



# COVID-19 VACCINATION VIRTUAL INFORMATION SESSION

ORGANISER  
  
DIDI BAHINI SAMAJ VICTORIA

SUPPORTED BY  
  
VICTORIA  
State Government

**COVID-19 VACCINATION  
VIRTUAL INFORMATION  
SESSION**  
For Nepalese Community living  
in East



**GUEST SPEAKERS:**

  
**DR RAJU ADHIKARI**  
(Director, CRAM Responsive Polymers PTY LTD, Consultant Cytomatrix PTY LTD, Consultant, Foldax PTY LTD, Hon Fellow, CSIRO Manufacturing, A/Prof School of Science, RMIT University)

  
**DR PRATHANA KUNWAR KC**  
(GP, MBBS, FRACGP)

  
**DR CHANDRA DEEPAK POKHAREL**  
(MBBS, FRACGP, GP Northcote Medical Group and East Doncaster Medical Group)

**DATE: SATURDAY 24 JULY 2021**  
**TIME: 11 AM TO 1 PM**  
**LOCATION:**  
**ZOOM ID: 955 3786 0853**  
**PASSCODE: wellbeing**

*\*Session will be recorded\**

Email us your questions to:  
dbsv.eastern@gmail.com

To join Zoom Meeting online:  
<https://zoom.us/j/95537860853?pwd=Q3E5eUo4RkR0ODU4NFpBNzI1aXZlR1p0>

To join by Phone:  
Dial: (03) 7018 2005 (Meeting ID: 955 3786 0853, Passcode: 145420183)

**CONTACT PERSON**  
**LINA GUBHAJU (0412480521)**  
**NEERA BASNET (0421592103)**  
**NIRMALA NYAUPANE (0412843680)**

**FOR NEPALESE COMMUNITY MEMBERS**

Report Prepared by: Anita Bhandari

## INTRODUCTION

This document is a report of the Covid-19 vaccination information session organized by DidiBahini Samaj Victoria (DBSV) in collaboration with the Department of Health for the Nepalese community members living in Australia. Since the outburst of the COVID-19 pandemic has caused and is causing far-reaching concern among people around the world. To address the various issues related to Covid-19 and to inform community members about Australia's Covid vaccination program, the DBSV team organised two hours virtual information session via Zoom. The platform of the online session brought more than 50 participants including community leaders, students, health professionals to raise their concerns and queries related to Covid-19 and Covid vaccinations. The session was led by prominent doctors and health experts. Prior to the program the flyer was prepared and communicated among community members via various social media platforms; Facebook, Viber, Messenger. Zoom meeting details were included in the flyer urging everyone to join the session and learn significance and various aspects related to Covid-19 vaccination.

## OBJECTIVES OF THE SESSION

The purpose of the Covid-19 vaccination information session was:

1. To discuss various aspects of Covid-19, global trends, risks and preventive measures
2. To discuss and inform about the latest updates on Covid-19 vaccination programs and the importance of vaccinations
3. To suggest preventive measures and coping techniques to protect ourselves and others from the Covid-19 virus and pandemic
4. Response common queries and concerns related to Covid-19 vaccination

## DETAILS OF THE SESSION

The Covid-19 vaccination virtual information session took place on the 24<sup>th</sup> of July 2021 via Zoom. Initially, the program was planned to be organized and delivered face to face. However, due to the Covid-19 lockdown, the session was facilitated via a digital platform, Zoom. The session was facilitated and held for about two hours and a total of 52 participants attended the online session. On the online platform, community members were provided with an opportunity to probe queries related to Covid-19 and Covid vaccinations.

The opening remarks of the session and acknowledgement of the country were delivered by Lina Gubaju, Executive member of the DBSV followed by the introduction of the guest speakers and a welcome speech by Nirmal Nyaupane, Executive member of DBSV. Dr

Jamuna Parajuli (President of DBSV) joined the panel, applauded all guest speakers and participants. She also took the opportunity to discuss the objectives of the info session and to introduce Covid related projects and achievements carried out or those in progress by the DBSV, such as PRMC- Phase 1: Covid-19 Crisis Support Programs to support international students (2020), PRMC- Phase 2: Covid Prevention and Preparedness Project (2021), Covid-19 Mass Vaccination Program and Information Session to our Senior Parents and Nepalese Community Members (2021), well-being program-yoga with Parbati, and so on.

The session was then successfully led by Dr Raju Adhikari, Director, CRAM Responsive Polymers PTY LTD. Consultant Cytomatrix PTY LTD, Consultant, Foldax PTY LTD. Hon Fellow, CSIRO Manufacturing, A/Prof school of Science, RMIT University. Dr Adhikari facilitated a PowerPoint Presentation covering various topics of COVID- 19 including:

- Possible symptoms of Covid-19 and safety measures
- Covid-19 vaccination, common side effects, its efficacy, importance, test sites, requirements, eligibility, Government supports post-vaccination
- Vaccine rollout program followed by Q&A from community members.

