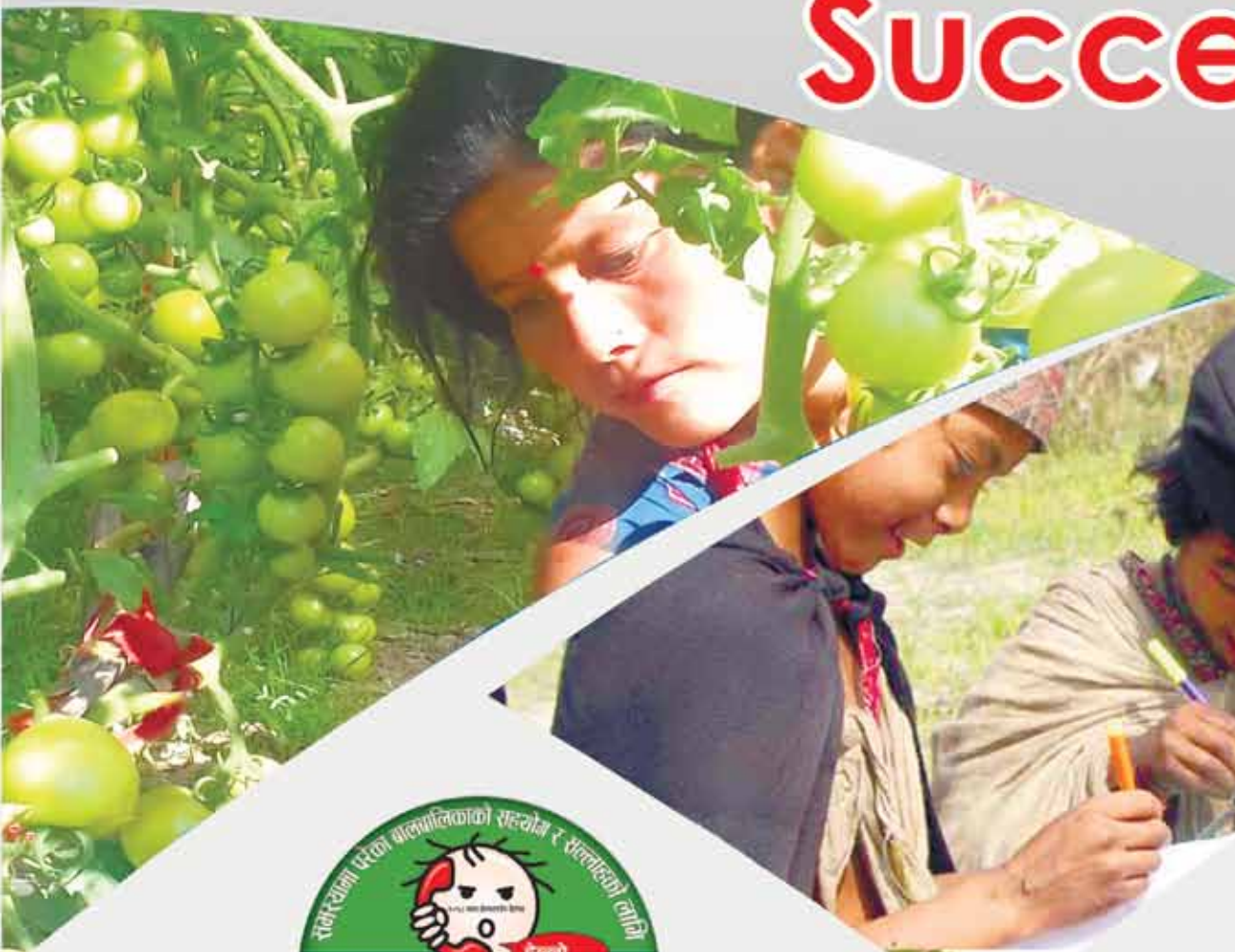


# Success Stories



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Save the Children



Aide des humanités  
help for children in Nepal



Aide à l'Enfance  
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FASTENOPFER  
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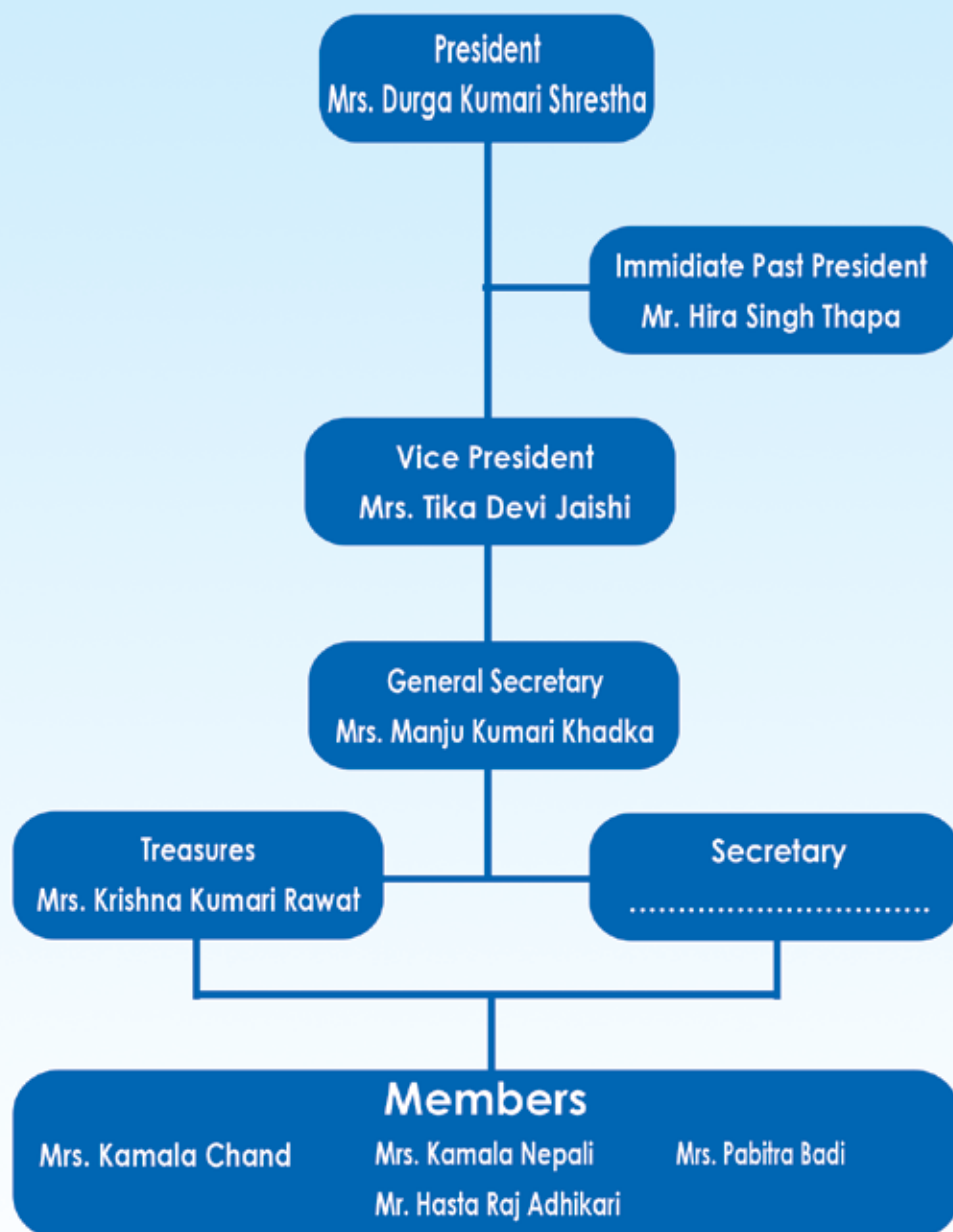
Adaptation for  
Smallholders in  
Hilly Areas



