



Dignity, and protection of a breastfeeding mother

Nepalese and Indian cities not only share the same culture but also myriad of daily aspects. For many, cities in both countries offer marketplaces, healthcare services, and livelihood options. Therefore, hundreds of thousands of citizens from both countries cross the open border every day for economic, religious, cultural, and social purposes, among others. Sangeeta, a new mother of 22 years old from Kailali is one of them.

Sangeeta's go-to-place for medical check-ups is on the other side of the border. The need was rather urgent this time since her infant showed limited physical movement. This pushed her to seek medical advice at the nearest city from the border in India. However, leaving home with a newborn and being gone for a day isn't easy as the baby would require frequent breastfeeding during the day. Sangeeta knew in her heart that she had to seek a medical professional's advice for her kid, but she kept postponing it due to the difficulty she thought she might endure during her travel.

Her husband was in India, and he had arrived in Kailali to travel with Sangeeta, hoping to make the trip easier for her. The couple made the arrangements, but even before they could reach the Gauriphanta Ground Crossing Point, her baby started crying for food. But she had to undergo a health check-up before entering the other country. The

test results were going to take time, and her baby knew no way to stop crying. As she was waiting for the results, someone informed her of a breastfeeding corner in the health desk. Glad to hear this news, she immediately used the facility and took the liberty of resting for an hour before the couple resumed their journey.

"This breastfeeding corner is what we need. I am so thankful for the organization that built this," said Sangeeta about her experience.

The breastfeeding corners have been much advantageous to lactating mothers, and the uptake of the facility has gone up since their establishments.

The project has constructed breastfeeding corners at six targeted ground crossing points. These corners provide a safe space for lactating mothers to breastfeed their children in a dignified manner. Additionally, the corners also provide a safe space for the children to play while their parents run for the errands.