

" WELCOME TO THE NEPALI NEW YEAR 2082! THIS HERALDS THE ONSET OF SPRING WITH LUSH GREEN TREES, FLOWERS AND WARM WEATHER. WE WOULD LIKE TO BRING YOU SOME HEALTH NEWS IN BRIEF AND EXPLAIN ABOUT WHAT WE HAVE BEEN UP TO THE PAST FEW MONTHS.

HEALTH NEWS:

1. Nepal has witnessed deterioration of its air quality with the air quality index (AQI) rising to over 200 from late March -April 2025. This is due to ever increasing forest fires in different parts of the country and lack of rainfall. The situation has improved a bit with the arrival of pre-monsoon rains. AQI is best kept below 50 to be considered healthy and high AQI is believed to cause worsening of cardiac, and lung problems. AQI can be kept in the healthy range indoors by keeping an air filter in the home or the office. Air filters of different makes and brands are available in the Kathmandu market. Outdoor exercise should be avoided during times of very high air pollution.

2. Trekking – This is the trekking and climbing season in Nepal. Trekking should always be done with an experienced guide. It is one of the most rewarding experiences of living in Nepal. Spring is also the time when the risk of diarrhea/gastro-intestinal infection rises. Be careful with your drinking water and avoid eating raw vegetables if your system is sensitive. Mineral water that comes in 1 liter bottle is generally considered safe to drink. Further information about trekking can be obtained from https://ciwechospital.com/health_information/ , Page 2 of the list of health information.

3. Altitude illness - For prevention of altitude illness, we advise you to go slow at your own pace and heed the early warning signs of acute mountain sickness (AMS) which are headache, nausea, fatigue and dizziness. If you experience any of these symptoms, stay at the same altitude until improved and descend if your symptoms are worsening. Detailed information about altitude illness can be obtained at: https://ciwechospital.com/health_information/

4 Health screening

Annual physicals are important for proactive healthcare, helping to detect potential health issues early and preventing them from becoming more serious. They also offer opportunities to discuss lifestyle changes, update vaccinations, and manage chronic conditions.



WHY CIWEC?

- Friendly and quiet environment
- Short waiting time for appointments
- Quicker diagnosis
- Faster reporting

If you're considering an annual health check, please call or email the reception at bookings@ciwec-clinic.com to schedule your appointment.

CIWEC chosen as a panel clinic for Japan health screenings!

We are pleased to announce that CIWEC Hospital has been chosen as a panel clinic for medical screening to Japan. You can contact the hospital for information on documentation process, cost and to schedule your appointments in case you're planning to stay for a medium-to long-term in Japan. We offer accurate, efficient and seamless checkups to all our candidates.



DIFFERENT CSR ACTIVITIES OF CIWEC HOSPITAL:

1. Involvement in Nepal India China Expo (NICE) event in Pokhara as health partner

NICE is a first-of-its-kind tri-nation tourism expo that brought together tourism and hospitality stakeholders and organizations from the public and private sectors of the three neighboring nations-Nepal, India, and China-onto a single platform to facilitate unparalleled networking and business opportunities, along with deep industry insights and inspirational experiences.

The multi-day event in Pokhara in February 2025 featured conference, business networking sessions, cultural performance, panel discussion, presentation. The expo provided a platform for strengthening economic ties and fostering mutual growth while promoting the prospects of new pathways in tourism. CIWEC participated in the event as the official health partner.

2. Participation at the Nurse conference at the British School

The British School (TBS) hosted the 3rd annual TBS School Nurses Conference on 15th February 2025 in collaboration with School Nurses Network – Nepal (SNN-Nepal). CIWEC Hospital participated as one of the key sponsors of the event. Our pediatrician, Dr. Sangita Puree made a presentation on “Strategies for promoting mental health and well-being in inclusive settings”. The presentation was well received by the participants. The conference fostered strong connections among professionals working with children. The event was highly impactful as it empowered school nurses to confidently implement guidelines within their schools.

3. First Aid training allotted at Kathmandu and Pokhara branch

Our medical team provided first aid training to multiple stakeholders at both Kathmandu and Pokhara branch. Individuals attending these sessions get hands-on training on first aid and basic CPR with practice on dummy and a lecture with a lot of practical tips on what to do during emergencies. The training aims at enabling the participants to respond in dire situations and help provide basic first aid before the medical help arrives.