



Himalayan Project Nepal

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# Bhakanje Free Dental Camp Report 2025



Prepared by:

Dr. Jangbu Sherpa

Date: 25th October 2025

**Camp location:** Bhakanje, Likhupike Rural Municipality-5, Solukhumbu

**Dates:** 28th September – 1st October 2025

**Organized by:** Himalayan Project Nepal

## Overview

The Bhakanje Free Dental camp 2025 was a continuation of the previous year's successful dental camp. The 2024 dental camp had revealed a significant need for dental care services in Bhakanje, highlighting the importance of continued intervention. This year's camp reflected our ongoing initiatives, efforts, and commitment to providing essential dental care, raising oral health awareness among schoolchildren and local residents, who otherwise do not have access to dental care services. The four days camp offered oral screening and dental treatment to the school children and local residents, along with oral hygiene education and preventive fluoride program, particularly focused on schoolchildren.

## Objectives

- Provide free dental check-ups and treatments to school children and villagers
- To conduct oral health education and fluoride program to raise awareness and prevention
- Follow-up on last year's cases and to reach the students who missed the last year's camp
- Refer to the complex cases that need further treatment
- To distribute leaflet containing oral health information to strengthen oral health awareness.

So, our focused extended beyond treatment, it was about prevention, follow-up and long-term behavior change

## Total Beneficiaries

A total of 195 participants including 108 students and 87 local residents were benefited. Out of 195 participants, the total treatment provided includes:

Fillings=88

Extractions=35

Scaling=36

Pit & Fissure Sealant=11

Referral= 12

Individual with fair oral health=11

Table 1: Total Attendees in 2025 compared to 2024 camp

Category	Year 2025	Year 2024
Students attended	108	137
Local Residents	87	83
Total beneficiaries	195	220
Students with good oral hygiene	11 Students (10%)	28 Students (19%)

Table 2: School-wise participation in 2025 compared to 2024 camp

School Name	Students screened in 2025	Students screened in 2024	Difference (+/-)	Remark
Chandra Jyoti Sec. School, Bhakanje	67	78	-11	Decrease
Sagarmatha Basic School, Sagardada	14	12	+2	Slight increase
Chhimbu Basic School, Chhimbu	18	16	+2	Slight increase
Budakijna Primary School, Kinja	7	5	+2	Slight increase
Mahadev Basic School, Chhiringkharka	2	26	-24	Sharp drop
Total	108	137	-29	Decrease

