Observance of World Health Day, 2017

DEPRESSION
Let’s Talk
1) **Formation of Campaign Team**
Ageing Nepal organized a week long campaign activities in partnership with HelpAge International to mark the World Health Day 2017 with the main theme of *Depression: Let’s Talk*. The campaign team was formed to plan, implement, supervise and monitor the campaign activities. The campaign team consisted of the following members:

- Mr. Krishna M. Gautam, Team leader
- Mr. Prakash Gautam, Team member
- Ms. Sanju T. Magar, Team member
- Ms. Pabitra Adhikari, Team member

2) **Radio Programme**
Ms. Pabitra Adhikari, Psycho-Social Counselor of Ageing Nepal gave radio talk on *Depression in Elderly* on 2\textsuperscript{nd} April. The half an hour programme was aired through three national radio stations i.e. Radio Image 97.9 MHz, Himal 90.2MHz and Khumbu 93.2 MHz. Similarly the programme was re-aired through the same radio stations after two days on 4\textsuperscript{th} April, 2017. It is estimated that 2 million people repeatedly reached with the message through these three radio stations. Link of the programme: [https://clyp.it/m4t3hmme](https://clyp.it/m4t3hmme)
3) Pamphlets Distribution

Five hundred copies of pamphlets on Depression in elderly were developed in Nepali language. The developed pamphlets were distributed throughout the campaign events for mass awareness.
4) **Awareness Building Session**

Two awareness building sessions were organized in different age groups to mark the World Health Day 2017.

a) **Youth**

The campaign team of Ageing Nepal gave an hour long lecture on SDGs, changing population trends and Depression in older people at NASA International College on 7th April 2017.

![Ms. Sanju T. Magar, campaign team member giving orientation session to undergraduates of Social Work](image1)

b) **Older People**

The campaign team of Ageing Nepal organized an awareness building session in Kapan, Kathmandu. The group of elderly was made aware on depression in old age, its symptoms and the way to manage it. Glimpses of the session:

![Elderly participants of the session](image2)
5) Article Publication
An article entitled on “Depression in Ageing Population” by Ms. Pabitra Adhikari was published in national daily, Himalayan Times on 7th April 2017. Link of the article: http://ehimalayatimes.com/bichar-sahitya/10390

6) Delegation Meeting
Ageing Nepal organized a delegation meeting with the concerned authority of Ministry of Health on 7th April 2017. The campaign team members of Ageing Nepal and older people of the awareness session gave petition demanding programmes and policies for mental health of older people to the Chief of Health Economic and Financial Unit Ministry of Health, Mr. Jhabendra Pandey in the event.
7) **Poster Production**
Poster on depression in elderly was designed, produced and pasted in public places for mass awareness.

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8) **Social Media Used**
The campaign activities were widely shared through the social media.

Facebook: [https://www.facebook.com/proudtobeold/](https://www.facebook.com/proudtobeold/)
Twitter: [https://twitter.com/AgeingNepal](https://twitter.com/AgeingNepal)