

EARTHQUAKE RELIEF MISSION

2015



A joint relief operation of

**Rotaract Club of Kathmandu
RI District 3292, Nepal**

&

**Rotaract Club of East Central University
RI District 5770, USA**



April 25, 2015 Nepal earthquake

A strong (7.8) earthquake hit Nepal in the area near Barpak, a mountain village between Kathmandu and Pokhara. The earthquake was followed by many powerful aftershocks and a very powerful one (6.7) hit Nepal on Sunday April 26.

The earthquake caused extensive damage to buildings and thousands of deaths and injuries. This tremor was also felt in Pakistan, India and Bangladesh.

Many historic buildings collapsed, temples have been ruined, and roads are also destroyed. Nearly 9000+ deaths in Nepal and tens of deaths were in India and Tibet. The quake was followed by more than 260 aftershocks. According to seismologist Roger Musson, the standard pattern for aftershocks is that the biggest aftershock will be one day after, and one magnitude less. Thus, the 6.7 magnitude aftershock on 26 April 2015 following the 7.9 magnitude main shock would fit this pattern. It is highly unlikely that the earthquake was a foreshock preceding an even larger earthquake. Therefore, an earthquake larger than 7.9 in the near future after 25 April 2015 is not expected. Anyone can go through this link for list of aftershocks in Nepal.

http://en.wikipedia.org/wiki/List_of_aftershocks_of_April_2015_Nepal_earthquake

Smile in the midst of melancholy

The deplorable news of April 25 is not still rescinded. The feeling of threat is governed by the unbeatable none other than nature. Neither any hypothesis has been proved to eliminate this tremor nor there any pragmatic way to predict. Hence, this type of situation can occur anywhere anytime in this world. So, alertness is a sole solution to eradicate the loss to panic.

Every youth organizations along with different NGO and INGOs came up with relief program from the very first day of the quake. The youth clubs appeared more sensitive to this aftermath. They reached with some relief materials to such places

where government organization has not been yet. Our club **Rotaract Club of Kathmandu** too is not the exception to this case. So, with the aid from our **Twin Club, Rotaract Club of East Central University, RI District 5770 USA**, we managed to get some relief materials for the survivors. Likewise, Solidarity International and Bibeksheel Nepali, most active organization in this tremor, provided us with medicines and sanitary materials.

During the time of projects, we faced difficulties. The risks of getting looted, steep road, restriction of family members to go to earthquake prone areas, were some hindrances we faced at first. Despite, all these we came up with our mission on full swing. What we felt is that, still the villagers thought of getting cured soon if granted with more medicines. Some decided to take the medicine on their will without prescription from doctor. We were amazed to see the innocent faces groomed by the active young generation. We were able to alleviate the acute pain of those survivors. The actions we did finally got up with a smile in the faces of victims in the midst of melancholy.

Activities:

1. April 29, Sipapokhare, VDC, Sindhupalchowk:

The first relief mission of our club to the most affected district was very risky. The day was inchoate with hailstorms and thunder. The road was blocked by the landslide but as fast as we can we reached our destination. We were supported by local youth organization (SUK) on the way to our destination. More than 100 families were directly benefitted from relief items in this project.

2. May 2, Tauthali, Sindhupalchowk:

We were able to provide two trucks full of relief materials (rice, dal, salt, peas, and tarpaulin) at this place. The total of 450+ families was granted with these materials.

3. May 3, Sirjanshil Children Welfare (SAP), Kadaghari, Kathmandu:

We were not just doing our humanitarian service to the Earthquake victims of remote areas but also to the victims of Earthquake of different children houses and orphanages in Kathmandu. Our team distributed few relief items to the children of Srijansil Children Welfare. Altogether 17 children were benefitted from this project.

4. May 4, Maajgaun-2, Bhotechaur, Sindhupalchowk:

With the magnificent support from our helping hands, we were able to provide earthquake relief medical camp at the remote place of Bhotechaur. More than 150 individuals were examined and distribution of masks along with soap and sanitary pads were also provided.

5. May 6, Langdi and Pakha VDC, Gorkha:

The team of RAC-Kathmandu provided 100 tents, 100 blankets, 100 mats and relief materials. More than 100 families got benefitted from this mission.

6. May 8, Kumari VDC-9, Nuwakot:

We organized medical camp as well as relief materials distribution program. The basic food materials rice, dal, salt, peas were provided to 290+ families and 160+ survivors were directly examined on the same day. We consider this project as the most salutary one.

7. May 10, Sirutar, Bhaktapur:

Our team conducted medical relief program. We were able to check up 200+ patients.

8. May 14, Chaugadha-9, Nuwakot:

With 6 medical team and 6 volunteers we managed to conduct the earthquake relief camp as well as relief materials distribution program on the remote place of Nuwakot. We were assisted by the local youth network of that VDC. We were able to provide medicines to 150+ victims and also were able to distribute basic relief materials (rice, dal, salt) to 111+ families.

