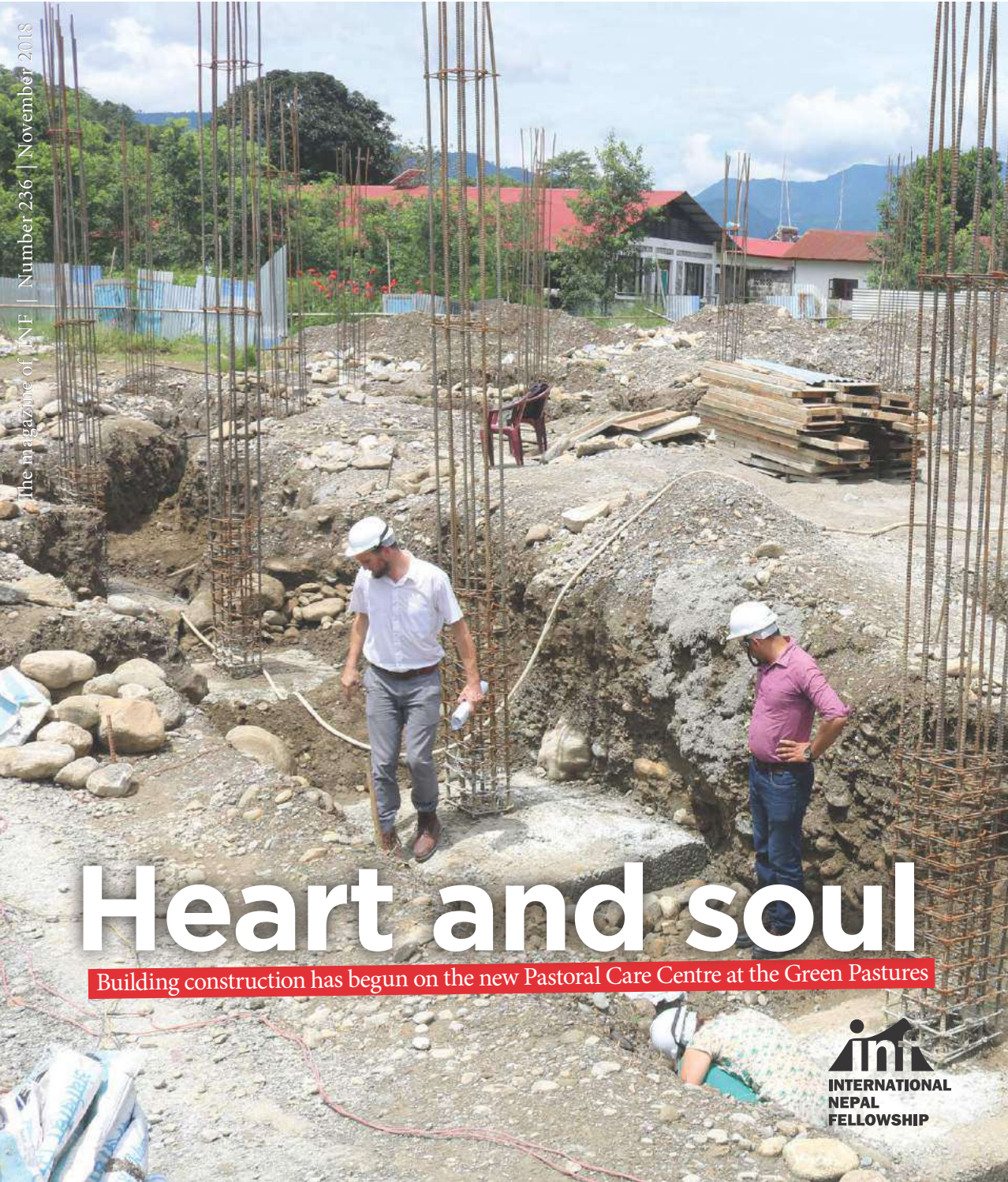


# today**in**nepal

The magazine of INFP | Number 236 | November 2018



## Heart and soul

Building construction has begun on the new Pastoral Care Centre at the Green Pastures







## EDITORIAL

### HEART AND SOUL

Building has begun on the new Pastoral Care Centre at the Green Pastures Complex firmly placing holistic care and prayer at the heart of INF’s work. Many thanks to our supporters who have helped raise funds to build this vital space. If you’d like to be involved, find out more on page 1.

### NEW LEADERSHIP

It’s been a huge encouragement to see the smooth leadership transition within INF Nepal as Krishna Adhikari takes over from Prem Subedi in the role of Executive Director. Krishna has been part of the INF family since 1992, you can read how he plans to draw on that depth of experience as he leads INF Nepal. [Page 10]

### FISTULA CENTRE OPENS

After more than a decade of dreaming, praying and planning the Fistula Centre in Surkhet has been completed and handed over to the Government run Mid-Western Regional Hospital. The centre will provide free treatment for all women suffering from fistula. [Page 5]

### USING OUR VOICE

The Bible is clear that we should use our voice to stand up for the poor and oppressed. Through INF’s self-help groups, communities are finding a voice to make change at the local government level and within their own neighbourhoods. Let’s use our voice to honour God and work toward life in all its fullness for the people of Nepal. [Page 16]

