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ABSTRACTS OF PRESENTATIONS

Pre-conference Skill Building Workshop

Introduction to Focus Group Research

Facilitated by Edwin van Teijlingen

This session offers a brief introduction to Focus Group Research. It addresses the general strengths and weaknesses of this qualitative method. It will highlight some of the general issues around running Focus Groups and those related to the writing up of Focus Group research, as well as some more specific practical and ethical issues related to doing this kind of research in low-income countries like Nepal.

Edwin van Teijlingen has conducted many qualitative studies and supervised many postgraduate students doing focus group research. He has published widely on qualitative methods; including on Focus Group Research.¹⁻³ He is professor of reproductive health research at Bournemouth University and a medical sociologist by training. Edwin is Visiting Professor in Nepal at Nobel College (affiliated with Pokhara University) and Manmohan Memorial Institute of Health Sciences (affiliated with Tribhuvan University).

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ORAL PRESENTATIONS

Theme 1: Education

Paper 1

Leadership in Peril: Managing School and Self during Nepal's 'People's War'

Tejendra Pherali (UCL Institute of Education)

In the past two decades, 'education and conflict' has emerged as an interdisciplinary subfield of theory and practice. Conflict is perceived as 'development in reverse' and the educational debate in conflict-affected environments is largely focused on protection of education from attack and on enabling the continuation of learning and teaching even during times of crisis. This paper explores the interrelationship between education and the 'People's War' (1996 – 2006) in Nepal and outlines the impact and professional tensions created by the decade-long armed conflict on school leadership. Drawing on qualitative interviews and discussions with school heads and teachers (n = 92), the study reveals that the onerous pressure of pupils' safety during the crisis ultimately fell upon teachers and school leaders, who faced direct violence on school grounds and communities they lived in. It was found that school heads were traumatised by consistent pressures as manifested in the form of financial extortion, physical threats, and abductions by the Maoists, while the security forces frequently harassed them as Maoist sympathisers or confederates. Maintaining relational equilibrium with warring parties in order to ensure their personal and school survival was a traumatic experience. Yet, teachers' and school leaders' voices do not feature sufficiently in educational planning in post-conflict Nepal, and the significance and implications of teachers' traumatic experiences on educational development have been mostly ignored. My contention is that the disproportionate focus on conventional forms of schooling during the conflict, without calculating the risk of potential attack from armed groups, may be counter-productive in terms of children's safety, learning, and their social and emotional development. These findings provide useful insights into the 'experiential dimension' of civil conflict in schools in conflict zones.

Paper 2

Pressures Sandwiching Public Schools and Affecting the Education of Disadvantaged Children

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To meet the needs of their 'Education for All' agenda, the Government of Nepal has developed a free education policy up to secondary level and also provided some scholarships to disadvantaged communities such as Dalits, girls, and the poor; but many children are still out of school, or attend only irregularly, or drop out without completing grade cycles. Public schools are mandated to enrol students from all sections of society, especially from disadvantaged communities, but many questions remain about their performance. This paper aims to discuss how public schools are not supported by 'policy' and 'local community' in their efforts to educate Dalit children, the most disadvantaged community.

The study was conducted in Kapilvastu district, a rural area of south-west Nepal in a public school setting (secondary level). The analysis was based on classroom observations, interviews, and reviews of educational policies and literature.

Findings reveal that there are many and complex factors that hold Dalit children back from educational achievement. Broadly, they can be summarized under three heads. First, there are difficulties in implementing national policies, particularly in terms of making resources available and providing effective monitoring, even though these policies are very positive about the inclusion of these children. Second, there are problems to do with the expectations and attitudes amongst various Dalit communities as to what they want for their children and young people; these expectations and attitudes implicate tradition and culture, lifestyles, and economic circumstances. Third, these two sets of factors together put pressure on the schools, which have to find a way of dealing with the challenge of diversity and various expectations. In this way, this paper provides some new understanding of the issues that bear on the education of Dalit children, which can be used to inform public debate.

Paper 3

Mental Health Training and Education in Nepal

Bibha Simkhada, Edwin van Teijlingen, Jillian Ireland, Padam Simkhada, Bhimsen Devkota, Lokendra Sherchan, Ram Chandra Silwal, Shyam K. Maharjan, Ram K. Maharjan, Geeta Sharma, Samridhi Pradhan

Introduction

Mental health is poorly covered in the training of health care providers in Nepal. This all the more worrying as it is also culturally a difficult topic to discuss. This makes it hard for front-line health workers, especially non-mental health specialists, to start a discussion about mental health issues with patients. This paper reports of our UK-funded programme to train community health worker such as Auxiliary Nurse Midwives (ANMs) on mental health issues related to pregnancy in one southern district of Nepal.

Our first aim was to assess the content of the curricula for ANMs and for Nursing in Nepal on the coverage of mental health and maternity care issues to help identify the future training needs, and offer improvements in the ANM curriculum.

Methods

A desk-based study, using a Content Analysis of the current curricula in Nepal for the undergraduate training of Nurses and ANMs. The Nepal Health Research Council (NHRC) approved this study.

Result

Our review suggests that there is basic material included on both mental health and maternity care but little on the combination of the two topics. There is a need for more communication skill, teaching and counselling at all levels of nursing. Our knowledge of the causes of perinatal mortality and mental ill health have significantly improved over the past few decades. Hence, it is essential to change mental health training to reflect today's society's need.

