



## COMMUNITY HEALTH & DEVELOPMENT

“My husband was a drunkard and gambler...He slowly got worse and didn't care about the family or the home. He lost all our money on drinking and gambling. As a result, financial difficulties overwhelmed us and our family was in crisis.”

For 38 year-old Tuladhara Rokaya and her family of nine living in a small Mugu village, there was little hope. Being in a male dominated society like most of rural Nepal, she was voiceless, powerless and lacking knowledge in how to turn the situation around.

INF understands the plight of women such as Tuladhara, whose community strictly follows traditional values. Their day to day activities are limited to home chores such as cooking, looking after the children and collecting firewood and grass for the animals. They are restricted from participating in community meetings or social activities.

Since 1986, our Community Health and Development programme has been working alongside people to take their community's health, sanitation, education and economy into their own hands. We believe that women as well as men have an important role in the community. In fact, over 95% of INF's SHG members are women.

When Tuladhara joined a Self-Help Group [SHG] formed with assistance from INF Mugu, her life began to change. INF staff facilitated discussions about women's rights and empowerment at the regular meetings, which had a big impact on her life and that of many others.

“We used to feel as though we had nothing to contribute. Thanks to INF we now feel brave and empowered. We can actually make changes in our community, not just talk about problems.”

Jumla Self-Help Group  
Leader



At the heart of INF's vision for Nepal and the reason why the Community Health and Development programme exists, is to see the transformation of communities. In Tuladhara's community, she has seen firsthand this transformation.

Her own life began to change for the better as she shared what she had learnt with her husband. Gradually he began to listen and his quarrelling and drinking decreased. He became more caring and began to help her with her work.

As she began to participate in these meetings and workshops, her confidence grew and she became empowered with new knowledge. "I am very thankful to INF Mugu for teaching me all these things. Because of that my life is gradually changing for the good."

INF's Community Health and Development programme works in the following districts:

- Kapilvastu
- Dang/Rolpa
- Banke
- Surkhet
- Jumla
- Mugu
- Bajura

Follow this link for photos and videos:

[www.inf.org/infs-work/community-health-development/](http://www.inf.org/infs-work/community-health-development/)

- 490 – Number of SHGs formed and facilitated in 2013-14
- 327 – Number of people who benefitted from income generation support provided to SHGs
- 42% – Literacy rate for females (compared to 75% for males)
- In all our community work, INF partners with local government as well as non-government organisations.