*Alastair*

Alastair Seaman  
INF International Director

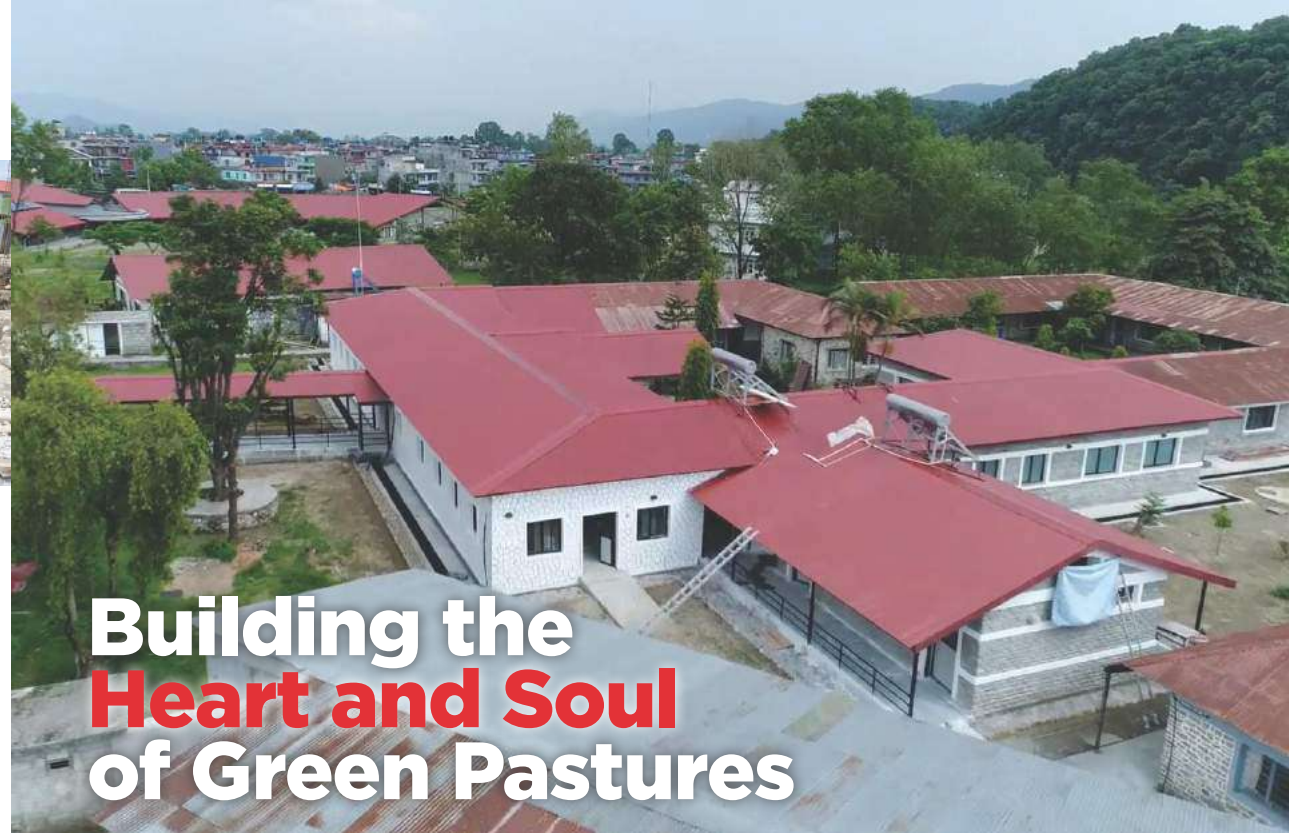
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# Building the Heart and Soul of Green Pastures

## GREEN PASTURES HOSPITAL IS MOVING INTO AN EXCITING NEW PHASE AS BUILDING BEGINS ON A PASTORAL CARE CENTRE PLACING PRAYER AND HOLISTIC CARE AT THE HEART OF THE POKHARA COMPLEX.

Nalome Rongong reports

For more than 60 years INF’s Green Pastures Hospital [GPH] has been serving the sick and those living with a disability in Nepal. In 2015, an ambitious long-term plan was developed to upgrade and expand the well-regarded but aging hospital. At its core, the vision is to see GPH become a centre of excellence in the care and prevention of disability by providing holistic care to transform lives.

Prayer has always been an integral part of the life of GPH and building a Pastoral Care Centre [PCC], will ensure that it remains at the centre. Many patients and their family members express a desire for prayer as they face significant illness or operations. INF’s Pastoral Care/Social Service Department offers opportunities for community prayer each day as well as for individual prayer if requested. As a community hospital, we actively encourage volunteers from the local community to come and be part of this important service.

Disability is much more than a physical issue in Nepal. Our patients often experience social stigma as a result of their disability as well as the natural emotional distress that comes from facing a future with limited physical abilities. That’s why support from trained counsellors is a core part of INF’s holistic approach for both patients and their family members. A very special part of this counselling service includes peer counsellors, who themselves have the same disabilities as their patients.



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INF’s Vision  
Life in all its fullness for Nepal’s poor and disadvantaged

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Cover  
INF staff examining the footing work of Pastoral Care Centre at Green Pastures Complex.

PHOTO: SUBHA SAGAR MALLA



However, as the hospital continues to grow and expand, current GPH facilities are not always adequate for carrying out these activities in a suitable and respectful environment. The present Pastoral Care/Social Services Department is cramped into a small space with little privacy for counselling and prayer and is also difficult to access for those with a disability.

Building a place of prayer and pastoral care at the heart of the GPH complex symbolically declares the importance of these activities as the 'heart and soul' of life at GPH and will help us to provide a better holistic service to patients.

The new facility will offer a designated quiet room specifically for prayer and smaller group meetings; separate office space for the pastoral care team to counsel patients and their families, and an auditorium for larger group meetings which will include celebrations such as World Disability Day and World Leprosy Day.

The Pastoral Care Centre's foundation stone was laid during an inauguration ceremony in July 2017. Having finalised the design and raised the necessary funding, construction commenced in July this year. It is estimated that it will take approximately 12 months to complete the new building.

We hope and pray that this centre can create a focal point for the hospital, improve our care for patients and family members and clearly declare the Glory of the Lord to all who enter through its doors.

**PRAY | DONATE | JOIN US | SHARE –**  
Please pray for the smooth and safe completion of the PCC's construction; we thank God for our friends in the UK and Australia who have supported us in prayer and finances; and we pray that the remaining funds needed to complete the project would be found.



