

Milijuli Nepali (Together Nepal) - Transcript

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SIGNATURE TUNE : (00:00 - 00:06)

OPENING: (00:06 – 00:16)

Together Nepal! I am Subash Karki..... and I am Asha Thapa

Subash: Welcome to this special programme that is prepared to help normalize our daily lives.

MENU: (00:17 – 01:04)

Asha: In today's programme... The mind is still anxious....

"Where shall I find money for my kids' school?" "Only these sorts of thoughts come to my mind."

Asha: Even then, Harimaya from Harisiddhi, Lalitpur decided to work once her sprained wrist got well...

"I have to find work....I will cut paddy and make sandals from hay if I get some" 30 sec

Subash: You shall hear how Shreemaya from Nuwakot opened up a snack shop on her own, in a temporary shelter...

"One needs to find courage at times, right?... enduring hardships do bear fruits"

Asha:...along with Upaya from Choprak, Gorkha who brings the rice harvests into the shelter...

"We have this storage container made of bamboo, where air can pass through. This prevents the grains from going bad or rotting."

Subash: All of these in next 15 minutes.

Asha: This is *Milijuli Nepali!*

WEATHER INFORMATION (01:05 – 02:41)

PRE ANNOUNCEMENT (01:05 -02:18)

Subash: Well...now the month of Ashad too has ended (16th July)

Asha: Yes, *Shrawan Sankranti* ¹(17th July) also indicates mid monsoons

Subash, how do you think the weather will be like this year around Shrawan Sankranti ?

¹ Celebrated on the 1st day of the month of Shrawan (4th month in Nepalese Hindu calender), **Shrawan Sankranti** (Shrawan Maas) in Nepal marks the end of plantation of Paddy. The importance of celebrating the event originated back in the historic times, when farmers and peasants used to celebrate the end of months of plantation and to rid from supposed evils

Subash: Just a moment, let's hear from the meteorologist, Barun Paudel.

AUDIO/TESTIMONY (01:19 – 02:24)

Barun Paudel (Meteorologist): The showers which started since Wednesday throughout the country, will also continue today. The monsoon is active at this time, it is concentrated in the mid and far western region. Specially, the Terai areas are receiving more rain. This will continue throughout the night and from tomorrow onwards we will gradually see some clearance.

The Monsoon rains could bring floods in the big and small rivers and rivulets in the hill areas. We are seeing more rainfall in the Mahabharat ²and Chure³ ranges. The rivers like Babai and Rapti have increased their water levels. Therefore, those residing downstream these rivers, have to be alert. These areas could also face lightning, so I request everyone to stay inside the house during lightning

Especially in the Terai regions, in Nepalgunj, Dhangadi, the sewerage system is not so good. We're seeing flood-like conditions, close to Babai River. I request residents around this area to be alert and watchful.

BACK ANNOUNCEMENT (02:25 – 02:41)

Asha: It seems, if one has to travel longer distances or needs to be out of house, a well-planned preparation needs to be in place.

Subash: Asha, what we need to understand here is, this forecast was made on Thursday afternoon, So, possibility of rain lies for Thursday night and from Friday onwards, the weather would gradually clear.

Story I – LIFE TOWARDS NORMALITY (02:42 – 05:-53)

PRE ANNOUNCEMENT: (02:42 – 02:58)

Asha: People are very busy in their farms and household works at the moment. While tending to farms and household work, one should also not neglect their health.

Subash: Yes, those who suffered from health problems after the earthquake are also gradually settling in their regular work. Our colleague, **Sabita Bishwokarma** has a similar story to tell...

...(INSERT)... (02:59-03-20)

What happened to your hand?

² The Mahabharata Range – also called the Lesser Himalaya – is a major east-west mountain range with elevations 3,700 to 4,500 m (12,000 to 14,500 feet) along the crest, paralleling the much higher Great Himalaya range.

³ The Sub-himalaya also known as the Muree, Chure Hills or Siwaliks, which are the southernmost foothills of the Himalayan Range and mainly composed of folded and overlapping sheets of sediment from the erosion of the Himalaya

It been hurting from before...

