

Theo Health Clinic Sangachok

Construction Completion Report



Submitted to:

Theo Fritsche, Austria

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Introduction

This is the building construction completion report of Theo Health Clinic, located at Sangachok village of Sindhupalchok District, Nepal.

Sangachok Village:



No of School Supported by Theo Fritsche, Austria	2 Shree Ram Devi School, Harre Shree Jana Bikash School, Panichaur
Health Center, Hospital, Health Clinic	Previously No health Center Now 1 (After supported by Theo): Theo Health Clinic
Total Population	10, 000
Main Occupation	Farming (Agriculture) Now, many villagers are in golf countries like Dubai, Malaysia, Qatar for working.
Problem	Lack of Hospital, quality education and training, employment
Distance from Kathmandu	70 KM north east from Kathmandu
Nearest Hospital	Dhulikhel, 3 hours drive from village



Photo: One village of Sangachok (Gairithok Village)

Sangachok Village consists of number of small villages. 60 to 100 households in one small village.



Reason for Support

Sangachok is beautiful village lying on Sindhupalchok District of Nepal situated about 70 Km North East from Kathmandu. Almost 10,000 People were living happily with their daily life work. People were getting basic facilities of education, water supply, transportation, communication. The only basic facility to be fulfilled was one good health clinic.



Realizing this fact, Theo Fritsche from Austria, together with good co-ordination between Er. Nabin Parajuli (Program Co-coordinator Theo Technical Academy) and Dr. Sabina Parajuli decided to establish a good health clinic in Sangachok, Sindhupalchok for basic primary health care service. Local community is very much enthusiastic to have good health clinic.

Resource Provided

Resources provided by Community- 20 percent of total

- ➔ Construction land for clinic, one thousand euro for compound wall, volunteer labor, local materials like stone, monitoring the construction.
- ➔ Organized one ambulance for health clinic.

Resources provided by Theo Fritsche- 80 percent of total

- ➔ Construction support of clinic building, medical equipments and furniture, staff salaries and other operating expenses.

The local government is interested to support human resources (2 regular staff) and medicine for health clinic in near future.

Construction Overview

The local community formed one clinic construction committee. They were responsible for construction of clinic, mobilization of labor, arranging materials with coordination of Nabin Parajuli and Sabina Parajuli.

The committee members are selected from various small villages of Sangachok.



Photo: Construction committee members of Theo Health Clinic

Most of the construction materials were taken from Banepa, 60 KM from Sangachok. The materials used for building are of high and best quality.



Photo: Site Clearance, ground work, right photo with Markos Hopner, Austrian volunteer



Photo: Basement & Ground Floor Work



Photo: First Floor Work





Photo: Top Floor (roof) and color work



Photo: Daniel, volunteer from Austria at Color shop of Kathmandu



Photo: Construction of Compound Wall

The building consists of seven rooms.

Room 1: Reception/ Ticket counter

Room 2: Pharmacy (Medicine Distribution Center)

Room 3: Examination Room (Surgery Room)

Room 4: OPD Room

Room 5: Office Room

Room 6: Staff Quarter

Room 7: Store Room

Two Bathroom and compound with wall.

Medical Equipments

Sabina/Nabin Parajuli purchased the medical equipments from Kathmandu and took it to Sangachok clinic along with equipments supported by Theo Fritsche.



Photo: Fitting the bed for patient at Clinic by community people



Photo: OPD Room, Examination Room and Medical Equipments



List of Medical Equipments Purchased

SN	Particulars	Quantity
1.	Semi Folder Bed , Nepal Made, size: 3x6	4 set
2.	Bed Mattress – Coir, size:3x6, Indian	4 set
3.	Pillow, Indian	4 set
4.	Foot Step – Double, Nepal Made	4 set
5.	IV Stand, S.S., Taiwan	4 set
6.	Bedside locker, S.S., Taiwan	4 set
7.	Bed Pan, S.S. , Indian	3 pcs
8.	Urinal, S.S. Indian	3 pcs
9.	O2 cylinder, small	2 pcs
11.	O2 key , big	2 pcs
12.	O2 flow meter	4 pcs
13.	Sterilizer, medium	2 pcs
14.	Dressing Trolley, S.S. , Taiwan	1 set
15.	Examination light	1 set
16.	Dressing Drum 9x11, seamless	2 pcs
17.	Tray with cover 10x12, Indian	5 pcs
18.	Chetal forceps with jar, Pakistan	2 pcs
19.	Kidney tray 8”	4 pcs
20.	Bed side screen, Nepal made	2 pcs
21.	Nebulizer, Dr. Morepen	2 set
22.	Tongue depressor	100 pcs
23.	Weighing scale, Krups	2 pcs
24.	Sponge Holding forceps	4 pcs

25.	Scalp handle	3 pkt
26.	Suture cutting Scissor	3 pkt
27.	Dressing Scissor	3 pkt
28.	Toothed Forceps	3 pkt
29.	Cervical collar	2 pcs
30.	Non toothed forceps	3 pkt
31.	Artery forceps	3 pkt
32.	Gali pot, S.S.	2 pcs
33.	Eye towel, Nepal made	2 pcs
34.	Examination bed with mattress and Pillow, Nepal made	1 set
35.	Observation bed with mattress and pillow, Nepal Made	1 set
36.	Glucometer, Dr. Morepen, India	1 set
37.	Needle Holder, Pakistani	3 pcs

These are the medical equipments purchased for the first phase.



