

# LMN News

ISSUE 73 | DECEMBER 2021



*Fullness of life for all, in a transformed Nepali society*



## Dear friends



*Joel Hafvenstein*

**JOEL HAFVENSTEIN**  
Executive Director

After five and a half years as UMN's Executive Director, it was my joy and honour to hand that role to Dhana Lama at our General Assembly in November. While I couldn't be happier with my successor, it is of course also with some sadness that I bring my time with UMN to an end. I'm rather afraid that my service here has spoilt me for work elsewhere in the development field.

Looking at the experience of my colleagues in peer organisations, I see an NGO world characterised by increasing financial stress and reduced trust by donors, leading to cut-throat competition for funds and donor-driven programming, with too many vital strategic decisions made far from people in poverty.

UMN, by contrast, is blessed not only with a diverse and generous base of financial support, but with global partners who believe in empowering, participatory development and are broadly keen to give UMN the flexibility to achieve it. It has been an extraordinary privilege to head an organisation that has as much freedom as UMN to do the right thing.

We moved to Nepal in 2015 expecting me to work as a normal expatriate advisor, but soon learned that the most pressing gap was the Executive Director role. In praying and reflecting on whether to apply for the job, I observed

UMN and was struck by the fact that I really would not be doing the job alone—that I would be heading a leadership team of top-quality professionals who worked well together, the finest team I've had the pleasure to be part of. After assuming the ED role in mid-2016, I soon learned that the UMN board would be a source of encouragement as well as accountability, support and listening as well as wise advice.

As a joint mission agency, UMN exists as a network of relationships which if healthy will be characterised by Christlikeness: by mutual service, humility, honesty, grace and missional passion. These relations can't be taken for granted, nor achieved by our own efforts alone; they are a gift of the Spirit and sustained by prayer from around the world. I'm deeply grateful to have inherited and enjoyed such positive relations between UMN and its global partners, between board and leadership, and within the leadership team. I've watched as God has brought the right people at the right times to keep UMN on course, providing the expertise and wisdom we needed for key opportunities and challenges.

I am glad that He has done so now again with Dhana Lama as our next ED. It will be my joy to continue as part of the global family of prayer supporting her and UMN along the road to come. Thank you all for standing with us!

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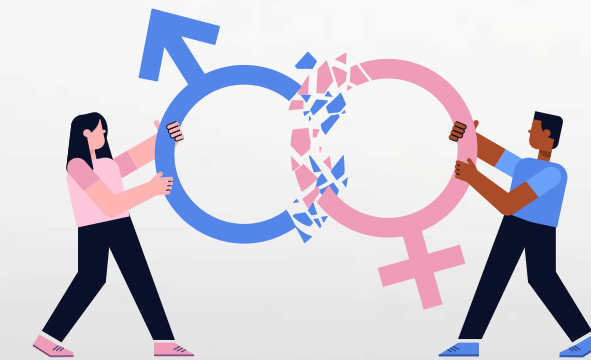
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# Breaking GENDER Stereotypes



Pre-existing societal structures, social norms, beliefs, discriminatory and harmful practices, unequal power distribution as well as gender roles create and contribute to gender inequalities. COVID has worsened this situation by increasing the workload of women and girls and intensifying sexual and gender-based violence. Harmful practices like child marriage, *Chhaupadi*<sup>1</sup>, dowry, preference of sons over daughters and lead to discrimination and domestic violence. Women, girls and gender minorities are not able to create economic livelihoods or access basic services, information and meaningful representation in planning and decision-making due to gender inequalities and discrimination.

During my field visits to villages in Nepal I get the opportunity to understand the gender situation of women and men, girls and boys and those with physical disabilities. Women and girls often have to work for 14-16 hours per day whereas men tend to work for 8-10 hours. Similarly, women's work and contribution are not recognised or valued by the family, community, market and state, as compared to that of their male counterparts. The reproductive rights of women and girls are ignored by most boys and men whether in a rural or urban setting. Likewise, a gender-discriminatory mindset against women regarding their ability and family restrictions, together with maternity provision obligations, often results in women being unfairly screened out during the recruitment process, even if an equal opportunity position

<sup>1</sup> The practice of banishing women and girls to a shed during menstruation.

or statement like 'women and Dalits are encouraged to apply' exists. Of those who are in employment, the ratio is heavily weighted to men. The health field, which is perceived to have the highest number of women workers, actually has a workforce where only 28.5% are women. As a whole, most employed women remain in lower and non-management ranks.

