

## WORLD VISION COMMUNITY PROFILE



Sindhuli is one of the poorest and most deprived areas in Nepal, ranking 56th out of 75 districts in the national poverty deprivation list. World Vision began an assessment study into this area in April 2012 and found the needs of the mainly minority ethnic groups here compelling. Hence, work in the community began in Oct 2013.

### BRIEF INFORMATION

IMPACT AREA POPULATION  
24,241 people

PROGRAMME LIFESPAN  
2013–2028

CHILDREN AVAILABLE FOR  
SPONSORSHIP (AS OF FEB 2019)  
205

### GEOGRAPHICAL LOCATION

Sindhuli East is located in the Central Development Region of Nepal and is 150 km east of Kathmandu. It covers an area of 235 sq km and the terrain is steep and hilly, cut by river valleys, making the land largely unsuitable for farming. The occurrence of natural disasters such as landslides, storms, floods, earthquakes and fires are frequent and pose a constant risk.

### PROGRAMME GOAL

Children, families and communities work together and are empowered to bring quality of life to children, who are the most vulnerable.

# SINDHULI EAST NEPAL

## REALITIES

### Economic Poverty

The majority of the people in the community are *dalits* (untouchables) and indigenous Janajati. These groups are among the poorest people in Nepal. They depend on agriculture, manual labour and seasonal migrant labour for their livelihoods. Although they rely on agriculture for income, the productivity is low. Over 75% of the land in the district is unsuitable for farming, resulting in 87% of the population having insufficient food to last them the whole year. Of land that is suitable for farming, over 82% does not have sufficient irrigation. This forces caregivers to work away from their families, leaving their children behind.

### Educational Challenges

The illiteracy rate is at 60%. Parents of poor families do not value the education of their children. Rather, they send their children to work at an early age to supplement family income, and it is common for children to drop out of school at the primary level. As the terrain is hilly and transportation is difficult, children often miss school because they have to walk long distances to reach school. Only 5% of teachers apply child-friendly teaching methods and 95% of schools have poor infrastructure and are vulnerable to fire, landslide, hailstorm and earthquakes.

### Healthcare Concerns

Children from *dalit* and Janajati communities are more vulnerable to malnutrition and childhood illnesses, which hinders their growth and development. About 35% of child mortality in Nepal is associated with undernutrition. Diarrhoea, acute respiratory infection and measles are responsible for many under-five deaths. Low socio-economic and education levels contribute to parents not having much awareness and knowledge of the importance of healthcare. They prefer to depend on traditional healers. As health clinics are inaccessible, parents do not follow up on health checks for their children. Similarly, pregnant women and lactating mothers do not get appropriate care. More than 60% of births do not happen in a health facility, which contributes to still births and maternal mortality.



## KEY CHALLENGES AND WORLD VISION'S KEY INITIATIVES

**CHALLENGE** Food production is only sufficient for three to six months for most families



**INITIATIVE** Increase incomes so parents can provide for their children's basic needs

World Vision aims to increase agricultural production and strengthen the capacity of cooperatives to bring sustained improvement to the livelihoods of the poorest households. An increase in agricultural produce not only helps to improve food security but also contributes to income generation. Other initiatives to enhance livelihoods include enabling farmers to undertake livestock rearing.



With better learning environments, children learn more in school.



Awareness sessions are conducted to empower the community.



Mothers are educated about the importance of child nutrition.

**CHALLENGE** Children are reluctant to walk long distances to reach schools and parents are not aware of the importance of education



**INITIATIVE** Provide quality basic education to children

World Vision aims to promote child-friendly teaching methods and learning environments in schools through improving school facilities and strengthening the skills and capacities of teachers. Disaster preparation in schools is conducted through mock drills. To encourage marginalised children to attend school, campaigns and communication materials are also developed for families.

**CHALLENGE** Poor access to health services and strong belief in traditional healers



**INITIATIVE** Improve the health situation of children and mothers

Majority of children in this community are not provided with nutritious food to eat, while sick children are not being treated on time. Moreover, most women give birth in unsafe conditions at home. World Vision aims to improve the nutritional status of under-five children, ensure children are protected from common childhood illnesses, and improve care and practices of pregnant and lactating mothers on safer motherhood.

Through all these interventions, World Vision is transforming the lives of children in Sindhuli East, making a change today as well as giving them hope for the future!

### HOW YOU CAN HELP

Sponsor a child or give towards a Gift Catalogue item, which benefits the community!

Thank you for your heart for the poor, and for making a difference in the lives of children and families in Nepal.

**Because of our community-focused solutions, for every child you help, four more benefit too!**