Dr Raju Adhikari was joined by Dr Prathana Kunwar KC (GP, MBBS, FRACGP) and Dr Chandra Deepak Pokharel (MBBS, FRACGP, GP Northcote Medical Group and east Doncaster Medical Group) who added additional information to the topic and answered queries and concerns raised by participants of the session.

**Common queries:**

1. Are Covid vaccination safe? Are they effective against new DELTA variants? Can we get infected after vaccination?
2. Is Pfizer vaccine safer than AstraZeneca?
3. Does the AstraZeneca vaccine cause blood clots? Who are at the highest risk of blood clotting? What are the main symptoms when the blood clot occurs?
4. What are the common side effects including long-term effects of Covid vaccination?
5. How long does vaccination immunity last?
6. Can people take two different doses of different vaccines?
7. Can pregnant women and breastfeeding mothers can have Covid vaccination? Is there any risk to both mothers and children?

Consequently, during the session, the panel of health experts deliberated and responded to various topics and queries related to the Covid vaccine including overall vaccination trends

in Victoria and the situation regarding the Covid vaccine, its importance and potential side effects. Besides, the panel speakers also noted the need for and significance of vaccinations to protect ourselves and others from the Covid virus.

⇒ Dr Raju Adhikari, “There are certain side effects of vaccines but the seriousness of that is not certain. Benefits are higher than risks in the current context. Complications are very rare. The long-term research is going on. So, consult with your GP and get vaccinated as possible.”

“Vaccine does not affect our health rather it boosts the immunity system of our body to help fight any other virus unless there are any special specifications related to your health. For people having mobility issues or any other problems such as obesity, diabetics whose immunity system is struggling, it’s better to have Covid vaccination and boost your immunity to fight against other viruses and other diseases as well. Overall, it is good to take vaccination and consult with your GP.”

“For safety, I think Government or other cannot protect the spread of the virus, it is us who can help stop the virus because we are the carrier, we as an individual. Stay masked, home, well, clean, apart and covered are some fundamentals for controlling any spreads.”

⇒ Dr Prathana Kunwar K.C, “Vaccination is crucial in combating Covid virus and getting vaccinated is a most important thing as soon as you are eligible. It is better to get vaccinated sooner rather than later and help prevent community spread.”

“Stay safe, perform hand hygiene, keep physical distance even though you are vaccinated.”

“Regarding breastfeeding mothers, they are better of getting vaccinated as possible because you are not protecting yourself but you are protecting your child as well. Pregnant women, anyone and at any stage can get vaccinated.”

⇒ Dr Chandra Deepak Pokharel, “Unless everyone on this planet is vaccinated, we have not protected or safe ourselves, so get vaccinated as possible. You are not protecting yourself only but you are protecting everybody else as well. Vaccination is the only way forward. Pfizer and AstraZeneca, both are effective vaccination, there is no question about it.”

“People including any adults, pregnant women, having risk factors should get vaccinated. Common side effects of Covid vaccinations are mild ones, does not pose any long-term risks. But if symptoms are severe, it has to be reported.”

## CONCLUSION AND FEEDBACK

Overall, the information session provided crucial details about the Covid vaccine and vaccine roll-out program in Victoria. The session ended with positive remarks and feedback. The closing remark of the session and vote of thanks was delivered by Mamata K.C, an Active Member of DBSV. The session was broadcasted live via DBSV's Facebook page. Around 900 people viewed the live hearing during and after the completion of the session via Facebook. The program concluded as an engaging and interactive session. At the end of the session, the online survey was conducted by launching a Zoom audience poll. Positive feedback and commentaries were received. Participants exhibited that the session was a very positive experience and the learnings from the session were very informative and valuable. Overall, the session was evaluated and seen as the effective and informative session in generating understanding on Covid-19 vaccination and its importance.

### Few highlights of the participant's feedback are as below:

Participant A: “Thank you DBSV for the thoughtful information session regarding Covid vaccines for our community.”

Participant B: “Thank you DBSV team for organising such a great informative and wonderful session”.

Participant C: “Very informative session. Thank you, the panel doctors and the organiser. It is a good platform to know and see where we are going through against Covid-19 and to get to know the different perceptions of different people.”

## ACKNOWLEDGEMENT

In the accomplishment of this event successfully, Didi Bahini Samaj, take this opportunity to express our sincere thanks and gratitude to the Department of Health (Victoria) for providing us necessary support for the event.

We also take this opportunity to thank all three panel speakers: Dr Raju Adhikari, Dr Prathana Kunwar KC and Dr Chandra Deepak Pokharel for their valuable time and the wonderful presentation and discussion.

Our thanks and appreciations also go to all the community members, participants for their valuable involvement and feedback.