Pastoral Care Centre  
Architectural plan



Soil excavation for the construction of PCC  
PHOTO: SUBHA SAGAR MALLA

# Heads up on health

Surya Kumar Magar reports

## FISTULA CENTRE BUILDING HANDOVER



The newly constructed fistula centre building in Surkhet was handed over to the Government of Nepal's Mid-Western Regional Hospital [MWRH] on 27 May 2018. An agreement between the Government of Nepal's Ministry of Health and Population, the Mid-Western Regional Hospital and INF guarantees that the fistula centre will provide free treatment for all women suffering from fistula.

The fistula centre will be jointly run by MWRH and INF Nepal under the terms of an annually renewed memorandum of understanding, until such time as the government hospital is fully able to continue provision of free service to fistula patients, management of the centre's staff and maintenance of the building and equipment.

## GOVERNMENT SUPPORTS SHINING HOSPITAL



Once again hard work, excellent services and effective advocacy have seen the Shining Hospital INF Banke [SH-IB] provided with a capital grant support of 4,064,000 rupees [approximately \$36,945] from the Ministry of Health and Population of Nepal. The grant is part of the government's commitment to support Nepal's community hospitals and these funds will further strengthen and equip the services of the hospital in Banke.

## AMBULANCE SERVICE LAUNCHED



The Shining Hospital in Banke's 'B Category' ambulance service was officially launched by the Chief District Officer of Banke district [Mr Ramesh Kumar KC] on 19 June 2018. The event took place on the hospital grounds and those attending included other government officials from Janaki Rural Municipality, the District Public Health Office and Nepal Red Cross Society Banke branch. The ambulance services will be run at a subsidised cost.

## CITY CLINIC START UP



Banke's Shining Hospital has also initiated a 'Shining City Clinic' in the middle of Nepalgunj city. The clinic provides an outpatient department, along with laboratory and pharmacy services, with a focus on dermatology and other general diseases. The clinic aims to promote the services of SH-IB and to generate revenue that will sustainably support INF's work.

**PRAY | DONATE | JOIN US | SHARE –**  
Please pray for the collaborative partnerships being created between the Government of Nepal and INF. We are thankful for the new ambulance service and new clinic in Banke which will provide vital health services.





# Building resilience for the big rains

Anil Rai reports

Nepal's agricultural system relies on the annual monsoon between June and August. Farmers wait expectantly for the big rains which are vital for growing good crops.

However, the heavy downpour also generates deep concern. Too much rain can cause severe flooding and landslides across the country. This year the monsoon began in the last week of June and thankfully the flooding has not been as severe as last year's.

In 2017, Nepal experienced its worst rainfall in 15 years. The lashing monsoonal rains triggered severe flooding and landslides across 37 districts. The natural disaster killed 159 people, injured 45 and another 29 remain missing. More than 43,000 houses were completely destroyed, approximately 192,000 were partially damaged and 20,888 families were displaced. Livestock and agricultural losses were estimated at US\$100million. Many schools were flooded and those unaffected were used by displaced families as temporary shelters. One of the most affected regions was Banke district which is one of INF's key working areas.

## INF'S RESPONSE

INF has developed and strengthened its disaster response and resilience work through the newly established Disaster Response and Resilience Department [DRRD], set up after the devastating 2015 earthquake. The department has enabled INF to be better prepared for future disasters across all its project areas.

The Banke flooding in 2017 was the first major disaster that the department responded to following the 2015 earthquake.

## ONE DOOR POLICY

Nepal's Ministry of Home Affairs determined that all relief materials had to be distributed through government channels and prohibited direct relief distribution to flood victims. This initially slowed INF's response down but, helped by past experience, good co-ordination channels were soon established to ensure INF's response reached affected areas as quickly as is possible.

INF and Asal Chhimeki Nepal [ACN] supported the government's 2017 flood relief efforts in distributing food parcels, medicines, hygiene kits, mosquito nets, household utensils and tents to more than 20,000 people. Thanks to generous donations, both organisations were able to extend their support assisting communities in rebuilding homes, re-establishing fields and herds of livestock, and repairing flooded wells and sanitation systems.

## RISING FEAR

While the waters may have subsided since 2017, communities remain traumatised and fearful of the future.

Without preparation, many people remain at risk of losing their livelihoods all over again if the floods return. Raising and securing wells, safely storing food stock, keeping animals dry and practising safe village evacuation can limit future losses. INF plans to continue its work in the affected areas for several years to ensure that communities build their resilience against future disasters.

**PRAY | DONATE | JOIN US | SHARE** – This work is funded through INF's Disaster Relief Fund. If you like to support communities affected by disasters, please go to [www.inf.org/donate](http://www.inf.org/donate)



# A vision becomes reality

Dr Shirley and the team posing for a group photo after the opening of the fistula centre  
PHOTO: SANDRA CHINNERY

The brand new Fistula Centre, envisioned by INF Gynaecologist **Dr Shirley Heywood** nearly a decade ago, officially opened on Friday 21 September this year.

Once construction was completed, the building was handed over to the government hospital in Surkhet on 27 May earlier this year. Less than one month later on the 20th of June the first patient was operated on in the new theatre.

The centre has capacity to treat up to 300 women every year with 17 beds, including one in a high dependency ward. However the target for the first year is 60 as the team develops and builds its expertise. While all 17 beds are for fistula patients, the operating theatre will run in conjunction with the obstetrics and gynaecology department of the government hospital to maximise its use all year round.

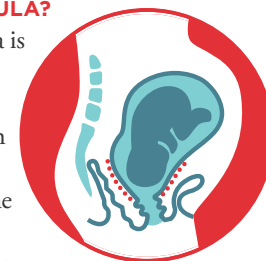
The centre will deliver training for health workers across the province and hopes to reach out to neighbouring provinces.



Shirley with the patient  
PHOTO: SANDRA CHINNERY

## WHAT IS FISTULA?

Obstetric fistula is one of the most serious and tragic childbirth injuries. It is a hole between the birth canal and bladder or rectum caused by prolonged, obstructed labour without access to timely treatment. It leaves women leaking urine, faeces or both, and often leads to chronic medical problems, depression, social isolation and poverty. Most fistulas are easy to treat with a simple operation, but the condition is not included in the health workers' curriculum and most women are too ashamed to seek help.



