



# Britain-Nepal Academic Council

[www.bnac.ac.uk](http://www.bnac.ac.uk)

**Presents**

## **10<sup>TH</sup> NEPAL STUDY DAY**

**19-20 APRIL 2012**

**At**

Queensland College Reading, 63 London Street, Reading, RG1 4SJ

**READING, UK**

**Final programme**

**Convener**

**Dr Krishna Adhikari**

**Organised by**



**Centre for Nepal Studies United Kingdom (CNSUK)**

[www.cnsuk.org.uk](http://www.cnsuk.org.uk)

**"Bringing Academia and Nepali Community Together"**  
**Programme Supported by Local Community Partners**



Greater  
Reading Nepalese  
Community Association

Greater Reading Nepalese Community  
Association  
[www.grnca.org](http://www.grnca.org)



Queensland College  
London

Queensland College  
[www.qcol.co.uk](http://www.qcol.co.uk)



Non-Resident Nepali Association  
National Coordination Council UK

Non-Resident Nepali Association National  
Coordination Committee UK  
[www.nrnuk.org](http://www.nrnuk.org)



## ACKNOWLEDGMENTS

The organisers are grateful to the Greater Reading Nepali Community Association (GRNCA), Queensland College Reading and Non-Resident Nepali Association National Coordination Committee UK (NRN UK) for their help and financial support towards organization of this year's Nepal Study Day.

**Britain-Nepal Academic Council**

[www.bnac.ac.uk](http://www.bnac.ac.uk)



**Centre for Nepal Studies UK (CNSUK)**

4 Cholmeley Road, Reading

Telephone: +44 (0) 7861492654

Website: [www.cnsuk.org.uk](http://www.cnsuk.org.uk)

Email: [cnsuk07@gmail.com](mailto:cnsuk07@gmail.com)

## PROGRAMME FOR PAPER PRESENTATION

### THURSDAY 19 APRIL

9.30-10.10 **Registration**

10.10-10.20 Welcome and Introduction  
**Dr Krishna Adhikari** (CNSUK/Oxford University)  
**Prof Michael Hutt** (SOAS)

10.20-12.20 **Session 1 (Chair: Prof David Gellner)**

**Ina Zharkevich** (University of Oxford)  
*What is the legacy of Maoism in the Kham Magar village of Thabang, Rolpa?*

**Shibaji Shrestha**  
*The Maoist insurgency in Nepal and its impact on the Nepal Police morale*

**Emilie Medeiros**  
*What is the relationship between Politics and Psychology? An example with former children whole-timers in Nepal*

**Chandra Sing Gurung** (University of Edinburgh)  
*Contemporary Gurkha identity within the Nepali nationalism debate*

**Dr Krishna Adhikari** (Centre for Nepal Studies UK; Oxford University)  
*Having a taste of marginalization? Recent political developments, perceptions and responses of the 'other' caste/ethnic groups in Nepal*

**Narayan Sharma** (School of Oriental and African Studies)  
*Fieldwork in Nepal: Endangered language documentation of Puma*

12.20-13.40 **Lunch**

13.40- 14.40 **Session 2 (Dr Ben Campbell)**

**Faye Simpson**  
*I am educated, therefore I am...? An ethnographic examination of the incoherencies of education for equality in a post-conflict landscape of difference.*

**Prof. Edwin van Teijlingen** (Bournemouth University), **Ram Sharan Pathak** (Tribhuvan University, Nepal), **Padam Simkhada**, (University of Sheffield), **Bhimsen Devkota** (Development Resource Centre, Nepal), **Julie Bruce** (University of Warwick), **Pramod Regmi** (Development Resource Centre, Nepal) and **Amudha Poobalan** (University of Aberdeen).  
*Systematic review workshops on collaborative evidence-based practice for higher education institutions in Nepal*

**Bruce Anderson** (Scot Nepal Friendly Society, Aberdeen)  
*How do you like your coffee? Social Enterprise in Bandipur to sustain some remote schools-The national context and work in progress.*

14.40-15.20 Session 3: (Chair: Dr Sondra Hausner)

**Dr Ben Campbell** (University of Durham)  
*Bio-gas for yak cheese: institutional ecologies for green development in Nepal*

**Kamal Adhikari** (University of Aberdeen)  
*Social History of Sunakhari (Dendrobium sp.) in Nepal*

15.20-15.50 Tea and Coffee

15.50-17.30 Session 4 (Chair: Prof Michael Hutt)

**Prof David N. Gellner, Dr Sondra L. Hausner and Dr Bal Gopal Shrestha** (Oxford University)  
*Vernacular religion: varieties of religiosity in the Nepali Diaspora*

**Dr Chandra Laksamba** (Centre for Nepal Studies UK)  
*Development and the role of Nepali media in the UK Nepali community*

**Prakritee Yonzon** (The London School of Economics and Political Science)  
*Migrant workers in Nepal: A solution or a problem?*

**Yagya Murti Bhurtyal** (The University of Sheffield)  
*Effects of international male migration on left behind wives in Nepal.*

**Roger Norum (Oxford University)**  
*"I am not an expat": Transience, privilege and the imaginary in expatria, Kathmandu*

17.40-18.30 Reception (Greater Reading Nepali Community Association and Non-Resident Nepali Association)

19.30-22.00 Dinner and Nepali Dohari (Only those invited or registered)

#### FRIDAY 20 APRIL

9.00-9.30 Tea and Coffee

9.30-11.30 Session 5 (Chair: Prof Anthony Costello)

**Pratik Adhikary** (Bournemouth University)  
*Health status of and health risks in male Nepalese migrant workers working in the Middle East and Malaysia.*

**Puspa Raj Pant and Prof Elizabeth Towner** (University of the West of England)  
*Child injuries in Nepal: A community based survey in Makwanpur district*

**Dr Pascal Odent**  
*The value of the first breastmilk (Case from Nepal)*

**Dilip Upreti** (University of Aberdeen), J. Kyle' **P. Simkhada** (University of Sheffield)  
**J. Thoullass** (University of Aberdeen) and **G. McNeill** (University of Aberdeen)  
*Dietary intake and knowledge on good diet among HIV positive people in Nepal*

**Dr Thea Vidnes** (Burnel University)  
*Pollution, pragmatism and agency: investigating determinants of maternal health in a hill-village in Central Nepal*

**Dr. Padam Simkhada** (University of Sheffield) and **Prof. Edwin van Teijlingen** (University of Bournemouth)  
*The role of social, economic and demographic development in the reduction of maternal mortality in Nepal*

11.30-12.00

**Tea and Coffee**

12.00-13.00

**Session 6 (Chair: Dr Krishna Adhikari)**

**Jit Gurung** (University of Wolverhampton)  
*Role of NGO in the development of rural villages in Nepal: A Case of Tang Ting Village*

**Richard George** (Liverpool John Moores University)  
*Exploring the role of volunteer NGOs in Nepal as agents of change*

**Sarah Byrne** (University of Zurich)  
*Enacting stateness and compromising power: The everyday practice of local government and authority in Nepal's post-conflict transition*

