

Report on Health Education Talk at Nyantungo Church

Date: 26th June 2024

Venue: Nyantungo Church

Subject: Awareness on Domestic Violence, Hygiene, and Nutrition

Organized by: Health Advocate Frontline Team (HAFT-UG)

Speaker: Rauben Tumuhimbise, HAFT Coordinator

Introduction:



On the 26th of June 2024, a health education talk was conducted at Nyantungo Church by the Health Advocate Frontline Team (HAFT-UG). The session aimed to raise awareness on three critical topics: domestic violence, hygiene practices, and nutrition. Rauben Tumuhimbise, the HAFT Coordinator, led the session, providing valuable insights and guidance to the participants.

Key Points Discussed:

- 1. Domestic Violence:**

- Mr. Tumuhimbise emphasized the importance of recognizing signs of domestic violence and the impact it has on individuals and families.
- He discussed strategies for prevention and avenues for seeking help, highlighting the role of community support and legal protections.

2. Hygiene Practices:

- The session focused on the significance of maintaining good hygiene to prevent diseases, especially in communal settings like households and churches.
- Practical tips were given on handwashing, sanitation of living spaces, and the proper handling of food to minimize health risks.

3. Nutrition:

- Participants were educated on the importance of balanced nutrition for overall health and well-being.
- Mr. Tumuhimbise discussed common nutritional deficiencies and encouraged the consumption of diverse food groups for optimal health.

Interactive Session:

The talk was interactive, allowing attendees to ask questions and share personal experiences related to the topics discussed. This participatory approach helped in fostering a deeper understanding and engagement among the audience.

Conclusion:

In conclusion, the health education talk organized by HAFT-UG at Nyantungo Church was highly informative and impactful. Rauben Tumuhimbise's expertise and passion for health advocacy were evident throughout the session, leaving attendees with practical knowledge and resources to improve their lives and communities.

Recommendations:

It is recommended that similar health education sessions be organized regularly to reinforce the knowledge gained and expand the reach of health education in the community. Collaboration with local authorities and organizations could further enhance the effectiveness of these initiatives.

Acknowledgments:

Special thanks to Rauben Tumuhimbise and the HAFT-UG team for their dedication to promoting health awareness and education. Thanks also to Nyantungo Church for hosting the event and providing a welcoming environment for learning and discussion.

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Date: 4th July 2024