UMN has been working for gender equality by doing stand-alone gender projects and mainstreaming gender in its programmes, policies and development work. This is being achieved through participatory action and reflection and bottom-up approaches with its partners and communities. Building capacity and raising awareness of gender inequality at the individual and organisational level is important and ongoing, alongside developing allies with various stakeholders. Besides this, engaging men and talking about positive masculinity is also in progress. I have seen these initiatives lead to transformative change which gives me hope for the future.

**CHELI GURUNG**  
Senior Programme Officer - Gender





# INCREASING CONFIDENCE and civil engagement

## DOTI PROJECT

In our working areas in Doti, 70 percent of the men are seasonal migrants to India. So, women are burdened with heavy workloads, at home, in the fields and also taking care of livestock. Like in most traditional societies, preference of sons is prevalent here and if a mother gives birth to a daughter, she is often ignored. Women also have to stay isolated for 11 days after delivery and during that period even wash their clothes and utensils.

Saksham project (meaning 'able') has been working since 2020 at Bogtan Fudsil Rural Municipality (RM) to strengthen the poorest people living in poverty, empower women and make them aware through different groups. The project has formed 24 women's groups who meet weekly, while it also runs civic education sessions. Three adolescent groups and three children's clubs have also been formed.

After joining the women's group, many have been able to talk openly, introduce themselves and have even participated and led the community's

users committee which involves different development activities. Vital registrations such as birth, marriage and death have increased among group members and their families. There has also been an increase in institutional deliveries (hospitals/local health centres). Some groups have even registered at the ward and RM level so that they are recognised and can participate in development activities. We plan to help more groups register at the local government level and also develop ward and RM level networks.

It is encouraging to see the active role of women in villages through this project's initiatives. We have not only seen positive changes, but women shine as leaders in the village and break the gender stereotypical roles.

**SURENDRA BAHADUR RAI**  
UMN Project Manager- Good Governance  
Saksham Project

# Seeking FREEDOM and DIGNITY for WOMEN and GIRLS

## BAJHANG PROJECT

Single women suffer from hatred, blame and stigma in Bungal Municipality of Bajhang District. Child marriage, polygamy and *Chhaupadi* are practised. Issues such as alcohol abuse, domestic violence, discrimination between sons and daughters in food and education are common here.

EVE project's vision is communities and families being free from harmful gender stereotypes and traditional practices like those prevalent in Bungal. The Ending Violence for Equality (EVE) project's intervention since January 2020 focuses on:

- ➔ Equal access and opportunities for education, health, nutrition, leadership and land ownership
- ➔ Equal responsibilities – seen in shared workload
- ➔ Communities and families are free from gender-based violence (including suicides)
- ➔ Communities free from harmful social and traditional practices

We are delighted to see some progress and achievements through the project so far. In three wards of Bungal, 42 groups have been formed with 977 participants and 8,216 indirect beneficiaries. The groups comprise 15 women's groups, six men's groups and three groups each of: single women, adolescents, children's clubs, alcoholics' rehabilitation, local stakeholders and mixed groups. During 2021:

- ➔ Training days for women's network members and men's groups, also attended by local elected representatives, were conducted in each ward on gender-related legal provisions. Altogether 109 participants received the training. Participants shared that they now understood gender law and its importance in reducing violence and discrimination against women.
- ➔ 16 women (6 are single women) have received income generation support of goats and buffalos. (In 2020, 22 women received income-generation support under the COVID relief fund of EVE.)
- ➔ 86 schoolgirls received education material support including uniform which helped them to regularly attend school.
- ➔ 75 members of adolescent clubs received two days' training on sanitary pad making and knowledge of menstruation hygiene. Most of the girls trained started using self-made cloth sanitary pads.

Our activities also include using social mobilisers to help groups to identify gender-related problems through pictures, poems, stories and role plays or short dramas. This is known as the CODE tool: it is an engaging way to interact and is especially helpful where some members (often women) may be illiterate.