13.00-14.20

**Lunch**

14.20-15.40

**Session 7 (Chair : Dr Chandra Laksamba)**

**Michael Hutt** (School of Oriental and African Studies)  
*The Past in the Present: three recent Nepali novels*

**Nemu Joshi** (Birkbeck college, University of London)  
*Effects of globalization on gender practices: media and women in urban society of Nepal.*

**Gandhi Subedi** (Henley Business School, University of Reading)  
*Financing problem and slow down of real property transaction in Nepal*

**Kalyan Bhandari** (University of Glasgow)  
*Imagining the Nepali 'nation' through tourism*

15.40-16.00

**Wrapping up and Conclusion**

**CNSUK**

## LIST OF POSTER PRESENTATION

1.	<b>Ak Narayan Poudel</b> (University of Aberdeen), <b>Prof D Newlands</b> (University of Aberdeen), and Dr <b>P Simkhada</b> (University of Sheffield). <i>Economic burden of HIV/AIDS upon households in Nepal</i>
2.	<b>Aryan Niamir</b> (University of Wales) <i>The Aryan ascendancy in the Limbu lands</i>
3.	<b>Centre for Nepal Studies UK</b> <i>Nepalis in the United Kingdom: An Overview (2012)</i>
4.	<b>Sharada P Wasti</b> (University of Sheffield), <b>Padam Simkhada</b> (University of Sheffield), <b>Julian Randall</b> (University of Aberdeen), <b>Edwin van Teijlingen</b> (Bournemouth University), and <b>Jennifer V Freeman</b> (University of Sheffield) <i>Factors influencing on adherence to antiretroviral treatment for people living with HIV in Nepal: A mixed methods study</i>
5.	<b>Yuba Raj Baral</b> (London Metropolitan University UK), <b>Jo Skinner</b> (London Metropolitan University), <b>Prof Karen Lyons</b> (London Metropolitan University) and <b>Prof Edwiin Van Tenjilingen</b> (Bournemouth University). <i>Utilization of skilled birth attendants for delivery- A mixed methods study in the Kaski District of Nepal</i>

## ABSTRACTS OF PAPERS AND POSTERS

### A. PAPER PRESENTATION

#### 1. Ben Campbell (University of Durham)

*ben.campbell@durham.ac.uk*

##### **Bio-gas for yak cheese: institutional ecologies for green development in Nepal**

Low Carbon technologies, such as bio-gas, solar and hydro, can bring opportunities for livelihood empowerment among marginal groups in mountainous areas of Nepal. This paper explores the new context for taking nature as an object of analysis in the expansion of renewable energy sources, and the utility calculations of carbon sequestration value that forests are now serving. It presents the discourse of ecological sustainability as dominated by struggles for participation in competing kinds of state interest in the mountains, such as conservation versus poverty reduction through low carbon energy development. The talk will be accompanied by film from September 2011 of 'yak cheese' making in Rasuwa District.

#### 2. Bruce Anderson (Scot Nepal Friendly Society, Aberdeen)

*anderss@talk21.com*

##### **How do you like your coffee? Social Enterprise in Bandipur to sustain some remote schools-The national context and work in progress.**

Through a case description of a project in Bandipur, this presentation attempts to discuss sustainability of setting up and running schools in remote and deprived community in Nepal. I started the work coming across an attempt by four well meaning non-Nepalis trying to develop two schools in remote low caste villages both about two hours walk from Bandipur. No thought had been given to sustainability and this became more acute when two of the four initiators became redundant. Subsequently, we have planned to develop a social enterprise - a coffee shop and guest house in Bandipur- mainly for tourists, the "profits" from which would sustain the schools and hopefully lead to more schools being developed. The start up cost are to be found by our local Rotary Club in partnership with a Rotary Club in Nepal. This presentation discusses the overall context as to why sustainability is so difficult in Nepal and gives a progress report and plans for the future.

#### 3. Dr Chandra Laksamba (Centre for Nepal Studies UK)

*claksamba@aol.com*

##### **Development and the role of Nepali media in the UK Nepali community**

This paper aims to explore and analyse the development of media in the Nepali Diaspora community of the United Kingdom (UK) using ethnography research methodology. This paper has firstly explored the history of Nepali media in the UK. In order to carry out the exploration systematically, Nepali media in the UK have been divided into radio, print, online and television. The British Broadcasting Corporation (BBC) radio started a once a week 30 minute long Nepali programme on the 7<sup>th</sup> of June 1969. In the case of print media, it has been divided into three groups such as organizational journal magazine (*mukh patra*), news magazine and newspaper. 'The Yeti Prakashan' was the first Nepali *mukh patra* and the *Sagarmatha Times* was the first Nepali news magazine published in 1960 and 1990 respectively. The first weekly Nepali newspaper was called the 'Gurkha Mirror' which started in Aldershot in 2003 but ceased its publication soon after. Currently there are four weekly newspapers and three online media news published in the UK. In the context of television, initially two television companies appeared in 2005. Now only one Nepali Television Company is operating. Secondly, the findings from past have been linked with the current context; investigated, analysed the role of the Nepali media in the knowledge generation, dissemination and in the current process of Anglo-Nepali community integration.

#### 4. Chandra Sing Gurung (University of Edinburgh)

*C.S.Gurung@sms.ed.ac.uk*

##### **Contemporary Gurkha Identity within the Nepali Nationalism Debate**

Nepali men who serve in the British army, Indian army, Singaporean para-military institution and Gurkha Reserve Unit in Brunei are known as Lahure in Nepal, Bahadur in India, and Gurkha in the West and in the Southeast Asia. Although they serve in different countries under different circumstances, their image is that of warrior soldiers from the Himalayas. These countries recruit the Gurkhas into their military institutions based on different historical encounters that they have had with the men from the Nepali mountain villages. The Indian and British Gurkhas serve under the Tripartite Agreement signed in 1947 between the governments of Nepal, India and the United Kingdom. However, Nepal has no such treaty with the Singaporean and Bruneian governments for Gurkha recruitment whatsoever. Recently, the Gurkhas have been in the news in relation to Nepali nationalism. This paper attempts to examine how Gurkha identity is played out within the emerging Nepali nationalism debate. I examine this through 'emic' and 'etic' understandings of Nepali nationalism in order to conceptualise the contemporary Gurkha identity within the Nepali nationalist discourse. In my attempt to explore the Nepali nationalism debate in relation to Gurkha recruitment policy, this paper highlights how the Gurkha community interprets nationalism vis-à-vis the Maoist led coalition government. Additionally, I present the rational and practical aspects of any Gurkha recruitment in relation to the nationalism debate. My analysis would be of interest to whoever is interested in better understanding the contemporary Gurkha issues.