## GITA'S STORY

**Gita** was in labour for six days with her first baby. Her husband's parents didn't get her to hospital soon enough and her baby did not survive. Gita was left with a tear between her birth canal and bladder, making her incontinent. She had two further pregnancies, which ended in caesareans. Tragically both of these babies also died. Gita's husband left and remarried, leaving her to cope with both a sense of shame, and the grief of losing three babies.

Gita was 50 when she heard about INF's fistula camp over her local radio. Her mother brought her to the camp where, through surgery, Dr Shirley was able to repair the fistula and cure her incontinence. What a difference it will make to women like Gita to have a facility like the fistula centre available all year round.

**PRAY | DONATE | JOIN US | SHARE** – We are thankful to everyone who has supported the new fistula centre in prayer and finances- may it provide life-changing care to countless women in the coming years.



# Two journeys to Green Pastures

INF continues to seek out Nepali Christian professionals as well as sending expats to serve alongside Nepalis. Green Pastures Hospital has welcomed two new staff members who have shared what inspires them to see INF's vision fulfilled.

Meet **Dr Suraj Maharjan** and **Mr Yub Raj Acharya**.



## **DR SURAJ MAHARJAN [MD, PHD]**

**Plastic Surgeon**

In 2010, **Suraj** and his friend **Amrita** moved to China to pursue their Masters with a prayer to come back and serve in Nepal. *"It was a blessed time to grow in faith among missionaries who were passionate about serving God. In 2012, God opened doors and we were married while in China,"* says Suraj, with a big smile on his face. Amrita finished her Master's degree in paediatrics and Suraj continued his PhD degree in plastic surgery, which he completed in 2017.

Suraj had heard about leprosy and reconstructive surgery being done at Green Pastures Hospital back in 2008 when he met, the then GPH plastic surgeons, **Dr Bruce Richards** and **Dr Sarah Tucker**. *"It is unimaginable to see how God was preparing me to serve in GPH,"* he says. In 2015, Amrita visited GPH after reading about INF's work in the book, **'Light Dawns in Nepal'**. After several discussions with **Dr Dipak Maharjan**, the Hospital Director, about plastic surgery at GPH, Suraj was able to visit the hospital on INF Day in 2016. It was a complete confirmation when Suraj met several other people, including **Dr Wim Brandsma**, an expert in the field of leprosy, who encouraged him to walk this journey with INF.

Suraj also had the opportunity to undergo training at The Leprosy Mission, Naini India, in April 2018 specialising in tendon transfer surgery for leprosy deformity. Today he is able to use those skills as he treats patients at GPH. *"As a plastic surgeon here at GPH, I am able to serve not only in the field of leprosy but also in other fields of medicine requiring plastic and reconstructive surgery, such as dermatology [facial tumours], orthopaedics and spinal cord injuries as well as other health issues including complicated diabetic wounds, post-burn scars and hand surgery cases,"* says Suraj.

Suraj and Amrita are currently settled in Pokhara with their beautiful ten-month-old daughter **Esmee**.

**PRAY | DONATE | JOIN US | SHARE** – We humbly request prayers for this family to grow stronger in the Lord despite the difficult challenges ahead and for Amrita to be able to serve in GPH in her field of expertise. We continue to pray and believe in God's awesome plans to prosper us and to give us hope and a wonderful future. [Jeremiah 29:11]

**It is unimaginable to see how God was preparing me to serve at GPH.**



## **YUB RAJ ACHARYA**

**Hospital Administrator**

As GPH grows to become a centre of excellence providing holistic care and prevention of disability, especially among the poor and marginalised, the need for efficient and effective management is crucial. The Hospital's management is important, not only for the patients, but also for medical professionals and the healthcare system as a whole.

Responding to the need for a good administrator, Mr. Yub Raj Acharya was appointed at GPH in March 2018. He holds a Post Graduate and Masters degree in Health Care Management and has worked in hospital and health care setup for over a decade. This experience has seen him work as Hospital Administrator and Hospital Director in Lamjung District Community Hospital - a government district hospital run by the Human Development and Community Service [HDCCS] using a public-private partnership model.

Along with working in mission hospitals, Mr. Acharya has worked as a National Consultant with the Social Welfare Council; with the GIZ Health Sector Support Program [HSSP] providing hospital management and health insurance for public hospitals in Nepal and as the Health Advisor for Dosanko Community Health International Japan supporting health care and relief work among earthquake victims in six affected districts in Nepal between June 2015 and March 2018.

*"Hospital Administration can work as the real pillar of an organisation to achieve its goals and vision,"* says Mr Acharya. *"I'm driven by a passion to serve others and that is why I chose to work with INF to contribute my expertise in health care and hospital management."*

**PRAY | DONATE | JOIN US | SHARE** – Please pray for Mr. Acharya as he settles into his new role, for God's guidance and wisdom that he will focus on the big picture and identify changes to help maintain the hospital's high standards.



**I'm driven by a passion to serve others and that is why I chose to work with INF.**



# What's happening around the world...

Be encouraged to  
**PRAY | DONATE | JOIN US | SHARE**



**VISIT TO CANADA**  
Nirmala BM manages INF's specialist leprosy hospital in Nepalgunj near the Indian

border. At the invitation of one of INF's partner organisations, Nirmala will be visiting Canada twice; from 9–5 October and again in early April 2019. She will be based in Toronto, and we are hoping she will be able to meet INF supporters in the area and share about INF's work. If you would like to meet Nirmala during her time in Canada, please contact: **Carol Scovil** [[carol.nepal@gmail.com](mailto:carol.nepal@gmail.com)]

There is a new tax-deductible way to support INF from the US: [www.give2asia.org/INF](http://www.give2asia.org/INF)



**'LIFE IN ALL ITS FULLNESS'**  
There was a terrific turnout in July for the INF Australia annual supporter event. The day included great Nepali food and worship, stories from current INF Workers [**Ming Poon**, and **Inge Baumann-May & Neil May**], biblical reflections from INF Ambassador **Naomi Reed** and a simulation of the challenges of daily life in remote western Nepal.