**MADHURI B.K.**  
Project Manager - Ending Violence for Equality (EVE)



## Addressing CHILD MARRIAGE issues

Child marriage is rampant in Rukum District where we work. To help with concerns and issues around this problem, UMN's ABLE project has been working at Putha Uttarganga Rural Municipality since December 2019 where the child marriage ratio is high.

Early marriage can lead to a lot of negative repercussions such as domestic violence, unemployment, school dropout, causing the girls to get trapped in the poverty cycle. Since the practice is deep-rooted and accepted as a part of the culture, it is challenging to change this mindset.

There is even an age-old tradition in Rukum where young girls are forcefully taken by men to become their wives during Raake Mela which is a funfair. Also, some girls willingly choose to marry early and even elope. Some are aware of the consequences but still marry early as they cannot understand the long-

term consequences. We have been working together with children's clubs, mothers' groups, adolescent girls' groups, Parent-Teacher Associations, School Management Committees and local government to act as community change agents in addressing issues of harmful traditional practices against children and adolescents.

We have also assisted in forming a local-level policy with reference to the national-level policy. A Child Protection Emergency Fund has also been formed at the RM to support a child in case of any need. Through the project, three child marriage cases were prevented this year. There are still many issues related to gender equality in our working areas and there is a long way to go.

**HEMANTA RAI**  
UMN Project Manager-Protection  
Achieving Better Life for Every Child and Adolescent (ABLE) Project

# RUKUM PROJECT

# PRATIMA FIGHTS for JUSTICE

Thirteen-year-old Pratima from Rukum District faced a lot of hurdles after her mother passed away. Being the eldest, she had to take care of her two younger sisters aged three and five. Her father is working overseas for three years to support the family. Caught up with household responsibilities, she had to make sacrifices and with no time for school, she dropped out in Grade 7. With sadness, she shared, "Who else will manage the household work if I am away at school?"

A year ago, a married man from the same village - a distant relative aged 27, with a daughter - came to Pratima's house and took her far from the village pretending there was some work. On the way, he forced her to go away with him to get married. Afraid, Pratima shouted for help. Somehow, she managed to run away and hide in the village and shared the incident with the villagers the next day. She was so petrified by the event that she hid in her house for a few days. She was mentally disturbed and worried that he might try to force her to get married again.

After learning about this incident, UMN's ABLE Project social mobiliser visited her. She counselled Pratima about the government policies regarding child marriage and child rights. For her security, she counselled Pratima to report a case against that marriage attempt in the ward office and police station.

Pratima decided to fight and speak out for justice immediately and registered her application in the ward office. That case was the first-ever case registered in that area against child marriage. The ward office and the police imposed a fine of NPR 10,000 (approx. USD 83) on the man as compensation for Pratima with a warning to not bother her again.

Although the money provided was not a lot, the important thing was that Pratima got her courage back to live her life normally as before. After everything was sorted out, she thanked the social mobiliser. "I am so happy that there is someone in this village who cares about and works on such issues, thank you for helping me fight back for justice. I will continue my studies if the situation goes well in the future," she shared with hope on her face.

Pratima, now 14, is still unable to go to school as she has to look after her younger sisters.

\*name changed





## UMN'S General Assembly

On 24-25 November, UMN hosted the General Assembly with the theme 'Anchored in Hope'. This is an important event held every two years. Representatives from supporting partners of different countries, board members and friends from other institutions and INGOs in Nepal participated in the event.

The major highlights of the event were the handover to UMN's new Executive Director (Dhana Lama), farewell to Joel Hafvenstein who had served as UMN's Executive Director for five years, summary of UMN's key plans, videos showcasing stories of hope from UMN's six clusters and two hospitals and key funding gaps.

Live streaming of all sessions was done for simultaneous virtual sharing. With the ongoing pandemic, there were limited participants as compared to previous years, but we are grateful to all our supporters who could attend the event or participate virtually.



## Farewell from HAFVENSTEIN FAMILY

**Joel writes:** My work as executive director would have been impossible without the encouragement, wisdom, and strength of my wife Fiona. She often provided this behind the scenes, especially since being afflicted with severe, chronic migraines in our second year of service. Readers of UMNNews have heard plenty from me already; I'd like to give this space to Fiona's reflections on our time with UMN.

