

INF NEPAL UPDATES

October 2021



Greetings to you.

We are excited to share some of the latest updates from INF Nepal's working areas. Apart from our regular activities, we want to present you with some of the major highlights such as INF Nepal's 30th AGM, high-level visits of GPH from the Government Ministry and the commencement of the Community Outreach Project in GPH. Kindly read through the featured story and staff as well.

SOME OF THE MAJOR HIGHLIGHTS

30th Annual General Meeting

INF Nepal's 30th Annual General Meeting [AGM] was held on 3rd October 2021 at Multi-Purpose Learning Centre in GP Complex. The meeting was attended by Board Members, Life Members, General Members and INF Nepal Senior Management Team. This AGM reviewed INF Nepal's work in the past year and discussed how it could continue to support Nepal's most vulnerable people even during the ongoing pandemic period.



Visit from Government Ministry

Two representatives from the Ministry of Women and Children visited on 19th July 2021. They observed the hospital's services, particularly the Prosthetic and Orthotic unit. The Ministry has been providing NPR 10 lakh each year for the department to provide assistive devices for poor and marginalised people.



Community Outreach Project Begins

New Project named 'Community Medical Outreach' funded by the German Government [BMZ] in partnership with Humedica has been initiated at GPH. The three-year project plans to improve the health status of particularly vulnerable groups in remote and isolated areas of western Nepal – persons with disabilities [PWDs], persons infected & affected by Leprosy, and persons impacted or threatened by disasters.

KASKI

Construction of Patient Waiting Area

With support from INF Australia, GPH completed the construction of a shed in the waiting area of the Outpatient Department, Rehab Unit. The shed will accommodate at least 30 outpatients. The new and extending waiting area has been beneficial to manage crowds and maintain social distancing during the COVID pandemic.



Standing together with the locals during the time of adversity

INF Nepal handed over one lakh rupees to the drinking water consumer committee representative of Amintara, ward no. 15 Pokhara. Heavy rainfall causes damage to the water tank and its supporting structures due to which 175 households were affected. Local ward Chairperson thanked INF Nepal for its continued support to the people in need.



JUMLA

Cleaner the pathways, safer the walk

The Pathways of Rokaya bada village of Kanakasundari RM was not a easy one for the villagers to take a walk. Pathway to Rokaya bada was so dirty with the litters and weeds growing along the side of the pathway. School children used to face much problem to walk on this pathway. Seeing all difficulty, Sagarmatha SHG made action plan to clean this pathway and implemented the action plan. They cleaned the pathway and cut off all weeds. Now that the pathway is clean, all people including the children can walk with ease and comfort.



Collaborative Learning: Empowering the Migrant Returnee

A coordination meeting was organised between the local government, successful entrepreneurs and the migrants returnees. A total of 22 people participated among which 14 were migrant returnees, three local government authorities and five entrepreneurs. The coordination meeting was organised with an objective to enhance the capacity of youth migrants, so that they would be motivated and encouraged to look into the opportunity of livelihood in their community.



MUGU

Reflection and Learning

INF Nepal Mugu provided orientation to project Community Mobilisers and staffs on project plan for the year 2021-22. A total of 10 staff [3 Team Leaders and 7 Community Mobilisers] participated in the orientation programme.

They discussed on past three years of project achievement and challenges, lesson learnt, situations and strategy to implement project activities in upcoming days. All the participants also prepared project activity implementation plan and made the individual and team commitment for the better achievement of project plan in coming year.



BAJURA

The Khapardev Committee near Martadi Bazar was established in 2015. The committee has nine members, including five females and four males. All members are from the Dalit community.

INF Nepal has been supporting this community in sanitation, facilitating their monthly meetings, making action plans and conducting waste management practices, awareness-raising waste management, waste segregation, compost making from decomposable waste, and use of dustbins for collection and segregation of waste.

Many community members were also provided with seasonal vegetable seeds. The community conducts monthly meetings regularly and runs its sanitation and cleanliness campaign each week.



BANKE

Every year, flood-affected families of Raptisonari RM and the planning of Raptisonari Recovery Project in coordination with AHT Project and financial support by Humedica International Hilfe, INF Banke has distributed to 50 flood-affected families of ward no.5, 6 and 7 fodder Plant [Grass, Bamboo and Fruit seedling etc.]. The project believes that this work will provide some relief to the community from the annual floods, erosion and erosion.



KALIKOT

Relief Distribution

INF Nepal Kalikot coordinated with RM in distributing the food relief packages and to vulnerable households of the target community. The primary purpose of the distribution was to provide food parcels and support these COVID-19 affected total of 50 households of Narharinath RM. Apart from the food parcel distribution, INF Nepal Kalikot also provided the Narharinath RM with safety materials, equipment and other COVID-19 related health

& hygiene materials to support establishing the isolation centre. INF Kalikot organised the formal programme in coordination with Narharinath RM at Dhari village. Ward Chairperson Prithvi Bista thanked INF Nepal for its initiation to support the vulnerable families and strengthen the local government efforts in managing the isolation centres during the pandemic.



Livelihood Interventions

INF Nepal Kalikot conducted seven days of goat and hen keeping training to selected SHG members from 25 SHGs. The training was organised in Dachu village of Naraharinath RM. A total of 25 [Male 3 and Female 22] attended this training. The training aimed to capacitate the SHGs members in poultry farming and goat rearing to help the poor individuals improve their technical skills and productivity in the agricultural domains [poultry rearing, cattle rearing]. Introduction to poultry and commercialising poultry were also shared and presented through the practical session, games, group discussions and experimental methods.