**REMEMBER NORWAY**  
In August this year **Mia Voreland** passed away after a battle against cancer. She will be missed by many and our prayers are with her husband Asbjørn and his family. You can read more about the amazing contribution that Mia made to Nepal and INF on our webpage: [www.inf.org/news/remembering-mia-voreland/](http://www.inf.org/news/remembering-mia-voreland/)



**AUSTRALIAN GATHERINGS**  
Nepali leaders visited Australia in September to share about the exciting work they are involved in. **Grishma** and **Laxmi Parajuli**, **Dr Dipak** and **Rachel Maharjan**, and **Bishnu Giri** came together in Sydney and were a real encouragement sharing stories of their work and vision.



**INF LEADERSHIP MEETING**  
Leaders from the different INF offices around the world got together in August in Kathmandu to discuss plans for the future.



**INF NEPAL'S AGM**  
INF Nepal's 27th Annual General Meeting [AGM] held on 27 September 2018 at Green Pastures Complex, Pokhara.



**WEBINAR ON MNCH**  
INF Australia organised a webinar on the perils & progress of mother & child health [MNCH] in Nepal featuring **Dr Inge Baumann-May**, INF's Public Health Advisor on July. Video can be found here: <https://bit.ly/2p3HJ7L>



**MICAH CONSULTATION MEETUP**  
An INF team [**Krishna Adhikari**, **RC Timothy**, **Raju Adhikari**, **Rajendra Sunar**, **Shyam BK**, **Thomas Meier**, **Terry Steven**, **Phil Morris** and **Jennie Collins**] were among 400 delegates at the Micah consultation near Manila from 10–14 September.

**GIVING IN NEW ZEALAND**

Great news! After a long process INF New Zealand has recently been given permission by the New Zealand government to receive tax rebates on financial gifts to support INF's life-changing work in poor and marginalised communities. Thanks to all our financial and prayer partners around the world.



**NEW INF AUSTRALIA CEO**  
INFA were delighted to appoint **Ben Thurley** as their new CEO in

October. Ben shares: *"It is an honour and a joy to be INF Australia's new CEO. I'm delighted to be able to carry forward INF's proud history and excited to work towards a continued bright future in mission and community health & development among poor and marginalised communities in Nepal."*

*My family and I lived and worked in Nepal for a number of years and that amazing country is a big part of my own personal and faith journey. So it is a real privilege to head up an organisation dedicated to building and deepening fellowship with sisters and brothers in Australia and in Nepal, seeking ways to respond to God's heart for all people to experience life in all its fullness."*



**PASS IT ON!**

According to recent surveys, two or three people read each copy of a contemporary mission magazine. After reading it, why not pass on your copy of 'Today in Nepal' to a friend? Or share the magazine online at [www.inf.org/resources/reports-and-publications/](http://www.inf.org/resources/reports-and-publications/).

**PLEASE NOTE**

Letters and emails are most welcome and should be addressed to TiN, Editor, INF, PO Box 1230, Kathmandu, Nepal [tin@inf.org](mailto:tin@inf.org) or get in touch via Facebook or Twitter. Readers are welcome to re-use articles from 'Today in Nepal' with due acknowledgement to INF – Ed.

If you've been encouraged or inspired by any of these activities, get in touch with your local INF office [see back cover for details] or our website on how you could support us through praying, donating, serving with us, or sharing our stories!



# Leading from **experience**

**Krishna Adhikari** has worked with INF since 1992. He is proud of the organisation's track record and excited to be leading it into the future as he takes over as Executive Director of INF Nepal.

In July this year Prem Subedi officially stepped down after five years in the role; he reflected on his time leading INF in our last issue.

In this issue Krishna shares his vision for INF, drawing on 25 years of experience within the organisation.

## **CAN YOU SHARE YOUR JOURNEY WITH INF?**

I began my journey with INF back in 1992 as an assistant in the Language and Orientation Department based in Pokhara. Two years later I joined INF's Community Health Project before moving to our Nepalgunj office in 2001. After working in administration I decided it was time to relocate to Kathmandu where I began studying accountancy.

Once I'd completed my studies I returned to INF's headquarters in Pokhara and joined the finance team. Working as an Internal Auditor, I was mentored and supported by the then expatriate INF Finance Director. In 2006/07 I took over as Finance Director and continued in the role for the following eight years.

I have had an incredible opportunity to learn through different roles in the organisation. The journey so far has enabled me to grow spiritually and professionally, which has eventually led to taking on the role of Executive Director of INF Nepal.

## **WHAT EXCITES YOU ABOUT TAKING ON THIS ROLE LEADING INF?**

I see moving into the Executive Director's role as another opportunity to learn and grow. While I understand the challenges ahead, there are also great opportunities to innovate and be creative. INF has great resources in both its loyal staff and excellent physical assets. We are a strong family committed to working together for those people most in need in Nepal. INF also has committed and experienced board members who are passionate about the work we do and who are eager to see our vision realised in Nepal.

I feel proud to lead INF Nepal and am excited about the opportunities ahead.

## **WHAT ARE THE BIGGEST CHALLENGES FACING INF IN THE COMING YEARS?**

The Nepali government has recently implemented a provincial structure [federalism] but there is still uncertainty around how the new system will function at the local level. As a result, this may require INF to modify or change the way it implements projects and to redesign our geographical focus. The other challenges are funding and human resources. Due to their own constraints, a number of our partners have ceased funding projects and others are reducing their giving. Sadly this means we are operating with a significant budget deficit this year. Despite these challenges our projects continue to deliver much needed services and we have already begun measures to improve our fundraising over the next twelve months. I really hope that we can see some change so that we won't have to face the challenges of redundancies and budget cuts.

