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**UMN**News 

United Mission to Nepal

## tackling hunger



UMN's work on Food Sovereignty and Organisational Development



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# Dear Friends,



Adequate food is one of our most basic needs, and something that most of us take for granted. And yet, for many in Nepal finding enough food to feed their families is a daily struggle. Despite the desperate statistics, the stories in this edition of UMNNews give hope - showing that a lot can be achieved with a little bit of help, and this daily struggle can be overcome.

Thank you for your partnership with us as we address this desperate issue, and work to strengthen the capacities of our partners to tackle this and other root causes of poverty in Nepal, in the name and spirit of Christ.

Yours in Him,

*Mark Galpin*  
Executive Director  
UMN



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# Challenges of hunger in Nepal

A recent World Health Organisation (WHO) study shows that Nepal is among the 21 most vulnerable countries across the globe to food shortages and related malnutrition. In Nepal it is the mountainous areas of the country which are worst affected. The hunger situation in the Far and Mid West mountain areas of Nepal has been described as 'alarming'. Of the 75 districts in the country, 41 districts are categorized as food deficient, and do not produce enough food to feed their own populations. Approximately 1.36 million households only produce enough food to feed themselves for 6 months of each year. Recurrent natural disasters, the increasing unpredictability of the weather due to climate change, and the on-going conflict has further worsened the hunger situation and increased the vulnerability of many households.

These statistics demonstrate the desperate need to tackle the issue of hunger and food insecurity in Nepal. UMN's work in food sovereignty seeks to ensure that households not only have access to adequate food - but also have control over the resources they use to produce food e.g. water and land and the food itself. Central to UMN's approach is the promotion of sustainable agriculture, assisting farmers to adapt to the impacts of climate change, and advocating for changes in policy at the local and national level.

UMN is currently working in seven Cluster locations (districts), and in five of these we have partners working on Food Sovereignty projects. These are in the most food insecure areas - Mugu, Doti, Bajhang, Rukum and Dhading.

*Lumanath Adhikari  
Food Sovereignty  
Lead Advisor*



# Garlic - flourishing in Mugu



Garlic farming in Mugu until about a year ago was almost impossible. The local people didn't have access to garlic seeds, but more significantly they believed the land in Mugu was not suitable for garlic cultivation. Some house holds produced garlic but very little, just enough for the family.

Gramin Samudayik Sanstha (GSS) a local partner of UMN in Mugu worked together in garlic farming promotion in 65 house holds of Pina Village Development Committee (VDC). Each house hold got 3 to 10 kilos of garlic seeds depending on the land they have to plant them. Altogether 295 kilos of garlic seed was distributed. Months later, the community there were happy and excited to see the mass garlic production in their village for the first time.

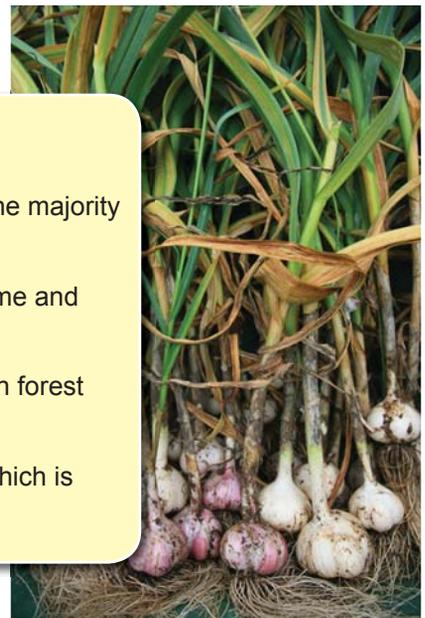


Some staff of UMN in their visit to Mugu met Ramjira Sunar. She reported that she had earned Rupees 12,000 by selling 200 kilos of garlic. She had altogether produced 260 kilos from the 10 kilos of seeds that she had received. She was proudly drying the remaining 60 kilos as seeds for next year. Ramjira also wants her neighbours to start garlic production and is willing to distribute 10 kilos of seeds to them. Previously she would exchange cereals for garlic, but now she is happy to do the mass production of it herself.

