

Greetings and welcome to the INF Nepal Updates. On the month of November several important events and workshops took place. Some of the highlights were celebrating 67<sup>th</sup> INF day, dedication and inauguration of Multi-purpose learning centre and first INF partnership conference.

Read below for more.

## 67<sup>th</sup> INF DAY CELEBRATION

We celebrated 67th INF Day in all INF Offices across Western Nepal on 17 November.

A special celebration programme was organized at GPH complex inside a newly built Multi-purpose Learning Centre [MPLC] among all the staff members of INF. A guest of honor was Mayor of Pokhara - **Man Bahadur GC** and other special guests were Ward Chairpersons **Sharada Parajuli** [Ward No.1], **Prakash Poudel** [Ward No.15] and leader of Pokhara Christian Society **Hariram Ghimire**. All Local representatives including Mr Mayor openly praised the work of INF and promised any kind of help and cooperation in the days to come.



Celebration Programme also became a moment to reflect the work of INF as personal stories shared by some of the representatives who came all the way from Taratal, Bardiya explains how INF gave hope and healings to the people neglected by their family and community due to leprosy. INF helped them resettle and restart their own journey of lives in Taratal, Bardiya some 40 years back. The programme also saw felicitation of four of our staff members **Til Kumari Thapa**, **Nar Bahadur Thapa**, **Kamal Raj Baral** and **Narayan Bahadur Khadka** for serving more than 25 years. As this is a time of celebration, week-long various sports activities were also organized and the winners of different sports events were also awarded during the programme.



Four hour-long programmes felt short as it was full of success stories, testimony from the patients, music, cultural dances, and good foods.

## MPLC INAUGURATION

What a special day it was, the 67th INF Day also saw the inauguration of a newly built Multi-purpose Learning Centre [MPLC]. MPLC building which was made possible due to the generous support in finance and prayers from INF UK, INF Australia and various other individual supporters is spacious and is equipped with modern amenities such as soundproof walls and ceilings, integrated audio and visual system, air ventilation, lighting and is disability friendly. As the name suggests, this building will be used for different purposes such as for organizing conferences, meetings, training, workshops, also for prayers and pastoral care and can accommodate 300 people at once.

Just a day before, there was a very special “Dedication Programme” being celebrated among the various supporters from inside and outside Nepal and senior staff of INF.





## INF PARTNERSHIP CONFERENCE "SAHAYATRA"

Three-day long first INF Partnership Conference "Sahayatra-Walking Together" was conducted at a newly inaugurated Multipurpose Learning Centre building in GPH Complex. Around thirty representatives from 25+ national and international partners participated in the event.

The goal of the event was to build and strengthen the partnership. The three-day event was conducted with three objectives each day; Working Together, Trekking Together and Celebrating Together. The Keynote Speaker for the event was **Rev Dr Johannes Reimer**.



## THE GRACE

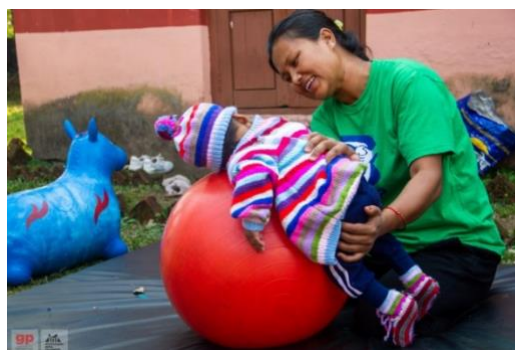
A short documentary video on INF's work on disaster response and rehabilitation post 2015 earthquake in Gorkha district was premiered during the Partnership Conference. In Gorkha district alone [the earthquake's epicentre] 450 people were killed, almost a thousand injured, while more than 65,000 homes were destroyed and another 63,000 severely damaged. INF quickly established the Gorkha Rehabilitation and Community Empowerment [GRACE] project in response.

Please watch and share the [video](#).



## CEREBRAL PALSY CAMP

On 12 November Green Pastures Hospital and Rehabilitation Centre[GPHRC] Pokhara has completed Seven days Cerebral Palsy Camp where 17 Cerebral Palsy children with their parents took participation. During the camp, parents were taught the ways of caring and handling the kids with CP with the exercises.



