

When lives change for the good ...



BEFORE



AFTER

a SAM success story



JOURNEY OF INDU DEVI AND HER DAUGHTER

Indu Devi, 28, is a resident of Basdilwa-4 of Parsa District. She is a mother of three sons and two daughters. Her husband, Upendra Ram, 35, does odd jobs such as collecting firewood, occasionally playing in a local band during weddings and festivals and driving auto-rickshaw to earn bread and butter for his family. Their children study in a government school in the village.

'Support to Implementation of Multi-Sector Nutrition Plan (MSNP) 2013-17' is being implemented in 28 districts by HERD with the funding support from UNICEF Nepal in collaboration with Ministry of Federal Affairs and Local Development (MoFALD) and six other ministries. Under this arrangement, through HERD, one District Coordinator (DC) and Planning, Monitoring and Information Management Officer (PMIMO) is placed in each of the 28 districts to mainstream nutrition specific and nutrition sensitive activities in the district development plans.

On 13 January 2017, the MSNP team of Parsa - Gyanendra Dawadi, DC and Sushil Kumar Sah, PMIMO visited Basdilwa VDC and discussed with Sumariya Devi Rao, a Female Community Health Volunteer (FCHV). During the discussion, Sumariya Devi narrated the story of Indu Devi and her child.

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Indu, with her daughter before the treatment

Indu Devi's youngest daughter, who was only around two months seemed to be suffering from Severe Acute Malnutrition (SAM). The district MSNP team immediately informed the nearest health post in-charge. While the health post in-charge examined the baby, she weighed two and a half kilograms and noticing the baby's signs and symptoms, she was found to be suffering from SAM.

Though the health facility was nearby from her home, due to lack of awareness about the nutrition related problems and some traditional beliefs (such as considering the daughter's condition as what was in their fate), Indu Devi's family did not visit the nearest health facility.

The MSNP team provided counselling to Indu Devi about improving nutritional condition of her daughter and encouraged her to admit her daughter to Nutrition Rehabilitation Home (NRH) for better treatment and full recovery of this illness. The MSNP team supported Indu Devi to get her daughter admitted to NRH by coordinating with the NRH Manager based at Narayani Sub-Regional Hospital, Birgunj.

During the treatment at NRH, it was identified that the root cause of Indu Devi's daughter suffering from SAM was the lack of exclusive breastfeeding. Indu Devi, due to her weak economic condition, herself was not able to take proper nutritious food during her post-natal period as a result of which, her child suffered from SAM.

Now, Indu Devi has returned home after 15 days of successful treatment of her daughter. The daughter has gained one kilogram of weight and is out of the 'red line'. Indu Devi promises to provide nutritious diet to both her daughter and herself and take proper care of all her children. She has also realised that adequate nutrition could be achieved from locally available food products - fruits, meat and vegetables. Indu Devi is glad to see the progress of her daughter as she is getting healthier day by day. She is grateful especially to MSNP and NRH team, showing her the path towards nutritious diet and healthier living.



Indu, with her daughter much relieved after the treatment

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NUTRITION
REHABILITATION HOME,
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PARSA MSNP TEAM

GYANENDRA DAWADI
SUSHIL KUMAR SAH

SUPPORT TO
IMPLEMENTATION OF MSNP 2013-17

*A Collaborative Effort to Mainstream
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Photo Courtesy:
Gyanendra Dawadi and Sushil Kumar Sah
Photographs taken with informed consent