You said you were buried under rubbles after the earthquake for four hours, before you got rescued...

Yes...

...your son and grandson too were buried...

(Sabita : A psychosocial counselor, Jivankumari Bhattarai is speaking with Harimaya Maharjan from Harisiddhi, Lalitpur, Ward No 28)

Is it better now?

Yes (sigh)...

(03:21 – 03:46)

(Sabita : Along with Harimaya, some members of her family were buried in the rubble for over 4 hours, after the earthquake. She sought treatment at a hospital for some time. At the moment, Harimaya is living in a temporary shelter, close to her mother's house. But her, sprained wrist has still not recovered. She hopes to gradually start working, once it recovers...)

(03:47 – 04:05)

Harimaya Maharjan: *I would like to work, but I cannot. I have to work to eat. I don't have any appetite, I cannot sleep... many things come to my mind.. How am I to survive? How can I support my kids?... when the month ends, Where shall I find money for my kids' school? Only these sorts of thoughts come to my mind.*

(04:06 – 04:48)

(Sabita : Harimaya was confused for some time after the earthquake. She didn't have any idea on how to move ahead. But gradually, now she wants to do something...)

Harimaya Maharjan: *I will work now... otherwise how will I run the house? I have to look after, find some work...*

Sabita: *What have you planned to do?*

Harimaya Maharjan: *I will cut paddy and make sandals from hay if I get some...hay sandals...*

Sabita: *Oh, so you also make sandals from hay?*

Harimaya Maharjan: *Yes, I make about five to six pairs in a day....sometimes 10 pairs. When my wrist gets well, even if I don't get hay, I'll do some other work. If I just sit quietly doing nothing ...then even if someone shakes my chair from behind... I'd panic thinking it's an earthquake... (...laughs...)*

(04:49 – 05:40)

(Sabita: Slowly Harimaya is trying to change her daily activities.... After hearing Harimaya's problems, I had a short chat with psychosocial counsellor, Jivankumari Bhattarai...)

Jivankumari Bhattarai (psychosocial counsellor): She is trying to change herself quickly, and has changed too. Some people however take a little bit more time.

Sabita: So, what sort of role do you think the family members, neighbours or psychosocial counsellor like you should play, to make their lives easier?

Jivankumari Bhattarai: One can help by exploring what can be done from the local level; what is the need? Any skills that can be imparted.... any farming related skills... not traditional, but new innovative ideas on farming... such support would work. Also when we talk to them, they talk about financial sources, any other local economic opportunities that can be tapped... these approaches may bring change quickly.

BACK ANNOUNCEMENT (05:41 – 05:53)

Sabita: The household and village works, the skills one knows and other small jobs carried out to survive, could be simple ways to help people move away from the sorrows brought by the earthquake. The psychosocial counsellor was saying these things.

Story II – MAKING MONEY IN TEMPORARY SHELTER (05:54 -

PRE ANNOUNCEMENT: (05:54 -06:11)

Asha: There may be more people facing such problems, right?

Subash: Yes Asha...but I had met a woman, who despite of all the problems didn't lose her will to work. She was living in a temporary shelter at Indreni chaur, Bidur Municipality, Nuwakot after her house damaged by the earthquake also fell under the landslide-risk zone.

(06:12 – 08:53)

Subash: You have made such a nice little shop here sister.... Could you tell us your name please?

Shreemaya Ghale: My name is Shreemaya Ghale. At my mother's home I'm called Shreemaya Tamang.

Subash: This camp is big with lot of tents...

Shreemaya Ghale: Here we have around 370 households in this area

Subash: What happened to your house..?

Shreemaya Ghale: There is no house... I have no property. My husband sold and finished it all earlier on...

Subash: So, it's just you, who has a shop here, amongst over 300 families?

Shreemaya Ghale: Yes, Yes.

Subash: and it's just you working alone here?

Subash: Did you seek for any help when you made this, or did it all by yourself?

Shreemaya Ghale: I carried everything by myself. Sometimes I go in the morning, sometimes in the evening. Sometimes I ask a friend to watch the shop for a while.... My two sons also helped me to bring the tables and benches. It's just we mother and sons... such is the suffering....otherwise who else will take care? I don't have any money to pay for services...

