English Translation: Social activist Balkrishna Thapa Magar



Translation:



Article English:
Lalitpur. Senior Citizens Chaitari Sanstha has been providing various services to senior citizens in Godavari Municipality 12 Thecho of Lalitpur. It was established with the slogan "Respect the senior citizen".

Balkrishna Thapa Magar, founder and founder president of the organization, has been providing services to senior citizens continuously for the past 4 years. Thinking that health is wealth, Chaitari, a senior citizen, conducts free sugar and blood pressure tests every Thursday, as well as conducting comprehensive free health camps with the technical support of Kathmandu Medical College. Buddha Bahadur Karki and Dr. It has also been providing services from Anant Aryals.

Senior citizens are also being given physical exercise. Similarly, in order to keep everyone healthy, they have built a gymnasium at their own expense and are providing 24-hour service to all ordinary people.

Along with the new year, in collaboration with the nature lovers group, it has also made a plan to give diet, bihar and mental tests to the senior citizens. Balkrishna Thapa Magar, while serving in the Nepal Police Organization for 21 years, 2 months and 12 days, got the opportunity to train and practice for about 3 years in health related matters from Sri Tribhuvan-Chandra Military Hospital.

In addition to getting the opportunity to serve as the head of first aid (MI room) in the police training center for about 3 years, he also got the opportunity to work as an instructor of nursing assistant training in the Nepal Police Hospital and as a technician in the operation theater for about 15 years. After retiring from Nepal Police, from 2002 he worked in US Territory State of Tennison and in 2017 he also worked in Washington State.

According to the plan to establish a non-profit umbrella organization of senior citizens, Jeshtha Nagarik Chautari, for the health and rights of all senior citizens, the launch of health-related social services at the senior citizen center in the city of Redmond, Washington state, as well as the direct supervision of all activities in the senior citizen centers in all cities of this state. In addition to observing and studying, they have directly observed in other 21 states of America.

Similarly, according to the plan of distribution of health specials and health materials to the senior citizens of the old age homes and day care centers in 77 districts of Nepal, as well as health discussions, the work has been completed in 21 districts.

On June 9, 2076, Monday, he came to his native Nepal and started an initiative for social service. According to this hypothesis, according to the regulations of the Government of Nepal, in the District Administration Office, Lalitpur, according to the Non-Profit Organization Registration Act 2034, the organization registration no. In 5690, "Senior Citizen Chautari" Thecho was officially born.

A study on Inclusive and sustainable Health and quality of life of elderly people "Exploratory study of Senior Citizen of Godawari Municipality" in the field of senior citizens for about 2 years, research paper ie Ph.D. He said that he is moving forward with the study.

He said that he is feeling happy and joy to be able to serve the senior citizens and now it is reported that the song of Jeshtha Nagarik Chowtari Sanstha has been prepared in the voice of senior citizen singer Madan Krishna Shrestha and composed by Haribhakta Budhathoki. Senior Citizen Chaitari 5 of Lalitpur They are providing health related services to senior citizens. With the new year 2080, the service has been started by expanding the branch in Bagmati rural municipality-7 Gimdi, a difficult area of Lalitpur district. Similarly, he said that in the future, there is a plan to expand the branch and provide services in other difficult areas of Nepal.

In the twenty-first century, the love that senior citizens receive from their children in their old age is decreasing. Although the current generations want to love and care for their forefathers, today's children have to stay away from their children due to the fact that they have to stay away from their children.

Balkrishna Thapa Magar said that with the aim of creating an environment for the elderly to stay physically and mentally healthy, Balkrishna Thapa Magar said that, keeping this background in mind, the senior citizens have participated and created an environment where they can spend time under one umbrella at least for the whole day.

In the end, he made this organization a member of Aging Nepal, ACAP GAROP and Help Age International and introduced it to the international level as well as held an international conference in Bangkok for the voice of senior citizens. Appreciating all these works, it has been awarded by the President on the occasion of the first Senior Citizen Day through the National Senior Citizen Fund.