



# **Dhulikhel Municipality**

**Office of the Municipal Executive**

**Dhulikhel, Kavrepalanchok**

**Dhulikhel Municipality**

**Progress toward Community Health**



**Dhulikhel Municipality**

**Basic Health and sanitation Section**

## **1.1 Brief introduction about the Dhulikhel City**

Dhulikhel, the popular tourist destination of Nepal is located in Kavrepalanchok district at the 30 KM eastern rim of Kathmandu Valley blessed with a diverse and vibrant community. Two major highways, B.P. Highway, which links to India and Araniko Highway, links Nepal's capital city to Kodari, a Tibetan border town, passes through Dhulikhel City. This Municipality has 54.62 sq kms area. According to CBS report 2021, the population of the city is 33,726. The city government has developed several policies and programs to improve accessibility to basic services, promote sustainable development and strengthen inclusive governance. This has helped to transform the city as a hub for health and education. There are a 500 bedded super specialty Dhulikhel Hospital, 1 primary health care center, 6 health posts and 8 basic health service Centers to serve health services for community people.

## **1.2 Highlight of the key achievements**

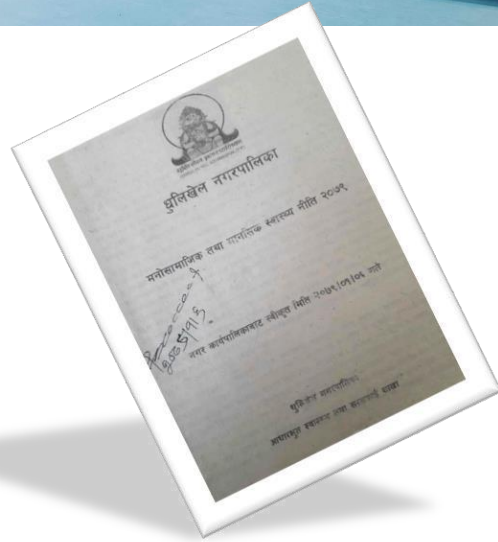
### **The major achievements of the municipality related to health sector:**

- Developed healthy city policy for the Dhulikhel Municipality.
- Formed 69 Healthy City community level committees. Each committee consists of 10 members including 5 male and 5 female under coordination of respective Female Community Health Volunteer.
- Established Psychosocial counseling center in ward 7.
- Expanded mental health services in all health posts.
- Initiated Hypertensive Care Cascade Initiative (BKHCCI) for prevention of non-communicable diseases including hypertension.

- Organized 34 different types of mobile health camps (eye camp, dental, women health etc.) in different communities of the municipality especially focusing to marginalized communities)
- Initiated TB free municipality and implemented various activities to screen, diagnosis, and treat the cases.
- Initiated Health Dashboard to inform about the important information to community people.
- Established breastfeeding corner inside the territory of the municipality office.
- Conducted Measles Rubella camping and achieved 110% coverage.
- Initiated nutrition program for pregnant and postnatal mothers.
- Initiated school health program in different schools.
- Conducted training programs for health workers to develop their capacity to provide quality health services.
- Conducted Road Safety Training to reduce RTA to Representative, Health workers and community people.
- Conducted Mental Health and counselling training to FCHVs.
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Please see the photograph of different activities below:









### 1.3 Addressing urban landscape for health and wellbeing

The urban health and well-being highlight three main areas of interest, healthy mobility, healthy buildings and cities, and healthy water systems. Urban landscape refers to the physical characteristics and features of a city or urban area, including buildings, roads, parks, and infrastructure. Dhulikhel municipality has achieved followings in this area:

- Constructed 62 parks in different parts of the municipality including fitness parks and child friendly parks.
- Developed policy for disable friendly housing and waste water treatment plant policy for hotels and health facilities.
- Constructed motorable road and path along the side of a road in different parts of the municipality for pedestrians.
- The Municipality has constructed 15 bedded Hospital in ward No. 9 Kavre Bhanjyang.
- Constructed three basic health service centers; Devitar (ward no 1), Chocche tole (ward 6), Bakhundole (ward 4) and one center is being constructed Rabi Wopi (ward 2).

- Constructed mental health and psychosocial counseling center at Adda Bazar Ward 7.

## **1.4 Addressing health challenges or some key determinants**

Dhulikhel municipality conducted health survey to identify the current situation of health in the city including the challenges. Based on the findings of this survey we conducted different activities and able to get following achievements;

- Expanded mental health services in all health posts.
- Initiated Hypertensive Care Cascade Initiative (BKHCCI) for prevention of non-communicable diseases including hypertension.
- Organized 34 different types of mobile health camps (eye camp, dental, women health, integrated health camp etc) in different communities of the municipality especially focusing to marginalized communities
- Initiated TB free municipality and implemented various activities to screen, diagnosis, and treat the cases.
- Initiated Health Dashboard to inform about the current status of healthservices and major services available at different types of health facilities.
- Established breastfeeding corner inside the territory of the municipality office. All breast-feeding mothers including staff and community people who visit in municipality office can use this center for breast feeding and recreation.
- Conducted Measles Rubella camping and achieved 110% coverage.
- Initiated nutrition program for pregnant and postnatal mothers in all wards. Provided health education and nutritional food (egg, ghee, pulses Sarbottam pitho etc.) to pregnant and postnatal mothers.
- Initiated school health program in different schools. Provided health education including reproductive health to school children.

- Conducted training programs for health workers (e.g. mental health, home based care, eLMIS, HMIS, non-communicable diseases, PEN package etc) to develop their capacity to provide quality health services.