Project Advisory meeting

INF Nepal Kalikot conducted the Project Advisory Committee meeting of the project in Naraharinath RM. There were 27 participants from different sectors, including local representatives and government officials. During the programme, the Kalikot team presented one year's activities, income and expenditure of the Community Resilience and Development project for 2077-78. Some of the recommendations from the meetings were to conduct the DRR related activities in the schools, facilitate the SHGs to prepare the action plans in line with the local government's plan, and increase more coordination with the local government while implementing the project activities.



DANG

CBID project has been working with Person with disability and people living with HIV in Babai and Shantinagar rural municipality of Dang. The second wave of COVID-19 with extended lockdown badly hit the, daily wages and labour workers source of income. During the first wave last year the government had distributed the relief support to those in need. However during this year there was no any such response plan from the government. In response to that INF Nepal Dang supported 50 household of Persons with disabilities, single women, daily wages workers altogether in Babai and Shantinagar rural municipality through COVID-19 response and preparedness project.



KAPILVASTU

Social Audit

INF Nepal Kapilvastu organised social audit program incorporating the annual project activities of the past Nepali fiscal year in the presence of its stakeholders and beneficiaries in Maharajgunj Municipality. This has been expected to improve the institutional governance and organisational performance. The annual progress, major achievements, challenge and learnings were shared during the programme. A total of 45 stakeholders attended the program including chief guest Deputy Mayor Sudhawati Kurmi, ward chairpersons, health post in charge, Nepal police and SHG members from different SHGs.



FEATURED STORY

Women in Action: Bold and Beautiful Courage to Undertake

Keshma Gharti Magar [41, F], lives in Bangnang village in Sunchhahari RM. She has a family of five, including two sons, a daughter and a husband. Until recently, she spent her days doing house chores, collecting firewood, taking care of children and family as an ordinary rural woman. She always thought of doing something different. But being married at a young age and having children, her dream was slowly disappearing. Keshma used to spend half of her morning arranging for the water as there was a shortage of drinking water in her village. While fetching some jars of water, she always felt the need to have easy access to water for her and all the villagers.

In one of the SHGs' meetings, the members discussed this issue. "I am going to show you how to bring the water to the village ", Keshma asserted during the meeting. She was accompanied by other villagers and INF staff to the source of the water. The size and flow of the water source were checked. The cost of the project was estimated. All the villagers agreed that they should work together and contribute to labour work. But there was no skilled workforce in the village, and the cost of outsourcing was relatively high.

In the middle of the meeting, Keshma proposed, "I will learn all these pipe connection work, and I will do it myself." The villagers began to confront her. Everyone started laughing about how a woman who has not left her housework can do a manly job. While others were laughing, her spirits soared. She affirmed to do it anyway. Seeing her courage and passion, the same meeting decided to send her for plumbing training. During the training, she learned about water tank structure, the quality of pipes and materials, the method for connecting tubes and other fittings materials, intake, collection and distribution tank, reserve tank, tap construction etc.



Soon after the training, she returned to the village carrying a bag full of tools, full of hope and zeal for constructing the water tank. After her return, the drinking water project was started under her leadership. She worked day and night tirelessly to plan for 25 water taps for 24 households and one church in the village. She completed the Bangnang drinking water scheme costing more than NPR. 1.5 million.

Now not only her but also the villagers are amazed at her work. Her daily routine had changed. She now spends her days repairing and maintaining the drinking water taps. Even in the village, everyone has got the message that women can easily do whatever they want. She says, "I am grateful to INF for the opportunity to transform myself and make a meaningful contribution towards my community".



STAFF FEATURED

DR AVINASH KC

Orthopaedic Surgeon, GPH

Dr Avinash KC, our Orthopaedic Surgeon, based in GPH, joined INF two years back. Born and raised in Pokhara, Dr Avinash says, his family has been the primary source of inspiration for him to pursue his career in the Medical Profession. He is currently living with his father, mother and beautiful wife.

Dr Avinash enjoys playing football and loves to spend quality time with family and friends. He says he is passionate about helping others in need in whatever way possible. Dr Avinash likes to know the patients and carefully listen to their stories. According to Avinash, listening to patients will help him understand their pain and give him the general outlook of the world, which is otherwise unknown to him.

Dr Avinash shares one of his experiences in which a 30-year-old patient with a severe infection in his leg visited GPH. The patient was advised for amputation by other health centres. The patient was poor and the sole breadwinner for his entire family. He was in severe pain and stress. Dr Avinash and his team then performed series of operative interventions quickly followed by rehabilitation. This has not just saved the patient's limb, but also they were able to restore the limb function. "Seeing the patient walk again, returning home with his family was one of the most satisfying moments in the job", he excitedly recalls this encounter.

Dr Avinash seemingly enjoys being a part of INF. "Helping others regardless of their circumstances, facilitating people towards living healthier and happier lives gives me a joy at the end of the day," says Avinash. GPH provides services from acute trauma cases, congenital deformities, and chronic disabilities to spinal cord injury patients. It focuses on a holistic approach to the patients and runs a one-stop rehabilitation centre for spinal cord injury patients.



"Every day, it is a blessing and opportunity to meet patients and help them get cured despite their situation. I can't imagine a more fulfilling job than this" - Dr Avinash

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