Photo: Purchasing and loading equipments for transportation

Furniture

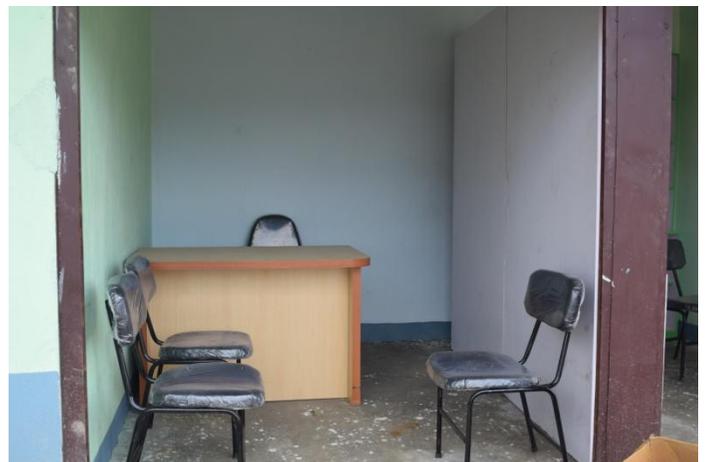
The required furniture for clinic like medicine rack, ticket counter table, doctor chair and table, office room setup were designed and prepared at Kathmandu and took it to clinic.

S. No	Particular	Quantity
1	Chair	9
2	Table	5
3	Bed for staff	1
4	Cupboard with closed rack for medicine	2

5	Cupboard with open rack for medicine	2
6	Office room cupboard	1



Photo: Medicine Rack, patient name record desk, office room



Financial Summary (Expenses)

S. No.	Particular	Amount	Remarks
1.	Metal Rods (Reinforcement)	3, 50, 380/-	
2.	Cements	5, 54, 750/-	
3.	Sand	2, 63, 000/-	
4.	Concrete Aggregate	1, 09, 630/-	
5.	Stone	32, 870/-	
6.	Chips (Small Aggregate)	45, 000/-	
7.	Bamboo	11, 000/-	
8.	Tools	20,577/-	
9.	JCB & Tripper Rent	45,000/-	
10.	Railing & Shutter	1, 90,000/-	
11.	Cement Block	30,000/-	
12.	Zinc	1, 37, 000/-	
13.	Windows & Doors	1, 00, 000/-	
14.	Channel Gate	1, 07, 418/-	
15.	Transportation for materials	88,000/-	
16.	Lunch cost for labor	10, 670/-	
17.	Labor Cost	5, 69, 500/-	
18.	Electricity	65, 000/-	
19.	Plumber	13,000/-	
20.	Bathroom Accessories	40,000/-	
21.	Pan, Pipe	40,000/-	
22.	Color & Tiles	50, 000/-	
23.	Bricks	4, 86, 668/-	
24.	Basket to carry the concrete, Rope	20,577/-	
25.	Drawing , Engineer Supervision Cost	30, 000/-	
	Total	34, 70, 040/-	€ 30, 000 (Thirty Thousand Euro

Notes: All bills are attached in separate sheet.

New Construction (Compound Wall Expenses)

S. No.	Particular	Amount	Remarks
1	Ground Clearance	7,000/-	
2	Stone	15, 600/-	
3	Bricks	72, 350/-	
4	Cement	41,700/-	
5	Metal Pole	25, 215/-	
6	Metal Net	35, 000/-	
7	Labor Work	35, 500/-	(Voluntarily done by local people)
8	Transportation for material	35,000/-	
9	Metal Rod	11, 686/-	
10	Chips Aggregate	24, 000/-	
11	Electricity	5, 000/-	
12	Sand	21,000/-	
13	Gate	25, 000/-	
	Total	3, 14, 051/-	€ 2730 (Two thousands seven hundred & thirty Euros)

Note: All bills are attached in separate sheet.

