

Life is becoming easy again in the village

Sabita Kumal experienced ups and down in life residing in the Shimle village. This village is situated in Bhimad Municipality – 8, Tanahun with a hilly landscape. Sabita's experience is like the village landscape: both beautiful in its scenery and a bit difficult to traverse the ups and down in the steep land.



In Shimle, Sabita's life was happily passing with farming work and family engagement. One day 10 years back, her life encountered a big tragedy; she lost her grown-up daughter in an accident. The loss of the daughter led her into deep sadness and melancholy, ultimately culminating in mental health issues. Having got mental health issues, her body started to tremble time and again. She used to murmur even though there was no one in her surroundings. She forgot to engage in household chores and just wandered here and there purposelessly.

For medical treatment, her family members took her to Manipal Hospital in Pokhara and she spent a few weeks in the hospital which brought a positive development in her health. The hospital discharged her after seeing progress in her otherwise weak mental health condition. Sabita Kumal and her family happily returned home but unfortunately she did not get a complete recovery. Even though spending almost a decade on medication, she could not get progress as expected.

One day, KOSHISH's staff noticed her condition while she was living alone in her home. Most of the time, she used to keep herself in isolation locking on inside the room. She had a hesitation when people wanted to talk with her. Through close observation, KOSHISH staff found her downbeat due to the reminiscence of her daughter. After a series of counseling sessions by the project psychologist; her mental health condition gradually resumed.

Now, she is a member of the Ekata Koshish Self-help Group in her village. Through the same group, KOSHISH provided her Nrs. 10,000 seed money for livestock farming. In the initial period, she started animal husbandry with four goats and now the number reached 11. In the last decade, her family member used to care for her but now, she is supporting her family by generating income through livestock farming.

Becoming active in daily life gave one worth of living



Sita feeding her goats

Sita Bista hailing from Beshishahar Municipality -11, Tinpile, Lamjung began experiencing mental health issues in her late 40s and worsened further over the years. Displaying signs like sleeplessness, becoming fearful, anxious, and exhausted without doing even heavy work were some of the disturbing symptoms of the mental health issues coming across her well-being.

She was married at a young age. Despite this, she was happy with her family comprising her husband, sons, and daughters-in-law till the time she was found not feeling well with her mental health conditions. She was supporting her family in agriculture and livestock rearing to a large extent all her life, but now she was no more able to do so.

After the consultation with the KMC in Kathmandu, she started taking psychotropic medicines but her happiness did not last long. She began worrying once again and felt terrified, and irritated. Her anxiety grew as a result of her loneliness as well as the absence of support from her family members unlike before. She was even unable to have food and could consume only liquid food which led her to the worst sleepless nights for a long time.

Because of the continuous sleepless nights with other symptoms, she ultimately needed to get admitted to the emergency Care Center run by KOSHISH in order to receive a holistic care package including professional support. She was unable to mingle with others and avoided eating even food for the initial few days. However, there was a need to maintain personal hygiene as suggested by the Psychiatric doctor which was followed up by the team with all care followed by psychotherapy. She then gradually started taking care of her personal hygiene, participating in other recreational activities, and taking her medications on her own. She was able to reintegrate with her family after two months of stay at the Emergency Care center.

She is currently taking charge of the household chores including gardening. She has even received a blue-colored disability card from the local municipality. In order to make a regular income, she is breeding goats that KOSHISH provided as the livelihood support base. She is quite happy now and keeps herself busy rearing goats properly. Her current involvement in animal husbandry particularly goat rearing has been very productive and able to keep herself busy and get positive mental health well-being. She is confident that the goats she is rearing now will give her a good return that will be used to have an income of her own.

Now, Madhav Has Put his Feet on the Comfort Track Again

Tirtharaj Giri also known as Madhav among his friends and relatives lives in Bhadrutar village which is situated in Panchkanya Rural Municipality – 5, Nuwakot. Madhav experienced hardship in life from an early age since the loss of his mother. He was enrolled in school but could not study more than grade – 8.

