

# UMN News

ISSUE 77 | DECEMBER 2022



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



## Dear friends



**DHANA LAMA**  
Executive Director

It is a great time of reflection as we present this new edition of UMNews to you. It is the last one of this year 2022. We are humbled and joyful to see and experience how our God has faithfully provided what was required to serve the people in need through you and how He has sustained us and flourished our hospital and community work throughout the year. We are grateful to God and you all.

In this issue we have highlighted Integral Mission (we call it Integral Development), which is our work alongside local churches, theological institutions, and church leaders, to equip them to deepen their understanding and practice of Integral Mission, including issues like addressing gender related issues within the church and Christian families, raising awareness on Disaster Response and being a good steward with good financial management at their church.

The year saw a number of senior level leadership changes but we are very grateful for smooth transitions as we had the right people at the right time to take over their roles. We also recently bid farewell to two of our long serving

staff - Finance Team Leader, Bishnu (27 years in UMN) and Maintenance-in-Charge, Mahila (34 years in UMN). They have both retired and share some reflections in this issue. We appreciate their committed service and wish them good health.

This issue includes our new appeal 'Welcoming Newborns' for United Mission Hospital Tansen. This will contribute to the much-needed maternity ward expansion. Very often, expectant mothers who come to give birth at our hospital in Tansen are sadly turned away because there is no bed, or they have to give birth on a visitor bed or be moved to another ward soon after delivery. Find out more on page 11 and please pray that it will reach out to the people in need.

Of course, this is a festive season, so this issue also brings our Christmas wishes to you with prayer and gratitude. May we be His hands and feet in serving the people in need, filled with hope, love, joy and peace.

**Merry Christmas and a Happy New Year 2023!**

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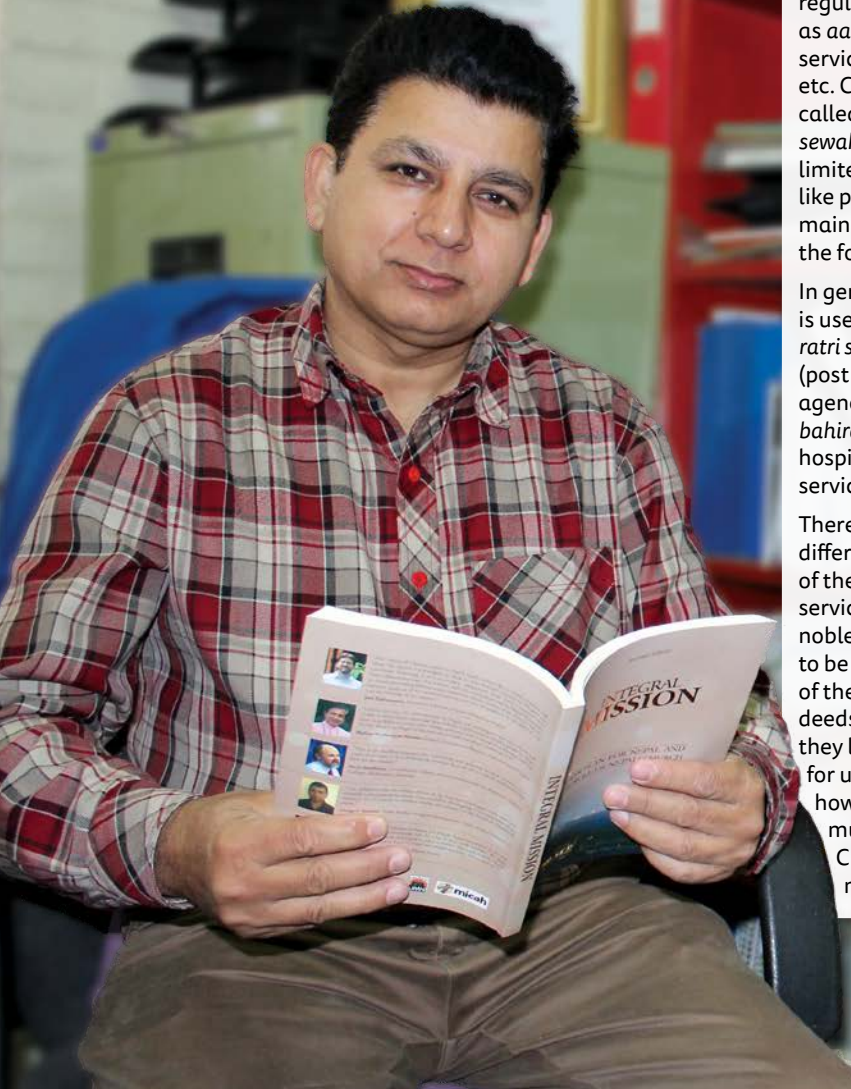
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# SERVING Communities