Conclusion

We highlight the importance of designing an appropriate curriculum on mental issues in pregnancy and childbirth to the relevant education authorities in Nepal

Theme 2: Gender and Conflict

Paper 4

'Six Years, What have they Become?' A Pilot on the Longitudinal Effect of Early-age Involvement in Armed Groups

Dr Emilie Medeiros (IGH, UCL)

Little is known about the longitudinal effects of "child soldiering" on these young people's lives as they return to highly politicised communities, particularly when transiting to adulthood. In this presentation, I will discuss the initial findings of a pilot research trip, conducted in January 2016 in collaboration with the Nepa School, that aimed to understand the longitudinal effects of early-age involvement in political violence in Nepal.

The findings presented are derived from fieldwork conducted across Nepal, India and remotely in Qatar. It built up on an 18-month ethnography conducted between 2008 and 2010 in the areas of Kathmandu and Rolpa region with a cohort of 17 key informants who were *whole timers* under the age of 16 at the time of the insurgency. The pilot aimed at re-engaging with the same cohort of informants 6 years on, 10 years after the conflict ended. Data was gathered from 13 former informants now aged between 22 and 31. Data was also collected when possible with their family,

community actors where informants lived, and stakeholders. Some former informants were also involved in analysing and triangulating the data.

I will discuss key themes and trends emerging from the findings in relation to these young people's social and family situation, economic status and the existing support, perception of their war experiences, and of political activism.

Paper 5

Responses to Violence against Women in Post-Earthquake Nepal Lessons from the Field

Kay Standing and Sara Parker (Liverpool John Moores University)

Since the devastating earthquakes in Nepal in April and May 2015 the role of women's groups and female leaders in community based networks, have been central in challenging violence against women and girls. Studies show that sexual violence increases dramatically after natural disasters (Chew & Ramdas, 2005) and reports indicate that the trafficking of women and girls in Nepal has increased since the earthquake, and women and girls in camps and temporary shelters feel threatened and insecure due to the risk of violence and lack of privacy (WOREC, 2015). However, reports from Nepal show that having local women activists on the ground in humanitarian aid, health care, and as the first response to disasters means that violence against women and girls (VAWG) can be challenged and safe spaces for women and girls established. Based in interviews with grassroots women's activists in Nepal, and case studies of organisations working to challenge VAWG in the aftermath of the earthquake, the article will suggest ways in which development and humanitarian workers can learn from the experiences of grassroots women activists to build knowledge of what works to challenge and minimise VAWG in emergency situations.

Paper 6

Examining Social Transformation through Women's Lived Experiences in post-People's War Nepal

Dr Punam Yadav (Visiting Fellow, Centre for Women, Peace and Security, LSE)

The concept of social transformation has been increasingly used in social science to study significant political, socio-economic and cultural changes affected by individuals and groups. While there is significant diversity in approaches to social

transformation across different disciplines, most scholarship approaches social transformation as a top-down, intentional process with specific goals. This approach risks reducing the subjective experiences of people, which are dynamic, multiple, fluid and unpredictable, to a mere structural abstraction. This paper explores the ways in which social transformation may be understood and its underlying dynamics constructed if women's lived experiences become a basis for theorizing. Through extensive interviews with women in post-conflict Nepal, this paper analyses the intended and unintended impacts of conflict and traces the transformations in women's understandings of themselves and their positions in public life. Using in-depth interviews with women who had minimal or no presence in pre-conflict Nepal, such as women Constituent Assembly members, women combatants, war widows and women tempo drivers, this paper argues that transformation affecting these women reached far beyond their formal presence in the public sphere. Such a transformation had an existential effect which can only be discerned through the voices of women. Narratives from Nepalese women from different ages, castes, and both urban and rural settings provide insight into the depth of transformation underway in Nepal, in ways and to an extent that exceed the 'measurements' offered by applying established indicators.

Paper 7

Beyond Binaries: Negotiating Third Gender Identifications in Nepal

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This paper focuses on 'queer' politics within South Asia with a particular focus on Nepal and its legal recognition of a 'third gender' category in 2007. The understanding of a 'third gender' – drawn from Hindu and Muslim religious and cultural histories of the *hijras* and people of the 'third nature' or '*tritiya prakriti*' - complicates a largely Western understanding of the binary of gender by including a wide range of identifications and experiences. However, the globalisation of contemporary understandings of 'queer' have led to some contestations within the category of 'third gender'. The category continues to resist as well as embrace global framings of gender identities and sexual orientations at different points in time, space and place. Despite these contestations, it cannot be denied that the movement holds immense potential in broadening our imaginations and challenging those in the 'modern world' to confront our own attitudes towards gender, sexuality and identity.

The paper will highlight this emancipatory potential of the movement, and will go further to seek a framework for understanding how this potential has been realised

within the movement. It will make use of some elements of social movement theories to understand this process – mainly political opportunity structures, resource mobilization theory, framings and collective action. In doing so, it will situate the Nepali third gender movement within the context of transnational queer movements as well as other identity movements within the country.

Theme 3: Culture, Caste, and Identity

Paper 8

Applying Bourdieu in Nepal: Adapting *Distinction* to a South Asian Context

Krishna P. Adhikari & David N. Gellner (both University of Oxford)

Bourdieu's *Distinction* has been hailed by some as the greatest sociological work of the second half of the twentieth century. Yet few have attempted to apply his methods in non-Western contexts. As South Asian societies increasingly adopt the market, including a mass market in Western-style education, and increasingly become class societies, the more salient Bourdieu's questions about the relationship between class, mobility, and culture become. For the comparative sociologist South Asian societies offer one advantage over Western societies: there is a universally understood (even if contested and controversial) status scale, namely caste.

