

Greetings to you all.

We've been comforted, encouraged, and humbled by the outpouring of generosity, support and partnership from you all.

In this update we bring you stories of empowerment from remote Jumla, some latest updates and news across INF Nepal working areas. The major highlight of February has been the celebration of Leprosy Day on 31st of January accompanied by the ongoing Leprosy "Care for Cure" campaign.

Please kindly read through some of the highlights from the last month.

Celebrating World Leprosy Day

INF Nepal celebrated 68th World Leprosy Day by organising different programmes on Sunday 31 January. The last Sunday of January is observed as the World Leprosy Day worldwide. This year the theme was Restraining Corona Pandemic, timely action in managing Leprosy.

INF Nepal and Youth NGO Federation Nepal jointly organised a virtual meeting among the INF staff and other stakeholders to celebrate the day. Honourable State Minister, Ministry of Health and Population [MoHP] Mr Nawaraj Rawat, Joint Secretary of MoHP Dr Basudev Pandey, Section Chief of

Leprosy Control and Disability Management Section Dr Madhav Prasad Lamsal were among the guests.

INF Nepal also organised a special programme at the MPLC building in the GP complex among staff and patients.

INF also took part in Social Media Contest organised by Sasakawa as a part of their global fundraising campaign, and end up winning the contest where two of our photo/stories have been chosen and put up on their online photo exhibition - https://gasasakawa.org/online_photo_exhibitions.php



Patients and staff at the outdoor events



Former leprosy patient sharing his testimony

Corporate and Individual support for INF's Leprosy Campaign

Support from individuals and the corporate sector in INF's ongoing leprosy fundraising campaign:

Many individuals and organisations based in Pokhara have already supported INF's first-ever fundraising leprosy movement - Care for Cure. Already 10% of the total target of 2-Crore rupees have been collected.

Some of the contributors are as follows:

The Gurung Family - NPR 130,500 [USD 1,124]

Todah Cooperative - NPR 50,000 [USD 429]

Sanima Bank - NPR 475,800 [USD 4,084]

Prabhu Bank - NPR 25,000 [USD 215]



The Gurung Family



Todah Saving and Credit Cooperative



Sanima Bank

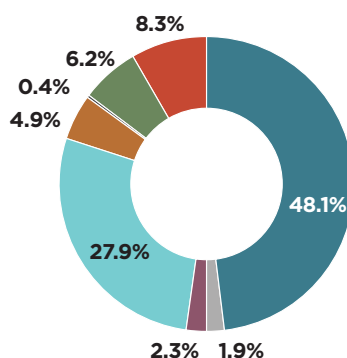


Prabhu Bank

Total fundraising target - NPR 20,000,000 [USD 170,000]

Total funds received as of 15 March 2021 - NPR 2,135,000*
*10.68% of a total target

- Overseas Grants/Donation
- INF Nepal Board
- Churches
- Corporate Sector
- Employee Contribution
- Special Events
- Individual Supporters
- INF Day Celebration



**CARE
FOR
CURE**
towards zero leprosy

www.inf.org/careforcure

KAPILVASTU

Vocational training for SHG members

Sixteen members of the SHG, including some of the family members, participated in a 3-month Vocational Training on House Wiring [Electrical] from the Council for Technical Education and Vocational Training [CTEVT]. The training is expected to help in income generation for the members.



Awareness raising against disability and discrimination

Community Mobilisers [CMs] conducted awareness-raising programmes regarding discrimination towards People With Disability [PWD] among the 36 SHGs. Because of this programme, two of the persons with disability who are also the SHG members were able to make disability cards issued by the local government. At the same time, one of the SHG members also got treatment from the INF's Green Pastures Hospital in Pokhara. A total of 628 SHG members directly attended the programme.

BAJURA

Goat and Chicken were supported along with sheds to 40 poor farmers and people with disability in Badimalika and Budinanda Municipality of Bajura as a part of COVID-19 support.



Field observation visit of EES Project from the funding partner Tear fund in Budinanda Municipality. An interaction meeting was also organised with Kailash Krishak Samuha, Budinanda RM.



DANG

The INF Dang office has been facilitating and helping the Babai RM Coordination Committee in its capacity building. One of the Committee meetings suggested the renewal and distribution of Disability Identity Cards. The Babai RM conducted a campaign at the ward level to benefit the maximum number of people with disability.



SURKHET

Leprosy Day Celebration

This special day was celebrated among staff and patients, reminding INF's commitment to serve the people affected by Leprosy and raise community awareness regarding Leprosy. Warm clothes, fruits, and some other gifts were distributed in government officials' presence to patients admitted to the ward.



Similarly, a team from the Surkhet office visited the local school to organise an interaction programme with teachers and students regarding Leprosy. The programme was very interactive as many students showed eagerness to know about Leprosy. Students were encouraged to ask the questions and five of them were chosen and awarded prizes. The school teachers and local authorities thanked INF for the leprosy treatment service and also for organising such an interactive programme in their school that they mentioned was first of its kind.



A total of 770 students and 25 teachers took part in the programme. The local Municipality Mayor, school management committee President, local Radio Station Manager and SHG members were also present during the event. The programme concluded with the distribution of chocolates and leprosy awareness leaflets.

JUMLA

Orientation to health volunteers on COVID-19

One day orientation programme on COVID-19 was organised for Female and Child Health Volunteers [FCHVs]. The orientation focused on raising awareness regarding COVID-19 at the community level and the importance of following Anti Natal Check-up protocols for pregnant women.



KALIKOT



The 26 SHGs set up locally built dustbins in every home for community-wide waste management.