The Nepali word 'sewa', meaning service, is one of the most common and conventional words prevalent in the Nepali Christian community. Some of the regular church meetings are even named as *aaradhana sewa* (Saturday church service), *prarthana sewa* (prayer service), etc. Christian ministers in Nepal are often called *sewak* (servants) and their vocation *sewakai* (serving the Lord). The usage is limited to mean the spiritual activities like prayer, worship, and Bible reading – mainly the activities carried out within the four walls of the church building.

In general, in Nepal, the same word, *sewa* is used for essential public services like *ratri sewa* (night bus services), *daak sewa* (post office service), etc. Some service agencies employ the same word like *bahiranga sewa* (out-patient's service in hospitals) or *shiksha sewa ayog* (education service commission), and so on.

Therefore the word *sewa* is used to mean different types of services. The areas of the services may vary but all these services mentioned above are equally noble and gracious. Christians are called to be the salt of the earth and the light of the world with their exemplary good deeds in every sphere of the society they live in. It's been a great challenge for us to help our churches understand how deep, how holistic and how multi-dimensional is the meaning of Christian *sewa* (service), which should not be or even cannot be confined

within the spiritual realm. This holistic Christian *sewa* is the essence of Integral Mission.

It gives me immense joy to share with you that UMN's tireless endeavour of promoting the theology and practice of Integral Mission since 2007 in Nepal has resulted in the publications of several original resources in both English and Nepali, written by Nepali theological educators. These include Integral Mission books, their facilitation guides, and several other contextualised tools and approaches like *Sangasangai* (Church and Community Mobilisation Process), Transforming Masculinities pictorial manual, etc., and development of dozens of integral mission teachers and promoters.

These theological frameworks, practical tools and human resources have helped our Nepali churches deepen and widen their understanding of Christian *sewa* that it is all inclusive. We have already begun witnessing the ripple effects of this work. A woman pastor from Mugu testified she never ever thought that cleaning the marketplace in her village was her calling too until she underwent Integral Mission training organised by UMN. She shared, "Now I know keeping my village clean is my Christian calling too."

**RAJENDRA PRASAD POUDYAL**  
Integral Development Manager-  
Programme Support Team



## SANGSANGAI

**Sangsangai** (translates as 'together') is a process of engaging churches through practical training based on Biblical principles, sharing a vision of why and how the local churches can work in their local community to demonstrate God's love.

- ➔ In the past year 76 pastors and leaders from 76 churches spread throughout all our clusters have been trained in the principles and approaches of Integral Mission. They have learned about practically serving their local community.
- ➔ Following Sangsangai training, several churches in Mugu, Bajhang and Kapilvastu were inspired to respond to needs in their communities – including material assistance for families affected by a fire, financial support to widows and a girl with vision impairment, and educational materials for children from poor families.

# Q & A



**RAJENDRA PRASAD POUDYAL**  
Integral Development Manager

## What are the challenges you face while taking Integral Mission theology to the church? And why so?

Firstly, the strongest barrier to the expansion of the theology and practice of Integral Mission in Nepali churches is a narrow theological understanding of mission as mere evangelism.

Secondly, the Nepali Church has a history of being persecuted and in some places is still experiencing persecution, so responding to the needs of the persecutors can be difficult to practice.

Thirdly, a greater emphasis on the spiritual realm of the Christian faith in teachings and missional practices and negligence of the social aspect of God's mission has always been a great challenge from the beginning in the history of Christianity in Nepal.