We try to adapt and operationalise concept of cultural capital in ways that are culturally appropriate to Nepal and capable of producing data comparable with work on cultural capital in Euro-American, societies, and apply it in explaining why Dalits (former untouchables) score very poorly on all Human Development indicators.

We carried out a study of six village clusters, and their nearby urban migrants, recording in-depth demographic, education, livelihood, and wealth data for 550 households. Taking a stratified 50% sample, we interviewed every individual over 13 (c. 1000 people) about their skills, tastes, and consumption patterns. In addition we carried out long-term participant observation and ethnographic work in the concerned villages.

In this paper we explain the operationalization of the concepts and methods, and their execution in the rural villages, and problems and prospects of collecting data through newly trained grassroots enumerators. Putting these various forms of data together, we hope to be able to answer key questions about the links between caste, class, migration, education, and cultural consumption.

Paper 9

Western Creative Trends During the 1950s in "Modern Nepal"

Andrea de la Rubia Gómez-Morán (PhD researcher, Universidad Complutense de Madrid)

Due to its relationship with the Western world since the 19th century—generally through British India—Nepali identity has gradually adopted a new “modern identity” as part of the international cultural stream and, as a consequence, the art and creativity of Nepalese people have also been modernized. In spite of the fact that Nepali modern art has been developing since long time ago, there are not many studies about such phenomena in the West, where it is still believed (in general) that Nepal is a kind of mystical place, such as Shangri-La, with a traditional culture stuck in the past. This paper attacks these stereotypes by addressing the issue of modernity in Nepali art during the crucial decade of the 1950s, when the country was going through enormous changes not only artistically, but also politically, after a long period of isolation. Modern art was, from its very inception, art of and for the elite—especially for the Ranas—but since the 1950s new subjects came into view: foreigners, Indians, politicians...; plus the Shah monarchy following the "Panchayat" system. By introducing and analyzing Nepal's artistic scenario in the 1950s, this paper intends to cast light on questions such as how, why, and under which logics and circumstances did Western trends influence the creative thinking of Nepali modern artists. How far could this change be considered a "forced break" with their tradition? Or was it rather an unavoidable continuity in a modern situation?

Theme 4: Migration and Mobility

Paper 10

The Impact of the Nepalese Diaspora on the Socio-Economic Development of Nepal

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The restoration of democracy in 1990 created an opportunity for middle- and lower-class Nepalis to move to foreign countries for higher education and in search of a better life. The Maoist insurgency commenced in 1996 and helped to generate a

wave of Nepali youths going to the Middle East and Malaysia as temporary workers. Over three million Nepalis are estimated to be working in these countries. All together five million Nepalis, defined as non-resident Nepalis (NRNs) by an Act in Nepal, are believed to be working and living in over 110 countries outside of South Asia. India alone hosts an estimated another five million Nepali workers. The remittance from these migrants has become an important source of income for the country's flagging economy.

Nepalis in foreign countries are becoming increasingly successful in their professions, in business, technical and education sectors. Many of them are likely to be settled and become citizens of the host countries due to various reasons, including ex-Gurkha soldiers and their families in the UK who have been provided the settlement rights by the British government. Due to this legal provision of Nepal, migrant Nepali and especially their future generation are likely to lose the emotional and cultural bonding with the land of their ancestors. Yet at the same time the first-generation diaspora Nepalis are struggling to integrate with local society.

This paper presents the impact of the young but diverse nature of Nepalese diaspora on socio-economic development of Nepal and also issues related to welfare in the diaspora. Particular focus will be on the initiatives in these areas by the Non-resident Nepali Association (NRNA), which a global organization established in 2003, recognized by the government of Nepal and with a network over 70 countries.

Paper 11

Impacts of Migration in Nepal

Padam Simkhada (LJMU) and Edwin van Teijlingen (Bournemouth)

Around 3.5 million Nepalese are working abroad as migrant workers, primarily in South Korea, Malaysia, Gulf countries and India. Most are involved in semi-skilled and unskilled labour, mainly on building sites, in factories and domestic work. Nepalese migrants send over US\$4 billion of remittance home per year, the third highest of all migrant workers globally, which contributes 28% of Nepal's gross domestic product (GDP). These contributions, however, have been made at an enormous cost to the life, health, and well-being of migrants and their families.

The main aim of this presentation is to highlight the trends and patterns of out-migration from Nepal. It focuses the impacts of migration on individual, family, households and national level. It also highlights the health risks of migration including mortality and morbidity patterns of Nepalese migrant workers.

This presentation is based on three types of evidence: (a) qualitative interviews with rescued women migrants (n=16) and policy-makers and people working in migration-

related organisations (n=15) in Nepal; (b) a survey of 800 households (400 migrant and 400 non-migrant) in Chitwan Nepal; and (c) secondary quantitative data collected from 1052 returned/rescued migrant women from the records of an organisation working for migrants.

Two of the key findings are that (i) left-behind wives are more than ten more likely to suffer from depression than wives of non-migrants, but (ii) left-behind wives experienced greater autonomy as compared to wives of non-migrants. Women migrating through irregular routes (i.e. undocumented) are more likely to have mental health problems and younger women are more likely to have mental health problems (13% below 25 vs 5% among those over 35 yrs). Domestic workers are more likely to get mental problems compared to other workers.

Better information prior to departure may make migrants aware of the health risks and of their rights. There is an urgent need to address exploitation and other migrant issues both in Nepal and in destination countries.