*Krishna Bhandari  
Mugu*

## Food Situation in Mugu:

- Local food production lasts only for 6 months for the majority of the people
- People depend on rice from World Food Programme and Nepal Food Corporation for their food supply
- Eating little food, skipping meals and depending on forest foods are coping mechanisms
- Only 5% of cultivable land have irrigation facility which is very important for food production





# A successful grandma's tale

Like most homes in rural Nepal, Barma Devi has a large family. She lives with her three sons, two daughters-in-law, and their seven children. Widowed at 24, Barma had very little to offer her children to keep them alive.

Widowhood means facing a lot of hardships as most women's identity lies very securely with their husband. Barma was ostracized at first, but she knew that somehow she had to beat the odds and raise her children and grandchildren. But it was worse than that - she had no skills. Nevertheless she managed to feed her family with just rice, salt and an occasional bowl of lentils.

The Rural Development Centre (RDC), a local partner of UMN in Doti, intervened in this poor woman's life. Barma suddenly became aware that she could save, have a small income and learn kitchen gardening. She jumped on these opportunities life was offering her and started vegetable farming with the dream of giving her family a better life.

Gradually Barma became aware of other social issues which could better the life of her children. Although she arranged for her eldest daughter to be married at 15,

(common in villages) she will now advise her other children to marry when they are older than that. She has a son working in India, whom she wants to call back and join her in her farming business.

Today Barma is the President of a saving and credit group (Bhubaneshwori Farmers Group) formed by RDC, with the help of UMN. Their group now has 26 members.

Barma, by selling vegetables, makes around NRs 300 (US\$4) per month and she deposits NRs. 10 with her savings group each month.

"Although a small amount, it is still a good start" says a hopeful Barma, "my grandchildren can now have vegetables in their daily diet." For a

grandmother it is such a victory. Her grandchildren now go to school and she is determined to support them until they finish school.

Barma Devi now walks with her head high and is not ashamed to share with other unfortunate women in the village about her desperate circumstances in the past and challenges them to join her. Her gratefulness to RDC and the support from UMN is evident in the new life her family has received.

*Sangita Pandit  
Doti*



“my grandchildren can now have  
vegetables in their daily diet.”

# Reaching Out

## through our partners

**In Mugu** there are 3 partners currently implementing food security interventions in the community including promotion of production of cereal crops, agro-based income generation, vegetable production, and cash crops like peas, onion, garlic and mustard. In addition there are seed multiplication programmes for major food crops, veterinary care and animal management, and functional literacy linking to kitchen gardens, sanitation and nutrition.

UMN's food sovereignty area of work has been focusing on improving access to food as well as increasing the resilience of communities to variable weather conditions.

Capacity building of partners includes the whole breadth of the programme cycle from assessment of the current situation, programme design, implementation, monitoring evaluation and sharing learning outcomes.

**In Dhading** Jagatjyoti Community Development Society (JCDS) is implementing a three year programme "Livelihood Improvement through Social Empowerment" which aims to improve the livelihood of about 265 Dalit and Kumal households (low caste) in Maidi Village. Small Farmers Cooperative Federation (SFCF) promotes programmes on goat farming, commercial vegetable production, maize seed multiplication, and agro-based small enterprises focused in 3 out of 19 cooperatives. Himalayan Community Salvation Programme (HCSP) focuses on three VDCs in North Dhading currently implementing a community mobilisation programme linking it with food security.

**In Rukum** MIC-Nepal is implementing a functional literacy programme addressing the issues of food, hunger and malnutrition. A comprehensive programme has been developed on "Vegetable Seed Promotion" a joint project between UMN and Sub-tropical Vegetable Seed Production Centre (SVSPC), a government vegetable seed production farm.

**In Doti** the Rural Development Centre (RDC) a partner focused on food security has recently implemented a six month social mobilisation programme in two VDCs.

**Bajhang** recently completed an assessment, baseline survey and action plan of five partners, among them two are involved in food security activities.



# Update from the Hospitals



UMN is continuing to explore a viable legal entity for Tansen and Okhaldhunga hospitals. The possibility of forming a hospital Non Government Organisation, the United Mission Hospitals Association (UMHA) and signing a tripartite agreement between UMHA, UMN and Nepal Government is being actively explored.

United Mission Hospital, Tansen has continued its curative services through various departments. This year an occupational therapy department was established. Through its Community Health Department (CHD) the hospital worked in the town clinic giving both prenatal and post natal care as well as services to children under five. CHD also helped in schools and in the community. It has been broadcasting various health educational materials through two local FM radio stations. It also manages a nutrition and rehabilitation centre for severely malnourished children.