#### 5. David N. Gellner, Dr Sondra L. Hausner and Dr Bal G. Shrestha (Oxford University)

*david.gellner@anthro.ox.ac.uk, sondra.hausner@anthro.ox.ac.uk, bal.shrestha@anthro.ox.ac.uk*

##### **Vernacular Religion: Varieties of Religiosity in the Nepali Diaspora**

The Vernacular Religion project, carried out in collaboration with CNSUK, investigated religious practice and identification mainly in the UK but also in Belgium. 300 households were surveyed in the UK with an extensive questionnaire investigating multiple aspects of religious belonging and practice. A number of interesting trends emerged, including the importance of Buddhism and Kiranti religion, the possibility of belonging to more than one religious category, a high level of participation in community events (both religious and cultural), significant differences in religious practice and participation by age, and even the continuation of instrumental traditions (such as the use of astrologers and healers). Contests over religious labels are an important part of Nepali community activism, some evidence of which is also found in the survey. The project attempts to reveal something of the extremely vibrant dynamics of religious life in the Nepali diaspora.

#### 6. Dilip Upreti (University of Aberdeen),

**J. Kyle, P. Simkhada** (University of Sheffield) **J. Thoullass** (University of Aberdeen) and **G. McNeill** (University of Aberdeen)

*d.upreti@abdn.ac.uk*

##### **Dietary intake and knowledge on good diet among HIV positive people in Nepal**

Background: In Nepal, approximately 63,500 people (0.4% of the adult population) live with HIV/AIDS (PLHA). A nutritious diet is known to play an important role in maintaining the good health and immunity of PLHA. Little is known of the dietary sufficiency and specific needs of PLHA in Nepal, the current study measured the diet and nutritional knowledge among this population.

Methods: A cross section of PLHA completed a demographic, lifestyle and dietary questionnaire before anthropometric measurements were recorded. Ethical approval was obtained in Nepal and UK.

Result: 601 PLHA (52% male) participated, median age 34 (IQR 29 - 38) y, 29% were classified as undernourished (Body Mass Index  $\leq 18.5$  kg/m<sup>2</sup>). The average level of energy intake was 1960 (SD $\pm$ 195) for men and 1880 (SD $\pm$ 261) kcal/d for woman. The primarily plant based diet contributed 79%, 12% and 10%

of energy from carbohydrate, fat and protein respectively. When compared with WHO recommendations, energy, fat, protein, vitamin A and iron intakes were below recommend levels. 82% of participants believed that PLHA need a special diet but 43 % reported changing their diet after diagnosis. Poverty was reported to be the barrier for change. 46% of participants reported being unable to buy sufficient food for the whole year, with 57% of those reported borrowing food for > 4 months a year.

Conclusions: PLHA in Nepal are aware of the importance of a good diet but are not achieving recommended levels of energy and essential micronutrient intake. Poverty appears to be the main cause.

## 7. Prof. Edwin van Teijlingen (Bournemouth University),

**Ram Sharan Pathak** (Tribhuvan University, Nepal), **Padam Simkhada**, (University of Sheffield), **Bhimsen Devkota** (Development Resource Centre, Nepal), **Julie Bruce** (University of Warwick), **Pramod Regmi** (Development Resource Centre, Nepal) and **Amudha Poobalan** (University of Aberdeen).

*anteijlingen@bournemouth.ac.uk*

### **Systematic review workshops on collaborative evidence-based practice for higher education institutions in Nepal**

Evidence-based practice (EBP) is the application of best global research evidence to clinical problems. Various factors contribute to the lack of skills and knowledge regarding access to published research and the application of research findings to medicine and healthcare in developing countries. These include lack of research funding and research 'culture'; reliance upon traditional models of education, e.g. textbook-based teaching whilst there are also practical and economic barriers (e.g. limited internet access), and expensive subscription fees for journals and electronic bibliographic databases.

Tribhuvan University, the University of Aberdeen, Bournemouth University and the Development Resource Centre, a NGO in Kathmandu, formed a Partnership on improving Access to Research Literature for Higher Education Institutions in Nepal (PARI) which is funded by British Council and DFID/UKAID.

Following a curriculum review of health-related courses covering all key Higher Education (HE) institutions in Nepal and a needs assessment of staff and students at these institutions to identify gaps around gathering existing research information, we designed two-levels of workshops. The first comprised introductory one-day workshops we conducted at HE institutions in Kathmandu, Dhulikhel, Dharan, Chitwan and Pokhara. The second was a five-day in-depth workshop run in January 2012 in Kathmandu. Workshops topics included: (a) principles of EBP; (b) study design and research-evidence hierarchy; (c) literature searching and bibliographic databases; (d) access to HINARI; and (e) introduction to systematic reviewing. Workshops were very well attended, however, a key finding was that the concept of systematic reviewing was new to the majority of Nepalese academics attending the workshops.

**Title:** What is the relationship between Politics and Psychology? An example with former children whole-timers in Nepal.

## 8. Emilie Medeiros (University College London)

*emiliemedeiros@yahoo.com*

### **What is the relationship between Politics and Psychology? An example with former children whole-timers in Nepal**

The armed group experience is assumed to be universally impacting on the development of subjectivity, regardless of the context where youngsters find themselves. The phenomenology of youngsters' subjective positions with regards to their involvement with the Maobadi discusses this postulate. A dialectical model of the relationship between politics and informants' subjective positions with regards to their armed group experience is outlined.

During the ethnographic period, Nepal saw the official recognition and then de-recognition of the former armed group; Prachanda was democratically elected in 2008 and subsequently withdrew

in 2009 as head of the government of Nepal. These two distinctive periods correspond to different type of collective recognition and social capital assigned to youngsters' participation to the insurgency. These markers are used to assess the way national socio-political forces shape the way their *party* experience can influence their subjective positions.

Findings suggest that contemporary political values significantly interact with the psychological influence of informants' armed group experience. First, the post- participation context delineates the social trajectories and positions available to these youngsters. Second, wider social and political values participate in shaping the construction and emotional status associated with their armed group experience. A dialectical model of existing subjective positions is proposed.

The notions of space-time and of biographical reconstruction are instrumental to understand how youngsters' activism influences their mindset. Early-age participation cannot be assumed to have a psychological impact on its own, as wider cultural forces also come into play.

## 9. Faye Simpson

*fee.simps@gmail.com*

**I am educated, therefore I am...? An ethnographic examination of the incoherencies of education for equality in a post-conflict landscape of difference.**

Nestling in the backwaters of the Himalayan Kingdom, awash with rhododendron forest and steeped in tradition, Nepal's rural villages present an idyllic vision of life untainted by the progressively pervasive forces of globalisation and modernity. The reality is fraught with chaotic contradictions. Seductive notions of unrelenting advancement disseminated through governance and donor plans and policies have seeped through the stained social fabric of Nepal, permeating the heart of rural life. Education has replaced agriculture as the life blood of the country. Beating through the veins of the rural youth are ambiguously ambitious projects of self-determination in which they are seen to be grappling with the schizophrenic responsibilities of tradition and modernity, nation and self. Educated in opportunities, limitations are learned. The youth are waging a new war within the stratified social fabric of Nepal, a war in which enemy number one is the contradictions which lie within. Nepal sits at an important political juncture in which opportunity to reconfigure inherent inequalities is real, but the all too familiar disconnect in desire between homogeneity and heterogeneity, state and citizen poses a threat to the strength of equality through education. Adopting these perspectives and drawing on insight from educational theorists, conflict analysts and the pioneering work by Francis Stewart (2000) on Horizontal Inequalities, this paper seeks to present an ethnographic exploration of the multifarious issues facing youth in the current formalised education system and invites (re)consideration.