Paper 12

'Which Direction are We Going?' Social Mobility in the Nepali Community in the UK: A Case Study of Fairfax Road in Farnborough

Chandra Laksamba, Krishna Adhikari, Lokendra Dhakal and Sangita Shrestha

The Nepali community in the UK is relatively new yet fast rising, with a population around 100,000. By the end of 2014, about 27,000 of them have already become British nationals which is up from only 12 in 1990. In 2008, the Centre for Nepal Studies UK (CNSUK) conducted a large-scale survey to understand the size and characteristics of the Nepali population in the UK. Building on this very research, and funded by the Big Lottery Fund, a small-scale study is underway to understand the direction in which the Nepali community is heading in terms of social mobility and integration to the British society. Aldershot and Farnborough have attracted a larger number of Nepalis than any other town in the UK, stirring up political controversy about the impact of the Nepali migration. In this paper we aim to present a case study of Fairfax Road, Farnborough, where the Nepali population is concentrated. Initially, in this relatively less vibrant settlement of many unemployed people, the population was falling with continuous outmigration. Our study shows that this settlement has gone through a tremendous transformation in the past 12 years. There were only three Nepali families living here in the early 2000s, to rise to 30 (80%) today. Today the majority of Nepali families own their own property, and hardly anyone is unemployed. The value of the properties has increased as the settlement has become a sought-after area to live. The community is getting vibrant and productive as far as economic activities are concerned and shows signs of upward social mobility. An intensive social mapping technique has been devised to

capture the data between September 2015 and January 2016. The study is being scaled up, and its findings have implications for policymakers as well as for the community concerned.

Theme 5: Health

Paper 13

Health System Actors' Participation in Primary Health Care in Nepal

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Background

Nepal has theoretically been an early adopter of WHO's Primary Health Care (PHC) with a Community Participation (CP) approach. However, it has struggled with its implementation mainly because of its developmental challenges such as poverty, civil war, geography, etc. It is still important to understand CP and PHC because the current context in Nepal demands people's involvement in every aspect of public affairs.

Methodological approach

A qualitative study was conducted to understand CP in PHC in Nepal. Forty-one semi-structured interviews and four focus group discussions were conducted with 26 groups of health system actors in two VDCs of Sindhupalchok district in 2014. Interviews were transcribed and translated, then coded using NVivo10. Categories, themes, and subthemes were developed from these codes using a general inductive approach before a thematic framework was applied for analysis.

Findings

There was very minimal understanding about PHC and CP among the actors. CP was limited to token participation and token resource contribution. Decisions were imposed in a top-down way without considering local context, practices, or actors. The main motivations for participation in PHC were material benefits, social recognition, and religious merit, whereas geography, opportunity cost, lack of awareness, and socio-cultural discrimination were barriers to participation.

Conclusion

PHC with CP is still important for Nepal but it need to be contextualized to accommodate, learn, and benefit from the existing traditional health system. Similarly, stronger policy measures are needed to minimize, if not to eradicate, discrimination on grounds of gender, caste, ethnicity and class to increase CP in PHC. In the current socio-political situation of Nepal, neither the government nor the

non-governmental and private sector alone are able to address increasing healthcare needs in Nepal. Therefore, a wider broad partnership based PHC with CP is the recommended way forward to ensure basic health care service.

Paper 14

Stigma and Discrimination Associated with HIV/AIDS in Nepal: A Mixed Method Study

A.K. Narayan Poudel (Centre for Public Health, LJMU), David Newlands, (University of Aberdeen), & Padam Simkhada (LJMU)

Background

More than 40,000 people are suffering from human Immunodeficiency virus and acquired immune deficiency syndrome (HIV/AIDS) in Nepal. Stigma and discrimination associated with the disease cause huge problems in identifying, diagnosing, and treating people living with HIV/AIDS. Moreover, it has many socio-economic consequences. So far no studies in Nepal have explored the issue in depth. Therefore, this study was conducted to get depth understanding of the issue.

Methods

The study was cross-sectional and employed a mixed method approach. It was based on primary data supplemented by literature reviews. The data were obtained through a survey approach (face-to-face) with 415 respondents and in-depth interviews with 30 participants. The study was conducted in six treatment centres in six different districts of Nepal. Quantitative data analyses were conducted by using descriptive statistics (mean, standard deviation and percentage) and qualitative data were conducted by using thematic analysis approach to explore the depth knowledge of the stigma and discrimination associated with HIV/AIDS.

Results

It was found that 97% of respondents disclosed their HIV positive status to their family members, 59% of respondents disclosed their status to relatives, and 54% disclosed to friends. Over 30% of total respondents (n=132) experienced stigma and discrimination after HIV diagnosis and the majority was discriminated against by friends (59%), neighbours (53.8%), and relatives (51.5%). Major types of stigma and discrimination faced by the respondents found from both studies (quantitative and qualitative) were rejection and isolation, verbal and physical abuse, abuse and removal from job, refusal and rude behaviour, and perceived and indirect discrimination. All this stigma and discrimination is related to HIV/AIDS had an economic impact on HIV-affected individuals and households.

Conclusion

Although governmental and non-governmental organisations (GOs and NGOs) working in the field of HIV/AIDS are using a lot of efforts to raise the awareness, many of the HIV-infected people are still facing stigma and discrimination. Therefore, the GOs and NGOs working in the field of HIV/AIDS need to increase coverage to raise awareness level among wider population and the discriminated people should be protected by implementing proper policies to enjoy their lives.