The Hospital continued to train Medical Doctor in General Practice (MDGP) Postgraduate students and Interns as part of their University courses. The Hospital in partnership with the Nick Simons Institute, has been conducting Skill Birth

Attendant and other courses for the government mid level health workers.

Okhaldhunga Community Hospital has continued both its curative and preventive services through the hospital and Public Health Unit respectively. It also continued its training for the MDGP doctors from other hospitals. Okhaldhunga Community Hospital has been giving totally free care for the children under the age of three and/or those who weigh less than 12 kg. It also has a facility for the residential treatment of malnourished children and high risk pregnant mothers. Besides this, the hospital also acts as DOTS (Directly Observed Treatment Short-Course) centre for the treatment of Tuberculosis.

Both these hospitals have the provision of direct free care for those who could not afford to pay for the treatment, including food in some cases. Last fiscal year Tansen and Okhaldhunga Hospitals gave free treatment equivalent of almost 9 million and 3 million Nepali rupees.

United Mission to Nepal (UMN) is a co-operative effort between the people of Nepal and a large number of Christian organisations from 18 countries in four different continents. Established in 1954, it seeks to serve the people of Nepal in the Name and Spirit of Christ. As UMN's understanding of poverty in Nepal continues to evolve it is focusing its efforts to address the underlying causes of poverty so that the basic needs of the poor are more effectively and sustainably met.

# Opportunities for Service in Nepal

UMN is working with Nepali organisations as they strive to improve conditions and opportunities for the poor and marginalised. Our aim is to pass on relevant skills and to help to develop sustainable organisations and projects especially in rural areas of Nepal.

Expatriate team members do not receive a salary or remuneration of any kind from UMN directly, but are self supported volunteers or supported by a 'sending mission organisation' or church in their home country that provides for all their financial needs during their assignment.

Please contact Anne Penn at [anne.penn@umn.org.np](mailto:anne.penn@umn.org.np) for details.

## Needed Urgently

### EXPERIENCED HR PROFESSIONAL (Kathmandu-based)

- Are you able to provide expertise in all aspects of human resource management and development?
- Do you have professional qualifications?
- Do you have experience in recruitment, employee relations and performance management
- Have you previous cross-cultural experience?
- Would you enjoy working with a team of well motivated and experienced Nepalis and expatriates?
- Then we may have just the opportunity for you.

### PASTORAL CARE WORKER (Kathmandu based with travel to other areas)

- To support expatriates in adjustment to life in Nepal and in ongoing spiritual and emotional development
- To train those in management in good worker care, e.g. listening skills, prevention/ recognition of signs of stress

#### Required

- Training and extensive experience in counseling/pastoral care,
- Cross-cultural experience would be an advantage.

## FOOD SOVEREIGNTY ADVISOR

- To assist UMN staff and partners to ensure that vulnerable people have access to sufficient food through right to food programmes, efficient cultivation methods and income generation projects.

### Required

- Degree in agriculture, food technology, nutrition or related discipline
- Experience in developing countries would be an advantage.
- Willingness to live and work in a rural location.

## HIV/AIDS ADVISOR

- To help our partners to work in the areas of education, prevention, advocacy and community and home based care.

### Required

- Degree level education in a health or social work related field
- Experience in the field of HIV/AIDS
- Ability to encourage and enthuse our partners in this work
- Cross cultural experience would be an advantage
- Willingness to live outside Kathmandu if required

All Advisor posts involve mentoring, coaching and training Nepali staff and partners

## LECTURER/TUTOR IN PHYSIOTHERAPY

Are you interested in

- making a lasting contribution to the development of the physiotherapy profession in Nepal?
- helping to lead the implementation of the 4 ½ year Bachelor course in Physiotherapy, in conjunction with a committed Nepali physiotherapy teaching staff?

Have you

- A masters degree in physiotherapy
- Recent experience in teaching physiotherapy?
- Knowledge of teaching methods and curriculum design?
- experience in a cross cultural setting?

If so, you may be the very person we are looking for. This position will be through full time secondment to Kathmandu University in Dhulikhel (just outside Kathmandu).

## ORTHOPEDIC SURGEONS

### Urgently required

(Based at Tansen Mission Hospital)

Role involves

- Elective and emergency orthopedic surgical cases,
- Post-op care of patients on the wards and to see referrals to the surgical consult clinic.
- Teaching and supervising Nepali Intern doctors and Residents and mentoring newly qualified Nepali Surgeons.