## **1.5 Increasing people participation & community engagements**

Municipality achieved following people participation and community engagement related activities and achievement:

- Formed different councils including disable council, women council, dalit council, Indigenous council and youth council.
- Formed 69 Community Level Health Volunteer Committees. This committee comprise of five males and five females and led by Female Community Health Volunteers.
- Formed Health Facility Management Committee in each health facilities
- 69 Mothers group are also engaging in community level at 12 wards in Municipality.
- Formed Diabetes Clubs of health workers and diabetes patients in each ward (12 wards). This club provide health education, screening and peer health education (diabetes patient to pre-diabetic person).
- Formed Tuberculosis Sub-committee in each ward under the leadership of Ward Chairperson. The members consist of TB patients, teachers, TB volunteers and civil society members. Committee members meet every month and discuss about the prevention, regular treatment and support to patients.

## **1.6 Targeted intervention related to vulnerable population.**

Municipality achieved following vulnerable population related activities and achievements:

- Formed disable council, women, youth, indigenous and Dalit councils.

The total targeted Population of health is 33726 people as its population. This council is chaired by Mayor of the municipality. Council members meet and develop plan to address their issues. Municipality allocate budget and provide technical support as necessary.

- Municipality has allocated budget for disable people to enroll in national health insurance program so that they received the health services free of cost.
- Conducted mobile health camps at different hard reach areas focusing mainly women's health and mental health.
- Conducted home based health care services to senior citizen and disable people. Under this program, health facility staff visit at home and provide necessary health services to senior citizens and disable persons and pregnant women as necessary.
- Municipality has provided free ambulance services to senior citizens and pregnant mothers.



## **1.7 Promote community development and empowerment, and create social environments that support health**

- Continued regular meeting of Mother's Group at community level to discuss about the health issues ways to improve health status.
- Implemented Radio Program called Healthy City Dhulikhel Municipality through local FM weekly (Every Monday).
- Formed TB Free Sub-committee and Diabetes club in each ward

## **1.8 Improve the quality of and access to local health and social services**

- Municipality has established 15 Health institution in 12 wards. We have also Dhulikhel Hospital and Aayurveda health centre in Dhulikhel Municipality.
- Municipality is implementing minimum service standard (MSS) program for equal quality of health promotion. This program was on the policy of federal government and municipality is implementing in each health facility.

## **1.9 Strengthen local public health services and capacity to deal with health-related emergencies**

- Developed emergency preparedness plan under social sector development plan. Municipality has its own 1 Ambulance and 2 Fire engines.
- Formulated Rapid response Team (RRT) in ward level.

## **1. 10: Plan for urban preparedness, readiness, and response in public health emergencies**

- Formulated disaster reduction plan with study.
- Conducted training on road safety to chairpersons, health workers and community people.

## 1.11 Success story of mental health program

**Manju Gautam, Dhulikhel-6,  
Client of Psychosocial counseling service**

*“I am Manju Gautam, from Dhulikhel 6, During the 10-years armed civil war, I lost my beloved husband on February 8, 2060. Then a dark cloud came over my life. At that time, my 3 children were only 6, 4 and 2 years old. After the absence of my husband, I was also deprived of my husband's ancestral property. After that, I was feeling lonely, wanted to cry, and stopped being interested in social work. There was no support from the family. Day by day, I couldn't sleep at all, I felt unlucky, I was kept having negative thoughts and thinking that I should have die with my husband. My story of the struggle after was more complex and terrible.*



*In 2076 Bhadra, I met with the counselor of the psychosocial counseling program of Dhulikhel Municipality. The counselor requested me to meet continuously for some time. I started to participate in programs like psycho-social counseling, group discussions, personal meetings and followed by regular home visits. Moreover, after receiving regular counseling services, I feel positive change in my life. The counselor also meet me with consultant, who helped me about stress management exercises, deep breathing, butterfly hug, I was feeling a gradual change in my life.*

*Now, I am able to speak openly about myself. I also committed to raise my voice about my lost rights. This program has been a blessing in my life. I had heard that there is a God for those who have no one. Psychosocial program conducted by Dhulikhel Municipality have become God in my life. Today, I feel like I am not alone now, I have become stronger. Thank s very much to Dhulikhel municipality and CMC -Nepal. This program can be a great boon for the sisters and brothers who are suffering like me. Such services must to reach with everyone like me.*

## 1.12 Voice of local people

*“Dhulikhel Municipality has aimed to develop Dhulikhel as a Healthy City and achieve Sustainable Development Goals related indicators before 2030. To achieve these aims, municipality has approved its commitment and legislation from the Municipality Board Council, conducted health survey to know the current status, allocated budget for health from its own sources, and implemented various health related activities especially focusing to marginalized and hard to reach communities. To become healthy city is not fulfilling every component of health in one time but it is a movement towards making health as an agenda of city governments, making health everybody’s business and creating enabling environment so that all individuals can exercise their fundamental health rights. As a public health worker, I am delighted that this important initiative has been started in Nepal from our city. I would like to request concerned national and international agencies and provincial and state governments to support for success of this initiative so that other cities can also start this initiative for betterment of health status of their community people.”*



**Dirgha Raj Shrestha**  
Public Health Worker/Residence of Dhulikhel Municipality Ward -7

## 1.13 some activities of health at Dhulikhel Municipality

Dhulikhel Municipality has VLR Report – (Please Visit)

[https://unhabitat.org/sites/default/files/2022/08/dhulikhel\\_2022\\_en.pdf](https://unhabitat.org/sites/default/files/2022/08/dhulikhel_2022_en.pdf)

**Short clips of health Activities at Dhulikhel Municipality.**

<https://www.youtube.com/watch?v=2INFBjt3Ov8&t=35s>