It is suggested that inequalities inherent in the mountainous region are being perpetuated through schooling, threatening the prospects of social cohesion which are essential for peace and prosperity.

## 10. Gandhi Subedi (Henley Business School, University of Reading)

*gandhisubedi@gmail.com*

**Financing Problem and Slow Down of Real Property Transaction in Nepal**

Contribution of real estate sector on Nepalese economy is of great importance but the real estate activities are slow down in recent days. This paper aims to analyze the status of real estate market and the reason behind the current problems faced by this sector. Data published by the different government agencies and the information collected during my fieldwork are used to analyze the status of real estate market and identify the existing problems. The data shows that the Real Estate Sector contributes around 7% on GDP. The number of land transactions registered in the land registry reached to the highest level of 884606 in 2009/10 after a steady increase from 2006/07 followed by a sharp decline. Similarly, the amount of registration fee has reached highest of 6,056.6 million in 2009/10 then declined by more than 51% in 2010/11. Moreover, outstanding loan of commercial banks keeping House and Land as security also

reached to the highest level of 61.43% in 2009/10 from 44.9% in 2002/03 and then declined. Provision for paying the money through bank and fixation of ceiling on the mortgage loan are such policies that result in the reduction on number of transaction and fall of land value, which in turn, led to decrease in the contribution of this sector. Proper real estate policy, efficient land administration system, land tenure security, efficient land market and proper valuation system might help.

#### 11. Ina Zharkevich (University of Oxford)

*ina.zharkevich@googlemail.com*

##### **What is the legacy of Maoism in the Kham Magar village of Thabang, Rolpa?**

Based on a long-term fieldwork in the village of Thabang (Maoist 'capital' during the 'people's 'war'), the presentation will look into the impact of the recent conflict, Maoist ideology and "people's governments" on the changes in the daily lives of people in Thabang and the social organisation of the village, and discuss how unique is Thabang among the other villages in the 'red belt'. It will then contrast the Maoist "cultural regime" during the war and the post-conflict situation when Maoist practices and values have to be mapped onto the local ways of thinking and acting in the world. By drawing on the case studies of religious worshipping in the area, a case of death rite in the Maoist commune and marriage in the family of Maoist supporters, I will show how Maoist practices and values are coming into contact with the local Kham Magar culture and how both are being transformed in ways which could hardly be imagined a decade ago. In doing so, I will attempt to show that Maoism as practiced locally does not remind one of a purist and dogmatic ideology but rather of a highly adaptable set of values which can be tailored according to the "spirit and needs of the time" and context in which it has to operate.

#### 12. Jit Gurung (University of Wolverhampton)

*tamujit@hotmail.com*

##### **Role of NGO in the development of rural villages in Nepal: A Case of Tang Ting Village**

This paper is based on my work-in-progress PhD research on 'Assessing Rural Development in the post-1990 Nepal: A case study of Tang Ting village'. The overall aim of this research is to assess/analyse the strategies of Rural Development (RD) programmes in the Nepalese villages, particularly after the political changes in 1990. Through a case study of Tang Ting VDC, the paper explores the comparative contributions made by various agencies- governmental and non-governmental. It is found that while almost all rural infrastructures are built in Tang Ting with the support from international and national NGOs/CBOs, it seems the government agencies have done very little in this effect. The paper attempts to explore the reasons behind government neglects in rural developments, and increasing roles played by non-governmental organisations.

#### 13. Kalyan Bhandari (University of Glasgow)

*k\_bhandari@hotmail.com*

##### **Imagining the Nepali 'nation' through tourism**

Tourism is considered to be presenting a contrived and inauthentic version of a nation and that there is a big gap between touristic image and the social reality of the nation. By contrast, some scholars have argued that tourism can be an important tool to articulate nationhood and nationalism as it represents an authentic national culture. This paper looks into the representation of the Nepali nation in tourism and sees how fairly it represents 'national imagery' and culture. Data collected through unobtrusive methods and observations show that tourism is presenting a picture of Nepal that is largely partial and unrepresentative of its composite character. The imagery of Nepal in tourism is full of references to Himalayan heritage and there is a serious under-representation of the region of Terai and its people. This exclusion is informed by conservative 'nationalist' discourse that stresses Nepal's distinction with India: the imagery of Terai was considered more akin to India so that it was never projected appropriately as a part of the Nepali nation. This study stresses that tourism can play a meaningful role in bringing in more

'sub-national' identities into the composite imagery of Nepal and solidify and express Nepali national identity and nationalism.

#### 14. Kamal Adhikari (University of Aberdeen)

*k.adhikari@abdn.ac.uk*

##### **Social History of Sunakhari (*Dendrobium* sp.) in Nepal**

This paper examines how people from different backgrounds perceive a few species of Orchid from the genera *Dendrodium*, which are referred to locally as Sunakhari. Starting from the ground level where the resources are located, it moves up the different administrative levels from the district administrative centres to the top ministry level, which are responsible for overseeing the exploitation of *Dendrodium*. It is based on the assumption that the socio-ecological factors, for example, kin, friends and political networks, and monetary flows all have an impact on how people see, talk and think about the landscape in dynamic and interactive ways. Analysing the data from a decade of botanical research in different parts of Nepal and 10 months of social science fieldwork in the central part of Nepal, it documents the people's interaction with the landscape. The issue of landscape is crucial to my overall work but I am focusing here on the exploitation and policy development around three species of orchid. It also outlines a framework of understanding for the impact of these factors on the sustainability of the plant resources.

#### 15. Dr Krishna Adhikari (CNSUK; Oxford University)

*krishna.prasad.adhikari@gmail.com*

##### **Having a taste of marginalization? Recent political developments, perceptions and responses of the 'other' caste/ethnic groups in Nepal**

Over time, the 'class' struggle of Maoist conflict in Nepal has metamorphosed into 'ethnic' struggle. While constitution writing process is progressing, albeit with delays, and with high demands for ethnicity-based federalism, Nepali caste and ethnic groups are making efforts to be recognised and labeled as an indigenous (*adibasi*) group to attain special preferential treatments attached to such labels. Bahuns, Chhetries, Dashnamis and Dalits are classified as 'other' in Nepal's interim constitution. This paper, based on field observations, interviews and literature review presents the new developments, politics and reactions surrounding these issues. The so-called 'other' groups perceive that the idea and criteria of classifying indigenous and 'other' groups is ambiguous and biased, and pressure for course correction is increasing. They perceive the rising ethnic divisions to be the result of a ploy to distort Nepal's 'ethnic harmony' allegedly engineered and backed by different international agents whose vested interest is to profit from the 'murky waters' in order to change the 'social and cultural map of Nepal'. While these 'other' groups are not against federalism *per se*, they are dead against the idea of ethnicity-based federalism. The perceived sense of 'neo-marginalization' of 'other' groups and corresponding responses seems to rise and become stronger in coming days.