## Maya reaching out with love

...saving lives of mothers and babies

As part of "Support to the Safe Motherhood Programme, Nepal" UMN has been involved in Maternal and Neonatal Health programmes in Mugu and Rupandehi Districts, since 2006. It has been a special experience with interesting, challenging, painful and joyful stories to tell. Taking one step at a time, UMN is committed to placing mothers and newborns into safe hands. This ten minute video documentary shows UMN reaching out with love.

View this production on our website [www.umn.org.np](http://www.umn.org.np)

To get your own high resolution copy of the DVD (10 minutes running time), please contact [marketing@umn.org.np](mailto:marketing@umn.org.np)  
[We would appreciate a contribution toward the postage.]



new DVD

# meet Sue



My church youth leader said to me sometime around 1961, "Faith in God's guidance will lead you into the very best life possible on this earth!" This has definitely been true for me as I committed my life to Christ at that time and went on to complete my general nursing and midwifery training in Australia. Since then, two years Bible College in England followed by 10 years of working with curative and preventative medicine in Bangladesh was a challenging but enriching experience. Bangladesh was where I met my husband Kjell, who comes from Sweden, causing us to eventually have our home there.

In 1996 we returned to Asia, based in Thailand, to work with development through local organisations. This was a turning point in my professional life where I turned from medical work to the wider field of

organisational development. It became evident that just supplying funds to a local NGO or institution was not sufficient in enabling that partner to use the funds efficiently and effectively for the development of a community. At that time, organisational assessments had not been introduced, so that defining the areas needing strengthening in an organisation were often based on observation and subjective judgment. After 4 years working with partners in Cambodia, Vietnam and Laos, I returned to Sweden to work for the Swedish Mission Council as Desk Officer for the Middle East and Asia. During my 9 years in this position, my competency in organisational and programme development, managerial skills and cross-cutting skills in gender, HIV and AIDS and advocacy were considerably advanced.

I enjoy being in a country where development work is taking place and gladly accepted the challenge to come to Nepal for a two-year assignment from 2009-2010. My role now within UMN is Organisational Development (OD) Advisor to UMN's Nepali OD staff, to share my expertise with them and encourage them to increase their capacity so that UMN's partners will benefit from their input. I can definitely say that God has put in my heart a love for my work and the people who will benefit from relevant, well-planned and effective interventions to improve their living situations.

*Sue Daven  
Organisational Development  
Advisor*

# Social Audit:

## Difficult to Swallow

Social audit is a process that strengthens the performance of an organisation through an approach that promotes trust and accountability to both the target beneficiaries and others. Social audit consists of a series of public meetings in which methods, actions and results of an organisation are discussed openly that leads to improvements in the future.

### benefits of social audit?

- It empowers target groups and stakeholders to increasingly own their programmes
- It helps to build trust among target groups and stakeholders increasing the credibility of the organisation as it provides an opportunity for participation and demonstrates transparency and accountability
- It promotes democratic practices within an organisation
- It creates an environment to receive feedback from all those who are effected by the ongoing work, so that effective plans and policies can be developed to improve future performance.

### objectives of social audit?

Social audit is a participatory and democratic process that has the following key objectives:

- To assess and improve the quality of services provided to its target groups
- To increase accountability, transparency and responsiveness of the organisation
- To improve and develop future plans and direction

### Why is it difficult to swallow?

Because it is an 'ultrasound' of an organisation. Like an ultrasound, social audit shows what is good and also what needs to be improved in the organisation, particularly in the areas of programme planning and implementation, financial management and performance and organisational governance practice. Therefore, social audit is definitely difficult to swallow (implement) for those organisations whose work is not carried out fairly or also have something to hide and cannot accept critical feedback.

These are, however, not the only reasons why NGOs and other development organisations in Nepal are not organising a social audit event. Being a new concept in itself in the development sector of Nepal, many organisations do not know about the meaning, significance and process of social audit. Therefore, UMN is providing a social audit orientation programme to its partners in all seven clusters. This has led to some of UMN's partners carrying out a social audit event in their community that has so far, been received positively.