HELVETAS



## Board of Director, SOSEC Nepal



"We request for Implementation of Accountable service, Complain response and Quality based Program" Implemented Programs through Organization Could Complain through Established Complain Response Mechanism by Social Service Centre (SOSEC) Nepal, Dailekh

- If program implemented against act, policy, rule and code of conduct of organization is found.
- If any fault found on delivering quality program and discrimination on beneficiaries selection.
- If any authority and resource has been misused by authorized person.
- If found any discrimination or misbehavior related response/action against children and women on gender, economic and ethnicity is found.
- If staff of organization is found on involving children on child labor, involvement in which that are harmful and hazardous to children.
- If educational and other materials supported by organization are found to be unused and misused and conservation less.
- If schemes implemented by organization are found to be quality less and unused is found.
- If found quality standard of program and activities hasn't met organized by the organization.

Call us on toll free number 16608942001 or mobile number 9858050104 or write us on email: [cfm@sosec.org.np](mailto:cfm@sosec.org.np) or post on complain box at office of SOSEC which are arranged for storing complain, suggestion and queries established by Social Service Centre (SOSEC) Nepal, Dailekh.

Your complain will be taken seriously and will be response after having essential inquiry.

Secrecy on personnel detail of complain making person will be made if he/she wants.



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"Let's Work with keep witness of Soul, Word and Faith."

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# Memorandum of Grateful

I would like to thank all board members of organization, staffs and stakeholders on the occasion of publishing success story book for the 3rd time including the stories that has bring change in rural communities and people through the interventions of the project which are implemented in harmonious partnership with Governmental and non-governmental, different I@NGOs, and donor. Program could not set the transformation of the community and also not be success although the communities unless it changes the traditional beliefs, living and behavior of community and people into the new living standard and modernization.

I would like to wish that, this success story book will motivate and encourage to staffs involved in different programs and projects, Partner organizations, User groups and stakeholders. I also like to thank all the staffs working on different project implemented by the organization.

I would like to thank those beneficiaries (women and men) who have agreed to involve their story in the success story book which motivate and provide courage to other readers.

I would like to thank all writers who are involved in writing of the stories and Mr. Basanta Shrestha, Deputy Executive Director of SOSEC, who edited, rearranged, managed and made readable. We expect your suggestions and feedback after reading the book which will help us to make more effective on future days. For the feedback and suggestion you could use this email ID; [sosecdailekh@gmail.com](mailto:sosecdailekh@gmail.com) and [info@sosec.org.np](mailto:info@sosec.org.np).

Thank You

21 Aug. 2019

**Durga Kumari Shrestha**  
President  
Social Service Centre (SOSEC) Nepal, Dailekh

# Regarding the Success Stories Book

Social Service Center (SOSEC) Nepal, Daikh is a national non-governmental organization that leads supportive roles in the sector of Human right, Climate Change Adaptations, Disaster managements and Livelihoods for the poor and marginalized community. The organization has been working since the past 20 years closely related to these sectors in Dailekh, Achham and Kalikot Districts of Nepal. With the main objective of promoting human rights, health, eucation and further development of agriculture sector, the organization implementing these interventions that which fulfill the actual needs of the community, and focusing skill than the input support with the coordination and colaboration with different donor and line agencies.

In this context, the organization has presented this success stories book by collecting impacts of the project/program interventions. It has been expected that this book will be the interesting subjects for all the directly or indirectly concerned right holders, stakeholders and individuals. This organization will always be grateful for employees of this organization for the completion of the interventions directed by organization.

While preparing this book, we are greatful to chairperson Mrs. Durga Kumari Shrestha and all the employees of social service center (SOSEC) Nepal, who assist in writing and proofing with the evidence. We also like special thank to Project and Program Coordinators Nawaraj B.C., Durga Giri, Madhav Bhattarai, Man Bahadur Thapa, Santoshi Shah, Harikrishna Thapa, Mahendra Adhikari, Prakash Adhikari, Janak Bohara, Tikaram Sapkota, Maya Rana, Sabitri Panday and Immaded Past President/Founder Mrs. Hira Singh Thapa with all the board members of the organization and supportive stakeholders, donor agencies and partner organizations for the making this book practical and simple through their valuable time, knowledge and supports. And also we would like to thank Mr. Dipesh Acharya of Capital Press Pvt. Ltd. Nepalgunj, who also provided better design and support in publication.

Finally, we expect regular suggestions and advice for the major improvements in the publication as well as interventions implemented by the organization in further days for the improvement and implementation.

**Basanta Shrestha**  
Deputy Executive Director  
Social Service Centre (SOSEC) Nepal, Dailekh

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# Ramesh is becoming social activist

Ramesh Nepali lives in Mahabu Municipality ward no. 2, Badakhola. He is now 15 years of old and studies in 9 at National Basic School, Badakhola. He belongs to poor Dalit family with 8 members in his family. His father goes to India for wage, which is the main support of the family's livelihood. Being born in a poor Dalit and illiterate family and community, he faced the social discrimination in the forms of untouchability, violence and abusive behavior in his life.