#### 16. Michael Hutt (SOAS)

*mh8@soas.ac.uk*

##### **'The Past in the Present: three recent Nepali novels'**

Until quite recently, the novel (*unpanyas*) was the least developed genre of Nepali literature. Only a handful of novels, by writers such as BP Koirala, Parijat and Diamond Shamsher, had reached anything more than a tiny readership. However, since 2005 a number of Nepali novels have achieved a level of commercial success that was barely imaginable before that date. What are the features of Nepali novels that have rendered them meaningful for modern readers? Here I will focus on just one aspect of three of the more highly regarded Nepali novels of recent years- the marked extent to which they draw upon themes from the historical past.

### 17. Narayan Sharma (School of Oriental and African Studies)

*narayan.sharma57@gmail.com*

#### **Fieldwork in Nepal: Endangered language documentation of Puma**

This paper examines the overview of Puma language. Puma is an endangered language of eastern Nepal belonging to the Southern Kiranti subgroup of the Kiranti family of Tibeto-Burman. There are about 4000 Puma native speakers. To undertake documentation effectively, the researchers must properly be trained in the techniques of recording (audio and video), transcribing, analysing, multi-tier annotating, and translating languages that have never been studied before. So, adequate and proper knowledge of using of linguistic software tools (eg. Transcriber, Toolbox, IMDI, Filemaker, ELAN) is essential to all field linguists. The Puma language is rich in morphology and has very complex system of pronominalization. All subject, object, tense, number can be triggered into verbal agreement system. All transitive verbs can be detransitivized with or without – kha anti-passive marker. The agent obligatorily takes an ergative marker and dative case is optionally marked but theme is never overtly marked. Audio-video recording of speech, direct elicitation especially for verb paradigms, questionnaires, and some times monolingual research are the ways of collection of primary data. The people who are involved directly or indirectly with the language documentation are the contributors, the transcribers, the research assistants and the researcher (author). The languages Nepali, Puma and English are used for elicitation during recording.

Like other Kiranti languages, Puma also is rich in different kinds of compound verbs and deictic expressions. We can find four-way marking system in locative, ablative and allative.

### 18. Nemu Joshi (Birkbeck college, University of London)

*nemujoshi@hotmail.com*

#### **Effects of globalization on gender practices: media and women in urban society of Nepal.**

Focusing on the influence of media, my study aims to explore a variety of gender practices in the era of globalization. In the recent years various scholars have written about gender and globalization but most have focused on women's work (Freeman 2001, Kraus 1996, Standing, 1989). Intimate gender issues are ignored within the discourse of globalization. Moreover, the meanings of sexuality/gender are defined on the basis of Euro-American feminist scholarship without understanding the logic of local concepts and practices. I analyze urban Nepali women's perception of Indian media which is so popular in Nepal, is affecting them, their gender relationships and daily lives.

Drawing on Judith Butler's work (1993) on gender and sexuality as cultural, performed identities rather than biologically derived identities, I use performativity theory to show in what ways women in Nepal are negotiating and engaging with discourses on "modernity" and "tradition" in relation to gender and sexuality. I use a feminist ethnographic framework to analyze the experiences of urban Nepali women. I chose Indian media as a result of India's regional power and influence in Nepal and on Nepalese media. To uncover how different castes and class of women get impacted by the same media, I selected participants from social differences like marital statuses, age and education. Some of my findings entail that urbanization is making an impact on women, especially younger middle class women of Kathmandu who are struggling to come out of the contradictory resources of "tradition" and "modernity" (Liechty 2003) that they feel they are appropriately modern

### 19. Dr. Padam Simkhada (University of Sheffield) and Prof. Edwin van Teijlingen

(University of Bournemouth)

*P.Simkhada@sheffield.ac.uk*

#### **The role of social, economic and demographic development in the reduction of maternal mortality in Nepal**

The World Health Organization recently released maternal mortality estimates, which showed a 34% global reduction since 1990; in Nepal, the decrease was estimated to be of the order of 56%. Despite

widespread poverty and disparities in economic growth, there has been an unforeseen reduction of maternal mortality in Nepal. Recent claims as to why this has occurred have centred around improvements in health services and the availability of village community health workers but these assertions are largely speculative.

Few, if any, studies have attempted to investigate the wider effects of changes in these multi-sector factors on maternal health in Nepal. Little is understood about the drivers for change, and in particular, the two-way relationship between development, poverty alleviation and maternal mortality reduction. The main aims of paper are to ascertain why there has been a reduction in maternal mortality in Nepal from a multi-sector development perspective.

A mixed-methods approach using qualitative and quantitative methods was used. A review of published and grey literature in Nepal was conducted. In addition, Demographic and Health Survey (DHS) data were further analysed.

Our findings suggest that changes in wider socio-economic factors (women education, empowerment, improvement in economic status, improvement in general health of women, improvement in communication and general development, improvement on health services) have great contribution for maternal mortality reduction in Nepal. By looking at the impact of social and economic changes on maternal mortality, this research has added the knowledge to contemporary debates about the links between development, wider poverty alleviation investments and maternal health; and so constituted innovative scholarship about the social determinants of health.

## 20. Dr Pascal Odent

*pascalodent@gmail.com*

### **The value of the first breastmilk**

Vets and farmers know that colostrum, the breastmilk produced in the first days after birth, is essential for the survival of newborn farm animals such as calves and foals. Immunologists know that human colostrum is rich in immunoglobulins, lactoferrin and other agents that support immune resistance. Anthropologists know that the practice of discarding colostrum exists in multiple communities worldwide. There is the expectation that human colostrum should help the survival of infants in the first month after birth, but what is the actual effect on neonatal mortality if mothers discard their first breast milk?

The aim of this work was to explore early infant feeding practices and neonatal mortality across two trial surveillance systems in rural sites in Nepal, with particular interest in the discarding of first breastmilk as a new dimension in early infant feeding. The primary objectives were to examine the associations between maternally reported discarding of first breastmilk and neonatal mortality in (i) Makwanpur and (ii) Dhanusha districts, Nepal, and (iii) to describe qualitatively the practices and reasons behind discarding of first breastmilk in Makwanpur.

Data on a range of variables were collected from mothers aged 15-49 who had given birth at least one month previously. Discarding of first milk was significantly associated with neonatal mortality in Makwanpur ( $n=15\ 919$ , aOR 2.21 [1.47 - 3.32],  $p<0.0001$ ) and Dhanusha ( $n=14\ 991$ , aOR 1.28 [1.00 - 1.62],  $p<0.043$ ) after adjustment for several covariates including other infant feeding dimensions, and exclusion of deaths within two days of birth. There was dichotomy in perceptions of first milk. Practices of discarding included squeezing out small volumes of breastmilk before initial feeding.