Emergency funds and grain storage have been set up in 45 SHGs for immediate relief during the disaster.

MUGU

Group Facilitation Training to SHG facilitators

INF Mugu office provided Group Facilitation Training [Third-phase] to the facilitators of 61 SHGs in Soru RM, Mugu. This three-day training was primarily focused on the empowerment and sustainability of the SHGs.



DRR and CCA orientation to the SHGs

After conducting orientation training on Disaster Risk Reduction [DRR] and Climate Change Adaptation to 61 SHGs of Soru RM, the INF Mugu team also provided training on producing handmade sitting mats with waste plastic and straw. This is expected to help in plastic waste management and even in the livelihood of the locals.



BANKE

Banke office conducted a training to 66 FCHV's regarding Leprosy and Lymphatic Filariasis.



Government of Nepal, Health Officer distributing fruits to leprosy patient during the celebration of World Leprosy Day

INTERESTING FACTS

The tallest waterfall of Nepal is the Pachal waterfall of the Kalikot district. Its height is 381 m.

The second tallest waterfall is Hyatrung [365 m], Terhathum district of eastern Nepal.

The Suligad waterfall [167 m] that originates from Phoksundo lake in the Dolpa district is at the highest altitude in the world, i.e. 3,613 m from the sea level.

FEATURED STORY

Asha Baduwal is a 43 years old lady, a resident of Kanakasundari Rural Municipality. There are four members of her family. Asha's family is mainly involved in the agricultural and seasonal business of locally made products such as Radi and Pakhi [traditional hand-knitted woollen carpets and blankets] and local herbs. Each year, after the wrap-up of seasonal agricultural work, her husband goes to many places in Nepal and even India to sell the products.

There are 95 households in Asha's village. Most of the inhabitants of her village are from the Chhetri community. She is a member of Bindabasini SHG. There are 21 members in the SHG.

Most seasons are dry in Jumla; therefore, people can grow only two cultivation in a year. In the winter season, they cannot produce any vegetables in open land due to extreme cold. Sometimes she cannot see a green vegetable in the whole winter unless imported from the nearby markets, i.e. Surkhet and Nepalgunj. Due to the lack of nutritious food and fresh vegetables, people look aged even at a young age. The female has more work at home. Women become busy from early morning to late at night. Despite unrelenting work the whole day, they could not get nutritious and healthy food to bring their energy back.

As the INF Nepal started to work in their community by forming an SHG, Asha and other women got the opportunity to be involved in the group.

Asha, like most of the other women in her village, did not go to school. They have this traditional misconception that daughters, after all, go to their husband's house after marrying, then why invest in them?

But now a lot has changed. Daughters are attending school. The importance of education is also being discussed in the SHG meetings. Asha says, "I was deprived of getting an education in my childhood; I could not even give my introduction among the mass gathering and not with strangers. She said she was ashamed of one such incident when she was asked to introduce herself, but she couldn't do it back then.

As Asha and other members are involved in the SHG meeting, they have started to ask each member to introduce themselves to every meeting. Every member

gets an opportunity to share their thoughts and ideas. Team members also get opportunities to participate in different pieces of training, such as capacity building workshops. Asha says, "Now I can confidently introduce myself in front of many people, not only that I can clearly express my thoughts". Asha says, "Though we formed the group and started our meetings; initially, I did not have confidence that this women group can make any difference in our lives. But gradually, as we began to discuss the issues and problems; community and the local government also supported us".

The SHG has started discussing a wide range of issues and even developing action plans to solve them.

"We now openly discuss gender issues, development and capacity building issues for social change in our community"

Through SHG, Asha also got greenhouse support so that she can grow vegetables during the winter season. "I am very thankful to INF staff for their support and guidance in forming the group. We can now contribute to our family through income, and we also can speak at mass gatherings and speak up about the social issues and problems for the betterment of our village".



STAFF FEATURED

Manju is the youngest among four siblings brought up in the Christian faith. Manju currently lives with her husband in Pokhara. She first joined INF as a specialist Palliative Care [PC] trainee in 2016, and now Manju is the first PC specialist nurse in Nepal. She completed a fellowship in palliative nursing with distinction, securing 1st position in the batch from Kerala, Institute of Palliative Medicine, thanks to **EMMS International** and **McClay Foundation** for funding in her professional development. Manju also received the Health Care Professional Award - **Palliative Care Champions 2018** by **WHPCA**. Today, she works at GPH, Palliative Care, and Chronic Disease [PCCD] department as a nurse in charge.

Manju, in her words, "At GPH, PCCD, we aim to provide holistic care to people suffering from chronic illnesses and long term injuries. This department will be a source of restoration and hope for people, giving them life to days, not just days to live.

Asked about her inspiration to continue in this field, Manju fondly shares it's the smile on the patient's face

that gives her immense joy and inspires her to serve wholeheartedly.

PRAYER

We are grateful for Palliative Care workers like Manju and thankful for PC work in INF Nepal, which honours life's gift. In the face of death, life-limiting or serious illness for which there is little cure, palliative care affirms the value and dignity of human life. We pray for Manju and her team working in PC that they know; when they do small things with great love, they are transforming lives. And while wrestling with the amount of suffering and death that they see regularly, may they never lose sight of the fact that it's not the length but the depth of life that matters.

May God's grace lead them with passion for their service and compassion for those they care for and cure. We send this prayer to all of our Palliative Care team members.



For more information and updates:

WWW.INF.ORG

WWW.INF.ORG/FACEBOOK

WWW.INF.ORG/YOUTUBE

WWW.INF.ORG/TWITTER