Subash: I see you make a lot of snacks here... fried chickpeas, potato chops, chowmein, tea...

Shreemaya Ghale: Yes...

Subash: Where do you bring these foods from?

Shreemaya Ghale: I get from the market. The chowmein is delivered from the colony... I don't get time to go...

Subash: Since how long have you been staying here for?

Shreemaya Ghale: On the 5th and the 6th I completed the last rites of my mother. I came here on the 7th and until 15th I was busy making this place. I cried a lot... there weren't any dishes or cooking utensils... it's been just 5 days ...for the last 3 months...

Subash: So 5 days since you started selling at this snack shop?

Shreemaya Ghale: Yes... I've singlehandedly managed this much...

Subash: Looks like the tea is getting hot...

Shreemaya Ghale: ...Yes looks like it's...

Subash: ...it's boiling...

Shreemaya Ghale: Yes....now, it's...

Subash: You seem to be very courageous...

Shreemaya Ghale: One needs to find courage at times, right... enduring hardships do bear fruits.... Looks like our tea is ready...

Subash: yes.

Shreemaya Ghale: Let's have some tea, and keep chatting...ok?... For these sons of mine, I'm worried how I am to bring them up... that's why I do this work, and I am now going to collect firewood besides the river below... what to do? Can't survive without working...

I have suffered a lot in this manner... however, through hard work; I've come to this place now...right?

Subash: Yes. ..But sister, whatever you're doing now... please carry on, don't lose hope and be courageous... you'll make it.

Shreemaya Ghale: I'm doing in whichever way I can, in the hope for my sons.... But what God has in store for us?... I don't know.

BACK ANNOUNCEMENT: (08:46 – 08:53)

Asha: Oh, it seems if one gathers courage, anything is possible right? ... Subash, listening to her has also bolstered my will!

Story III – RICE STORAGE TECHNIQUES (08:54 – 12:11)

PRE ANNOUNCEMENT (08:54 - 09:07)

Subash, we were talking about weather earlier...

Subash: Yes, in these weather conditions people not only need to protect themselves, but also their food. In many places, it's rice harvesting time. Our friend, **Ram Pradhan** has a similar story to tell...

(09:07 – 10:15)
...(INSERT)...

It seems you're unloading the paddy...

Yes...

How much is today's harvest?

About 18-20 *Muri* (Approx. 1000Kg)

18 -20 *Muri*?

Yes.

(Ram: After the earthquake destroyed their previous houses, there weren't any storage spaces to store paddy... but the farmers here have innovated a new way to store their grains.)

We have made a small shelter now to store paddy grains. From the 15000 Rupees relief provided by the government, we bought some iron sheets to construct the roof; the walls are made out of bamboo... now we'll keep it inside. Below we've spread plastic to protect from water/moisture... on the top, the storage openings are made of bamboo, where air can pass through. This prevents the grains from going bad or rotting...

(Background voices...)

Ram: It is time to harvest and store the Chaite (March-April) paddy in Choprak of Gorkha district. There are many ways to store it...

(Background voices... observing the storage containers/ warehouse...)
(10:16 – 11:37)

Ram: Oh, so this is woven from bamboo threads/sheets (*choya*)?

Male voice: This is called *dhokso*.... *Bhakari* is different...

Female voice: for *Bhakari*, you make *mandro* (carpet like structure made from bamboo threads/sheets, which is rolled and put upright to make a cylindrical storage space)

Male voice: it can store from 9, 10 to 15 *Muri*.

Ram: ..And you've put bricks underneath here...

Female voice: to prevent from moisture

Ram: ..to protect from moisture... so, this is the only way you store paddy grains around here?

Male voice: This is the way here..

Female voice: here, we do it this way.... We call it *godaam* (godown).

Ram: Oh, so this is called *godaam*.....and what did you make this from? This looks like a wall...

Female voice: This is made from bricks.

Ram: you also have plywood here.... tin sheets at the sides too...

Female voice: to prevent from moisture...

Ram: is this to ward off moisture coming through the walls?