## 21. Prakritee Yonzon (The London School of Economics and Political Science)

*P.Yonzon@lse.ac.uk*

The Migrant workers in Nepal, A solution or a problem?

Does poverty in one place justify exploitation at the other? Workers in Nepal face a major dilemma of the need to immigrate to work, and manifest abuse and exploitation when they eventually do so. The problems faced by Migrant Workers can be divided into three phases: pre migration, during migration and post migration. Though ignorance and compulsion plays a major part in the problem, the apathetic attitude of the Government coupled with the scrupulous practice of the Employment Agencies augment the issue further. From the laws we already have in place, namely, the Foreign Employment Act, 2007, the Act appears comprehensive, prohibiting gender discrimination and sending of minors, while providing for minimum remuneration, training of the workers, insurance to the workers as well as the monitoring and regulation of the Agencies. Hence, it is but logical to draw a conclusion that although the legislation is in place, what we actually lack is the enforcement mechanism of the existing regime. What is therefore needed is a comprehensive review of the loopholes in the existing regulations and legislations, and fault finding as to why this enforcement mechanism is defunct. This will enable us to safeguard the rights of the Migrant Workers of Nepal and address their flagrant violation by restructuring the current regime of migration for employment, so as to make it effective, efficient and fair.

## 22. Pratik Adhikary (Bournemouth University)

*adpratik@hotmail.com*

### **Health status of and health risks in Male Nepalese Migrant Workers working in the Middle East and Malaysia.**

**Background:** Migrant workers take a number of risks when travelling abroad for work. Previous studies have revealed that migrant workers experience various work-related risks including accidents at work, stress and mental issues. This study was conducted to examine the health status of and health risks in Male Nepalese Migrant Workers working in the Middle East and Malaysia.

**Methods:** This Ph.D. study employed a mixed-methods approach, comprising a structured survey questionnaire to measure the relationship between risk factors and health-related predictive factors. In addition, face-to-face interviews were conducted for in-depth elucidation of the risk factors and their contribution to health-related outcomes.

**Results:** The majority of respondents were in the age group 25-40 (71%), with none/primary education (71%) and approximately two thirds of respondents (62%) rated their health as fair /poor/ or very poor. Most (73%) rated their work environment as fair / poor /very poor. The majority (71%) had registered with a doctor and 62% had national insurance. About 17% of respondents had experienced a work-related accident.

The in-depth interviews also found that Nepalese migrant workers experienced accidents at work, skin problems, heart attacks and even issues of death. In general, employers did not value the health of migrant workers. Due to work pressures, many workers took risks.

**Conclusion:** Nepalese migrant workers working in the Middle East and Malaysia experience various health risks and communication problems. They also feel pressure of work. Health promotion and support for migrant workers should focus on providing insurance and easy access to health services.

## 23. Puspa Raj Pant and Prof Elizabeth Towner (University of the West of England)

*pant.puspa@gmail.com*

### **Child injuries in Nepal: a community based survey in Makwanpur district**

**Objective:** to describe the situation of child injuries and their burden in Nepal

**Methods:** A community-based household survey was conducted in a random sample of 3,434 households from 13 survey sites in Makwanpur district. Survey tools were adopted from the WHO guidelines for conducting injury surveys. A screening questionnaire was used to identify children aged 0-17 years who were injured in the past 12 months. The children who had received treatment or were unable to conduct usual activities for at least three days after an injury were included for survey. Intentional injuries were excluded.

Results: Households in 12 VDCs and one municipality were surveyed which included 7,844 children. 193 (2.5%) cases of non-fatal injuries were identified; two-third of them were boys. Falls were the commonest cause of injuries (49%), followed by cuts, burns, animal bites, road traffic accidents. Nearly half of the injuries took place in/around home. Injury rates were highest among the children aged 5-9 years age group. 20% of injured children suffered head and face injuries. 30% of injured children received no treatment and 43% were admitted in the hospital. 31% of the injured children were not able to perform usual activities for more than a month; and 37% for 7 to 30 days. The average treatment cost was NRs 5,500/child.

Conclusion: Injuries place a substantial burden on children and families. This study revealed that injuries remain a hidden public health problem. Community based child injury prevention interventions are urgently required to address this issue in rural Nepal.

#### 24. Richard George (Liverpool John Moores University)

*R.George@2011.ljmu.ac.uk*

##### **Exploring the Role of Volunteer NGOs in Nepal as Agents of Change**

This paper acknowledges the rapid expansion of Non-Government Organisations as key players in the developing world, Maskay (1998), and the increasing popularity of volunteerism. Nepal is a nation which has seen an unprecedented rise of non-government and grassroots organisations in recent decades, ranging from social and health care, to conservation and environmental movements, as Maskay (1998) acknowledges. These have often allowed marginalised peoples to function and respond to the challenges they face during politically difficult times and fragile governments.

Yet it is also a country that has historically seen its' diverse communities organize themselves through traditional volunteering practices. Neupane (2002) and Maskay (1998) refer to the spirit of Guthi and Swayamsewak, traditional and philosophical volunteering concepts and roles that were in place long before NGO was referred to in development.

More recently though, following the mushroom growth of NGOs, Nepal has witnessed an influx of peoples arriving from developed nations to work in volunteer NGOs. There are debates on the benefits this brings in the forms of mutual cultural exchanges, tourism, and idea sharing. However, this paper seeks to explore whether or not this practice is productive to a long-term sustainable development agenda, or whether it simply re-enforces a dependence on social welfare, as Farrington and Bebbington et al (1993) have warned the NGO sector can produce.

For this paper case studies of 3-5 international volunteer NGOs in Nepal are presented as examples to begin to explore and critique their proposals as genuine agents of change.

#### 25. Roger Norum

*roger.norum@anthro.ox.ac.uk*

##### **"I am not an expat": Transience, Privilege and the Imaginary in Expatria, Kathmandu**

"Western" foreigners – Anglo and European tourists, volunteers, hippies and mountaineers, among others – have long played an integral role in the history of modern Nepal. The legacy of these "expatriates" is laden with colonialist overtones of luxury, leisure, decadence and gin and tonics at the club. But the lived reality of modern-day expatriates is often very different than this imagined past. It is a reality characterised by fractured identities, uneasy engagements, boundary questioning and shifting relationships – with other expatriates, with people back "home" and with the host community itself. Building on over a year of doctoral research in Kathmandu, this paper investigates how early-career expatriates posted to Kathmandu for a period of one to two years imagine, negotiate, perform and narrativise a range of local and global identities at home, work and play. I explore the gendered, racialised and embodied boundaries that circumscribe expatriates' lives, looking at how colonial tropes of "local"

and “foreigner” are experienced in the context of “neo-colonial” Kathmandu. I question how liminal space and time – the phenomenon of being at once removed from the norms and mores of home, and of being “always, already” (Ricoeur, 1984) departing – deeply structures day-to-day life in Expatria, Kathmandu. Far from the stereotype of pioneering, adventuresome men in far-flung colonial outposts relaxing on the verandah with servants at their beck and call, I argue that the lives of these mobile, professional elites are often much less mobile, less elite – and at times, much less professional – than is often perceived.