## Prevalence of Dental Problems among Students and Adults

### Prevalence of Dental Problems among Students

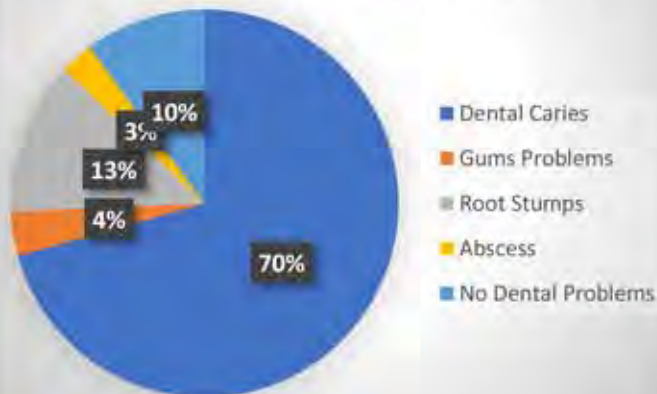


Figure 1: Prevalence of Dental problem among Students

### Prevalence of Dental Problems among Adults

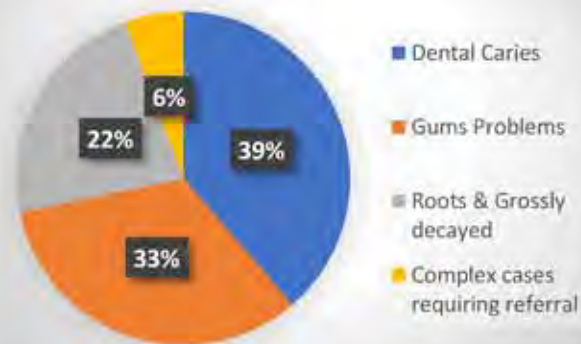


Figure 2: Prevalence of Dental Problems among Adults

Figure 3: Overall Treatment provided for Students and Adults

### OVERALL TREATMENT PROVIDED FOR SCHOOLCHILDREN AND ADULTS

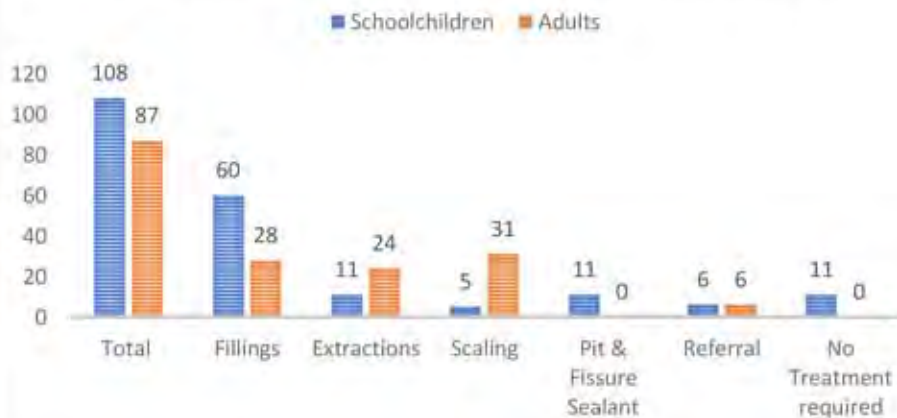


Figure 4: Overall treatment administered to Students compared to 2024 camp

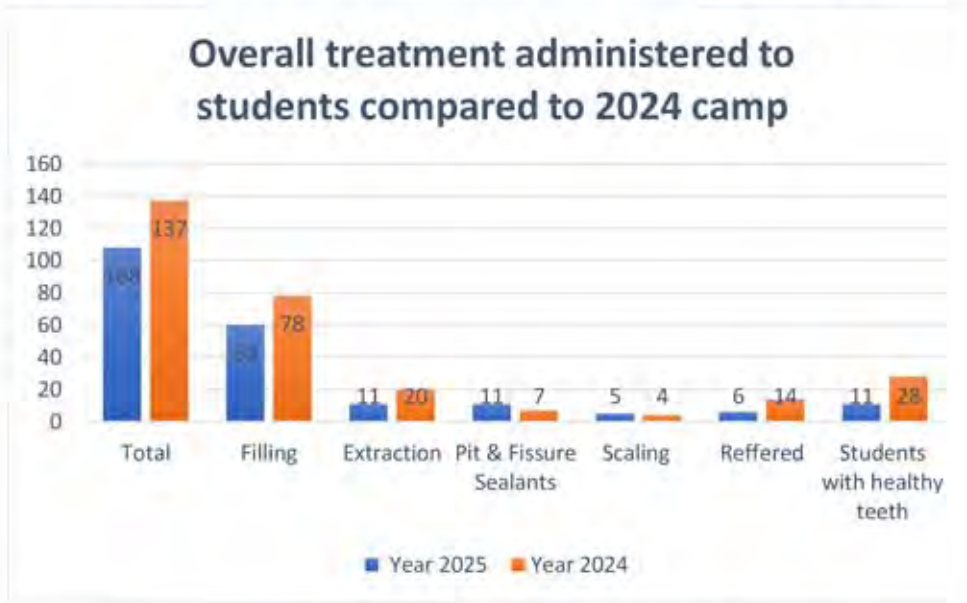
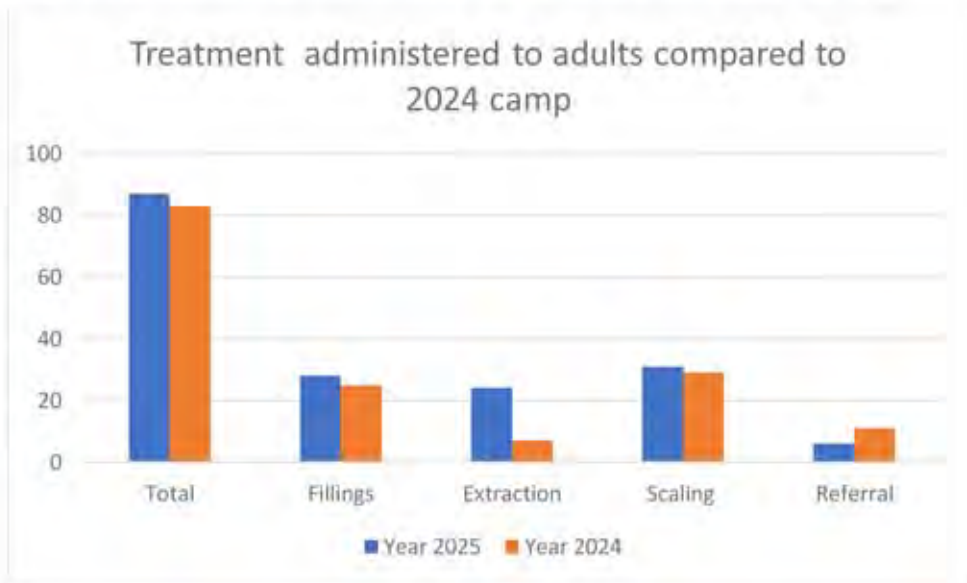