Female voice: yes.

Ram: So, before storing new paddy grains, what do you place on the floor bottom?

Female voice: to shield from moisture we generally put...

Male voice: hay...

Female voice: hay, *gundri* (old hay-mats)

Ram: So, you put hay first, then the *gundri*; then only you put paddy grains..?

Female voice: yes...

Ram: This is to shield moisture from below the ground..

Female voice: yes to shield moisture...that's the objective... *dhokso* cannot be used for longer period, but the *bhakari* from *mandro*, this *godaam* lasts for longer periods...

Male voice: also prevents infiltration from mice...

Ram: So this *dhokso* is used to store small amounts of grains, right?

Female voice: yes.

Ram: and the larger quantity in the *godaam*

Male voice: yes...*godaam*.

BACK ANNOUNCEMENT: (11:38 – 12:11)

Asha: It is possible to find solutions to problems through materials found locally in the villages. You must have found such solutions by yourselves. If you think such practical ideas taken up by you or your community could be useful to others too, you can call us and record your message/tips...

Subash: For, that our 24 hours-open number is: 01 5554082

Asha: I would like to repeat it again: 01 5554082

Subash: You can call and record your voice at this number.

QUESTION & ANSWER COMPONENT

(Questions recorded at IVR number) (12:11 – 13:45)

Asha: Now, your questions and its answers.

(TUNE.... Your questions and its answers...)

Question - Namaskar! I am from Ward No.8, Phedi VDC (Village Development Committee), Khotang, my name is Dhirbahadur Khatri. After the earthquake, the sources of water have dried up in Phedi VDC, Chyasmitar VDC, Dikuwa VDC, Bahundanda VDC, Mahadevsthan, Mangaltar and Dhitung VDC; causing huge problem and scarcity. How is the government looking at this issue? I request to find answer to this immediately, thank you.

Subash: Dhirbahadur ji, there were similar questions like yours from various other places. **The Joint-Secretary of the Ministry of Home Affairs, Rameshwor Dangal** informs about places one should visit to find solutions to such problems.

Rameshwor Dangal: If the main source of water has dried up, then you should look for the alternative, the next one which is closer. Now, we definitely have the district office of Department of Water Supply and Sewerage. It's in all the 75 districts. This lies under their responsibility. You need to contact this department... via the VDC secretary, or by yourself. There may be requirements for water pipes etc. to bring water from the nearest possible source, which should be done by the Department of Water Supply, or should look into other possibilities. If the Department of Water Supply doesn't solve or neglect this issue, then you should contact/inform the Chief District Officer. (CDO)

First responsibility is of the Department of Water Supply. They are stationed in the district for such works. If the solution is not given by them, then one can contact the CDO.

Asha: If you have any such problems, you can discuss amongst your village and community members and visit the VDC office and enquire about the process to find solutions to the problems.

*(HEALTH PSA – Importance of boiling drinking water before consuming)
(13:46 – 14:34)*

(A male (husband) is entering the house (humming) a tune)

Husband: Could you give me a glass of water?

Wife: Just a moment...the boiled water is cooling down...

Husband: ..I'm really thirsty.. You can give me the cold (unboiled) water...

Wife: Wait for a while and drink boiled water...

Husband: What's wrong with drinking cold (unboiled) water?

Wife: Don't you know? After the earthquake, the sources of water have been polluted... that is why we should drink boiled water.

Husband: It's not worth being scared of such little things...

Wife: We should be scared. If we drink water without boiling it, we could get all sorts of communicable diseases like dysentery and typhoid... which could also turn into an epidemic... do you understand?

Husband: Now, who told you this?

Wife: The radios have been broadcasting and the health workers too say this.

Husband: Ok then, I'll drink boiled water... It's better to wait for a while than to invite diseases... right?

(14:35 – 14:57)

Subash: Now it's time to take your leave for today...we shall again meet tomorrow... Until then... This is Subash Karki...

Asha: ..and this is Asha Thapa, Namaskar!

(Closing TUNE.....)

You just listened to the programme, *Milijuli Nepali*. This programme has been prepared by BBC Media Action with the support from CARE International.