## **WHAT MAKES INF DIFFERENT TO OTHER NGOS IN NEPAL?**

INF attempts to do the things that other NGOs are not able to do and to serve remote communities where others do not have capacity to reach. We will continue this approach in the days, weeks and years to come with our combined prayers and effort.

## **WHAT'S YOUR VISION FOR INF?**

This is a question that has been repeatedly asked of me - the organisation's vision is already there. My role is to determine the best strategies to bring that vision to life. INF has great strengths in many areas and my desire is to see INF continue as an exemplary organisation in the way it serves the community and in how it demonstrates its values. My dream is that INF will be known as a model organisation in and around Nepal from where other organisations can learn from its culture, practice and work in the community.



## **CAN YOU SHARE ANY STORIES OF GOD AT WORK THROUGH INF THAT HAVE INSPIRED YOU?**

The biggest inspiration of my life has been the missionaries who have spent most of their time dedicated to people in need. I travelled to the UK in 2003 and had an opportunity to meet a senior lady in a nursing home. She was in her 80s and she told me that she had been praying for people in Nepal for more than 40 years, despite having never been to Nepal. That further inspired me and I made a commitment that I would return to Nepal to serve with the skills and experience God had given me. I am thankful for my friends both in Nepal and around the world that have consistently prayed for me and supported me. They are my encouragers, motivators and prayer partners in INF's work.

## **CAN YOU DESCRIBE THE LEGACY THAT PREM WILL LEAVE WITHIN THE INF FAMILY?**

He was simple and humble all the time. He remained passionate about the responsibility that God had given him to lead the work of INF in Nepal.

## **ANY MESSAGES FOR INF FAMILY AND FRIENDS?**

I am really grateful to God, to my family, the board of INF Nepal, to my friends and colleagues within and outside Nepal. Their support and encouragement has enabled me to continue on this journey with INF. I thank them from the bottom of my heart and I appreciate their continued prayers and support in the days to come.

## **PRAY | DONATE | JOIN US |**

**SHARE** – We are thankful for the smooth leadership transition between Prem Subedi and Krishna Adhikari in the role of Executive Director for INF Nepal. We pray for wisdom and guidance as Krishna seeks to implement INF's vision helping Nepal's poor and marginalised.



# Critical Vacancies

Is God calling you to Nepal? INF uses a special combination of expatriate and Nepali expertise to apply international level practice in a way that is relevant to the local context, always with the aim of increasing capacity in Nepal. Here are a number of current key expatriate needs in the organisation - to explore more opportunities to serve please visit [www.inf.org/join-us](http://www.inf.org/join-us)

## PRIMARY AND MIDDLE SCHOOL TEACHERS



Many of INF's expatriate families live outside Kathmandu where the needs are greatest. To enable families to stay in these areas we need primary and middle school teachers to work in our small study centre in Pokhara. We have an urgent need for teachers for the 2018/19 academic year.

## HUMAN RESOURCES ADVISOR



INF Nepal [our major implementing partner] needs help to develop its HR capacity so that the organisation can realise its exciting vision.

## MARKETING/MEDIA/COMMUNICATIONS SPECIALIST



Has God gifted you with communication and media skills to inspire and motivate others? Are you interested in sharing your skills to build the capacity of others? If so, our Communications Department needs you.

## ANAESTHETIST

Green Pastures Hospital in Pokhara is looking for an expatriate anaesthetist to work in the hospital and train up a Nepali counterpart.

## REHABILITATION PHYSICIAN/DOCTOR

Green Pastures Hospital in Pokhara is looking for a Physiatrist to help support the expansion of its rehabilitation work.

## FUNDRAISER/DONOR RELATIONS SPECIALIST

INF needs a Christian with experience in fundraising, PR or donor relations to lead and work with Nepali colleagues to support programmes.

## CLINICAL PSYCHOLOGIST

Green Pastures Hospital is looking for a psychologist with an interest in developing the vision to provide holistic care for our patients

## NEPAL COUNTRY DIRECTOR [INF INTERNATIONAL]



An exciting combination of being responsible for INF International's Kathmandu office, ensuring the expatriate team are well looked after and supporting the leaders of INF Nepal as they strive to reach out to Nepal's poor and marginalised.

**PRAY | DONATE | JOIN US | SHARE** – If you are a Christian interested in working in an exciting, international, cross-cultural mission then email [recruitment@inf.org](mailto:recruitment@inf.org)

# partners in prayer

Prayer is the foundation of INF's work.

We thank you for faithfully praying with us and enabling INF's work to bring hope and restoration to Nepal.

Each edition of Today in Nepal includes prayer points for one aspect of our work, covering all areas over the three editions published each year. For up-to date prayer information go to [www.inf.org/pray](http://www.inf.org/pray), where you can also sign up to receive monthly Prayer Notes.

This edition features INF's health work.

## GREEN PASTURES HOSPITAL

Green Pastures Hospital and Rehabilitation Centre [GPHRC] is led by **Dr Dipak Maharjan** [Hospital Director], an orthopaedic surgeon. **Dr Bruce Hayes** is the Medical Superintendent. He is a General Practitioner/Family Physician, supports junior doctors and ensures the hospital's medical team functions well. **Dr Geoffrey Ibbotson** is a General Surgeon and leads the Department of Health Services Development in all the current and future developments at the hospital. **Sister Karuna Tamang Gurung** is the Nursing Superintendent who leads her nursing team to provide effective and compassionate nursing care. **Yub Raj Acharya** is the newly appointed Hospital Administrator.

## EAR CENTRE

**Dr Mike Smith** is the ENT Surgeon and head of Ear Services. **Eka Dev Devkota** is responsible for running the Ear Centre, managing staff and co-ordinating ear outreach camps.