Cerebral palsy [CP] is a problem that affects muscle tone, movement, and motor skills. It hinders the body's ability to move in a coordinated and purposeful way. It also can affect other body functions that involve motor skills and muscles, like breathing, bladder and bowel control, eating, and talking.

The final day of the camp was concluded in the presence of Honorable Minister Nardevi Pun, Ministry for Social Development, Gandaki Province. Minister thanked GPHRC for successfully organising the camp for many years and wish to continue in the future. She also mentioned some of the Province Government's plan in the field of disability, women, children and elderly people while pointing out the necessity to do the researches in finding out the possible causes of CP and acting on it to prevent future cases.

Parents also shared their joy seeing their children happy and improving. Dr Bruce Hayes, Medical Superintendent mentioned that the GPHRC is always open for the CP patients and their parents for the future checkups and followup tests.

## SAHAYATRA: TRIP TO KAPILVASTU



As a part of partnership conference, a short trek to Kapilvastu was organised for **Heather Sarrane** (Programmes Officer of The Leprosy Mission England and Wales), from 23-25 November 2019. The purpose of the visit was to let Heather know the works of community projects, especially the “Community-led Inclusive Development Approach” of INF Nepal. During the visit, team visited INF Kapilvastu office, attended two Self-help group’s meeting and interacted with the SHG members who got support to run grocery shop and vegetable farming in Maharajgunj Municipality, Kapilvastu.



## SAHAYATRA: TRIP TO ROLPA



3 members from INF Australia along with partnership officer, Dinesh Raj Pathak started the 5 day journey to Rolpa from 23rd November to 27th November 2019 and the district project staffs assisted us in the working area. Objective of the visit was to observe various support activities made through EDUCATE project, interact with SHG members regarding the project & various social issues and to discuss on various issues with office staff in Powang. During our visit, we visited various parts of Sunchhahari Rural Municipality, ward no. 2, 3 and 4.



It was a remarkable journey where we could experience the unique and beautiful landscape of the remote part of the Rolpa district. It almost takes six hours' drive from district headquarter to reach Bahiri Gam, where we stayed for two nights. During our stay in Bahiri Gam, we interacted with the members of three SHG and we were glad to receive their hospitable welcome. In the interaction, they answered to our entire question and also shared their views. They were happy with the project activities and it could also be realized that

some of their expectations were beyond the scope of our project. We observed various off seasonal farming done individually and collectively through the support of our project. Fresh vegetables could be seen growing in the farm and it could also be observed that community people are much aware on hygiene and sanitation. In overall, the community people looked united and hopeful for their future.

## SAHAYATRA: TRIP TO KALIKOT

On 23-28 November 2019 a team of seven people including INF staff **Deepak KC** and **Rajendra Sunar**; **Frank Beutell** and **Petra** (Terra Tech); **Klaus Hass** (Humedica); **Lata Shrestha** and **Olly** (INF UK) visited Naraharinath RM of Kalikot District. However, Olly felt sick in Surkhet and could not go further from Surkhet to Kalikot.



The visit was organized as a trek to Kalikot as a part of INF Nepal Partnership Conference event theme. The team also visited INF Surkhet Office and had interaction with the staff there. In Kalikot, the team observed the communities where the new project will be implemented. Similarly the team met with the local people, elected representatives of Naraharinath RM (Chairperson of Naraharinath



RM, Ward Chairperson of ward number 8 and other elected representatives). During the interaction, INF team gave the community people (participants) update about the upcoming Kalikot Community Resilience and Development Project and sought their support. The elected representatives also gave their word to INF that they will provide required support to INF for implementing the project.