Paper 15

The Nexus between Economic and Nutrition Transitions in Nepal: Analysis of Time Series Data

Yagya P. Subedi (University of Aberdeen)

This presentation aims to describe the economic and nutrition transitions in Nepal by identifying time-series macroeconomic trends from government databases and macronutrients trends from food supply balance sheets over the past 40 years.

Over the past four decades in Nepal, as urbanization increasingly expanded along with the expansion of industrial and service sectors, more people gradually became employed in modern sectors in the cities, their productivity has increased. They have adopted a life style with reduced physical activity, less time spent in cooking, and increasingly having more energy-dense fatty foods and sugary drinks. Much of the time they are away from home.

Time series trends show that Nepalese diets are increasingly becoming higher in vegetable oils, sugary drinks and sweeteners, fatty milk products, and poultry products. Initially these patterns were associated with rich urban population, but now, growing demand shows that these patterns are rapidly affecting rural inhabitants as well.

The time-series trends indicate that Nepal is increasingly facing a situation where under-nutrition with micro-nutrient deficiencies (such as vitamin A and iron deficiencies) co-exists with increasing over-nutrition characterised by excessive intake of vegetable fats, fatty milk products, sugary drinks and sweeteners, and meat products. Therefore, the preliminary indications of growing over-weight and obesity are gradually appearing in the average Body Mass Index (BMI) in Nepal.

A growing body of evidence indicates that there will be a significant productivity loss because of the problem of obesity in the modern sector in the economy in the near future, if appropriate policy measures and intervention programs are not designed to divert these trends.

Paper 16

The Burden of Injuries in Nepal: A Neglected Epidemic

Puspa Raj Pant and Julie Mytton (Centre for Child and Adolescent Health, University of the West of England; School of Social and Community Medicine, University of Bristol)

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Traditionally, diseases conditions causing mortality and morbidity have been classified in three broad categories. Out of a total of 301 acute and chronic disease conditions analysed by the study, 24 are listed under Group III (Injuries).

This paper will deal with the situation of injuries in Nepal utilizing the GBD dataset with the objective of providing an overall picture of the neglected epidemic. Injuries are broadly classified into unintentional and intentional. Falls, drowning, burns, poisoning, and road traffic injuries are unintentional, while self-harm and inter-personal violence are considered as intentional.

In Nepal 11% of all deaths (8% in 1990) and 11% of Disability Adjusted Life Years (DALYs; 6% in 1990) are the result from injuries. In the year 2013 it is estimated that between 13,500 and 20,500 people died from unintentional injuries and violence. Of them 60% were males and 40% were females. Non-fatal injuries occur many times more often than fatal injuries, roughly equating to 1.5 to 2 million severe injuries in the country. Based on estimates of a study conducted in Kathmandu, a single injury case cost about US\$125. Therefore, at least US\$190 million (NRs19 billion or 4% of the national budget of Nepal) was lost in 2013 in terms of the loss of productivity caused by treatment costs. In Nepal, the proportion of intentional injuries is very high compared to the global, developing country average. The majority of deaths resulting from injuries occur to people aged 15-49 years (67% males).

Compared to 1990 levels, injuries have replaced tuberculosis, diarrhea and pneumonia in 2013 as leading causes of death. Since there is no therapeutic treatment regime or medicine invented for injuries, we must look for prevention strategies and control measures. Lack of research capacity and funding allocation is the biggest challenge for injury research in Nepal. However, there are some successful examples of low-cost injury prevention which can be transferred to Nepal.

Theme 6: Energy, Ecology, and Enterprise

Paper 17

The Ecology of Nepal: A New Synthesis

Colin A. Pendry

A long-term collaboration between the University of Marburg, the Royal Botanic Garden Edinburgh and Tribhuvan University has resulted in the publication of Nepal: An introduction to the natural history, ecology and human impact in the Himalayas. This is the most comprehensive account of Nepal's environment yet produced. The seventeen chapters have been written by forty six contributors, and the chapters

describing Nepal's anthropology and land use are set in the context of its geology, soils, plants, animals, fungi and environmental history. An extensive chapter on climate describes the most detailed modelling of Nepal's climate yet created, and the ecology chapter includes a new classification of Nepalese vegetation.

However, the book is much more than a description of Nepal's environment, and throughout it highlights areas which require further research and addresses important issues such as the uncertainty in the age of the high Himalayas, the extent of climate changes in the last Ice Age and the history of human impact in the region.

An underlying theme throughout the book is the role of human beings in the creation of Himalayan environments. In the 1970s the Theory of Himalayan Environmental Degradation proposed that the rise in rural populations was leading to increased deforestation which promoted widespread ecological degradation. Opponents rejected this paradigm and claimed that in fact poor farmers maintain slope stability and are not to blame for structural issues relating to environmental mismanagement. However, a longer term view of the region clearly shows that humankind has had massive effects for thousands of years. The Palaeo-Anthropocene began at least 8,000 years ago, with fire management and grazing affecting treelines throughout the region. Climate studies and exclusion experiments demonstrate that the desert conditions of the Trans Himalayas are an artefact of human settlement, and the natural vegetation of the region was forest.