Therefore, in UMN, we initiate our discourse of (Integral) Mission by digging out the biblical narratives. It takes time to lead Nepali churches to discover the depth of the biblical and theological foundation of a mission that is integral.



**RADHA GIRI**  
Integral Development Project Officer

## How successful is the synergy between church leaders and community leaders?

In most cases, the church finds it comfortable to confine all its activities within the four walls of the church building, owing to the theology of secular-sacred division. On the other hand, the community assumes that all activities carried out by the church in the community are the means of proselytisation. The relationship between the two has always been affected by such assumptions.

Over the last 12 years, UMN has developed resources, tools and approaches that have helped shift the mindset of church leaders and local communities, helping them understand God's mission as holistic. While it is an ongoing process, we have seen several successful examples of a local church and its community working together.



**JIWAN RAI**  
Integral Development Project Officer

## What encourages and inspires you to help churches work together with their communities?

Primarily it is the vision of UMN - 'fullness of life for all in a transformed Nepali society' - that inspires me. I am always motivated to train church leaders to mobilise local churches who are the permanent agents of transformation. My heart leaps up with joy when I travel to UMN's working clusters and see local congregations, which are small and may appear insignificant, doing great things to show God's love to people in their communities. The changes taking place in mindsets and missional practices of local churches keeps me inspired and motivated to move forward to train more churches on Integral Mission and its practical approaches like *Sangsangai*.



# REDUCING danger and daily CHORES

The village of Talitum is found in the District of Mugu in the north west of Nepal. There are about 640 people living there. The nearest source of water is about one hour's walk away, and normally this task is left to the women. As is the case in hilly areas there is also danger of landslides with destruction of roads and housing during the monsoon season.

Dhan Raj Rawal is Pastor of Victory Bethel Church in the village and recently some church members participated in trainings organised by the Integral Development Team. Members were trained in Disaster Risk Reduction, and the Sangsangai process which challenges the church to find ways to serve the wider community.

Knowing the challenges of living in Talitum, the members realised that they could take action to help everyone. A decision was taken to build a tank for the collection of water. Twenty members were mobilised to work for seven days on this project. They purchased the necessary materials and offered their labour, self-funding the project to a total of NPR 95,000 (USD 718). This work has been welcomed by everyone, especially the women who now have easy access to water, saving a great deal of time and effort.

Continuing to reflect upon this success in the Sangsangai Bible study group, the members also realised that they could work to reduce the risk of injury and damage to property in the monsoon season. There was a need to protect part of the village from landslides. Nine people were mobilised to work for three days building a retaining wall 10m long and 2.5m high. Once again, they sourced the materials and offered their labour.

The church has gained the respect of community leaders and has been able to make contact with government officials to network and coordinate with them on other possible community needs. This is always a significant and important positive step.

Pastor Dhan Raj said "This training has reminded us that God is calling us to consider how the Church can become salt and light in our community; we are taking seriously all community issues and praying to God. We have resources and we are mobilising them to make better communities – we also demonstrate the love of God through our action."

The women of Talitum are now relieved of the daily task of an hour's walk to get water, giving them more time for other things. The whole village is at less risk from the dangers of landslides. The congregation has gained greater respect in the community, and the love of God has been demonstrated to everyone in these very practical ways.





# PROMOTING GENDER EQUALITY THROUGH CHURCH

Nawajeevan Church<sup>1</sup> in Bajhang had a practice of giving more responsibilities to men. The church ministry was running with its own set of rules which were gender-biased, but things changed after the leaders participated in a Transforming Masculinity training organised by UMN.

Ganga Sarki has been serving as a pastor at the Nawajeevan congregation for the past eight years. At the training for facilitators to become 'gender champions' for local churches, Ganga found an opportunity to participate in something different and productive.

"I had never received such practical training which changed my perspectives. I thought women couldn't work even if they were given responsibilities at the church. But now we are giving equal opportunity to everyone in the congregation," shared Ganga.

They are also working on removing harmful practices, habits, and behaviour in the church and the community. "We treat and value men and women without discrimination by giving everyone equal responsibility during church programmes. There is an opportunity for men and women to conduct the service and share their words with their friends. Women have been given a chance to lead church activities too," explained Ganga, who said he also feels he carries less burden after these changes.

