**NRNA ICC**

**WOMEN HEALTH SUB COMIITTEE**

**TERMS OF REFERENCE**

**BACKGROUND:**

Women health is broad subject which relates to a state of complete physical, mental, social and spiritual well-being of a women.  The major health issues of women in Nepal are concerned with reproductive and sexual health, maternal health, mental health, menstruation and HIV and more.

Mostly women from rural areas of Nepal are vulnerable and living in pathetic conditions deprived from their basic rights and health conditions. Considering the poor status of such women group, NRNA ICC 2017-19 has decided to provide possible support and help to improve the living conditions of such women. The focus will be mainly in their health condition and make women aware about their health and encourage them to live healthy life.

NRNA ICC has formed a Women Health (WH) Subcommittee to look the issues of health related to women. This WH subcommittee will deal with different health issues which is threatening the life of Nepalese women. The priorities will be given to below listed issues, as per the need of the committee will cover other required health issues related to women.

**HEALTH AREAS:**

1. **Uterus Prolapse:**

Uterus or Womb is the precious organ of women which directly supports in reproduction process. The uterus is normally held in place by a hammock of muscles and ligaments. Uterus Prolapse is a serious condition which happens when the ligaments supporting the uterus become so weak that the uterus cannot stay in place and slips down from its normal position.

The most common cause of Uterus prolapse is trauma during childbirth, in particular multiple or difficult births. In Nepal, the chance of a prolapses occurring are accentuated by fact that many rural women return to heavy manual work immediately after giving birth without adequate rest. Specialists estimate that more than 600,000 women suffer from uterine prolepses, making it one of the leading causes of morbidity among lower caste and rural women. This condition is surgically correctable.

NRNA has been always working with Nepal government hand in hand. “Uterus prolapses” being a priority project of Nepal Government in women and child health care. During the first ICC meeting of this term held on 15th October 2013, the “Uterus Prolapse Project” was also adopted as an ICC project.

NRNA has already successfully conducted 5 Uterus Prolapse Free Health Camp in 1st in Bode Barshain, Saptari- benefitted by 210 Women and full operation to 27 women, 2nd in Dhangadhi benefitted by 153 women and full operation to 38 women, 3rd in Krishnapur and Beulari of Kanchanpur District benefitted by 206 women and full operation to 45 women, 4th in Dailekh benefitted by 461 female and 38 operation, 5th in Daud and Taulani of Doti District, benefitted by 300 women and full operation to 42 Women.

The committee expects to conduct at least 3 health camps in far and mid-west and central region of Nepal. More than 1000 women will be benefitted from this project.

1. **Menstruation and Hygiene:**

Menstruation is still a taboo in Nepali society. Girls and women are kept away in shed during the menstruation. They get infected during menstruation due to lack of information on menstruation hygiene. Many girls do not attend school during the menstruation. It is very necessary to educate these young girls and women about the menstruation cycle and hygiene. Not only menstruation, maintaining personal hygiene is equally important for everyone.

Every individuals should be educated about the necessity of using personal products. Sharing personal products might increase chance of getting infected from deadly diseases, so to have safe and healthy life personal hygiene should be maintained. Understanding this fact, the committee plans to launch menstruation and personal hygiene promotion classes and will also distribute personal hygiene kits to the girls/ women and school from rural areas. The committee expects to educate more than 2000 students and distribute 2000 personal hygiene kit during this term.

1. **Ear Nose and Throat (ENT)Health:**

Ear, Nose and Throat problems are increasing state in Nepal. ENT problems are caused due to environmental pollution, consumption of contaminated food, drinking water and lack of proper hygiene and cleanliness. Most of the ENT cases are neglected and untreated due to lack of access to clinic and hospitals in rural areas. The committee will conduct Free ENT health camps to support women and their children in the rural areas.

1. **Mental Health (Psychological Counselling):**

Majority of women in rural are deprived from their basic rights and education. Due to which mostly women suffer at homes and at work. Women hardly go out and seek help for discriminations and abuses they face at home or other areas. It is necessary to make women aware of their basic rights and counsel them in proper way so that they could live their life better. At present context, women are coming out of homes to make their living and go for foreign employment without having proper training and education. Mostly females are the easy target for the frauds and send them to destinations in illegal ways and become victim of human trafficking.

Considering all these, the committee senses the need of providing psychological counselling and training to the women of the rural areas, be it for household, reproductive and sex health, employment, personal or other issues. This counselling can be provided in any manner audio, visual or through tele communication.