Paper 18

Towards an Anthropology of Energy in Nepal

Mikkel Vindegg (PhD student, University of Oslo)

In face of escalating global climate change, dwindling fossil fuel reserves, and an increasing realisation that the long-standing dependence on fossil fuels to power our lives has to come to an end sooner rather than later, social studies of energy are more important than ever, as Akhil Gupta (2015), amongst others, has recently argued. Not least on the back of the recent “unofficial blockade” in Nepal, lasting nearly four and a half months, I argue that anthropological studies of energy can be an eminent wellspring of insight into both local and global inequalities. Energy has long been problematic in Nepal, and the Nepali government is now planning to declare an energy crisis *decade* in order to alleviate the chronic shortages of electricity and fossil fuels that Nepalis face (*Kathmandu Post* 2016). However, as Harold Wilhite puts it, “Anthropologists have missed the point that people do not consume energy *per se*, but rather the things energy makes possible, such as light, clean clothes, travel, refrigeration and so on (...)” (2005, 2). While the “load shedding” system has been part of daily life in Nepal for more than a decade, studies of life under loadshedding are scant. In the light of the recent energy shortages, many Nepalis are arguably more aware than ever of their vulnerability to a sudden

stop in the energy supply. Still, the techniques and daily practices needed to cope with the recurring shortages are largely unstudied. How is the sudden lack of energy access experienced by people of different socioeconomic positions? What are the opportunities available for different people to offset the recurring lack energy access? These are the kinds of questions I aim to explore in my PhD research, through twelve months of fieldwork in a VDC in Lalitpur district.

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Paper 19

Social Enterprises in Nepal: Building Big or Doing Good?

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This paper investigates Nepal's social enterprises (SEs) grouped into three main and other smaller organisational blocs both at business and entrepreneur level. Being an exploratory study based on interactions with key social entrepreneurs and information from diverse sources, it outlines Nepal's SE sector which arguably has an '*imported*' model of SEs and social entrepreneurs are focused on creating their organisational empire, the '*bloc*', whereas the social outcome – though fundamental for SEs – is found to be less important to them. The aid-based NGO model was found to be the most prevalent form of SEs in Nepal where limited social enterprises are using a revenue-based model yet without community ownership or profit being generated. The paper ends with a discussion of the future direction of SEs in Nepal and relevant recommendations for further research.

Theme 7: Rights of Soldiers and Labour Migrants

Paper 20

Nepali Labour Migrants in Qatar

Krishna Upadhyaya

This paper explores the processes and legal mechanisms that contribute to forced labour among the migrant workers in Qatar, mainly in the construction industries. Based on fieldwork in Nepal and Qatar in 2014, the paper illustrates how the recruitment processes both in Nepal and Qatar, and labour practices in Qatar including sponsorship, known in ME and the Gulf, as *Kafalla* contributed to the forced labour among the migrant workers. The paper mainly draws from the experiences of Nepali migrant workers in Qatar.

The papers illustrates how the recruitment process in Nepal, as part of which the majority of workers have to pay exorbitant fees, contributes to forced labour in Qatar, as the workers' contract papers are re-drawn and job roles promised in Nepal are not assigned. The paper presents the evidence demonstrating that many of workers, upon arrival in Qatar, are sent to some other sub-contractors for work, often in very oppressive conditions, including work in the open in very high temperatures. As a labour control mechanism, under *kaffala* system, the employers are sponsors, and workers are not permitted to change work or employers or leave the country if they find their work unacceptable. Any attempt to run away is a breach of contract, and, under Qatari law, they are termed 'absconding workers', which renders them illegal and subject to imprisonment and fines. Thus the workers are forced to work or face harsh legal consequences. Besides, if they abscond, they are no longer allowed to stay in guarded 'labour camps', the accommodation provided by the employers. They cannot leave the country as Qatari law requires an 'exit permit', which employers must sign to provide 'no objection' consent. It would be rare for an employer to provide this when the worker and employer are not on good terms.

Paper 21

Gurkha Recruitment and Nepal-Britain Relations

C.B. Gurung

This paper examines the terms of recruitment of Gurkhas to the British Army, which, in various form, has remained a milestone of the Britain-Nepal relations for the past 200 years. In this paper I particularly look into the details and intricacies of two

treaties: Sugauli Treaty of 1816 and Tripartite Agreement what is commonly referred to as TPA in Nepal of 1947.

The TPA is understood to define the terms and conditions of service of Gurkha recruits in foreign armies. When one examines the clauses of the TPA, it becomes clear that it was not a treaty. Rather, it was a memorandum of understanding to retain Gurkha services in British and Indian national armies following Indian independence. The TPA was signed on 9 November 1947 and went into force from 1st January 1948.

In the year 1990, when the Panchayat political system came to an end, GAESO was formed in Nepal. After 19 years of arduous struggle since 1990, on 30 September 2008, the British High Court Judgement went in favour of the Gurkhas. On 21 May 2009 the British parliament passed the new Gurkha policy, which gave Gurkhas equal status to soldiers from Commonwealth countries in the British army. It was an unexpected legal and political victory in favour of the Gurkhas.

British military annals reveal that after the end of Anglo-Gorkhali war (1814–16), deserting Gorkhali troops began to be recruited into the native forces of the East India Company. Following the war on 4 March 1816 the Treaty of Sugauli was signed. Today GAESO strongly believes that it was not a treaty, but a surrender document. In other words, the Treaty of Sugauli was a black day in the history of Nepal. However, Nepalese youths, recruited as Gurkhas, continuously sacrificed their lives for the sake of British and Indian sovereigns. This recruitment policy is still intact.

Following the TPA memorandum of understanding, out of 10 Gurkha regiments, 4 regiments became the part of the British army; the remaining 6 regiments became an integral part of the Indian army.