Ganga is now working to facilitate the transforming masculinity process for Nawajeevan Church members. "When it comes to gender inequality, we Christians are taught not to follow harmful traditional practices but to follow Jesus' teachings and the patterns of the Bible. We need to change the old way of conservative thinking especially when it comes to women in the community," he explained.

He is also spreading a gender equality awareness message in the community and encouraging women to take up the type of responsibilities usually held by men. "Although men and women differ biologically and in responsibilities and roles, they are similar in God's creation. Many thanks to UMN for organising the training for us to change our thoughts and ideas of gender inequality. UMN has opened our eyes to the fact that our church can also change harmful traditional practices," concluded Ganga.

<sup>1</sup> An Assemblies of God church





# COMIC STRIPS

## What do you think of Comic Books as a tool for social awareness?

Recently in UMN's Rukum East Cluster, 33 children from seven child clubs<sup>1</sup> participated in a five-day long workshop on comic book making. The child club and adolescent girls' group members discussed broadly about harmful social practices they had seen, heard, experienced, and observed in their community. On the third day of the workshop, children learnt techniques on drawing sketches for comic story plots. Next, they actually got into drawing and sketching and finalising comic stories. At the end of the workshop, an exhibition was organised for the community. The children were highly encouraged with the praise they received, and about 200 people were reached through this exhibition.

**Hemanta Rai**, Child Protection Manager Rukum East Cluster and Project Manager of the ABLE<sup>2</sup> Project shares, "The drawings of all the participants have been compiled. The outcome was so nice that we decided to publish these drawings and stories in a comic book. Our local partner MIC<sup>3</sup> Nepal is equally excited and hopeful that it will be a new and an interesting method to reach out."

The project team plans to distribute the book among the local community, schools, and relevant stakeholders. Some of the issues discussed and depicted in the stories are gender-based violence, alcoholism, child marriage and child labour. The heart touching stories bring out the reality these children have been seeing in the community and also experienced at home.

<sup>1</sup> Attended by children and youth aged 11-19

<sup>2</sup> Achieving Better Life for Every Children and Youth

<sup>3</sup> Nepal Magar Society Service & Information Centre (MIC Nepal)



This story is about children suffering at home as parents are constantly fighting with each other, which has resulted in children getting poor grades in school.



# Christmas Carolling

A beautiful feature of Christmas in Nepal is that we have dozens of our own carols, some written to traditional Nepali tunes. These are sung at many homes with great enthusiasm. Dancing is also essential! Our Nepali staff and expat volunteers share more:

**Liv Wendel** (from Norway, in Okhaldhunga) - The carol singing before Christmas is my favourite part: the dark evenings, the bonfires, the joyful singing and dancing, and sharing of our reason for this great joy. The carols are sung with the whole heart, loud voices and much joy. Like from the inside out. One friend explained this to me last year: "You know, we are like the angels that time. We come singing and sharing about the good news to these different places."

**Pandav Rasaili** (Bajhang Team) - In my hometown in the Far West (and most other places), a youth group prepares for the carol singing and goes to every believer's home singing Christmas songs, sharing the Christmas message. The hosts offer delicious food and money according to their wishes. And finally, the carol singing group pray and ask God's blessings for their family and go to the next home. We used to sing carols at five or six homes in one day, with about 20-40 minutes for songs, message, dance, and snack/meal at each house. It took three or four days to reach all the houses. Sometimes it continues until midnight. Once, I spent a whole night in carol singing. We started around 7pm and ended at 4 or 5am in the morning. It was an exciting moment to celebrate Christmas and share with people about the birth of Jesus Christ.

**Pernilla Ardeby** (from Sweden, in Tansen) - I love spending Christmas in Nepal! My favourite thing during the Christmas season is singing carols at Tansen Mission Hospital, for patients and staff, and at the end dancing and singing for joy outside the hospital gate under the stars.