## MEDICS AND SURGEONS

GPH has an experienced team of surgeons and medics: **Dr Nirmal Thapa** [Consultant Ear Surgeon], **Dr Subin Byanjankar** [Consultant Orthopaedic Surgeon], **Dr Suman Tamang** [Consultant General Practitioner], **Dr Bibek Ranjitkar** [Consultant Anaesthesiologist], **Dr Ramesh Sharma** [Consultant Dermatologist], **Dr Kapil Subedi** [Consultant Dermatologist], **Dr Suraj Maharjan** [Reconstructive Plastic Surgeon], **Dr Geeta Koju** [Consultant ENT Surgeon], **Dr Prakash Karki** [Senior Medical Officer], **Dr Astha Wagle** [Medical Officer], **Dr Himal Paudel** [Medical Officer], **Dr Prem Bahadur Bhujel** [Medical Officer], **Dr Bhawana Khanal** [Medical Officer] and **Dr Rajani Gurung** [Medical Officer].

## PALLIATIVE CARE

GPH's Palliative Care work is led by **Dr Ruth Russell**, Palliative Care Specialist and **Purna Maya Thapa**, a community palliative care nurse who provides hospice-at-home nursing services within the local community and looks after patients at GPH.

## PHYSIO AND OCCUPATIONAL THERAPY

**Khadga Singh Gurung** is the Unit Incharge of the Physio and Occupational Therapy Departments with a team of six at GPH. He provides high quality physiotherapy for patients, and makes sure they are followed up when they are discharged. He is responsible for the twice-yearly cerebral palsy camps.

## FOR YOUR PRAYER

- We are grateful to God for the vision of the leadership of Green Pastures Hospital and the wonderful improvements made over the past year. Please pray for the resources to continue turning the vision into reality.

## FOR YOUR PRAYER

- Pray for the smooth implementation of the new ear service expansion project so that many people will experience improved hearing as a result of the ear care service at Green Pastures and outreach camps.

## FOR YOUR PRAYER:

- We are grateful to God that GPH is able to remain adaptable to the changing needs of Nepali society. Please pray for the doctors and nursing staff to care, to excel, and to bring healing.

## FOR YOUR PRAYER:

- Pray for both teams as they help patients to restore physical ability.



## PROSTHETICS AND ORTHOSIS

**Dhan Prasad Nepali** is the Unit Incharge of the Prosthetics and Orthotics Department with a team of five who make orthopaedic appliances. Each artificial limb, brace, or mobility device is custom-made for the person who needs it. The rehabilitation team works with the patient to help them make the best use of each device.

## FUNDING AND FINANCE TEAM

The GPH funding team is led by **Nalome Rongong** as the Funding and Marketing Manager, supported by **Nirupama Pokharel** [Donor Project Officer] and **Subha Sagar Malla** [Assistant Graphics Designer].

The Finance Team is led by **Saroj Bhandari** [Finance Manager] supported by **Narayan Baral** [Finance Officer], **Anosh Shrestha** [Donor Finance Officer], **Ruku Khadka** [Finance Assistants] and **Prajwal Adhikari** [Finance Assistants].

## SOCIAL SERVICE DEPARTMENT

The Pastoral Care/Social Service Department is staffed by five people bringing love, hope and peace into the lives of the patients and their carers. **Ruth Pariyar** is the Assistant Counsellor and provides counselling to patients with disabilities. **Punam BK** and **Chet Prasad Adhikari** are both peer counsellors for spinal cord injury patients. **Tham Gurung** is a pastoral care worker and provides support to people with leprosy disabilities. **Khem Sunari Magar** is a social worker who mainly assesses the socio-economic situation of patients to guide distribution of charity.

## SURKHET AND BANKE HOPITALS AND OUTREACH

**Rajendra Bahadur Sunar** is overseeing Shining Hospital Surkhet and Shining Hospital Banke hospitals as well as the outreach and medical camps programme.

## DONOR TEAM

The Shining Hospitals and Outreach funding team is led by **Rajendra Bahadur Sunar** and supported by **Surya Kumar Magar** [Donor Project Officer].

## SHINING HOSPITAL SURKHET

**Mangal Bahadur Tharu** is leading the 25-bed Shining Hospital Surkhet where mainly leprosy, spinal cord injuries and other disabilities are treated. Mangal also supports the fistula service at Mid-Western Regional Hospital, Kalagaun. **Dr Khagendra Gautam** is the Medical Officer and is responsible for the Outpatient Department and also providing medical treatment to the Inpatients Department. **Narayan Bahadur Khadka** is the Finance Officer and leads the Finance Department of Shining Hospital Surkhet. **Dr Shirley Heywood** is leading the fistula centre at the Mid-Western Regional Hospital Kalagaun, Surkhet. Dr Shirley also supports the regional hospital for gynaecology, OPD and surgeries.

## SHINING HOSPITAL BANKE

**Nirmala BM** is leading the 25-bed Shining Hospital Banke treating mainly leprosy and dermatology patients and helping people with disabilities. She is also supporting the city clinic and self-care unit. **Dipak Kumar Tharu** is the Finance Officer for the Shining Hospital Banke.

## FOR YOUR PRAYER:

- Pray for the funding team as they co-ordinate with funding partners and, together with clinicians, support in developing and submitting proposals, strategic plans and reports for both the ongoing and future development projects.
- Pray for the finance team in their responsibility for day-to-day financial operations of the hospital. May God's guidance and wisdom ensure funds are appropriately allocated and accounted for.

## FOR YOUR PRAYER:

- Pray for renewed strength and motivation as the team share love, care and hope to patients and carers.
- Please pray for the recruitment of a skilled Christian staff member for the role of Pastoral Care Department Head.

## FOR YOUR PRAYER:

- We are grateful for God's guidance in renewing the Shining Hospital Surkhet registration for the next three years. Please pray for the resources to continue providing services for the poor and needy people of Karnali Province.
- Please give thanks for the fistula centre dedication program held on 21 September 2018 and pray for the smooth running of the fistula centre.
- Please pray for the Surkhet rehabilitation work, which has a huge funding need.