## 26. Sarah Byrne (University of Zurich)

*sarah.byrne@geo.uzh.ch*

### **Enacting stateness and compromising power: The everyday practice of local government and authority in Nepal’s post-conflict transition**

This paper explores the ways through which local government actors in Nepal, in particular the local public administration, make the state real, both to themselves and to citizens. In a situation characterized even before the decade long civil conflict by a certain “scarcity of the state” (Corbridge et al. 2005), a withdrawal of state actors from rural areas during the later years of the conflict, and a subsequent gradual reclaiming of authority, the role of local government in Nepal’s post-conflict setting is particularly interesting. While the term of the last elected local governments ended in 2002, different interim arrangements have been put in place in the post-conflict political transition, building on and interacting with previous sedimentations. This paper analyses these interim local government arrangements and explores the “composite and chimerical” practical form and functioning of public authority they represent (Lund 2006). With reference to the insights of Tania Murray Li (1999, 2007) on “compromising power”, this paper argues that local governance in Nepal functions through everyday compromises – explicit and implicit – between authority claimants to ensure cooperation and access to resources. These compromises are not exceptions but rather an integral part of how rule is accomplished. Further, this paper argues that it is through these compromises that stateness is practically enacted by local government actors. In so doing, it sheds light on how the Nepalese (local) state is manifested in practice and maps the local authority (re-) configurations emerging in the political “transition”.

## 27. Shibaji Shrestha

*ceebaag@gmail.com*

### **The Maoist Insurgency in Nepal and its Impact on the Nepal Police Morale**

This paper aims to explore and analyse the Maoist Insurgency specially focusing on impact to the Morale of the Nepal Police (NP) as the Nepal Police solely involved in controlling the Maoist uprising from 1996 to 2006. During this time, the Nepal Police used tactics of normal crime prevention in internal problem to suppress and control the Maoist insurgency. From the start to the end of the insurgency, “total 1486 Nepal Police personnel lost their life, similarly more than 2000 police personnel injured and 764 police posts destroyed, more than 25 percent (11,280) police personnel quit their job” (NP 2011) which indicates demoralised scenario of Nepal Police personnel. In the middle of the insurgency, the Armed Police Force (APF) has formed to control the insurgency. In addition to the Police Forces; the Royal Nepal Army (Now Nepal Army) also involved in this mission. As an ex-Nepal Police Officer, to observe the security situation and existing Police Officers quitting their job and leaving the country made me think about doing a research on the same field. To explore the situation, I have raised two research questions namely: How did the Maoist insurgency in Nepal affect to the Nepal Police morale and how can we overcome the impact of Nepal Police morale? I have used qualitative research methodology such as interviews to collect primary and secondary data. The collected data have been examined and analysed and recommendation to overcome morale issues have been made.

## 28. Dr Thea Vidnes (Burnel University)

*t.vidnes@googlemail.com*

### **Pollution, Pragmatism and Agency: investigating determinants of maternal health in a hill-village in Central Nepal**

In Nepal maternal mortality rates, although diminishing, remain considerable and biomedical approaches are promoted as the means to achieving further reductions. During June-July 2011, I carried out MSc fieldwork in Sakas, a predominantly Gurung hill-village in Central Nepal. A principal aim was to explore the impact of any ritual purity and pollution beliefs on maternal health and/or practices in relation to childbirth.

Through participant observation and semi-structured interviews with women and village health workers it became evident that pollution and purity beliefs and practices exist in Sakas, the state of being ritually polluted referred to as *jutho*, yet interpretations were various and flexible in relation to maternal health. Moreover, they are applied pragmatically when accessing biomedical assistance for maternal health issues. That said, uptake is selective: despite a village Health Post with two skilled birth attendants and a delivery room, almost all informants I spoke with gave birth either at home or in medical facilities in Pokhara. Meanwhile, an extraordinarily low maternal mortality rate for the village apparently existed – just two deaths in 19 years.

Additional data gathered suggests that in Sakas women's relatively high status, agency and strong social networks (including Mother's Groups) are at least as relevant to maternal health there – possibly more so – than certain biomedical services available, notably the Health Post's dedicated birthing facilities. This finding contrasts with current development strategies that privilege facilities-based childbirth within efforts to improve maternal health in Nepal, thus positing a need for more context-specific and ethnographic research within development policy-making.

#### 29. Yagya Murti Bhurtyal (The University of Sheffield)

*y.m.bhurtya@sheffield.ac.uk*

##### **Effects of international male migration on left behind wives in Nepal.**

An estimated 3.5 million Nepali men migrate abroad each year, contributing billions of US dollar to the national economy. These contributions have enormous effects on the socioeconomic status of migrants and their families. The influence of long-term absence of partners on left behind wives is a relatively unexplored phenomenon in Nepal. Thus, this study aims to investigate the impacts of international male migration on mental health and autonomy of left behind wives and their health service utilisation.

Method: A total of 800 households (400 from Migrants and 400 non-migrants households) were randomly selected and surveyed using structured questionnaire. Data were analyzed on SPSS.

This study found that the wives whose husbands had migrated are significantly depressed when compared to the wives living with their husbands. Depressive symptoms were measured by using 20-items Center for Epidemiological Studies-Depression Scale. About 80% of migrant's wives were depressed as compared to 26% non-migrant's wives ( $P<0.05$ ). The study also found that more households were headed by female (74.0%) in migrant's households as compared to 19% in non-migrant's households and migrant's wives were significantly involved in decision making in their households ( $P<0.05$ ). The women in migrant's households have more autonomy than the women in non-migrant's households. In health service utilisation, migrant's wives (71.3%) were found to use more private health service than the non-migrant's wives (59.0%).

The wives whose husbands were migrated are more likely to be depressed than the wives who are living with their husband. Migrant's wives have more autonomy, are more active in decision making and use private health service more than the wives living with husbands.

## B. POSTER PRESENTATION

### 1. Ak Narayan Poudel (University of Aberdeen),

Prof D Newlands (University of Aberdeen), and Dr P Simkhada (University of Sheffield).

*r01anp9@abdn.ac.uk*

#### **Economic Burden of HIV/AIDS upon Households in Nepal**

**Background:** A majority of PLHA in Nepal are of working age and therefore HIV/AIDS imposes a significant economic burden, consisting of direct costs – the cost of treatment and care of the ill person; and productivity costs – lost productivity of the person who is affected by the illness.

**Methods:** A mixed methods approach was used. Purposive sampling was used to identify 415 respondents to a questionnaire and 30 respondents to an in depth interview between February and July 2012 at six HIV/AIDS treatment centres of Nepal. PLHA of 18 years and above and who had been diagnosed HIV positive at least a month prior to the survey were eligible for inclusion in the study.