Ramesh is member of Hariyali Child Club, Mahabu RM 2, Dungri from 3 years and has been participating in different interventions, campaign such as psychosocial counseling Seminar, Workshop on ecological rights, Workshop against women's violence and child abuse and relevant day celebrations. The club was formed under the WYC project implemented by SOSEC Nepal with the financial and technical assistance from AEIN Luxembourg and TDH Germany. He is actively participating in the regular meetings of child club and discussing on the issues of environmental sanitation, ecological rights, child marriage, Chhaupadi and child abuse.

The child club is regularly organizing cultural programs in the occasion of festivals such as Dashai and Tihar. In the cultural program they performed awareness raising songs, dance and drama on child marriage and Chhaupadi and so on. In this year they have collected NRs. 30,000 by the organizing cultural program in the community



and utilized in purchasing of cultural materials such as dress, music instruments etc.

After being a part of the club member, Ramesh is becoming a Social Activist by his social awareness activities. He is playing leading role in community awareness raising campaigns from his child club. Also provide facilitation and aware on child marriage, chhaupadi, untouchability and social bad practices in the community member, school clubs etc. He is also visited various archaeological and



religious sites of Dailekh and Surkhet Districts. He has contributed to construction of 43 waste management pits and change for pots and pans in his community.

Now, Ramesh is actively working in raising awareness for stopping child marriage in the community and reduce in chhaupadi practice as well. Being the part of Child Club member, he stopped three child marriages in his community in Coordination with District Police office and Child helpline 1098. He is monitoring the children, now the children are staying at their respective homes and focusing on their

studies. Ramesh also participates in various competitions organized on the occasion of various day celebrations and received prizes.

"With each and every passing day I am motivated more to work for raising awareness against forms of social discriminations and mal practices of the society in our community. I want to contribute for building up a society where there are no mal practices as untouchability, child marriage and Chhaupadi." said Ramesh in his gallant voice.

# Skill Imparting motivation for Education



Ranga Bahadur Baduwal a member of Sagarmatha Youth club, Mahabu Rural Municipality ward no 2 Badakhola, Dailekh gained skill and education regarding vegetable farming along with participation in different social programs. He is also operating commercial vegetable business and along with the business he is also studying JTA Agriculture in Shree Jagdish Higher Secondary School Badakhola.

Ranga Bahadur Baduwal is a permanent resident of Mahabu Rural Municipality ward no 2, Badakhola with his 6 family members. Along with his studies he used to go for work in India seasonally to collect money for household support. He also used to help his family in agricultural farming. He usually participates in different social and community work but not in a structured way. His family is using traditional agriculture practices for farming system, resulting less production of the agriculture product. They are unable to consumption food for annually so that depending upon wages and credit from Sahu Mahajan of the community.

WYC Project is being implemented by SOSEC in the Mahabu Rural Municipality since 2069 B.S. with the financial and technical support of AEIN and TDH Germany. The overall objectives of the project is to promote the rights of women, youth & children and advance resilient livelihoods of poor and marginalized women & youth of Dailekh. Project was supported to form 9 youth clubs in the area and Sagarmatha Youth Club is one of them. He is also a member of the Youth Club and Participated in different capacity and skill development training provided by the organization. After receiving the capacity and skill development training from organization, he





started vegetable farming with the support of project after selecting from his youth club as a youth farmer. Project supported to construct irrigation pond with collaboration with AFEC (Agriculture, Forest and Environment Committee) amount NRs. 40,000.00. Vegetable farming training organized for the selected youth farmers of the Rural Municipality. After receiving the vegetable farming training he has started seasonal/off-seasonal vegetable farming in his farm land. He also participated in various workshops related to youth rights, ecological rights, Sanitation, HIV AIDS, Disaster Risk Reduction (DRR) etc.

Ranga made up his mind to study Agricultural technician after involving in vegetable farming even if he was studying Bachelor in

Arts (BA) and now he is studying Agricultural JTA. He is motivated to study the subject as he gained knowledge and skills about vegetable farming through various trainings conducted for the club members. Now, his family is involving in seasonal and off seasonal vegetable farming (Cabbage, cauliflower, radish, potato, Tomato, cucumber, pumpkins, and beans) in 2.5 Ropanis of land. His annual average income from the vegetable farming is NRs.15,00,00.

"The skills and knowledge I gained through the WYC programs motivated me to study JTA and I want to continue my family's traditional occupation of agricultural farming with modern fruitful methods. I will be always grateful to the organization." said Ranga.

# Vegetable farming - Life



Dhana Majhi of Srijansil Agro- group changed her economic status through vegetable farming and have uplift her standard of living.



Dhana Majhi, a resident of Aathbis Municipality- 4 Rakamkarnali, Dailekh and is a member of Srijansil agro group. She was living in poverty with 2 children and husband in her family. Due to poverty and having many children at home she was only able to study up to class 5 in her teen age.

Her life was depending upon agriculture but due to lack of proper knowledge, she was able to grow crops which could hardly sustain her family only for 2 months. She used to do traditional farming and grow vegetable for her own self only. Beside this, tobacco farming was cultivated in the field for other source of income.

Because of the low income status, she was unable to save money and her life was in risk at any time. Due to her economic condition, no one in the community was ready to help her financially in her low days. She was not associated in any groups so was far behind the knowledge. To uplift the economic condition of the family her husband used to go to India seasonally for wage labor. Through the labor made at India he used to earn Rs. 10000 per month which has been the prime income source of the family and because of the illiteracy, she used to follow the tradition of Chhaupadi during her menstrual periods.





She wished to have a better life and send her children to school for quality education as some other community members. For this, she always did hard labor along with her husband. To live better life and establishment in society having well income and better life of her children had been the aim of her life.

SACAR project helped her to achieve her dreams. Along with the implementation of SACAR project, by SOSEC Nepal Dailekh, in partnership with DCA, in Dhana's community, her life has changed. She got the knowledge of vegetable and cash crop farming as under the project's income generation activities. Then, she decided to engage in vegetable farming for economic strengthen. Her eagerness of knowledge made her to participate on cash crop and vegetable farming, IPM training. This knowledge motivated her on vegetable farming. Beside these, organization also supported her pesticide making drum, provide technical support, associate her on group and provide marketing facilities.

Now, through the off seasonal vegetable farming in her 1.5 Ropani

land she has been able to have income of Rs. 1,40,000 and Rs. 64,000 has been her net profit this year. She is now associated with agro group and cooperatives. Monthly she is saving Rs. 200 and Rs 500 at Basundhara cooperative and Baudha Cooperative respectively for her future. She is able to provide education to her children as well as maintain her household expenses. Her husband has also returned and helping her on her Commercial farming.