## FOR YOUR PRAYER:

- Safety for ambulance drivers and that the ambulance service will be of use to those in desperate need.
- There is a significant need for leprosy work in Banke and the peripheral Terai districts, please pray for the much needed funding for this ongoing work.



MEDICAL AND SURGEON TEAM



EAR TEAM



NURSES TEAM



SOCIAL SERVICES TEAM



DR DIPAK MAHARJAN



DR BRUCE HAYES



DR GEOFF IBBOTSON



KARUNA TAMANG



YUB RAJ ACHARYA



DR MIKE SMITH



EKA DEV DEVKOTA



DR NIRMAL THAPA



DR SUBIN BHANJANKAR



DR SUMAN TAMANG



DR BIBEK RANJITKAR



DR RAMESH SHARMA



DR KAPIL SUBEDI



DR SURAJ MAHARJAN



DR GEETA KOJU



DR PRAKASH KARKI



DR ASTHA WAGLE



DR HIMAL PAUDEL



DR PREM BHUJEL



DR BHAWANA KHANAL



DR RAJANI GURUNG



DR RUTH RUSSELL



PURNA MAYA THAPA



KHADKA SING GURUNG



NALOME RONGONG



NIRUPAMA POKHREL



SUBHA SAGAR MALLA



SAROJ BHANDARI



NARAYAN BARAL



ANOSH SHRESTHA



RUKU KHADKA



PRAJWAL ADHIKARI



PROSTHETICS AND ORTHOSIS TEAM



RAJENDRA SUNAR



SURYA K MAGAR



MANGAL THARU



DR KHAGENDRA GAUTAM



NARAYAN KHADKA



DR SHIRLEY HEYWOOD



NIRMALA BM



DIPAK KUMAR THARU



# bible spotlight

## Speaking up for Justice

“Speak up for those who cannot speak for themselves,  
for the rights of all who are destitute.

Speak up and judge fairly;  
defend the rights of the poor and needy.”

Proverbs 31:8-9

You might have read this proverb before. Have you ever noticed, though, who this piece of wisdom is being given to?

It's advice given to a king! From a mother to her son, on how to be a good ruler.

There is a strong theme throughout the Bible that people in power have a responsibility to use their power justly. They are called to use their power for others, especially the poor and the vulnerable.

This runs throughout the whole of the Old Testament – from provisions in the law that meant those with wealth were to leave portions of their vineyards for the poor to glean as a right [Leviticus 19:9-10], to the poetry of the psalms [Psalm 82], to the continuous calls of the prophets to those in power to seek justice [Jeremiah 22].

Similarly, in the New Testament, Jesus reprimands the Pharisees for giving exorbitant temple offerings but neglecting the poor [Matthew 23: 23]. He critiques the oppressive Gentile leaders, who use their power to “lord it over” the people [Matthew 20: 25]. Moreover Jesus, who could have wielded enormous power for his own gain, shows that real leadership is choosing to become a servant.

So, when Christians advocate for the rights of the poor or vulnerable, we are calling on those in power to live up to the responsibilities that God sees them as having.

Advocacy to local authorities is a key part of INF's community development work. As self-help groups form to tackle poverty and injustice in their communities, they learn about their rights and how government authorities can use their power and resources to promote the flourishing of the

whole community, especially those that are poor or marginalised. Through INF's advocacy, and the powerful advocacy of its self-help groups, schools are made accessible to children with disabilities so they can receive an education; increased portions of the local budget are allocated to care for people with disabilities; and self-help group members are able to access resources and training opportunities to improve their livelihood.

When thinking biblically about why we should engage in advocacy, it is not just the responsibility of leaders that is important, though. Our faith demands us to think about how all of us use our power.

Just as we consider how to use our money in a way that will honour God, we have a responsibility to consider how we are using our voice. Are we choosing to use our voice to advocate for those with the least access to power?

All of us have power. If some of the poorest and most marginalised people in Nepal know that they have power to advocate to their authorities and to work for justice in their community, then surely we can too.

Let's use our voice to honour God and work toward life in all its fullness for the people of Nepal, wherever we can.

**PRAY | DONATE | JOIN US | SHARE - If you're in Australia, you can join us at our partner Micah Australia's event "Voices for Justice" this December to advocate alongside other Christians for, and with, people working to overcome poverty, including our neighbours in Nepal. Register at [http://www.micahaustralia.org/voices\\_for\\_justice\\_2018](http://www.micahaustralia.org/voices_for_justice_2018)**

# fun stuff

## SEL ROTI

Sel Roti is a traditional Nepali homemade, sweet, ring-shaped rice doughnut prepared during festival seasons like Dashain and Tihar.

### INGREDIENTS

- 2 cups uncooked rice
- 3 tbsp. sugar
- 3 tbsp. ghee [clarified butter]
- 1/2 cup milk
- 1 Tbsp. rice flour if the batter is thin [too liquid]

### DIRECTIONS

- Soak rice overnight in water.
- Drain water and put rice in mixer/grinder along with sugar and ghee.
- Grind for about 3-4 minutes until it becomes paste.
- If the batter is too liquid, add 1 tbsp. of rice flour.
- Cut a plastic bottle and use the top portion as a funnel through which to drop the batter into the pan.
- Add 1/2 inch of oil in a pan and heat.
- Drop the batter in oil making round circles.
- Fry until golden brown.
- Enjoy!

### SOURCE:

Anup Kitchen, <http://www.anupkitchen.com/recipe/sel-roti-nepali-food-recipe/>

### VISIT

The FUN STUFF page on our website to download the recipe and many other Nepali recipes as well as other fun stuff

[www.inf.org/resources/fun-stuff](http://www.inf.org/resources/fun-stuff)





Life  
in all  
its  
Fullness

**Do you like what you've  
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If so please consider giving to support INF. Our work is dependent on the generosity of people like you. Your financial gift enables us to bring life in all its fullness to Nepal's most disadvantaged.

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