



Self-help Group for **Cerebral Palsy, Nepal** *News Bulletin*

Produced by SGCP with the support of Bimal L Shrestha with Mahendra Bhakta Joshi.



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Change of Guard



Mr. Sushil Man Singh Pradhan, appointed CEO of SGCP recently. He worked in SGCP since 2014 at different capacity. Masters in Science (Microbiology) had quite an experience in the rehabilitation of persons with disabilities. Earlier he served as Director in a technical institute dedicated to training to disable persons for over 10 years. Wish he will progress SGCP to excellence.



Mr. Bimal L Shrestha, took retirement from CEO, and appointed a Member of Executive Member of SGCP. The organization developed leap and bound in his tenure nearly 17 years in SGCP. He is committed to continue his support to the organization as per extent to his capacity

SGCP Recognized

Amidst a special function, Rotary Club of Kathmandu Mid Town honored SGCP with a special recognition for creating awareness among the community of 7 Wards of Makaisingh Gawonpalika, Gorkha District.

A SGCP team (Dr. Pragya Karmacharya and Therapists, Sarana Shrestha and Manisha Lakhey) conducted a medical camp in the Wards of the palika, Chaitra 17, 2079 to Chaitra 24, 2079; in which a total of 207 children were assessed. The team identified 103 children with CP and other related with disabilities.

This was a joint effort of RC KMT, Karunamaya Foundation, SGCP, local schools and authorities



Volunteer in SEP

Sarah Blunshi, a student from Zurich University, Switzerland finished her a ten - week volunteer stint in the third week of March and left on May 18, 2024. She was recommended by the Saraswoti Foundation, Zurich and showed a very keen interest in the communication development methods for the children. Though involved with all, she worked closely in tandem with Ms. Shrijana Shrestha. She even prepared a communication book for the students. She is the second foreign volunteer to join us after the pandemic.



My name is Chandra Maya Dunwar and this is my story

I am a girl, 25 years old, was born in a brick kiln at Harisiddhi, Lalitpur. My mother used to make brick cake with my late father for brick factories. Though just delivered me, she continued to work carrying me in the back. The villagers said I was disabled (later identified CP) because of lack of proper care in the infant. My left hand does not function at all. I have been lying in bed ever since I was born.

Mr. Chandra Man sir visits me regularly at my house and listens to my grievances and gives me moral boosting counseling as well as physiotherapy. God has given me a very loving and hard working mother who looks after me and the two of us share the room and one bed. It is all up to my mother to support the family. I know she is sad and worried about me, but always has a smiling face. Besides a cow, we have got two small goats from SGCP which will be sold once they grow bigger to support our livelihood.

Rs.3000/- which I get from red disability card is the only income for my mother to meet our daily needs. I also thank Chandra Man sir for helping me to get a wheelchair from the municipality two years ago.

Today is a very special day in my life as Bimal sir, Mahendra sir along with Chandra Man sir came and visited me and my family which makes me even happier.



Controlling Seizures through Food (Modified Diet)

Most people know how to control or eliminate seizures in children through prescribed medicines and regular doctor visits. Only a handful of people are aware that a modified diet can control seizures in children in a very manageable way.

Today, at SGCP, Dhapakhel, a team consisting of Dr. Pragya Karmacharya, therapists Sarna Maharjan, Medha Koirala and residential program in charge, Reenu Vaidya has been working on a modified diet since the last three months and has been trying to control seizures. At present, 5 children are going through the modified diet program and according to the members of the team, it has started to show signs of success and the parents / guardian are happy to see the fruits of success.

Atkins Diet (modified diet) is a popular low carbohydrate eating plan developed in the 1960s by cardiologist Dr. Robert C Atkins. This also has several plans for weight loss and maintenance. (Source: Google)



Bimal Lal Shrestha, Executive Committee Member, SGCP Nepal



In the event in Rotary Club of Kathmandu Mid Town, 19th May 2023



Bimal accompanied with Mahendra an Chandran Man made a memorable visit to Chandra Maya (story) and Deputy Mayor of Panchkhal Municipality Ms. Suryamaya Danuwar (Kavre District).
Thanks to Chandra Man Tamang for arranging this visit.



Following a MOU with Birat Medical College, SGCP conducted an assessment camp in the BMC. The cooperation and support were highly appreciated.



Locally made standing frame supported by Rotary Club of Patan Durbar Square (under DDF).



Kitchen near completion in Prayagpur Day Care in Guleria (Bardiya).

Mekh Bahadure, our icon, successfully passed SEE and now continuing higher education in his village in Tanahu





False ceiling, water tank and pipes for toilet in the Kohalpur DCC



Happy Birthday to Ms. Sabita Khadka and many thanks for handing over Rs. 10,000/- to Biratnagar day care centre.



Ms. Rita Lawoti, Counsellor, conducted Positive Psychological exercises and Psycho-education in different Wards of under Kirtipur Municipality. Over 100 carers benefitted from the exercises.



On the completion of one year of SewaMa, an anniversary celebration was held on 9th May, 2023 which was conducted at SGCP amidst the presence of carers, partner organization, employees and other associated members.



SGCP Nepal

अनुरोध

यस बुलेटिनमा प्रकाशित गर्न उपयुक्त सामग्री नेपाली वा अंग्रेजीमा पठाउन सबै सित अनुरोध गर्दछु ।
धन्यवाद