Annexe

**Description of the activity**

Contract no. 81030818 (Contribution outside Project)

Baby Massage

The project is based on the fact that the once highly-developed mother and childcare of the Newar people in Nepal has been largely marginalised by modern medicine and thus forgotten. This project aims to establish a training programme in Nepal for mother and child care following method developed by Nasma Scheibler-Shrestha.

Nasma Scheibler-Shrestha’s method is based essentially on the Newar tradition and has been adapted to take into consideration modern ways of living. The systematic teaching method for medical professions such as midwives, nurses and carers of young infant has been successfully developed in Europe in the course of 30 years.

The project aims to educate the medical professions for a widespread dissemination of precious ancient knowledge. The teaching will take place at the Kathmandu University Teaching Hospital in Dhulikhel. The duration of the training will be six months and has been planned for 2015.

Culture is a value in and of itself. At the same time, culture is also an instrument of development. In keeping with its mission, SDC promotes cultural understanding and cultural development with the aim of consolidating the processes of development and transition in the countries in which it is active. In so doing, it is of utmost concern to SDC to make a contribution to the formation and preservation of independent and diversified cultural landscapes. Cultural identity and cultural self-consciousness have become, particularly in this age of globalization, more crucial than ever. Therefore SDC has agreed to support this initiative.

The project has been designed in 3 phases and the programme consists of tuition and practice, as well as a thorough quality check; the Preparation phase, Teaching phase and phase of Evaluation and Quality Control. In the first two months, six teaching blocks of two or three days are planned. In between, three- or four-day periods of hands-on training are scheduled. From the third to sixth month a longer, continuous practice period is necessary in order to properly rehearse what has been learnt. During and at the end of this long practice period a quality check by the course instructor is scheduled.

The teaching staff consists of: the project director (Dr. G. Scheibler), the course instructor (Nasma Scheibler-Shrestha), and an assistant (a trained course instructor) to assist with all preparations as well as with teaching and quality control. The ToR of Project Director and Course Instructor is attached in the annex.

The course participants shall be recruited from various hospitals and birth centres: Four qualified nurses from Dhulikhel Hospital; Two qualified nurses from Thapathali, the Kathmandu Maternity Clinic, and Two qualified nurses from NGO birth centres or hospitals. SDC proposed also to include participants from Patan Hospital, which has been well received by the partner.