"Before I used to stay at Chau on the menstruation period but now, I am leading the group and aware them against such practice. My only dream, to support my household expenses and support for my children's education has been fulfilled and I could did this only because of the off seasonal vegetable farming. Now, this income has made my status in the community and I am now been able to see further dream for my family. I suggest others to engage on farming because it is more reliable source to earn staying within the country." said Dhana.



# Sanitation campaign bringing awareness

Social Service center (SOSEC) Nepal Dailekh is supporting a sanitation campaign through its project interventions along with social mobilization in Dailekh ward no.2. Initially, Baalsara Thapa and other community members like her were not aware about using toilets, hand washing facilities and negative effects of open defecation and other sanitation related aspects. As there was no waste management system, the surrounding was polluted and the

solid waste management problems can also be seen in this area. There was trashes, wastes dumped near house, settlement areas and open drainages filled with waste everywhere in the community. Baalsara was not conscious enough even for her own personal hygiene and sanitation. She was unaware about the clubs and groups working for the betterment of her community. According to her they are practicing Chaupadi in her community and not able



संघ. प्रदेश र स्थानीय सरकार, पूर्ण सरसफाई

# पूर्णसरसफाई उन्मुख नमुना वडा घोषणा कार्यक्रम

दुल्लू नगरपालिका वडा नं. २, दैलेख  
२०७६ जेष्ठ २७ गते (१० जुन, २०१८)

आयोजक

सहजीकरण

आर्थिक तथा प्राविधिक सहयोग

एकीकृत जलश्रोत व्यवस्थापन कार्यक्रम  
हेल्थेडल स्वीस इन्टरकोजपरेसन, नेपाल

सामाजिक सेवा केन्द्र (सोसेक)  
नेपाल, दैलेख

वडा खानेपानी, सरसफाई तथा स्वच्छता समन्वय  
दुल्लू नगरपालिका वडा नं. २  
दैलेख

to drink the milk because of the traditional belief rooted deeply in her community. People used to think that this campaign cannot change the practice and the belief of our community and we are fine with this condition of the community.

On January 2018, Social Service Center (SOSEC) Nepal Dailekh implement the ward level Integrated Water Resource Management Program in Dullu M.P-2. The FCHV's organized sanitation and cleanliness, literacy class as well as door to door campaign in the community. After that, total sanitation committees, mothers group were also formed for the awareness in the community. Initially, Baalsara showed her disagreement and raised various questions against the campaign. However, due to the literacy classes conducted and monitoring meetings organized along with continuous home visit, now she attends the literacy class on total sanitation and meetings. She is fulfilling all the 5+1 indicators of total

sanitation.

"Even if we are involved in farming, cleanliness and sanitation are for our health. It not only makes us healthy but also saves money avoiding expenses for medicines and plays as one of the medium to make us rich. I have understood the importance of sanitation but I will not limit this to myself only, I will share it to others as well and make them aware about sanitation aspects." said Baalsara. In order to fulfill the sanitation's (5+1) indicators of total sanitation she has been regularly working and also being very aware to convince other community members for the same.

Baalsara wants to thank the organization for carrying out the ward level sanitation campaign making them aware through suggestions, support and bringing transformative change in their behaviors regarding sanitation and says organization is a "change agent".



# Changes after opportunity

Parbati Thapa residence of Bhairavi VDC -4 of Dailekh is a member of Chetan Youth Club. She is conducting activities in her society to generate income. She is also taking care of her sibling education along with her own. Twenty four years old Parbati thapa is the third child of her family. Her family has a total member of six including one brother, two elder sisters, father and a mother. Her elder sisters had to marry in their childhood suffering child marriage. Parbati had to stop her education after the 10th standard because her father could not afford her education. Her father being a farmer could not manage enough money for her education.

Started from January 2018, TDH Germany and AIN Luxembourg has been continuously implementing Women, Youth and Child

Rights Promotion Program through Social Services Center (SOSEC) Nepal, In this connection, Chetanshil youth club has been formed and operated in Bhairai RM ward no-4. She is serving as the chairman of the club. She attends monthly meetings in disaster risk management, semi-business agriculture training and participates in various day to day programs. The organization has donated Rs. 15,000 for establishing a sewing business where as to assist in conducting seasonal vegetables business, the organization has donated a poly house.

Parbati currently participates in various programs in the Bhairabi RM. She is involved as a youth participant in various programs organized by social service center (SOSEC), Nepal, Dailekh. As a



district level representative of youth she also participates in the Youth Conference organized by the partner organization. Parbati is earning Rs. 10000 to 15000 per month from sewing business.

She is cultivating off seasonal vegetables at home and making RS 35,000 in a season out of it. She has become a social leader. She continues her education and also makes sure that her siblings too

continue their education by the income that she generates. She said that she was unable to pay Rs 3000 for her brother's education and he was about to be dropped out of school but through the opportunity provided by Social Service center (SOSEC), Nepal, Dailekh and her hard work she is now able to pay the education fees and live her livelihood much easily.



# Story of Phoolthunga: New life and aspiration's through vegetable farming

Palata R.M ward no.7 Parauta settlement lies 60 km away from headquarter of Kalikot district. Due to geographical region and the land topography this place is still backward in terms of development. The problems of dries season like drought and heavy snowfall in this area are the biggest huddles for the development. 25 years old Phoolthunga Bum lives in the same area surviving a difficult life.

Traditional farming like Millet, Maize, Phapar, Junelo, Chino, Kaaguno is the main occupation of people living in this area. This area is also known as "dry desert." After a year of hard work, farmers have difficult time to cover up 2 months need of food for their families. There was no any other option left for Phoolthunga's husband except to leave for India in search of work to cover up the remaining months basic needs. After returning back from India her husband used to become unemployed and engaged in alcoholic beverages which lead him to a domestic violence. He used to quarrel with his wife without any reason after drinking

alcoholic. It was difficult to feed the family with two time meal. Her husband leaves for India and usual fights in the family after he returns. These problems had devastated Phoolthunga too severely.

From Baisakh, 2075 B.S, on the funding of FASTONEPER Swiss Catholic Lenten fund and implementation of Social Service Center SOSEC Nepal Dailekh "Right Based Livelihood Improvement Project RBLI-P" was started.

The project works for marginalized and backward communities for their food security and ensures access to their rights. Before the project was implemented 3 resource person were selected for the project including Phoolthungal. "I didn't have any knowledge for sustainable agricultural practices, but after the implementation of the project by SOSEC Nepal Dailekh, we used to have regular meetings and discussion for agro-productions. I have also received kitchen gardening training in the month of Ashad." said Phoolthunga.