**Results:** It was found that direct cost for treatment at the last visit to the treatment centre was USD 18.90. On average, 9.83 days were lost over this two month period. After adjusting for household coping strategies, days lost were 6.22. Days lost (productivity costs) and direct costs of treatment varied by location, gender, CD4 level and self reported HIV status. At 25 percent threshold level, 34.5 percent respondents were facing catastrophic impacts for treatment. Similarly, 12.3 percent households pushed below poverty line after treatment. Major coping strategies used to meet direct and productivity costs were drawing upon household savings or income (56%), taking out loans (26%), and selling of assets (20%) respectively.

**Conclusions:** HIV/AIDS exerts a substantial burden on affected households. This affects the long term economic capacity of households and risks driving them further into poverty. Therefore, appropriate policy should be implemented at governmental level to uplift the marginalised households.

### 2. Aryan Niamir

*aryanofpersia@gmail.com*

#### **The Aryan ascendancy in the Limbu lands**

This research will investigate the conflicts between the indigenous Limbus and the Aryan migrants of Nepal, and how the circumstances, actions and ideologies of the indomitable Aryans assisted them in their acquisition of the Limbu lands and how it affected the social environment between the two communities from antiquity through to the modern-era. The researcher will investigate from the perspective of the ancient Aryan migrants, who are understood to be the principle ancestors of Nepal's Bahuns and Chhettris; thereby exploring through the anthropological, cultural, socio-political and geographical perspectives of the Aryan migrants and their descendants in order to disseminate how this phenomenon transpired.

### 3. Centre for Nepal Studies UK

*cnsuk07@gmail.com*

#### **Book 2012: Nepalis in the United Kingdom: An Overview**

Hundreds of thousands of Nepalis have served Britain as Gurkha soldiers for almost two centuries, but it is only since 2004 that they have started to come and settle in the UK. Since the 1950s and increasingly since the 1990s, Nepali professionals, economic migrants and students have also made the UK their home. However, their actual numbers, demographic characteristics and state of integration are still not well known. Mainly based on a large-scale survey conducted by CNSUK in collaboration with the Non-Resident Nepali Association UK, and supported by various Nepali networks of voluntary organizations and individuals, this book offers concise and reliable information on a range of issues related to Nepalis in the

UK including migration, health, religion, education, employment, ex-Gurkhas, social organizations and integration.

#### 4. Sharada P Wasti (University of Sheffield),

**Padam Simkhada** (University of Sheffield), **Julian Randall** (University of Aberdeen), **Edwin van Teijlingen** (Bournemouth University), and **Jennifer V Freeman** (University of Sheffield)

*s.wasti@sheffield.ac.uk*

#### **Factors influencing on adherence to antiretroviral treatment for people living with HIV in Nepal: A mixed methods study**

Antiretroviral therapy (ART) is a lifesaver for individual patients treated for HIV/ AIDS and maintaining optimal adherence to ART is essential for HIV infection management. This study aimed to understand the factors influencing on adherence to ART in Nepal.

Methods: A mixed-methods study surveying 330 ART-prescribed patients and 34 in-depth interviews with three different types of stakeholders. Adherence was assessed through survey self-report and during the interviews. A multivariate logistic regression model was used to identify factors associated with adherence, supplemented with a thematic analysis of the interview transcripts.

Results: A total of 282 (85.5%) respondents reported complete adherence, i.e. no missed doses in the four-weeks prior to interview. Major factors influencing adherence were: non-disclosure of HIV status (OR = 17.99,  $p = 0.014$ ); alcohol use (OR = 12.89,  $p < 0.001$ ), being female (OR= 6.91,  $p = 0.001$ ), being illiterate (OR= 4.58,  $p = 0.015$ ), side-effects (OR = 6.04,  $p = 0.025$ ), ART started <24 months age (OR=3.18,  $p = 0.009$ ), travel time to hospital >1 hour (OR= 2.84,  $p = 0.035$ ). Religious obstacles, stigma/discrimination, transport problems, and side-effects were also reported as contributing to non-adherence. However, trustworthy health workers, perceived health benefits, and family supports were the frequently reported facilitators.

Conclusion: Improving adherence requires a supportive environment; accessible treatment; clear instruction about regimens; and regimens tailored to individual patients' lifestyles. Healthcare workers should address some of the practical and cultural issues around ART whilst policy-makers should develop appropriate social policy to promote adherence in Nepal.

#### 5. Yuba Raj Baral (London Metropolitan University UK),

**Jo Skinner** (London Metropolitan University), **Prof Karen Lyons** (London Metropolitan University) and **Prof Edwiin Van Tenjilingen** (Bournemouth University).

*baral\_yubraj@hotmail.co.uk*

#### **Utilization of Skilled Birth Attendants for delivery- A mixed methods study in the Kaski District of Nepal**

Background: The proportion of deliveries where skilled attendance care used is one of the indicators of the progress of Millennium Development Goal to improve maternal health. All women need skilled maternity care in pregnancy and childbirth. In Nepal, only 19 percent of women attended skilled birth attendants during deliver the baby.

Aim: To explore women's experiences of using of skilled birth attendants for delivery in Nepal.

Objective: To explore women perceptions and choice of maternity care during the pregnancy and child birth.

Methods: Mixed methods design was used to address research objective. The quantitative information was collected using self-administered structured survey questionnaires. Qualitative data was derived using semi-structured face-to-face interviews with women aged 18-49 years who had given birth within three years at the time of interview.

Results: Data shows that several factors influence under skilled birth attendant use: lack of information and perceptions of delivery, health service providers' attitudes, access of services, distance and

transportation, gender role, costs, culture beliefs, lack of decision-making power and influence of households head are some reasons.

Conclusion: Different socio-demographic, cultural, economic, and individual factors are associated with utilisation of skilled birth attendants during the pregnancy and childbirth. This study tried to explore how these factors influence utilization of skilled maternity services in Nepal.

## VENUE LOCATION

Queensland College Reading, 63 London Street, Reading, RG1 4SJ

Click here for [a map](#) (Source Goolge)



### Walking from Reading Train Station: 8 Minutes

1. Head **south** toward **Forbury Rd** 43 ft
2. Continue straight onto **Station Rd** 443 ft
3. Turn left onto **Friar St** 0.1 mi
4. Turn right onto **Market Pl** 276 ft
5. Continue onto **High St** 157 ft
6. Continue onto **Duke St** 210 ft
7. Continue onto **London St** 0.2 mi  
Destination will be on the right

**80 London St**  
Reading, West Berkshire RG1 4SJ, UK



**Travelling by bus:** If you are travelling by bus- National Express, you should get off at Calcot and take Reading local bus. The buses that run from Calcot to the train station are numbers 25, 44, 101, 102 or 103. The bus fare costs £1.70 each way and you will need the exact money as the buses do not give change. You will need to walk from town or train station as indicated above.

**Car Park:** There is no car park facility available at the venue, but the nearest car park (3 minutes walk) is **The Oracle Car Park Reading, RG1 2AG**. Next to it is also **Queens Road Car Park Reading, RG1 4AU**