Figure 5: Treatment administered to adults compared to 2024 camp



## Dental Team

Dr. Jangbu Sherpa, Orthodontist-Coordinator

Dr. Bhagabat Bhattarai, Periodontist

Miss Janaki Khadka, Director HIPRON

Miss Pasang Lhamu Tamang-Hygienist

Miss Sersang Sherpa-Hygienist

Miss Tsering Dhoma Gurung- Hygienist

Mr. Bijay Jogi, BDS student-Volunteer

Miss. Renuka Karki, HA-Volunteer

Mrs. Sukumaya Tamang, Ward woman member-Volunteer

Mr. Lhakpa Sherpa, Principal of Chandra Jyoti Sec. School- Volunteer

Mr. Raju Karki, Health Post peon- Volunteer



## Activities Conducted

- Comprehensive oral screening for students and local residents
- Basic Treatments (Fillings, Extractions, Pit & Fissure Sealant, Scaling)
- Oral Health Education Session and Preventive Fluoride application program
- Distribution of leaflet containing oral health information
- Referral to complicated cases to higher center

This year, we took two dental units (borrowed from Kushdevu Public Health Mission) each for one dentist and one separate scaler unit for hygienist which allowed us to setup three independent working stations. This arrangement significantly improved patient flow and enhanced efficiency in overall management. However, a long queue was still observed at the scaling station, as the procedure required comparatively more time to complete.

*Figure 6: Before and After Treatment Photographs*



*Figure 7: Students receiving Leaflets with happy faces after treatment is done*



## Oral Health Education and Fluoride application program

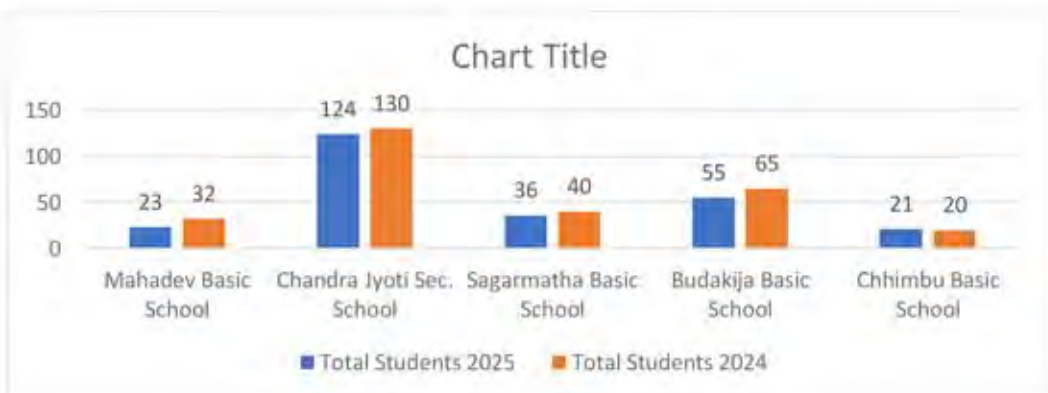
A week prior to the main dental camp, an oral health education session and fluoride application program was conducted in each school by dental hygienist, Pasang Lhamu Tamang, a local resident of Bhakanje. The primary objectives of these programs were to raise awareness about oral hygiene practices as well as to reduce the risk of caries among schoolchildren.

