distributed. All the children were very happy with the program. They were expected to see with same type of program in future.



FEEDBACK AFTER TREATMENT

I have questioned to the villagers and patients about the feedback of the treatment. They are fully satisfied and happy to get the treatment. They even couldn't succeed to extract their painful teeth in Kathmandu hospital but successfully done in the dental camp. They appreciate the experience and expert of the volunteers. Some of the literate villagers are appreciating that even they haven't seen the many dental treatment equipments in the hospital. Some has already experienced the huge expenses to go to hospital for the treatment before but because of dental camp save their huge money and time. So, they won't forget their such tremendous help to them.

Some are graciously and innocently conveyed their painful teeth from the long time and no any alternative way besides bearing the pain but now after treatment in the camp has changed his life. Some elderly people teeth were really horrible which made them difficult to chew the food, but after treatment they don't have any word to express their happiness.

Response of the patients and villagers:



Unquestionably, the villagers and patients were so much excited to see the volunteers from Germany and welcome them from the bottom of hearts. They were welcomed by offering them the scarves as a Nepali traditional. From the day of treatment everyone was very happy and took the benefits from the treatment. There were several VDC(Village Development Committee) and all from the four VDCs came the patients for treatment. They even came by walking far from the 3 hours and stayed for until their treatment. We have given the preferences for the distance people, so that get earlier treatment to return their home and simultaneously to the near people. They were so much curious to know about the volunteers and some questioned about their place. Villagers were expressed their gratitude for the volunteers for coming from the far away to provide the such overwhelming help to the remote villages and poorly people.

They requested to visit their village for coming days with the same kind of treatment as well more any health programs. They experienced and gained lots of the benefits for their treatment. They showed and expressed heartfelt thanks to volunteers.

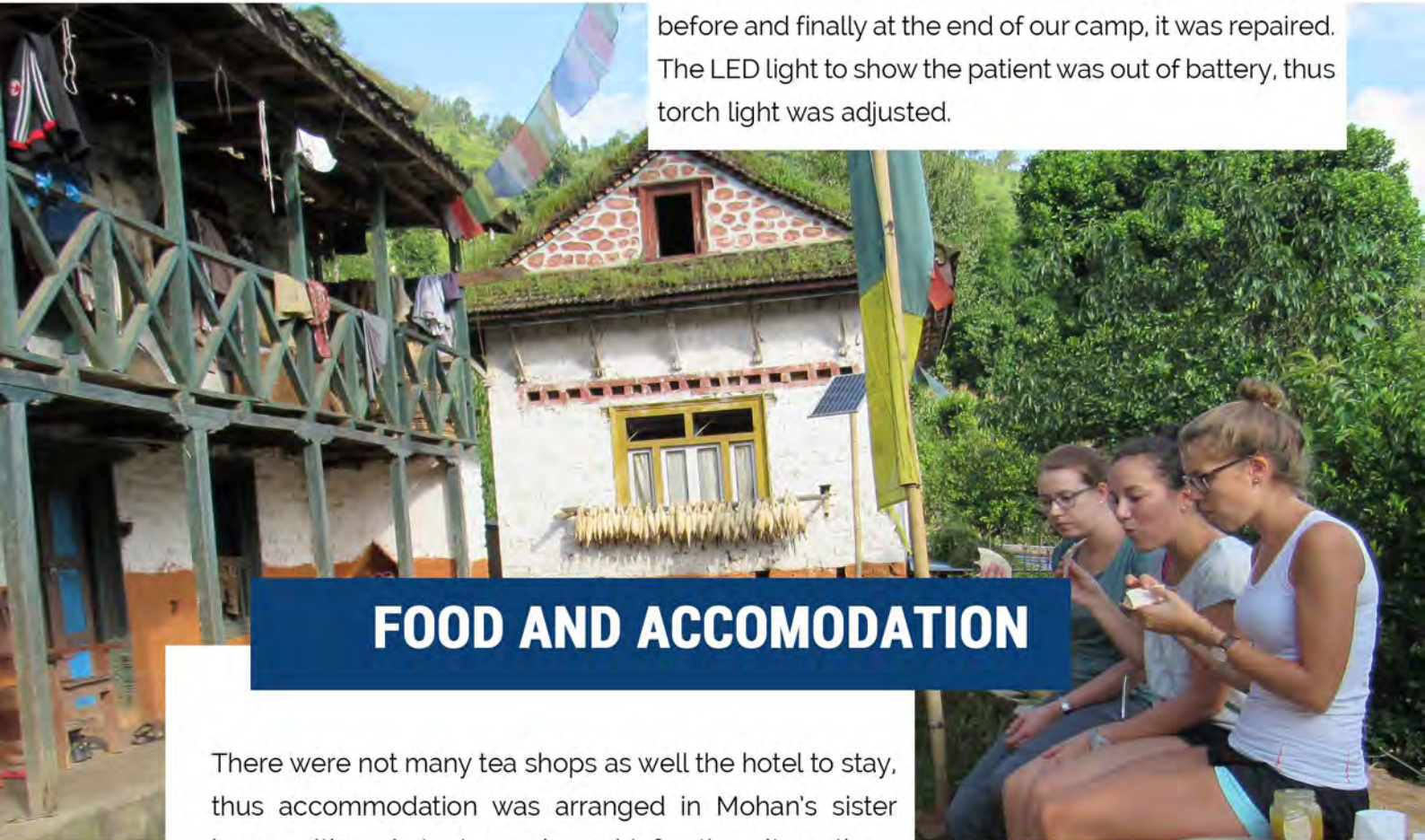
Overview of the treatment

TREATMENT				
Extraction	Extraction and Filling	Filling	Examination	Total Patients
42	66	10	9	127



DIFFICULTIES OVERCOME

There is no electricity in the village but solar light was available however problem for charging the dental equipments. Thus, some alternatives charging facilities were managed although the electricity was unavailable. There was a problem for the communication by mobile because the tower was not working since seven days before and finally at the end of our camp, it was repaired. The LED light to show the patient was out of battery, thus torch light was adjusted.



FOOD AND ACCOMODATION

There were not many tea shops as well the hotel to stay, thus accommodation was arranged in Mohan's sister house although tent was brought for the alternatives. There were not any special food besides the typical Nepalese food Dal, Rice and also were served the noodles and potato fries for dinner to make the different taste. Furthermore, Chapatti with egg and teas were served for the breakfast. Volunteers were tasted with village homely made (Raksi) wine in the last day although the taste is completely different.

Farewell day



In the last day, health post personnel and the leaders of the VDC awarded the certificate of appreciation and the school students as well the villagers were present for farewell to the volunteers. They have expressed their gratitude and thankful for the precious help for their village. In the same way, Marlene Borchert volunteer spoke some words of their experience and thanked for their kind caring and hospitality during their stay in the village. Return from Dimi Pokhari to Kathmandu: We have decided to return Kathmandu from the other way although there was around one hour to trek. It was a great experience to see the other villages and different route.





Glimpses of some memorable moments



Gratitude to the organizer and Volunteers

On the behalf of the villagers, gratefulness and appreciation for the splendid free Dental Camp organized by the Dental Volunteers e.V. NGO in Germany and special thanks to Dr. Agnes Wagner for kind support to make this program successful. Of course, the three volunteers, Dr. Anna Madry, Marlene Borchert and Filia Sigmar will always remain in the heart of the villagers for their great contribution and support for giving immense treatment for the poor people of the remote village in Nepal.

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