**Jyotshna Thapa** (Funding Team) - As a kid who loved singing, I had a lot of fun singing carol songs out loud. We sometimes organised carol singing from the Sunday School, not just the youth group. We often started with proclaiming Luke 2:10-11 followed by singing the songs. I would be the one to recite the verse at the top of my voice. This continued till I was a youth! Carol singing is



an opportunity for others to hear from our songs about the Good News of the birth of Christ and how God came to be among us as 'Immanuel'.

**It's not just carol singing though. Here are some other highlights mentioned by our staff of Nepali Christmas celebrations:**

- The non-materialistic celebration.
- Family gatherings and the preparation time before Christmas Day.
- Christmas talent show, Christmas feast and devotion.
- Celebrating with a joyful picnic on Christmas day in 2020, when we were not allowed to celebrate Christmas inside the church building due to COVID.



35

years with UMN!

I worked as the Maintenance-in-Charge at UMN for 35 years. But my work history with UMN goes back to the year 1979, when I was associated with UMN through my tenure at the Patan Hospital, Lalitpur Nursing Campus and KISC School.

I always found UMN to be like my second home as I felt comfortable working here, so I care a lot about this organisation. From laptops and computer repairs, welding, wiring, plumbing to fixing telephone networks, I have juggled different tasks. I remember I was even at work once at 2 am due to an urgent work call. So, my job sometimes required odd hours.

As I look back, I feel good, and I have learned a lot from this organisation. I fondly remember how I didn't know how to use the computer but I learned it at UMN for which I am grateful. I can send emails now. There are many such memories which I will be taking back with me to cherish. In my retirement days, I plan to do vegetable farming in my field, freelance a bit and play with my toddler grandson.

**MAHILA MAHARJAN**

Former Maintenance-in-Charge



## A long journey in labour

In Baglung District, 22-year-old Anjana<sup>1</sup> was expecting her first child. When her labour pains started she went to her nearest health post. By 8pm in the evening she was ready to start pushing to deliver her baby. She pushed and pushed, encouraged by the midwife, but after two hours it was clear that the baby was not coming and she would need to be referred to a hospital. They found a vehicle and the exhausted mother was transferred on bumpy roads on the long journey to Tansen. She arrived five hours later, at 3am the next morning. Fortunately her baby's heart sounds were still reassuring but she was exhausted and her perineum was swollen from the long hours of pushing. Our midwives assessed her and started an IV drip to strengthen her contractions - this helped her to deliver her baby son only seven minutes later! Her baby cried immediately after birth and had weathered this long ordeal well, but needed a few hours of oxygen in our neonatal high dependency unit for fast breathing<sup>2</sup>. By the next morning he was breathing comfortably and was discharged back to his mother's side. Meanwhile, Anjana needed stitches for a tear in the operating room and stayed a couple more days until she was comfortable.

Many rural women like Anjana depend on our hospital when their labour does not go smoothly. Without the care she received in Tansen the outcome might have been much worse for mother and baby. We are so grateful to be able to be there for mothers experiencing complicated deliveries.

**KRISHNA SHRESTHA**

Maternity Ward-in-Charge  
United Mission Hospital Tansen

<sup>1</sup> Name changed, stock photo

<sup>2</sup> Transient tachypnoea of the newborn







# WELCOMING NEWBORNS!

## HELP US MAKE ROOM FOR MORE BIRTHS!

UMN's United Mission Hospital in Tansen is preparing to expand the maternity ward of the hospital to a new area with 18 extra beds. With only 18 beds currently, we are almost always overcrowded (see table), causing us to have to:

- Use **visitor beds** for maternity patients (see small photo).
- **Move mothers and their babies** to another ward soon after delivery.
- Sometimes even **turn away expectant mothers** who may have travelled hours to reach us.

Could you or an organisation you know help more babies to be welcomed into the world safely in our hospital? You can bring relief, security and joy to families as well as to our staff!

To find out more or ask questions please scan this QR code.