A total of 259 students participated in oral health education and fluoride program. It is expected that such reinforcement session will help develop good habits that promote better oral health.

*Figure 8: School-based Oral Health Education and Fluoride application Program*



*Table 3: Total Number of Students participated in Oral Health Education and Fluoride Program*



## Key Findings

- 11 out of 108(10%) Students demonstrated good oral hygiene, indicating a significant need of continued dental camp, education session and preventive programs.
- There was a higher prevalence of dental caries among schoolchildren, necessitating a large number of fillings whereas adults exhibited an almost equal prevalence of dental caries and gums problems followed by root stumps requiring a considerable number of scaling and extraction procedures among adults.
- 36 students out of 108 (33%) were those who attended previous dental camp, two third of the students were new participants, meaning many children are still being reach for the first time.
- The total number students in all five school are 299. Over the past two years, 209 students attended the camp, leaving 90 students who have yet not participated. Among the non-attendees, approximately half are in nursery class and too young to attend camp
- Students those who participated previous year's camp showed cooperation and understanding due to prior exposure.
- The distribution of leaflets containing oral health information provided additional benefits by enhancing understanding of proper oral hygiene practices among schoolchildren and adults, as they took the materials home and shared the information with other family members.

## Expenses

The total cost of the camp was NPR 3,68,932. This year, we made valuable investment by purchasing our own scaler unit and tooth forceps. Two dental units were borrowed from Ang Tshering Sherpa, founder of Kushudevur Public Health Mission, Solukhumbu. With this modest budget, a significant number of patients were able to receive essential dental services ensuring meaningful impact within the community.

Table 4: Total Expenses of the Camp

Sr.	Particulars/Topic	Expense (NPR)	Remarks
1	Garg Dental Pvt.Ltd.	93,810.14	Scaler Unit, Tooth Forceps, Dental consumables
2	Printing	8,940	Banner, Registration Forms, Leaflet
3	Extra & Miscellaneous	15,282	Surf, Towel, Wipe tissue, Headlights & miscellaneous
4	Transportation	41,900	KTM- Solu both way
5	Accommodation & Food	34,500	Gelmu-Kunsel Hotel and on the way expenses
6	Dentist's Salary	1,20,000	2 Dentists
7	Hygienist's Salary	36,000	3 Hygienists
8	Social Welfare Council	5,000	Fee
9	Pasang's transportation and allowances	13,500	KTM-Bhakanje, allowances & Local transportation
	<b>Total</b>	<b>3,68,932.14</b>	

## **Challenges**

Student attendance was lower compared to last year, particularly from Budakinja School for two consecutive years. To address this issue, stronger community and school engagement is necessary through early coordination and active communication with teachers and parents to ensure maximum student participation. If low participation continues despite these efforts, the school may need to be excluded from the list for the future camps.

## **Conclusion**

The free dental camp successfully continued its mission to improve the oral health of remote Bhakanje. Although student participation was lower than last year, the camp achieved meaningful outcomes through preventive care, treatment services and oral health education. The follow-up of returning students provided opportunity for treating pending issues from last year dental camp, while the participation of new students expanded the camp reach. Continued efforts through regular camp and school-based program remain essential to sustain and further improve oral health awareness and practices in the community.

## **Recommendations**

- Continue organizing annual dental camps to ensure continuity of care and regular follow-up for schoolchildren and local residents.
- Reinforce regular oral hygiene sessions and fluoride preventive program in schools to promote positive attitude and sustainable oral health practices among students.
- Have our own dental unit to avoid dependence on others and for effective management.

## **Acknowledgement**

Heartfelt thanks to all our dedicated team members and volunteers whose hard work and efforts made the dental camp successful. Special appreciation goes to Papa Kurt, Hans and Randy of HIPRON Danmark for their unwavering commitment and invaluable support in managing the funding for this initiative. A special thanks goes to HIPRON Director, Janaki Khadka for her overall guidance, coordination and effective management throughout the camp. We are also grateful to Likhupike Rural Municipality for providing us the necessary approval. We would like to express our sincere gratitude to the local sub-health post for providing space and necessary support for the dental camp. A heartfelt thanks to Ang Tshering Sherpa for lending us the portable dental unit. Finally, we acknowledge the local communities, students and teachers who contributed to the success of this dental camp.