After the training she was energized and motivated to do more in vegetable farming. Practical exercise like Waste management in the field, caring vegetables, digging field, irrigation etc, was conducted by the technicians. There is also the establishment of nursery in Fagoti Parauti area. She was also provided with seed of various vegetables such as Cauliflower, Cabbage, Radish, Mustard, Turnip, Tomato, and Bean. She have established nursery and started a small vegetable farm, in the small agricultural land that she had.

Phoolthunga learned effective methods of farming in dry lands. She has now practiced the knowledge of making compost fertilizer pit, organic pesticide and management of water for irrigation in vegetable farm. Besides these, she is also engaged in poultry farming of 25 chickens. She prepares compost fertilizer

from the waste of the poultry. Similarly she has also built a small pond to collect water used for dish washing and other personal cleanliness activities. She has also managed 500 liters of tank for irrigation facilities and 20 liters of organic pesticide tank for using in her small kitchen garden.

The vegetable harvest from her vegetable farm is enough for her family and the remaining products are sold in the nearby market called "Thirpu" in her locality. This yields her monthly income of Rs. 5000. "My husband initially did not really trust my ability but he is very happy with the outcomes. Now he doesn't have to go to India for work. As he is very busy in farm, his habit of drinking alcohol has improved. Now our lives are peaceful, all thanks to SOSEC." said Phoolthunga.

# Changes brought by Tomato farming

Babita kumari Thapa is a permanent resident of Bhagawatimai Rural Municipality ward no.7. She seems busy in tomato farming these days. She has 5 members in her family which includes a son, a daughter, her father in law, her husband and herself. She has been a dedicated and hardworking person since her childhood even though she couldn't to complete her higher studies because of her poor economic condition. For the wellbeing of her family she had to let her husband work in abroad unwillingly. She has been covering her household expenses from the money sent by her husband. Mrs. Thapa has little land which is productive in nature which she has made a medium to generate income and supporting her livelihood.

On Mangshir, 2074 Social Service Center (SOSEC) Nepal Dailekh under the project ASHA registered "Deutibajai" Agro group in agricultural department of Bhagawatimai RM and has been conducting programs accordingly. The project has been facilitating group members. Being the member of the group Babita was supported with Poly house from the organization. Immediately after getting first installment amount to support for poly house, she established a poly house and started nursery for tomato seeds. Similarly, she received second installment of the support and within the time interval of 3 months, she sold 97 KGs of tomatoes after personal consumption.

She sold the tomatoes in Dailekh Bazaar and earned Rs. 3880.



Babita says "tomatoes are not cumbersome and they are easily sold in the market. Even if the project doesn't exist, I will continue my hard work for tomatoes farming and increase my income."

After receiving the support from the project she immediately started the work in her field. Babita has made a good income from vegetable farming and she also spreads the message that vegetable farming is the good source of income.



# A model village with total sanitation

Simchautaar Drinking Water project lies in the southwest area of Dullu Municipality Ward no.4. This area always had a problem of pure drinking water. Achieving a sustainable and safe drinking water supply was a great challenge in the area. People were not having enough water to drink and due to the lack of pure drinking water people were suffering from waterborne diseases which made the life very difficult in Simalchautara.

However, the scenario changed after the intervention of Social Service Center (SOSEC) Nepal, Dailekh. To respond the problem of Safe Drinking Water in the community, SOSEC Nepal in support with Water Resource Management Program Helvetass, implemented Integrated Water Resource Management under completion of which total number of 50 households were benefited. These households were provided with access to safe drinking water.

Actions plan for sustainability of the scheme has been made such as selection of Repair and Maintenance Facilitator, Trainings and mobilization, arrangements of wages, Preparation of Water Safeguarding Action Plan and its implementation, regular monthly meetings, Repair and Maintenance fund collection and

Increment of fund collection through mobilization of equipments and machinery. As a result, the region has become eligible to be a model village.

Chairperson of the construction committee, Mr. Bhram Bahadur Bhandari hopes that the community members will continue their contribution to keep the village as total sanitation village and also hopes that nearby villages and all the residents of Municipality will be influenced by this and will learn the behavior change and implement it their surroundings to make it neat and clean.

Similarly, Sub-Health Post in charge Mr. Purna Bahadur Khanal said "The villagers will have to continue to contribute their work for its total implementation and add more sanitation related activities so that home, playgrounds, community and overall environment would be safe and clean. I hope that water borne diseases will not be seen in the village in future."

3 m3 water collection pond has been established for kitchen gardening and vegetable farming of 39 households located around Simchautaar Drinking water and Sanitation scheme area

which is used for collecting wastage water and rain water. The households located around the scheme area have established kitchen gardening using the water collected in the collection pond and have started to sell the harvested vegetables remained after personal consumption.

Total Sanitation Committee monitored each and every household to check the sanitation. They stick a green sticker in the house

with proper sanitation. Thereafter, the village was declared as total sanitation model village on 30th of Jestha, 2073 B.S.

Consequently, the project scheme implemented areas has been successfully declared as model village with total sanitation. Various activities such as monthly meetings, consumer assembly, door to door to visit campaigns were organized to fulfill the 6 indicators for total sanitation village.





# Gopal Buda has become a leader



"This project has made me a skillful and responsible mason of drinking water Scheme and has provided me opportunity to work in other drinking water projects as well. I am confident that I can get job anywhere in similar schemes. Now I am able to to secure my family's livelihood as well as my children's education.

Rural Water Resource Management project has completed 2 Drinking water Schemes in ward no-5, Katti. Gopal B.C, a laborer says, the scheme covering 261 households has not only provided employment opportunities to the youths of the community but also taught various skills of construction. As a result of which the number of youths going to India in search of employment has reduced.

Gopal BC has a family of 5 members including his two son and a daughter. The agricultural production from his land is enough to feed his family only for 6 months. He is the only source of income in his family. He also does labor work around his village but this work is not available very often and is not sustainable for his income. In spite of his real hard work the income was not enough for the family. Problem of unemployment was devastating the life of Gopal.

However, the good days were waiting for Gopal. Within the beginning phase of the project scheme, Gopal's life changed drastically. In the beginning of the project, he used to work as unskilled labor but now he is working as main skilled labor in the

scheme. All the structures of the scheme are in his responsibility and he is mobilizing other workers as well.

"I felt it very difficult to work at first but I didn't give up. Our technical instructor used to support me a lot. Now I can provide a guideline to other workers working in this scheme to construct a structure by myself" said Gopal. He is earning from Rs. 25 to 30 thousand in a month now days. His daughter Kaushila is also studing lab Assistant in Surkhet.