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



### Current overcrowding at the maternity ward:

Date/ period	No. admitted (average) in our 18-bed ward	Maximum (minimum) number
October 2022*	22	30
July/August 2022	32	44 (23)

\* A relatively quiet month due to two festivals which make distant travel difficult

### HOW TO DONATE:



- To give online, arrange a bank transfer or send a cheque in your own country, please go to [www.umn.org.np/give](http://www.umn.org.np/give)

# My Journey with UMN

One morning in 1995 I was passing through the Thapathali area to the Maternity Hospital when I saw some small direction indicators to the UMN office on the roadside walls with the logo of five people sitting together. At that time, it just came to my mind "how good it would be if I had a chance to work with this organisation!" – a wish had just been raised inside me without knowing about UMN at all.

Amazingly, some months later I saw an advertisement for a vacancy in UMN for the Jajarkot Nonformal Education Project (JNEP) for the position of Admin and Finance Coordinator. The job requirements matched 100% for me. I applied and got the job as I had wished for! What a miracle it was!

The JNEP project office was in Jhapra, a remote village, and the meals available were always *makai ko bhat* (maize) and *sisnu* (nettles). I was not used to such food and I was very hungry. I had almost decided to leave UMN but then my wife Anju joined me and life became comfortable as she prepared good food. So my journey with UMN continued, staying there for nearly three years.

Later, since the Maoist movement was ongoing, out-of-district staff were pulled out of Jajarkot to the headquarters. Major roles were gradually being handed over to Nepali staff during that period and I was offered the Internal Auditor's role at UMN Headquarters, the first Nepali staff in that role (following Caroline Trimble, now a UMN Trustee). So after less than three years with UMN, I was holding a very responsible position - at that time UMN was running many projects and four hospitals under the Health Services Department. In 2013, I was given the Finance Team Leader position and again the

first Nepali to be in this position which makes me proud and thankful. I am proud that I've worked with UMN for almost 40% of its life so far, working in four different roles in my 27 years from 1995 to 2022.

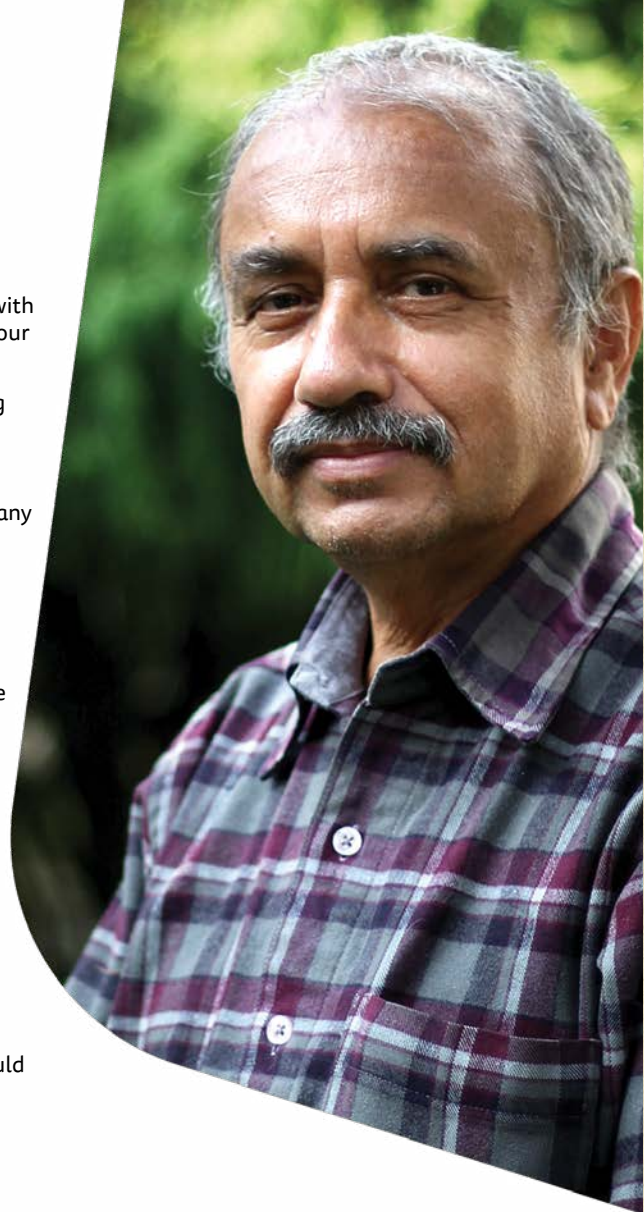
UMN carries a very rich history. From its beginning in 1954 UMN has greatly contributed to Nepal in the areas of health, education and community development to name a few – starting numerous projects, institutions and training programmes, many of which still exist. The "fullness of life" philosophy lives on today in the current clusters and projects.