**OBJECTIVES:**

* Educate and create awareness about health issues of women from rural areas of Nepal.
* Organize Free health camps and awareness classes and education to the women and children from rural areas of Nepal.
* Distribute kits and educational materials on health and hygiene issues.
* Provide training to different women group and individuals about women health and awareness.
* Support in improving life of women and children in rural areas
* Encourage all Office bearers, ICC, NCC members and other fellow NRNs to contribute for the social women health projects.
* Make NCCs to sponsor at least one of such social projects.
* Work with Nepal Government and health ministry, departments of Nepal, NGOs, INGOs, Women Organizations to facilitate the project in Nepal.
* Collect funds to operate such social project in rural areas of Nepal
* Liaise with friends of Nepal and other donor agencies to contribute for the project.
* Sign MOU with NGOs and hospitals to organize health camps, operations and awareness programs.
* Accumulate funds for such projects in NRNA Women Welfare fund and mobilize collected fund to operate such program in different rural parts of Nepal.
* Encourage fellow NRNs to channelize their contribution only through NRNA ICC’s official account and keep the proper records of all expenses on charity works.

**FORMATION OF THE COMMITTEE:**

NRNA ICC has nominated Ms. Rajani Pradhan (Women Coordinator) as the Chair of Women Health Sub Committee. As per the need and requirement Committee chair can nominate and appoint different positions and members. The TF will liaise with reliable / reputed NGOs and social workers in Nepal's if necessary. The Members of the committee will facilitate NCCs of his / her region to collect fund for the project. The TF team will also volunteer and visit the health camp and operation sites if possible. The TF team will conduct regular meeting among the team members to discuss on progress report and work plan.

**CRITERIA TO SELECT MEMBER:**

1. The Chair will request NCC Women Forum, Regional Coordinators to recommend the names of the interested members in consultation with NCCs and ICC members of their respective regions.
2. Interested members to work in Committee are requested to provide their interest and confirm their commitment.

**WOMEN HEALTH SUB COMMITTEE:**

**Chair: Rajani Pradhan, Women Coordinator**

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| **SN** | **Name** | **Position** | **Region Country** | **Email** |
|  | **Babita Shrestha** | **Deputy Chair** | **Oceania** |  |
|  | **Lila Sharma Manadhar** | **Deputy Chair** | **Europe** |  |
|  | **Debika KC Gurung** | **Deputy Chair** | **Middle East** |  |
|  | **Sarala Kandel** | **Deputy Chair** | **Americas** |  |
|  | **Kanchan Thapa** | **Deputy Chair** | **Asia Pacific** |  |
|  | **Mana Thapa** | **Deputy Chair** | **Africa** |  |
|  | Sunita Sharma | Member | Nepal |  |
|  |  |
|  | Shital Bhurtel | Member | Spain |  |
|  | Pramila Basnet | Membe | Canada |  |
|  | Sushma Rai  | Member | UK |  |
|  | Avima Upreti | Member | USA |  |
|  | Moni Limbu | Member | Australia |  |
|  | Rabina Aryal | Member | Saudi Arabia |  |
|  | Rita Thapa | Member | Netherlands |  |
|  | Sabu Poudel | Member | Netherlands |  |
|  | Manisha Shrestha | Member | UK |  |
|  | Dr. Sushila | Member | Hong Kong |  |
|  | Juna Niraula | Member | Belgium |  |
|  | Nirmala Bajgain | Member | Belgium |  |
|  | Nanda Gurung | Member | Belgium |  |
|  | Raina Thapa | Member | Belgium |  |
|  | Sumitra Pradhan | Member | France |  |
|  | Batsala Amatya | Member | France |  |
|  | Sister Pradhan | Member | France |  |
|  | Bhoma Devi Limbu | Member | Australia |  |
|  | Sangita Gc | Member | Canada |  |
|  | Shusila Bhandari | Member | Canada |  |
|  | Bhawana  | Member | Canada |  |
|  | Kalika Thapa | Member | Japan |  |
|  | Kalpana Rai | Member | UAE |  |
|  | Dr. Sudha Sharma | Member | Tanzania |  |
|  | Dr. Tshering Sherpa | Member | Nepal |  |
|  | Impress Shrestha | Member | Germany  |  |
|  | Shanti Shrestha | Member | Germany |  |
|  | Januka Andersson | Member | Sweden |  |
|  | Sarita Dhakal | Member | Sweden |  |
|  | Seema Gautam  | Member | Switzerland |  |
|  | Bindita Lamichhane | Member |  Germany |  |
|  | Manisha Shing Koirala | Member | Denmark |  |
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| **Advisors:** |
|  | Indra Ban | Past Patron | Australia |  |
|  | Radha Basnyat | Past Advisor | Canada |  |
|  | Dr. Samata Mahato | Member | NCC Belarus |  |
|  | Ranju Thapa Wagle | Past Spokesperson | Australia |  |
|  | Usha Sharma | Past Women Coordinator | Germany |  |
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**UPDATES OF THE TF PROGRESS REPORT:**

The Chair will submit the progress report to ICC periodically, in every 90 days. She will also update the progress report at regional conferences and all ICC meetings.

**TIME FRAME:**

This Committee will start working immediately and continue till the next Global Conference on October 2019