"This project has made me a skillful and responsible person in drinking water scheme and has provided me opportunity to work in other drinking water projects as well. I am confident that I can get job anywhere in similar schemes. Now I am able to secure my family's livelihood as well as my children's education." said Gopal.

At the time of constructing Intake, D.C and Reservoir Tank, The project was facing a huge challenge. There is a lack of Masons in the construction and the outsiders (masons) were not ready to work in the wage rate fixed by district. The users committee and the project implementers were worried about the completion

of the work. However, Mr. Sangam Adhikari, water resource technical person coached the team by himself in 2 to 3 structures. This helped workers like Gopal B.C and others to learn the skills required for construction and to become a good masons. Now on the leadership of Mr. Sangam 2 drinking water schemes are about to complete.

Now Gopal has become leader among the masons working in the scheme. Masons in the team takes his guidance for working.

"I have become a leader among the masons and all the credit goes to users committee, respected president and technical sir of the project; it has really changed my life" Said Gopal.

All the community members are learning from Gopal on how to improve life style by grabbing the opportunity. With his dedication and passion to learn, he is known as a leader in his community. He has become valuable asset of the Bhagawatimai RM. Now the RM will have no more issues to bring masons from his area.





# Sahade Scheme is bringing waves of happiness for farmers



Netra Bahadur is happy to have his vegetable farming.

Bahgwati Rural Municipality is one of the local level regions of the Dailekh district among the other 11 local level regions. It lies 22 kilometers north towards headquarter of Dailekh district and is remote in terms of Geographical structure. Mid-hilly highway has crossed through the middle of this rural municipality which has brought opportunity for the development of this municipality. People in this region depend upon tradition agriculture for their livelihood which is not enough to feed them for even 3 months. To fulfill their basic needs like education, clothes, shelter and health, one or more member of the family has to go to India to work. Thus, the life of community member here is very difficult and full of struggles every day.

In such days, Social Service Center (SOSEC) Nepal, Dailekh implemented RVWRMP project in support of Bhagwoti Rural Municipality and European Union. The project mainly focusses on construction of water schemes, kitchen gardening and waste management as a part of hygiene, sanitation and livelihood.

The people of this region demanded a master plan according to which Sahade Irrigation Scheme has been constructed. By the fund of Bhagawatimai RM and third phase of Rural Village Water Resource Management (RVWRMP) project along with the labor contribution of community members, Sahade irrigation scheme with total investment of Rs.88 lakhs is established for the people residing in the area. The Irrigation scheme has constructed 9 irrigation ponds which has irrigated 250 Ropanis (approx 31.5 acres) of land. Similarly, trainings were provided to farmers on vegetable farming and off seasonal farming along with walnut promotion trainings. 75 farmers are now involved in seasonal and off-seasonal vegetable farming.

A local farmer Mr. Netra Bahadur Thapa said" Before the Sahade Irrigation Scheme vegetable farming was not so fruitful, now after the scheme and the training provided vegetable farming has become a profitable business". "By selling tomatoes, garlic, pumpkin, beans, I have earned Rs150,000. This has covered up all

the household expenses of my family of 5 members". "All thanks to the project for providing me trainings and Irrigation facility."

Mr. Thapa has 5000 soyabean, 4000 Epilipi plants, 4000 Molate plants, 1000 wall Nut plants in his nursery. Bhagawatimai rural

municipalities have contributed 70,000 donations for this nursery. The plants have grown beautifully and are ready for plantation. The plants will be provided to the farmers in very genuine rate.





# Hopes of Anita

Anita B.K lives in Palata Rural Municipality ward no.3 Kaprekhola. She is a member of agro group formed under "Right Based Livelihood Improvement Project" Program. She is an established farmer in her community and earns monthly 3 thousand to 5 thousand by selling vegetables after fulfilling monthly consumption needs of her family. But things weren't always the same for Anita.

Anita's family was also living in acute poverty. Her family depended upon the little harvest yield from the little agricultural land they own. The area is dry land having less rainfall with no irrigation facility and the harvest was not enough to fulfill the daily consumption need for even three months so the members of the family had to go to India to earn a livelihood. Most household in the community only cultivate cereal crops as they believed that vegetable farming in the little land they own won't be enough to sustain their lives.

Due to the lack of knowledge regarding water irrigation management for vegetable farming, importance of vegetable farming and lack of vegetable seeds Anita like

other farmers was unable to cultivate in the land which made the land go barren.

Under the project "Right Based Livelihood Improvement" funded by FASTENOPFER Swiss Catholic Lenten Fund and conducted by Social Service Center (SOSEC) Nepal Dailekh in the Rural Municipality, Anita received one day training on Kitchen gardening including promotion of seasonal and off-seasonal vegetable farming. She gained theoretical as well as practical knowledge on establishment of vegetable nursery. Thus, she learned about benefits of Kitchen Gardening, Management of Irrigation facilities for vegetable farming, Management of insecticides, fertilizer management and vegetable farming in poly house. She was supported with seeds of different kinds of vegetables and now she has established a Vegetable Nursery and a kitchen garden. She has also distributed seeds to 12 farmers of her community. "The training I received has changed my life and has helped us to come out of the situation of acute poverty." said Anita. She wishes to continue her farming and shares her knowledge regarding the farming to other members in her community as well.





# Poly house supporting Askala's old age

Askala Tiruwa resides in ward no.5 of Palata Rural Municipality. She has 5 members in her family including two sons, two daughters in laws, one granddaughter and a husband. Mrs. Tiruwa's family had very difficult time to cover up the basic needs by depending upon traditional agricultural farming in the dry lands of Palata RM. As her home lies in the high altitude region, snowfall and fog are very frequent in this area. That's why only seasonal pumpkins and tomatoes were only the vegetables that were grown. In winter season due to the lack of production of other vegetables Askala's family along with other community member's family had to eat their meal with salt and chili. She always wished for the situation to change but she had no other options, neither skill to change the situation.

Now all of the Askala's sufferings have come to an end. Right Based Livelihood Improvement Project (RBLIP) which has been implemented in Palata RM played a crucial role in bringing the change in her life. The project is implemented by Social Service Center (SOSEC) Nepal Dailekh with the financial support from FASTENOPFER Swiss Catholic Lenten. Askala

became the member of Agro group formed under the project. She became an active member of the group and participated in regular monthly meetings, groups Savings and different discussions on agricultural farming. Similarly, she also received a 2 days training on Kitchen gardening promotion, Vegetable Nursery Management, seasonal and off-seasonal vegetable farming, its importance and benefits.