Money did not attract me at all to apply for any good-paying organisations! I always wanted to work with good-working organisations rather than good-paying organisations. UMN did pay me enough to survive in Kathmandu. With the salary from UMN my earnings were sufficient to cover the cost of quality education for my two lovely daughters and day-to-day costs for my family of four. Beyond this, with some savings I was also able to build a small house in Kathmandu.

I am sincerely thankful to my line managers over the years (11 in total!) and for the very good relationships with them and my team members throughout my tenure. I am ever grateful to my finance team members for their unconditional support. I'm also grateful for the support of all other staff - without their kind help and love I would not have survived in such a large and historical organisation for this long time!

With kind regards,

**BISHNU SAKPOTA**  
Former Finance Team Leader





# THE LATEST FROM OUR HOSPITALS

## TANSEN AND OKHALDHUNGA

### OKHALDHUNGA COMMUNITY HOSPITAL

This month a Psychiatrist visited to the hospital for three days as part of our Mental Health programme. Paediatric patients and Orthopaedic cases are increasing in the hospital. However, overall patient numbers are decreasing due to cold weather.

The Nursing School's first cohort of 20 students will be sitting their final exams a few weeks from now. Meanwhile the students and teachers are working hard. We are in the process of registering our hospital for 100 beds so that we can take more nursing students in future (no new cohorts are allowed until then).



Third anniversary celebration of Okhaldhunga School of Health Science.

### UNITED MISSION HOSPITAL TANSEN

As the weather gets colder the number of cases of dengue, scrub typhus and typhoid have decreased, but the winter season brings many wheezy babies with bronchiolitis and older people suffering from COPD (chronic bronchitis).

In Tansen most of our training is focused on providing health workers for the under-served rural areas. We have six Consultant GP (MDGP) residents with us who are training in general practice and emergency medicine. These doctors need to have good obstetric and basic surgical skills as they may be the lone senior doctor in a district hospital. We have started the 53rd batch of Skilled Birth Attendant training. This two-month course is for government nurses, equipping them to run a rural birthing unit. We also have three anaesthesia assistant trainees here for the year. They will provide anaesthesia for life saving surgeries such as Caesarian section in the rural areas.

This month Dr Tul Bahadur Pun took over from Dr Niranjan Sharma as our Medical Superintendent.

Dr Niranjan has been in this post since 2004 and is nearing retirement. We are so grateful for his many years of service in this post and trust this handover will ensure a smooth transition of leadership. Happily he is not leaving us but will concentrate on clinical work. Dr Tul was sponsored in CMC Vellore by UMN for undergraduate and post-graduate training, and has been an Orthopaedic surgeon in Tansen for 10 years.



Dr Niranjan Sharma (a few years ago!)



Dr Tul Bahadur Pun



## PRAY

- Please pray for the Integral Development Team (Rajendra, Jiwan and Radha) as they need God's wisdom and guidance more than ever before to review and reflect on the existing integral development approaches and to develop and design new church and community transformation approaches and projects in 2023.
- Please uphold all Sangsangai (Church and Community Transformation Process) and gender facilitators from the six UMN clusters, more than 200 in number, as they play a key role to influence people for transformation.



## JOIN US

Here are the priority needs for expatriate volunteers. For more details on these - and many other opportunities! - please visit [www.umn.org.np/page/opportunities-expat](http://www.umn.org.np/page/opportunities-expat) or contact us at [expat.recruitment@umn.org.np](mailto:expat.recruitment@umn.org.np)

**Note:** For Nepali staff vacancies see [umn.org.np/vacancy](http://umn.org.np/vacancy)

### PRIORITY NEEDS – URGENT

**EXPATRIATE COORDINATOR** – Kathmandu based

Responsible for supporting all expatriates in their roles, liaising with Sending Agencies, to overseeing expatriate recruitment, advising on HR matters for all UMN expatriates, and co-ordinating the Language & Orientation Programme.