**Fiona writes:** So much in life speaks shame over and within us: how we talk to ourselves, how we compare our abilities and our situation to that of others, what others say and do—or don't do—around us. The sense of "I am not good enough. I am not enough." But where the world says, "shame on you," the message of Jesus is "shame OFF". To so-called low caste and so-called high caste people alike, Jesus as King of Kings says that all are worthy of being his treasured children and clothed with honour.

UMN cannot give robes and riches. But our staff and partners walk alongside people with respect and love, opening the door to independence, hope and new beginnings. They are precious hands, feet, and voices of Jesus in

Nepal. Thank you—to each one—for all you are and all you do. I know it can be costly.

My greatest fear in coming into this role was bringing our young children into a place of high earthquake risk. I don't believe that in general God promises us physical safety—although he can and sometimes does do that. His word to me was that he promised to be gentle with me, even if the circumstances were not gentle. Moving away from home and family to Nepal with young children was not gentle, the pandemic is not gentle, being kicked out of Nepal was not gentle. But he has been gentle with me. He is a mighty God who lifts shame off his children and longs to lead gently those who will listen to his voice.

As we celebrate Christmas let us continue to be the hands, feet and voice of God come down to earth – of Jesus, of Emmanuel, of God with us.

**We both write:** It has been an honour to walk as a family with UMN these last six years. Thank you for all your prayers for us. UMN will not leave our hearts nor lives. Nor will Nepal. Blessed Christmas to all.

## Hearty Congratulations!



We are proud to announce and introduce you to the new **Executive Director of UMN, Ms Dhana Lama**. Dhana was officially appointed to the new role at UMN's General Assembly. Dhana Lama is the 13th ED of UMN.

Congratulations to the first Nepali Executive Director of UMN!

Get to know Dhana Lama up close in this video





# THE LOCKWOODS:

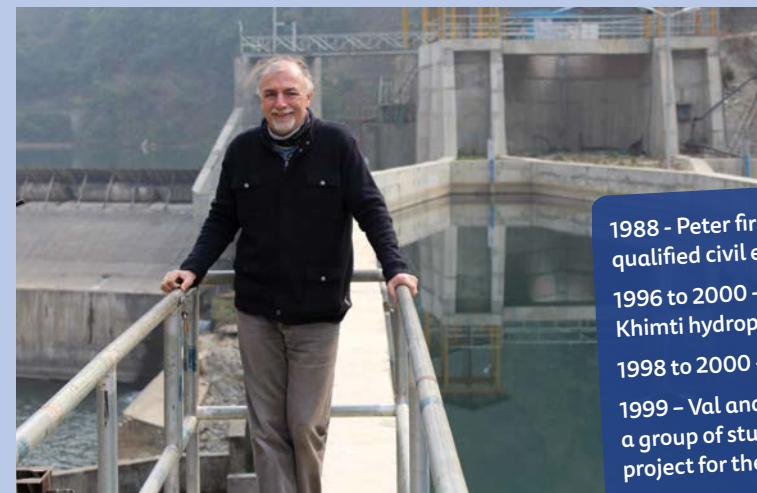
## Reflection on our time in Nepal

In 2012, with three young children in tow, we arrived back in Kathmandu committed to a four-year period of service which ended up being more than doubled. Over the nine and a half years we have been working in UMN, we have farewelled many Nepalis and expatriates and when our own "tea in the garden" farewell inevitably came on 8 December 2021, it was a wonderful way to conclude the most remarkable and profoundly impactful period in our family's life. We left with hearts full of joy, gratitude and an inescapable sense of sadness and loss.

The early days were all about adjusting. It has been said correctly that Asia is a bombardment of the sanitised, ordered, Western senses. Whilst Peter and I had been previously exposed, our three young children had not and it was a challenge for them to adapt to the food, the language, the international culture at their school, the crazy traffic, the load shedding (power cuts), the dirty water, the loss of family and friends at home. I remember clearly the times each child would ask why we had come to Nepal and trying to explain that we are here to help those people who are extremely poor, as God loved them very much and wants us to try to make life better for them. For any family, the adjustment is huge, and we continue to be grateful for the supportive and warm community of expatriates and found in UMN and Kathmandu to welcome and support us through this initial period of readjustment.