The paper will address the following questions:

- i. The legality of Gurkha recruitment;
- ii. The British understanding of the TPA;
- iii. Gurkha recruitment and the question of sovereignty.

Theme 8: The Earthquake and Post-Disaster Responses

Paper 22

Post-Earthquake Archaeological Responses to Nepal's Cultural Disaster 2015

Robin Coningham, Mark Manuel, Christopher Davis, & Jennifer Tremblay-Fitton
(Durham University)

The earthquakes that struck Nepal in 2015 devastated large areas with thousands of people made homeless and over 9,000 fatalities. The earthquakes also caused damage to many of Kathmandu temples and palaces, monuments which represent sources of tourist income as well as playing a central role in the daily lives of

thousands. As such, a major program of reconstruction has been deemed necessary. Prior to rebuilding, a team from the Department of Archaeology (Government of Nepal), Durham University and national and international experts were invited by UNESCO to undertake rescue survey and excavations in the damaged *durbar* squares of Patan, Hanuman Dhoka and Bhaktapur.

The team explored the foundations of key monuments and excavated trenches across squares to evaluate the subsurface heritage to inform engineers and architects tasked with reconstruction. The mission demonstrated the presence of such heritage within each Durbar Square and that the current configuration of the squares is part of an organic development. They also demonstrated that despite the wealth of expertise on architectural superstructures, we know little about their foundations. Indeed, our excavations have demonstrated multiple construction and complex phases of construction. We have also identified strengths within traditional structural design as well as weaknesses.

Taking a broader perspective, emergency protocols have been developed following natural and human damage to a number of UNESCO World Heritage monuments around the globe. Whilst many relate to planned responses, the physical treatment of debris and the use of rescue archaeology to investigate foundations are less defined. Whilst a catastrophe, Kathmandu's post-disaster environment could offer invaluable training for professionals as well as exemplars for the scientific documentation of 'in situ' debris and subsurface foundations in advance of reconstruction.

Paper 23

What is a House? What is a State?

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This paper follows up earthquake aftermath discussions in Rasuwa District, where socio-political institutions have materially crumbled along with their architectures. What and who rises from the rubble? Who needs and can afford protection? Where are the gods and the state when you need them? Using film from August 2015, a series of interactive gatherings of village voices will be shown and the indigenous Tamang discourses of disaster and recovery will be given some contextualization in relation to experiences of house-based prosperity and poverty narratives, the state's random and arbitrary appearance in upper Rasuwa, and the transformations engineered by international relief.

POSTERS' PRESENTATION

Poster 1

A Comparative Study on Nutritional Problems in Preschool Aged Children of Kaski District of Nepal

J. Acharya, E. van Teijlingen, J. Murphy, M. Hind

Background:

This paper explores some of the key issues that have focused to a diversity of habits, cultural beliefs, knowledge and practices about food and nutrition that have affected health in positive and negative ways.

Objectives:

To measure the level of knowledge, attitudes & beliefs about nutritious food for children amongst poor rural and urban mothers.

Methods: Mixed-Methods Approach

Result: Major barriers to recommending nutritious foods included: lack of knowledge (15%); high market prices (19%); and cultural influences or beliefs (6%). Similarly nearly 15% of families never give salad to their children. Nearly 16% of mothers cannot choose nutritious food from the grocery store. Likewise 12% respondents lacked food. Nearly 57% children had been taken at least once to a spiritual healer and 16% on multiple occasions for the treatment. Nearly 20% of mothers believed eating green leafy vegetables and fruits during illness affect child health. Nearly 8% of respondents feed meat, fish, egg and milk during times of illness to their children, but 92% do not.

Conclusions

Knowledge and attitudes towards nutritious food of rural and urban mothers are still poor in both societies. Beliefs about food practice are still strongly embedded in Nepal. Urban mothers had better food recommendations, whereas rural mothers experienced huge barriers. Meat, fish, egg and dairy products are not provided to children at a same time due to cultural influences. Mothers from both communities have high faith in spiritual healers. This study explored new knowledge which influences food and health seeking behaviour of mothers.

Poster 2

Factors that Promote and Hinder Provision of Maternal Health Services by Female Community Health Volunteers (FCHV) in Rural Nepal

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Background: Female Community Health Volunteers (FCHVs) provide maternal and child health services in Nepal. This study identifies the factors that promote or hinder Maternal Health Service (MHS) delivery by FCHVs.

Methods: Between May and September 2014, semi-structured interviews were conducted with 20 FCHVs, 26 local women and 11 local health workers. In addition, four focus group discussions were held with 19 FCHVs. Thematic analysis was applied.

Results: The factors that promoted or hindered MHS delivery by FCHVs were classified at three levels: individual, community, and health centre. At individual level, FCHVs viewed their work as a social responsibility derived from self-recognition of their role, and was the key driver for their volunteering. This was followed by the volunteers' perceived empowerment that motivated them to volunteer. At the community level, community recognition as a result of volunteering motivated them. This was closely followed by the support of healthcare centres in terms of access to supplies, training, and the recognition of the volunteers' contribution by health workers motivated them.

With respect to the hindering factors, at the individual level, three key factors were noted: monetary and nonmonetary concerns; limited education, and older age of volunteers. Money was the most commonly perceived barrier to FCHVs' work in MHSs. At the community level, community misunderstanding of FCHVs' services was the key challenge followed by certain caste-ethnic groups not accessing the services from FCHVs. Finally at the health centre level, a lack of medical supplies, training, including a poor attitude of health workers towards volunteers; and a poor link between public health centres and NGOs were noted.

