

Rasila Tamang's story

Rasila Tamang from Kattikebung, Ilam struggled with mental and psychosocial problems for years. Her parents, believing it to be a divine curse, spent money on traditional healers



This led them to demolish their toilet, causing further hardship when Rasila injured herself using a neighbor's facility. Unable to afford a new toilet or continue her education, Rasila's family faced significant stress.

The "Inspire 2 Care" program, now "Disability Prevention and Rehabilitation Program" (DPRP) brought hope.

Community-Based Rehabilitation Facilitator Sarla Tamang took Rasila who was then 18 years old to a health camp on Baisakh 1, 2075, and later to a psychiatric specialist on Ashadh 5. Regular medication transformed Rasila's life. She now interacts with others, maintains personal hygiene, and walks normally, easing her family's burden and bringing them joy. Rasila's story shows that with proper support, people with mental health issues can lead normal lives.