As anyone who has worked cross-culturally knows, the job you often go to do is not the role you end up filling! Flexibility and a willingness to fill the gaps of need proved paramount in enabling Peter's initial job of writing reports for donors to develop into something so broad-ranging and deeply fulfilling. There have been so many highlights along the way but particular joys have been working alongside his Nepali colleagues and witnessing them grow in confidence and professionalism, the rebuilding programme following the 2015 Gorkha earthquake and the rebuilding of Okhaldhunga Community Hospital. One of the hardest aspects of leaving for Peter is to finish working on the projects that he has been so passionately committed to and has thrived in being involved in.

Although Nepal is not their passport country, the three small children have grown tall in this country that they now call home. They have grown up throughout their formative years surrounded by a deeply



1988 - Peter first arrived for a year as a newly qualified civil engineer.

1996 to 2000 - Peter seconded from UMN to Khimti hydropower project.

1998 to 2000 - Val arrived to teach at KISC.\*

1999 - Val and Peter met in Khimti when Val took a group of students to see around the hydropower project for their activity week.

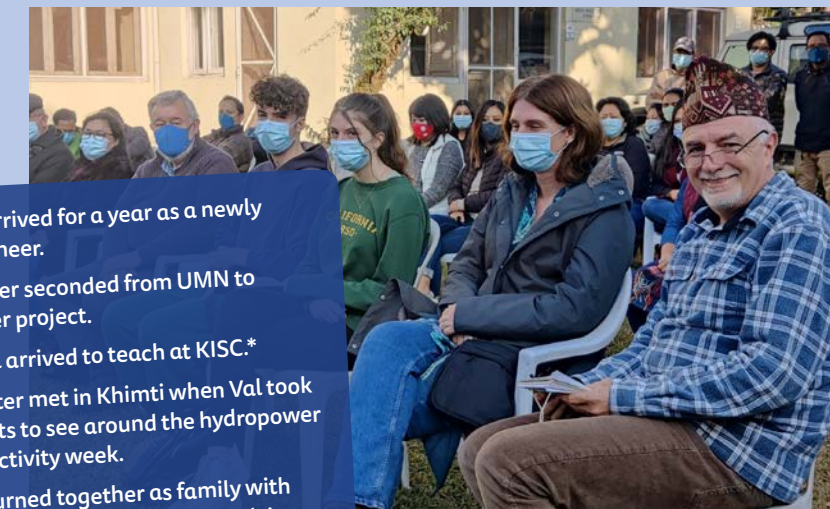
2012 - 2021 - Returned together as family with three kids. Peter to UMN as programme advisor, Val initially to KISC as teacher, then in 2013 she moved to HR in recruitment and a variety of roles, ending up in the pastoral care team doing member care.

complex culture that none of us will truly belong to or fully understand. When their school friends chatter freely to them in Nepali, they comfortably respond in English. When invited for dhal bhat they easily sit cross-legged on the floor and eat hot steaming rice and lentils from a leaf plate using their right hand instead of a knife and fork. They have found a way to adapt and have been at home. They have walked in the Himalayas, ridden elephants and become friends with a wide diversity of global nomads. Our children are leaving Nepal as third culture kids, shaped and unquestionably richer from having grown up between two different worlds.

As the mum on this crazy journey I have keenly believed that the door of opportunity opened in 2012 for us to return to UMN and it was God leading us back to the country of Nepal where Peter and I had met. Now once again I sense that He is closing that door but the life of loving and knowing Him continues. I am so grateful for the opportunity to serve at UMN and the blessing it has been to the whole family. As our time in Nepal has ended, our hearts really are full and brimming with joy, a deep gratitude for an experience too rich for words and a definite sense that something dearly loved has been lost.

VALERIE LOCKWOOD

\*Kathmandu International Study Centre





# The Stronger 'SHE'



**Namuna\*** has been trapped within an abusive relationship with her husband for a long time. Shouting and raising hands against her was normal for him. After participating in a gender workshop and during one such abusive incident, she decided to fight back strongly. "I warned him that I would put him in jail if he does this. I stood firm until he committed not to do so ever again." They are now living in a home without domestic violence.

\*names changed

## Help us achieve UMN's gender-just goals.

UMN and its local partners have been running participatory gender awareness and action workshops with UMN and partner staff and community members from remote regions of Nepal where it is extremely important to be empowering women, supporting them to realise their rights and for men to reflect and be part of gender-just changes.