## 16 DAYS CAMPAIGN OF AGAINST GENDER BASED VIOLENCE

INF Nepal Banke team actively participated to commemorate the International Day for the Elimination of Violence against Women on 25 November 2019 beginning with its involvement and participation in "16 Days of Activism against Gender-based Violence", campaign which was concluded on Human Rights Day on 10 December. INF Nepal Banke team organized and participated in various activities to mark this day starting with rally jointly organized by Nepalgunj sub metropolitan city, woman and child unit and NGOs Banke team distributed white ribbons to all the participants and implemented the commitment signature campaign. Similarly, on 29 November INF Banke organized quiz competition within staff members along with Candle lighting ceremony and staffs individual commitment against gender based violence.



On 4 December another rally in coordination with the ward offices was conducted in Binauna Raptisonary rural municipality. The program progressed with banner displays, quiz competition, 'against gender based violence' related song & dance competition to commemorate the day. On final day 10 December, RM level interaction meeting with stakeholders was conducted against gender based violence and Woman and Child Unit organized women friendly futsal match with local elected body, Government line agency, reporters and NGOs representatives. With this, 16 days activism campaign INF Nepal Banke team joined in to step up efforts to end the gender violence spheres of life, including violence and harassment at home and in the workplace.

## HAND SURGERY WEEK



Green Pastures Hospital and Rehabilitation Centre [GPHRC] conducted a "Hand Surgery Week" starting from 24–30 November 2019. The camp focused on the correction of leprosy hand deformities due to nerve palsies as well as surgery for any non-leprosy hand conditions [tumours, nerve-related conditions, congenital deformities of the hand].

A total of 20 surgeries were performed of which 13 were leprosy hand surgery (9 Tendon transfers, 1 nerve decompression, 2 web plasty, and 1 contracture release) and 7 of them being non-leprosy hand surgery. The total patients operated were from 12 different districts of Nepal.



A team of specialist from outside Nepal, Kritipur Hospital, INF Nepal GPHRC were involved in this surgery week, **Dr Donald Sammut** (Hand Surgeon), **Ms Trudy** (Theatre Nurse), **Ms Jean** and **Ms Ann** (Occupational Therapists), **Dr Nola Lloyd** (Plastic Surgeon Trainee). Team from Kritipur hospital, **Dr Devendra Maharjan** (Anesthetist), **Dr Bishal Karki** (Plastic Surgeon), **Dr Lokraj Chaurasia** (Orthopedic Surgeon) and GPHRC team **Dr Suraj Maharjan**, Medical officers, OT department, PT department, Ward Nurses, Theatre Nurses, GPH Anesthesiologists, **Mr Karna Gurung** (Coordinator). The week long surgery camp was also attended by Medical Officers from INF Shining Hospitals (**Dr Khagendra** – INF Surkhet and **Dr Devid Baudel** – INF Banke), Physiotherapist (**Princey Sigdel** - INF Surkhet).



## FEATURED STAFF



**Chudamani Poudel**, is Admin & liaison assistant based in INF Nepal Central office [ICO]. He has been working in INF for the last 34 years in different capacities. We thank him for his long commitment and service, who often works tirelessly behind the scenes to make things run smoothly.

Please join with us to pray for Chudamani for his personal and professional life. May God give him foresight, skill in dealing with people and a careful attention to detail as he commences his daily work. May God help him to find satisfaction in the work he has done, and fulfilment in what he is doing as through his service he has been contributing to the bigger vision INF. May God bless his family life with abundance and grace.



## INTERESTING FACTS

At 8,848m (29,029ft), **Mount Everest** is the highest mountain on Earth. The Mount Everest was discovered in 1841 by a British surveyor and geographer **George Everest** who served as Surveyor General of India from 1830 to 1843. Everest is called Sagarmatha in Nepali which translates to "Forehead of the Sky." In the local Sherpa and Tibetan language, Everest is called Chomolungma, which means "Goddess Mother of the World."

The first confirmed successful summit of Everest was on 29th May 1953 by **Tenzing Norgay Sherpa** [Nepal] and **Sir Edmund Hillary** [New Zealand] on a British expedition from the south side while in 1975, **Junko Tabei** of Japan became the first woman to climb Mount Everest.

**Kami Rita Sherpa** [Nepal] holds the record for the highest number of Everest summits. He reached the summit for the 24th time in May 2019 at the age of 49, after making his first ascent in 1994.

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