After receiving the training, she was supported to build a poly house in which she has grown vegetable seeds and has started vegetable farming. She is having good production of seasonal and off-seasonal vegetables such as green leafy vegetables, cabbage, tomatoes, cauliflower and onion. The harvest has become a good source of food and income for her. She is now earning 20 to 30 thousands rupees in a month. "Now I am financially independent and strong, earlier I used to ask money to my husband for my expenses, now the situation is vice versa. Poly house has not only made me financially strong but has also provided support for my old days." said Askala.



# “Nirmala is a happy girl now”

Nirmala (name changed) is the eldest daughter of her family; she is now 18 years of age. She is a permanent resident of Mahabu Rural Municipality ward no. 2 Badakhola. Both her parents are physically disabled and used to have difficulties to raise her. Her parents were economically poor. Nirmala was raised by her uncle in law since the age of four.

She came under the influence of Bharat Bahadur Thapa, age 19 and ran away with him and got married on 6th of Bhadra 2076. Hence she became a victim of self-initiated early marriage. Although it looks like a self-initiated early marriage, the poor economic condition of her family has an indirect role that has forced her to run away. The case was later reported to Social Service center by her parents and they requested support from the organization to carry out the necessary legal procedures. The organization reported the case to

District police office Dailekh and the marriage was dissolved.

Nirmala was provided with psychosocial counseling in order to overcome the trauma she suffered after her marriage was dissolved. Now she is an independent girl. She looks after her parents and takes care of her home. She works in the field, cooks food for family in her free time. She appeared in SEE and plans to continue her study further. “I want to grow up to be a jobholder to support my family” Said Nirmala.

Girls like Nirmala are pushed to have self-initiated early marriage as they do not want to add economic burden to their family. So the governmental and non-governmental organizations must hit the root cause for the protection of such children from Early Child Marriage.



# Change brought by commercial vegetable farming



Bishna Khanal member of Panchakoshi Youth Club of Ward no.4, Bhairabi Rural Municipality, Dailekh has her life changed through commercial vegetable farming.

Bishna Khanal, permanent resident of Bhairabi RM ward no.4 has a huge family of 11 members which includes her 9 son and daughter, a husband and herself. Her husband used to work in India to arrange for other requirements of the families. She used to stay at home looking after her children's and involving in agricultural farming. This way the only way of her livelihood but due to seasonal farming and unproductive land her economic condition was very poor. In this way Bishna was living her day to day life. She didn't get any opportunity to involve in any groups or receive any training as well as to participate in any kind of workshop. Due to this scenario, she was unaware of her rights as she had to spend most of her time for her family and earning.

To help women like Bishna for providing access to their rights and for their empowerment, Social Service Center (SOSEC) Nepal, Dailekh implemented Women, Youth and Child (WYC) Rights Promotion project on the financial support of AEIN Luxembourg/TDH Germany. The project facilitated in the formation of Panchakoshi Youth Club



in ward no.4, Neura of Bhairabi RM and she was the member of the club. The area lacked irrigation so, Project facilitated on construction of irrigation pond of worth Rs.150,000 on which project contributed Rs.30,000, Bhairabi RM contributed 30,000 and remaining other amount was contributed by 22 community members. Similarly, for commercial agricultural farming, trainings and vegetable seeds were provided to the farmers of the group under the project.

After the training, she has built pit for waste management along with kitchen change. After she received knowledge of vegetable

farming, she engaged herself on vegetable farming. Now, Bishna earns Rs. 120,000 annually from vegetable and fruit farming. This has covered up all her household expenses and raised support for her children's education. Beside this, she has been aware and now visits the school of her children to know about her children's progress in study. She has been awarded with consolation price in the RM level Agro Fair organized at Bhairabi RM. Now she was actively working to aware other members of groups and clubs regarding Health, sanitation and nutrition.





# Dhansari story: respected model farmer



Dhansari Shahi, a permanent resident from Bhagwatimai Rural Municipality-7, Khora has become one of the model women farmers in her community. Adopting MIT and advance farming technology and changing herself to commercial farmer from traditional one, Dhanisara has become one of the successful model farmers at the age of 22. As per Dhanisara, many other organizations came to the area and formed different groups but she was not interested in them at all because she felt they were not relevant at all.

However, when the Rural Water Resource Management project implemented in facilitation of Social Service Center (SOSEC) Nepal Dailekh implemented Khor Water Resource and Sanitation scheme, she became the member in Bhairabsthan Agro Group along with other women of her community. Under the livelihood improvement activities in the group, Dhanisara got an opportunity to participate in Home gardening training and learnt about making seedlings, water management for farming, pesticides and off-seasonal farming. "After the training I got inspired for off-seasonal farming and now through this I have become

independent. I started farming despite lack of water for irrigation. I collected the water that goes waste after domestic activities and used that water for cucumber and other vegetables in my home garden. I was very happy to see my vegetables growing through that waste water" said Dhanisara.

Now, it has become easier for her to support the educational materials required for her children to continue their schools as well as to manage household expenses. She has now aimed for earning monthly 10 to 15 thousand Rupees through production of seasonal and off-seasonal farming.





# Youth utilizing barren land and free time



Dil Bahadur Nepali, a permanent resident of Mahabu Rural Municipality -3 belongs to typical Nepali family with poor economic condition. His childhood was full of struggles thus couldn't complete his studies as per his expectations. Despite of the odds in his life, he managed himself to pass SLC level. Now, he is the father of son and a daughter.

Because of the traditional ways and techniques of vegetable farming adopted, the production was not oriented towards its maximum potential. This had created more difficulties for him.

He was seeking for some opportunity to upgrade his farming skills with modern methods and technology. Social Service Center (SOSEC) Nepal, in the meantime implemented Women Youth and Children Rights Promotion project at Mahabu Rural Municipality in support of AEIN Luxemburg/TDH Germany, which carried out different capacity development training under the project. Project targeted beneficiaries like Dil Bhadur Nepali as he was vulnerable and have determination on doing something new in his life for progress. Dil Bahadur got an opportunity to receive various trainings such as seasonal farming Training, making of compost