*Jeevan Karki*  
*Organisational Development*  
*Lead Advisor*





# Being Transparent

In recent years, transparency has evolved as a buzz word in the development sector. In reality the word is used more than it is actually practised. This was the case in Doti district in far west Nepal where most organisations do not advertise any vacant staff post publicly. Therefore organisations in Doti have been accused of not being transparent and selecting people secretly according to their own preferences, often from their close relatives.

UMN has been working closely with five partners in Doti over the last year in helping them to be transparent and accountable in their organisations. Despite political, family, kinship and other relationship pressure, the five partners announced staff vacancies in the local newspapers and selected staff maintaining transparency and following the personnel policy of their organisations. This would definitely be a good practice and example for many other organisations in the district to follow.

*Nirmal Bhandari  
Doti*



## Be part of the work and Pray for

1. Wisdom for Organisational Development staff (3 Advisors and 7 Officers) in diplomatically facilitating OD assessments and trainings for the partner organisations. Some issues can be sensitive to discuss as Nepali culture does not encourage openness to constructive feedback.
2. Increased competency and new innovative ideas for how UMN will develop better OD practices.
3. Good staff relationships and high professional proficiency in the Clusters.
4. Using lessons learned from the present Strategic Plan for the new Strategic Plan 2010-2015.



# Sunita's learning to change

Sunita Kandel is the Chairperson of the organisation 'Prayas Nepal' that UMN has partnered for the last two years in Dhading. She had neither skill nor experience of running a Community Development Organisation. But she had a strong desire to learn and wanted to improve the performance of her organisation.

UMN conducted an assessment of the organisation and found the areas where Sunita and her team needed help. As per the needs identified, UMN started strengthening her leadership skills. After two years of working, Sunita says - "We received a good opportunity to learn from UMN. We have written policies for financial management and human resource management and increased our financial capacity by maintaining our accounts with double book keeping."

Sunita has been leading Prayas Nepal effectively and the programmes implemented to the target people are successful. "Beneficiaries and other stakeholders," Sunita explains "see us very positively and help us in our programmes because we are guided by systems and policies. They like us because we are more transparent now."

*Shreedhar Khanal  
Dhading*



Joe Campbell organised and led a delegation of Nepalese politicians to Ireland during September 2009.

Constitutional Members from the 3 largest political parties including the Minister of Peace and Reconstruction, Secretaries of both the Peace and Law ministries and a government under secretary were in the 8 day long visit. The purpose of the visit was a sharing and learning visit on peace issues. The delegates met politicians from a range of parties as well as peace academics and police chiefs.

Joe is now working with the politicians to build on the learning here in Nepal.

Please pray for greater partnership across political party lines so that politicians model the future for the people of Nepal.



This is the group after planting a bush of the Nepali national flower in the grounds of a peace centre South of Dublin, Ireland.



Joe Campbell  
Conflict Transformation  
Advisor  
UMN

## news from Joe

We are running another 3-day Forgiveness and Reconciliation programme for church leaders this time over in the far west of the country in Daldhura on March 28th - 30th.

Taken together over the past 2 years we have conducted over 10 workshops and about 600 people have participated in the programme directly and many hundreds more through the training programmes. Please pray that the church leaders of Nepal will be able to take the message of Forgiveness and Reconciliation to their churches and communities and prepare people committed for peace in the country.

Beginning on April 23rd as part of the UMN's programme to support the governments peace programmes, a group of 6 senior civil servants from the Ministry of Peace and Reconstruction will attend a training programme in Northern Ireland.

The programme is financed from the governments peace ministry budget and is designed in partnership with the Conflict Transformation staff, UMN. This will build on the visit made in September 2009.

# To give

“For if the willingness is there, the gift is acceptable according to what one has, not according to what he does not have.”

- 2 Corinthians 8:12



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Sort Code: **60-91-99**

Account Number: 10078177 (Sterling account)  
10615512 (Euro account)

### US & NEPAL CURRENCIES

Transfer or wire to:

**Standard Chartered Bank Nepal Ltd.  
Kathmandu**

Account Number:

Swift Code: SCBLNPKA  
01-0488798-51 (US\$ account)  
01-0488798-01 (Nepali Rs account)

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P.O. Box 126  
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### Contact [fin@umn.org.np](mailto:fin@umn.org.np)

- For advice on leaving a bequest to UMN
- For instructions for UK tax efficient giving by post
- To designate your gift for a certain cluster or area of work\*

*\* All undesignated gifts will be used as needed.*



‘I can do everything through Him  
who gives me strength.’

Philippians 4:13



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