Conclusion: Efforts should be focused on recognising the aspects that make the role of FCHVs satisfying and reducing the hindrances that cause resentment so as to enable them to fulfil their MHS role more effectively.

Poster 3

Understanding the Implementation and Feasibility of Tobacco Cessation in Routine Primary Care in Nepal: A Mixed-Methods Study

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Background: Tobacco prevalence among those over 15 years in Nepal is 31.6%, 52% in men and 13% in women (Nepal Demographic and Health Survey, 2011). Despite high prevalence, smoking cessation services are virtually non-existent in routine primary care in Nepal. Respiratory illness is one of the most common reasons for patients attending primary care services with 17.1% of male and 11.3% of female patients having a respiratory condition (WHO, 2008). This study explored the challenges to implementing a smoking cessation intervention within primary care in Nepal.

Methods: The study was conducted in three primary care centers in two districts of Nepal. 21 patient interviews and 2 focus groups with health workers were conducted to inform the intervention. Smokers were identified by health workers from the out-patient department and offered cessation services. Interested patients received behavioral support (BS) from health workers. Qualitative and quantitative methods were employed within an action research approach. Two researchers facilitated the implementation of the BS, recording reflections, observing interactions and facilitating action research meetings with health workers for 6 months. Patients who received the BS were followed up after 3 months to determine the effectiveness of the intervention and to gain feedback.

Results and Conclusion: Only 2% of the outpatients were identified as smokers. Qualitative findings revealed lack of motivation on the part of health workers to offer cessation services and unwillingness on the part of patients to admit to smoking. A total of 44 patients received the intervention and 27 were followed up after 3 months. 37% of those followed up had quit smoking. This was verified using a CO-monitor. To ensure smoking cessation is embedded in routine primary care, an effective reporting and supervision mechanism is necessary within the health system. Health workers also need additional skills and motivation to administer BS interventions.

Poster 4

Culture and Mental Health in Nepal: A Systematic Review of the Literature

Ram Sapkota (McGill), Liana Chase (doctoral candidate, SOAS, presenting author), and Daina Crafa (McGill)

Mental health research and intervention projects have proliferated in Nepal over the past three decades. In the year since the 2015 earthquakes, the country has seen a further, accelerated “scaling up” of mental health services. The introduction and expansion of mental health care in Nepal have been characterized by an explicit engagement with issues of culture, as reflected in a substantial body of research at the intersection of medical anthropology, cultural psychiatry, and public health on such topics as idioms of distress, causal attributions, help-seeking behaviors, and indigenous approaches to treatment. We carried out a systematic literature review with the goal of taking stock of the knowledge this research has yielded at this critical juncture in the development of the mental health field in Nepal. Structured searches were carried out in PsycINFO, Scopus, Web of Science, Medline, and Proquest Dissertation databases for publications addressing culture and mental health in Nepal, defined as norms, beliefs, values, and practices related to mental health, mental illness, and associated treatment and healing. Book chapters, PhD theses, and journal articles describing both quantitative and qualitative research were included. Of 8848 search results, 28 texts met the criteria for review. This paper presents an overview of key findings of these publications, comments on trends in the topics covered, and offers suggestions of future directions for research. As such, this review has both theoretical significance, as documentation of efforts to translate among divergent approaches to understanding and addressing suffering, and practical implications, as a resource for diverse stakeholders in the mental health field in Nepal today.

Poster 5

Prevalence and Determinants of Frailty and Associated Co-morbidities among Older People in Nepal

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Background: Population ageing is increasing in low income countries. Despite this, there is a distinct lack of knowledge about prevalence of co-morbidities and determinants of frailty among older people in these countries.

Method: We used data from “Health and Social Care Needs Assessment Survey of the Gurkha Welfare Pensioners” conducted in 2014. Participants were age ≥ 60 years from Gorkha, Lamjung, and Tanahu districts of Nepal. Face-to-face interviews were conducted using validated questionnaires. Demographic, socio-economic, self-reported illnesses, and symptoms were collected. Frailty was assessed using the Canadian Study of Health and Ageing (CSHA) scale. Univariable and multivariable regression models were constructed to identify the determinants of frailty defined as CSHA scale ≥ 4 .

Result: A total of 253 participants (32.0% men) were included in this study. The majority (82.2%) of the participants were from Janajati ethnic background. Men who are ex-serviceman had higher educational attainment than women, majority of whom (95.3%) are widows of ex-serviceman who no longer alive ($p < 0.01$). 48.5% of women lived with their sons whereas 43% of the male participants live with their wives. Women reported higher prevalence of mental health issues such as anxiety and insomnia compared with men. The prevalence of frailty was 46.2% (46.3% in men and 46.1% in women). In this population frailty was significantly associated with older age, smoking, living with son, breathing problems, unspecified pain and fatigue, poor dental health, history of falls and fracture ($p < 0.001$ for all) after controlling for potential confounders.

Conclusion: Our study highlights the growing nature of co-morbidity burden and frailty and its determinants in a low-income setting. Concerted efforts should be made with regard to how best to tackle this on a global scale.

Poster 6

The Access and Utilization of Health and Social Services by Older Gurkhas Residing in the United Kingdom: A Mixed-Methods Study

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Poster 7

Sociology in Action - Fair Connections Fair trade in Nepal

Sara Parker

Inspirational Women in Nepal Qualitative toolkit

Kay Standing, Lorna Porcellato, and Sara Parker

Poster 9

Cross cultural learning; student experiences of work-related learning in Nepal

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