He had a father, an older brother, and a younger brother in his family, despite the fact that he lost his mother at a young age, but they were unable to support him. He took all difficulties as a part of his life and kept tackling all the challenges that came across him. But he could not maintain his emotional balance in the earthquake that occurred on April 25, 2015. The earthquake not only trembled his village but also affected his life which ultimately culminated in a mental health issue. At that time, he used to live in the village, and the rest of the family members would live in Kathmandu. His family member could not support and share feelings since they were living at a distance. Hardship and loneliness gradually encroached on his mental well-being. High anxiety and palpitation made him uneasy and found a not-so-favorable atmosphere at home.



Madhav working in the field

Madhav lived more than a half-decade with such experience and KOSHISH found him while the organization conducted 'Psychological Education in Community Level' in his area. The organization provided counseling via a psychologist and psychiatrist. Through the counseling and KOSHISH staff, he came to know about the skill of stress management. Now, Madhav's mental health condition is improving, and getting able to cope with challenges that come his way.

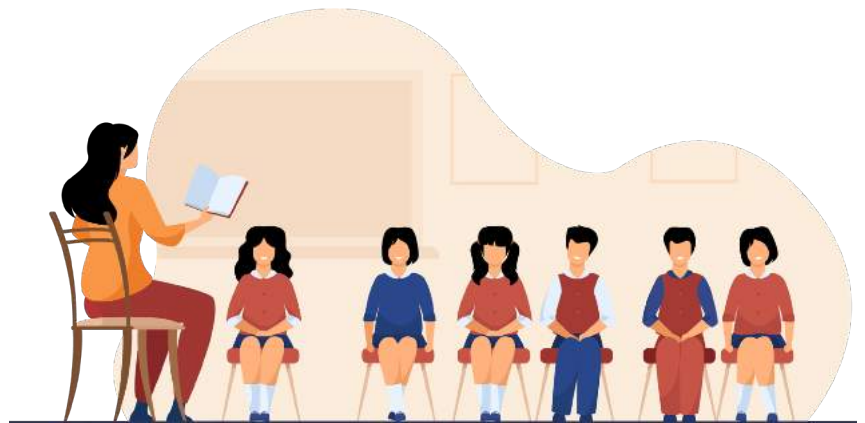
Now, Madhav has got a disability card from Panchkanya Rural Municipality and become a member of the Self-help group in his area. He regularly participates in the Self-help Group meeting where he listens to other voices and vice-versa. Now, the community people have also changed their perception of him. In the yesteryear, community people try to avoid him but now they give him space.

A School Girl Resumed her **Study and Work Smoothly**

As a student, Manmaya Ghale's routine life was running in her hometown, Bandipur, Tanahu. In the morning, she would go to school after a meal and would return home after school closed. One day, along with other friends, she experienced an unknown ailment in the classroom of Bhanu Secondary School that made her and the rest of the students and teachers worried

Five months ago, Manmaya and other classmates started trembling, crying, and fainting. On the same day, they recovered with normal treatment and continued their study. But the same thing repeated with students that not only increased anxiety in them but also scaled up the tension of both the teachers and the family. Manmaya's discomfort became apparent to others due to the issue's constant occurrence, which also contributed to her behavioral changes. She used to stay alone at home and avoided chatting with friends and family members. Increasing anxiety made her lethargic which directly hampered her study and she also stopped engaging in other household work.

Having got information about the girl's student problem in Bhanu Secondary School, KOSHISH team staff reached out and found out about conversion Disorder in the school's girls. Firstly, the KOSHISH team explained there about what is conversion disorder and how does it affect people? A psychologist from KOSHISH provided counseling for all students in groups and individually as well, to deal with the problem. Manmaya's confidence increased after therapy and counseling, which enabled her to resume her study and other home duties.



Now, she has taken the secondary education exam (SEE – final exam of class 10) and has a plan for further study in another town. Five months back, she and her family were worried about her future because of a diagnosis of conversion disorder in her. But now, she is confident and her mother is happy after her daughter's recovery. Apart from studying, she is also becoming a helping hand to the mother in the household chores.

Thank you for reading. We will keep you posted with the follow-up stories and updates in the upcoming publications of "Transforming Lives".



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