**Shova\*** and her husband took her aging mother into their home to care for her as she has no other children. People in the village started to gossip about it and make laughing remarks about her husband being a hen-pecked husband because he now lives with the wife's family. After participating in the participatory action and reflection gender equality workshop, Shova said, "I came to know that I and my husband have been doing the right thing by breaking bad gender norms and stereotypes. We are doing what is right."

\*names changed

## These gender workshops will:

- ➔ Help **community groups** identify and address issues related to gender justice and equality
- ➔ Help **partners** to strengthen ownership of their gender policies
- ➔ Help **staff and partners** to support implementation of gender policy operational plans

## We have a funding gap for some of our planned workshops. Can you help?

**USD 118 Sponsor a participant for a seven-day workshop**  
(covers stationary, travel, accommodation and food for one participant).

**USD 17 Sponsor a participant for one day of the seven-day workshop**

**Join us** in creating happier homes and communities!

## HOW TO DONATE:



- ➔ Make out a cheque or postal order payable to United Mission to Nepal. Make a note indicating how you would like your donation to be used (e.g. Gender Appeal). Post it! (to: UMN, PO Box 126, Kathmandu, Nepal)

- ➔ To give online or arrange a bank transfer please go to **[www.umn.org.np/give](http://www.umn.org.np/give)**

### Options include:

For USA residents, tax-deductible gifts through UMC advance.  
For UK residents, Gift Aid through the UMN Support Trust.  
For all other countries please use PayPal or bank transfer.  
Thank you for considering this need!

For more details please visit: [www.umn.org.np/page/gender-appeal-faqs](http://www.umn.org.np/page/gender-appeal-faqs)



# THE LATEST FROM OUR HOSPITALS

## TANSEN AND OKHALDHUNGA

### Okhaldhunga Community Hospital

Praise God we have competed and signed our hospital land and property ownership transfer to UMN Medical and Development Trust. Our nursing college classes are going smoothly. But new student admission has been stopped for this year due to the requirement of a 100-bed hospital for clinical practice. We are still waiting for the oxygen plant which is stocked at the Nepal-China border.

### United Mission Hospital Tansen

Thank God that the hospital recently obtained registration with the Ministry of Health, Population and Family Welfare of Lumbini Province. We have also been busy with planning for improvements in the future. The wastewater project is progressing but awaiting approval from the forest office. A survey of infrastructure was conducted in November by architects and engineers including Peter Lockwood. Wisdom and funding will be needed to complete suitable buildings in future.

On 8 December a successful dental/medical camp was conducted in the local prison where 30 dental patients and 220 patients with other medical issues received treatment. Meanwhile the Municipality has asked us to restart the Maternal and Child Health clinic in a new location in partnership with them. After the second wave of Coronavirus, the hospital is again getting busier. Outpatient numbers and inpatients numbers are increasing significantly.

Both hospitals are still waiting for reimbursement from the Health Insurance Board for three months' work. This is causing severe cash flow issues - over 70% of our work is under this scheme.



## Disability screening and ID card camp

Through a week of intense training and screening in November, the Community Based Rehabilitation (CBR) project trained approximately 400 female community health volunteers and health post workers across Okhaldhunga District. The purpose was to identify children under 18 with orthopaedic conditions and birth defects who will benefit from surgery. We found 40-50 children who, with the support of Sundar Dhoka Saathi Sewa in Kathmandu, will receive surgery and rehabilitation for their conditions, with follow-up from Okhaldhunga Community Hospital's physiotherapists. Just as important, we have now raised awareness of these conditions so that children born in Okhaldhunga with treatable disabilities and birth defects can get the timely treatment they need.

In early December, we conducted a 6-day mobile disability ID card camp in the villages of Khijidemba Municipality in collaboration with the local government. About 125 people with disabilities were helped to register and receive their ID cards. These cards provide them with advantages such as a 50% discount on public transport, and for those with more severe disabilities, a monthly allowance.