Financial Summary: Medical Equipments

SN	Particulars	Quantity	Rate	Amount
1.	Semi Folder Bed , Nepal Made, size: 3x6	4 set	12500.00	50,000.00
2.	Bed Mattress – Coir, size:3x6, Indian	4 set	5,500.00	22,000.00
3.	Pillow, Indian	4 set	500.00	2,000.00
4.	Foot Step – Double, Nepal Made	4 set	2,500.00	10,000.00
5.	IV Stand, S.S., Taiwan	4 set	3,200.00	12,800.00
6.	Bedside locker, S.S., Taiwan	4 set	7,900.00	31,600.00
7.	Bed Pan, S.S. , Indian	3 pcs	550.00	1,650.00
8.	Urinal, S.S. Indian	3 pcs	250.00	750.00
9.	O2 cylinder, small	2 pcs	9000.00	18000.00
10.	O2 cylinder, big	2 pcs	4,200.00	8,400.00
11.	O2 key , big	2 pcs	250.00	500.00
12.	O2 flow meter	4 pcs	1,600.00	6,400.00
13.	Sterilizer, medium	2 pcs	1,600.00	3,200.00
14.	Dressing Trolley, S.S. , Taiwan	1 set	12,500.00	12,500.00
15.	Examination light	1 set	3,800.00	3,800.00
16.	Dressing Drum 9x11, seamless	2 pcs	1,650.00	3,300.00
17.	Tray with cover 10x12, Indian	5 pcs	550.00	2,750.00
18.	Chetal forceps with jar, Pakistan	2 pcs	1,400.00	2,800.00
19.	Kidney tray 8"	4 pcs	90.00	360.00
20.	Bed side screen, Nepal made	2 pcs	5,500.00	11,000.00
21.	Nebulizer, Dr. Morepen	2 set	2,800.00	5,600.00
22.	Tongue depressor	100 pcs	1.00	100.00
23.	Weighing scale, Krups	2 pcs	2,100.00	4,200.00
24.	Sponge Holding forceps	4 pcs	450.00	1,800.00

25.	Scalp handle	3 pkt	130.00	390.00
26.	Suture cutting Scissor	3 pkt	390.00	1,170.00
27.	Dressing Scissor	3 pkt	150.00	450.00
28.	Toothed Forceps	3 pkt	150.00	450.00
29.	Cervical collar	2 pcs	250.00	500.00
30.	Non toothed forceps	3 pkt	150.00	450.00
31.	Artery forceps	3 pkt	180.00	540.00
32.	Gali pot, S.S.	2 pcs	90.00	180.00
33.	Eye towel, Nepal made	2 pcs	120.00	240.00
34.	Examination bed with mattress and Pillow, Nepal made	1 set	9,900.00	9,900.00
35.	Observation bed with mattress and pillow, Nepal Made	1 set	9,900.00	9,900.00
36.	Glucometer, Dr. Morepen, India	1 set	1,500.00	1,500.00
37.	Needle Holder, Pakistani	3 pcs	190.00	570.00
38.	Oxygen Cylinder Big	2 set	18000.00	36000.00
	Total			2,65,350.00
	13% VAT			34,495.50
	Grand Total			2,99,845.50 (Nepalese Currency) €2607 (Two Thousands six hundred & seven)

Financial Summary: Furniture

S. No.	Particular	Quantity	Rate	Amount
1	Cupboard Medicine Rack without Slider Cover	2	21500.00	42000.00
2	Cupboard Medicine Rack With Slider Cover	2	26000.00	52000.00
3	Table 4 foot by 2.6 foot	4	10000.00	40000.00
4	Table 4 foot by 2. 6 foot with keyboard & drawer	2	18000.00	36000.00
5	Chair	8	2200.00	17600.00
6	Bed for staff	1	10500.00	10500.00
7	Cupboard for office	1	21000.00	21000.00
	Total			2, 19, 100 (Nepalese currency) € 1905 (One thousand nine hundred and five Euros.)

Activities in Theo Health Clinic



Photo: Health Camp at Sangachok Theo Clinic, Picture: Patients in a queue to get service





Photo: Patient gets medicine at free of cost at Theo Clinic





Photo: Women and children health check up





Photo: Children are getting medicine after check up, Patients in clinic



Photo: Free health camp supported by Theo Fritsche



Photo: Women and Children free health Camp at Theo Health Clinic Sangachok



Conclusion:

We are so happy that we have successfully completed construction of Theo Health Clinic in Sangachok, Sindhupalchok. This work was completed with the great support of Mr. Theo Fritsche and collaboration with Nabin Parajuli, Sabina Parajuli and local community People. Now, next and more challenging step is to run it successfully. We have set necessary equipments for basic primary health care. We will start basic primary health care service first and we hope we can extend services more in future. Local community people are very much enthusiastic to run and have felt responsible to run and maintain it.

We would like to thank Mr. Theo Fritsche from Austria with the initiation of whom Theo Health Clinic is ready in Sangachok, Sindhupalchok, Nepal. We try our best from our side to run it and would like to request Theo for his continuous support for few years more.