**TUTORIAL GROUP TEACHER (Primary)** - Okhaldhunga

Needed to start a tutorial group for us, initially for one family serving in the hospital but others maybe be added. An exciting opportunity to live and serve a hospital in the hills of Eastern Nepal.

**FUNDRAISING MANAGER FOR HOSPITALS**

### OTHER PRIORITY NEEDS

**MEDICAL SUPERINTENDENT** - Okhaldhunga

**OBSTETRICIANS/GYNAECOLOGISTS**

**GENERAL PRACTITIONERS**

**SURGEONS**

**PATHOLOGIST**

**Note:** 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. A Masters degree or equivalent and at least five years of relevant work experience is required for all posts. 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.





## Nepal Norway conference

UMN hosted and participated in a Nepal-Norway NGO conference on 2-3 November where Norwegian NGOs and their Nepalese partners came together to share their experiences and lessons. Against the backdrop of the COVID pandemic and a growing climate crisis, Himal Partner, Normisjon, Plan International Norway and Strømme Foundation organised the seminar to discuss how we can strengthen both inclusion and resilience in the face of acute or slow crisis, with a particular view on food security as both a necessity and an opportunity.

The Norwegian ambassador Her Excellency Torun Dramdal and Social Welfare Council Member Secretary Manoj Bhatta opened the first day of the event. Special speakers came from the Ministry of Health and Policy Research Institute among others.



## Blankets for earthquake survivors!

With the onset of winter, it is even more difficult for families displaced by the recent earthquake in Doti who are compelled to spend the night outside their houses in temporary tents. To cope with the temperatures dropping, UMN at the end of November provided 200 warm blankets worth NPR 271,000 (approx. USD 2,073) to the rural municipality to distribute to the earthquake-affected families.

A 6.6-magnitude earthquake had struck Purbichauki Rural Municipality around 2:12am on 9 November causing the deaths of six and leaving eight injured. Similarly, an aftershock of 5.03 magnitude that occurred on 12 November badly damaged 28 houses and partially damaged over 100 houses.

UMN Bajhang Cluster, rural municipality representatives and our local partner were also engaged in relief distribution to 120 households affected by the recent earthquake in the first week of December. The 12 and 13 November earthquake of 5.4 Richter scale caused damage at Thalara Rural Municipality which is one of UMN's working areas.

Our prayers go out to the families for their quick recuperation.



## A healthy winter for sheep

Animal health camps are a great way to ensure that sheep and other livestock are regularly immunised and checked. UMN and its partner organised a two-day animal health camp in the first week of November where 614 sheep received a health check. Conducted with the technical support of the rural municipality level livestock service section officer, 14 shepherds and their families attended this camp.

Sheep rearing and making sheep wool radi/pakhi (hand-woven traditional mattresses and shawls) is a traditional occupation for most women in Sera. But with the increase in sheep mortality, many farmers living in poverty are unable to afford the veterinary fees to keep their animals healthy and dread losing their valuable livestock to diseases.

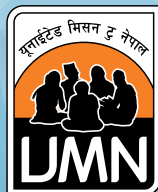
Dhan Kumari from Sera village in Rukum East has been rearing sheep for many decades. But she recently lost two sheep to an unknown disease. After attending animal health camp for the first time, she is delighted that her sheep have received medicines and is confident that she won't lose any this year.

The health camp was quite a challenge to arrange because of the 'transhumance' system of rearing sheep. With the onset of winter, these sheep have now moved to the lowlands of other districts but will be back after six months.



**DO NOT CONFORM TO THE  
PATTERN OF THIS WORLD,  
BUT BE RENEWING,  
TRANSFORMED BY THE  
OF YOUR MIND. THEN YOU WILL  
BE ABLE TO TEST  
AND APPROVE WHAT GOD'S WILL IS -  
HIS GOOD,  
PLEASING AND PERFECT WILL.**

Romans 12:2



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

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