9. May 16, Dukuchhap, Lalitpur:

More than 100 individuals were treated at Dukuchhap. The medical team and volunteers did their great work to make the project a grand success.

10. May 16, Bhindal, Kavre:

The biker's gang of our club along with the tipper went there to conduct relief items distribution. Rice, dal, salt, blankets were provided to the victims of that area. Finally, the volunteers did great work from their side to relieve the pain of 150+ families.

11. May 21, Mahadevsthan-8, Baanasthali, Thankot, Kathmandu:

With the assistance from Rotarian volunteers, Rotaract Club of Kathmandu was able to provide health camp at this place. Many children were examined there. More than 150+ individuals were treated. The total of five medical teams along with eleven volunteers finally concluded their work with great success.

12. May 25, Hawa VDC, Dolakha:

With the great support from our Rotaract volunteers we were able to make this Earthquake Relief Medical camp project a grand success. Almost 310+ individuals were treated on a single day. Likewise, 200+ families were distributed with hygiene kits.

13. May 28, Thula Durlung, Lalitpur:

The earthquake relief medical camp as well as relief materials distribution was organized remote place of Lalitpur. The Earthquake Relief Medical Camp as well as relief materials (mosquito net 250 pcs, Soap, Toothbrush and other relief items) distribution program finally concluded without leaving any stone unturned. The totals of 130+ individuals were examined in medical camp and more than 300+ families were directly benefited from relief items distribution.

14. May 30, Talakhu, Nuwakot:

We were success to distribute relief materials which include Rice, Salt and other relief items to 185 families of that village affected by earthquake. The

team with the members from Rotaract Club of Kathmandu did their best volunteerism during the project.

15. June 6-7, Hanwa-9, Dolakha:

We were success to conduct 2 days Medical and Psychological Camp. 700+ patients were treated in 2 days and more than 1000+ children, local youths, parents, teachers and local villagers were benefitted by Psychological camp.

Synopsis

Date	Location	Project	Individuals Benefitted	Families Benefitted
April 29	Sipapokhare, Sindhupalcho wk	Earthquake Relief Materials Distribution		100+
May 2	Tauthali, Sindhupalcho wk	Earthquake Relief Materials Distribution		450+
May 3	Kadaghari, Kathmandu	Relief Materials Distribution to SAP area.	17	
May 4	Bhotechaur, Sindhupalcho wk	Earthquake Relief Medical Camp	160+	
May 6	Langdi, Pakha VDC Gorkha	Earthquake Relief Materials Distribution		100+
May 8	Kumari-9 Nuwakot	Earthquake Relief Medical Camp and Materials Distribution	160+	290+
May 10	Sirutar, Bhaktapur	Earthquake Relief Medical Camp	200+	
May 14	Chaugadha-9, Nuwakot	Earthquake Relief Medical Camp and Materials	150+	111+

		Distribution		
May 16	Dukuchhap, Lalitpur	Earthquake Relief Medical Camp	100+	
May 21	Baanasthali, Mahadevsthan-9 Thankot, Kathmandu	Earthquake Relief Medical Camp	150+	
May 25	Hawa VDC, Dolakha	Earthquake Relief Medical Camp and Survey of School	310+	200+
May 28	Thula Durlung, Lalitpur	Earthquake Relief Medical Camp and Materials Distribution	130+	300+
May 30	Talakhu, Nuwakot	Earthquake Relief Materials Distribution		185+
June 6-7	Hawa-9, Dolakha	Earthquake Relief Medical and Psychological Camp	2000+	

What we found?

In almost all of the medical camp we conducted, we saw a gradual increment in blood pressure level than previous. Most of the men in comparison to women had a high blood sugar level. Similarly, our medical camp at Thankot showed the trend high blood pressure in almost every men and women. But in the villages of Dolakha, Nuwakot and Sindhupalchowk the blood pressure of only few people were found high. This shows the unbalanced health situation in urban than on rural areas. A tendency of sleeping after eating habit is a major factor to this scenario.

Likewise, the life expectancy of people in villages is more than the city areas. We didn't saw any octogenarian in urban areas but dozens of what we saw in Dolakha, Nuwakot and Sindhupalchowk. Though much of the destruction occurred in rural areas, the people have not taken much of stress in comparison to urban. The greed,

anxiety, worry, irritation, hustle and bustle are some causes that deteriorates the health in urban.

One of the most disappointing facts we faced is that some local denizens of capital city though they are prosperous and wealthy were demanding the food. But the locals of Hawa VDC, Dolakha when we requested didn't demand for food rather they urged us to help in building of the school. We saw a sort of humanity in them. This shows the capital city has been a land of normless and a toxic city filled with noxious behavior.

Some glimpses of our relief mission































The total budget helped by RAC East Central University was totally utilized for Earthquake Relief Mission 2015.

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