## PRAY

- With a further wave of Coronavirus infection spreading throughout the world, please pray that Nepal will be protected and that our hospitals will be able to cope
- As UMN continues talking to Government Officials, pray that we find favour and agreement to develop our service to the poorest people of Nepal
- As Dhana Lama adjusts to new responsibilities as Executive Director, pray for protection, vision and guidance from above.
- As new staff come to UMN, and new projects and challenges open up in hospitals and clusters, pray that in everything we do the fullness of life which Christ spoke of will be seen.



## JOIN US

UMN's cross-cultural teams provide opportunities for suitably skilled expatriates to work with Nepali colleagues, sharing technical skills and demonstrating God's loving concern for all people, particularly the poorest and most vulnerable.

Expatriate team members do not receive a salary or remuneration from UMN directly, but are self-supported volunteers, or supported by a sending mission or church in their home country. If you are interested in any of these positions or if you would like to ask about other opportunities for service in UMN, please contact Sandra Chinnery at [expat.recruitment@umn.org.np](mailto:expat.recruitment@umn.org.np) to learn more. Send your CV or resume with your email.

### PRIORITY NEEDS

**HOSPITAL SERVICES DIRECTOR – KATHMANDU BASED:** Strategic oversight and management of UMN MDT's hospital work.

**EXPATRIATE SUPPORT ADVISOR – KATHMANDU BASED:** From January 2022.

**FUNDING MANAGER:** For Hospitals.

**DOCTOR FOR UNITED MISSION HOSPITAL TANSEN:** One Obstetrician/Gynaecologist needed long-term from July 2021 and Pathologist.

**PRIMARY SCHOOL TEACHER:** For United Mission Hospital Tansen – start 2022 Teaching different school levels for tutorial group.

**DOCTORS FOR OKHALDHUNGA COMMUNITY HOSPITAL:** One GP with rural experience, one Orthopedic Surgeon and one Obstetrician/Gynaecologist. General Practitioner/Pediatrician. General surgeon, Anaesthetist

Diagnostic and imaging specialist

Maintenance advisor

Expat support advisor role starting January 2022

Medical superintendent starting 2023

For all doctors, flexibility, the ability to work in a resource-limited setting and an interest in teaching and mentoring junior Nepali doctors are required.

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### 16 Days of Activism

UMN's different clusters marked the 16 Days of Activism against gender-based violence starting from 25 November till 10 December through different activities under the global theme, 'Orange the World: End Violence against Women Now.' Gender-based discrimination and violence are huge problems across the cultures of Nepal. UMN requires all projects to address gender equality and many projects specifically focus on gender-based violence and inequality.

The 16 days of activism in our working areas commenced with rallies, lighting candles and formal events discussing our roles in ending gender-based violence. In one location, a public commitment was made by stakeholders and communities by signing over the banner which had a message "I won't do violence, I won't tolerate violence and will protest if I see it, I will raise my voice."



Nawalparasi



Nawalparasi

Interesting activities like rallies, street dramas, song and dance competitions, mass signature campaign and interaction programmes were organised during these 16 days. UMN collaborated with local partners and local governments to organise some of the events.

The events spanning 16 days have come to an end, but UMN is committed and strives to work in issues surrounding women and the human rights of all and to inspire actions that support their dignity and freedom.



Mugu

### Support for breastfeeding corner

To provide a private and safe space for mothers to breastfeed their babies without shame, UMN has helped in creating a breastfeeding corner at the District Administration Office in Rukum East District. This also raises awareness among the community and staff about the importance of breastfeeding as stigma and taboos are prevalent in UMN's working communities. This thoughtful initiative will now help mothers by providing privacy to nurse when they visit the government office for personal work such as registering a birth, for citizenship cards and other purposes. The breastfeeding room also has banner displays about proper child-rearing practices for the mothers to learn and a wash corner has been setup right outside the room to encourage good hygiene practices.





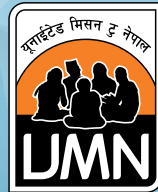
"WHOEVER DWELLS IN THE SHELTER OF THE MOST HIGH

WILL REST IN THE SHADOW OF THE ALMIGHTY.

I WILL SAY OF THE LORD, HE IS MY REFUGE AND MY FORTRESS,

MY GOD, IN WHOM I TRUST".

Psalms 91 V1-2



*Fullness of life for all, in a transformed Nepali society*

**UNITED MISSION to NEPAL**

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[www.umn.org.np](http://www.umn.org.np)