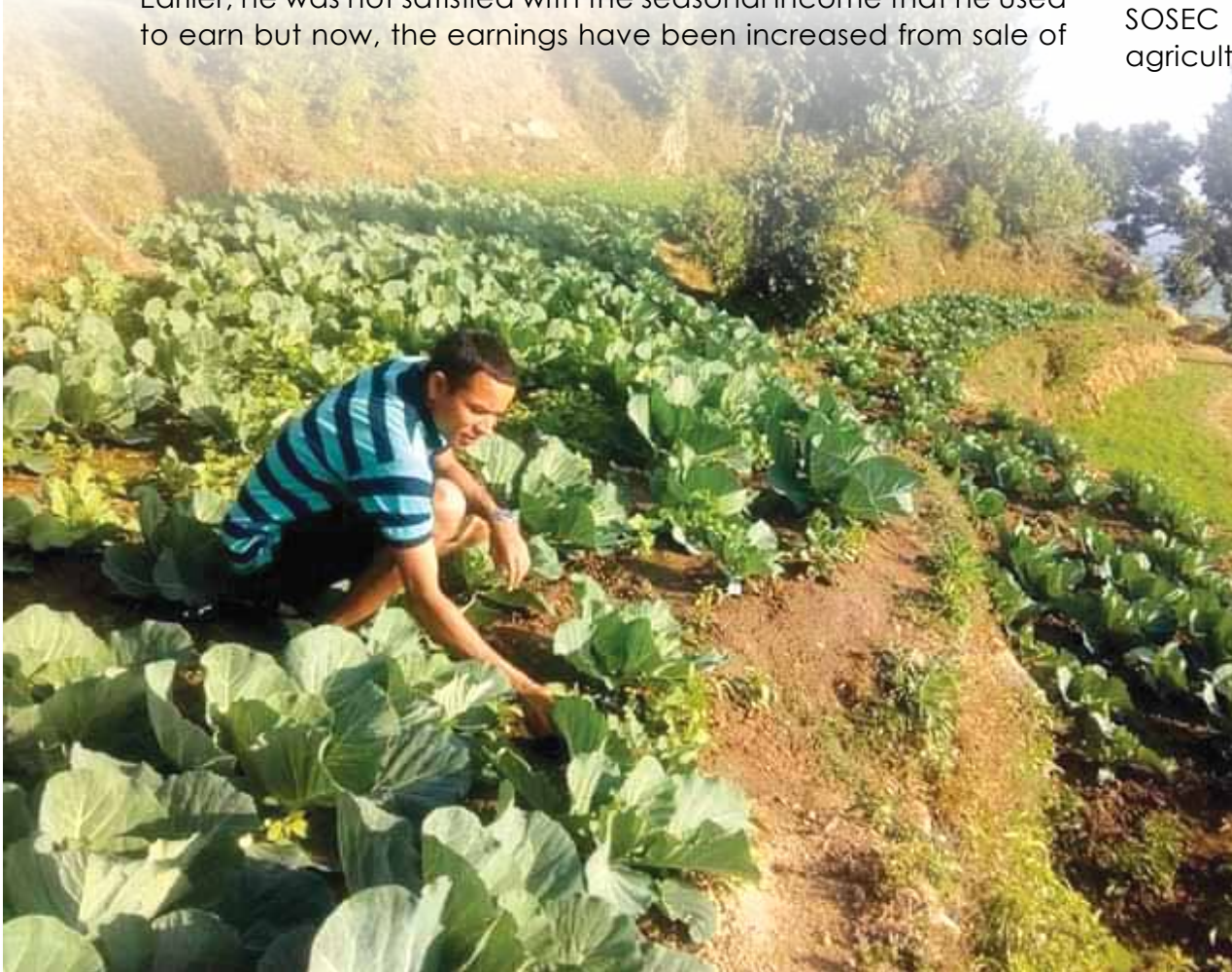


fertilizer, and biological pesticides. After the training, Youths were encouraged to utilize barren land and free time and they were supported with agricultural materials such as seeds, poly house, and drip irrigation along with seed money.

After receiving the support, he took agricultural land on lease and involved in commercial agricultural farming since then.

Earlier, he was not satisfied with the seasonal income that he used to earn but now, the earnings have been increased from sale of

cabbage and cauliflower worth Rs.5200. Now his vegetable farm consists of many vegetables such as tomato, pumpkin, bean etc. He earns monthly Rs. 10,000 to 15,000 selling the vegetables from his farm. "Many other youths like me have now started to work and utilize their time receiving different kinds of training, after the implementation of project." said Dil Bahadur. He added "Unemployed youths have got opportunity to start their own small business with the support of capital fund and seed support from SOSEC and are motivated to operate their own commercial agricultural farming."





# Sita's Story: A journey towards new life

Growing up in small village of Bhairabi Rural Municipality, Sita, 19 (name changed) got married at her small age. Even after marriage she couldn't get all the happiness she deserved. She had to struggle a lot in terms of her economic condition. Her husband frustrated with the financial problems and often used to quarrel with her in anger. To overcome such situation, they shifted to place called "Simla" in India but still couldn't achieve their expectations regarding good sum of income. Again, in search of better opportunities, her family shifted along with her son in Bangalore of India and settled their searching a room in rent. There, her husband used to work in night shift and Sita used to work in day shift in a company. However, the monthly income at the end of the month was just enough to cover up monthly food needs, room rent, and electricity and water bills only. So, in spite of continues hard work the situation remained the same. In this way the family was surviving very hard days. Her husband used to be always angry at her as they were unable to earn sufficient. He always uses to curse her for being not able to earn enough.

"I was married to a very selfish and an unkind man" said Sita with tears in her eyes at present. After 4 months of living in Bangalore, her own husband sold her and his son for Rs. 200,000 to a woman. At first, she didn't believe that it was her husband who sold her but when she came to know that it was only the truth. She felt like the world has ended when one of the guards showed her photographs of her husband taking money from the same person who abducted her. She was not the only one to be sold with her child; many other women were living similar life like her. There she had to work 12 hours in factory for making metal and plastic weapons and materials.

After four months of being trafficked, Sita came to know that, she has been sold to other women and she was kept in a building of that woman situated in Balur of Bangalore. Her children were snatched away from her at the age of 3 and were sent to an unknown place.

She was terrified when she came to know that. They used to threaten her saying they would kill her child and even beat her badly if she asked about her child. Her next son was also 2 years old, so she became more worried and hopeless. She tried to escape many times and contact her husband but was all worthless because of the tight security placed.

Luckily, she was able to contact her uncle who used to stay in Bangalore and informed about her entire situation. Her uncle informed Shakti Samuha about the situation. Shakti Samuha coordinated with Nepalese embassy and Social Service Center (SOSEC) Nepal Dailekh but even; direct raid authority couldn't be obtained to rescue Sita. So, she was told to get out of the house somehow and she would be received by the joint team of organizations on the way.

With the joint and continuous effort of Shanti and Rehabilitation Center, Kathmandu and Maiti Nepal, Nepalgunj, Shakti Samuha she reached up to Lakhnau, India. She was then rescued from Lakhnau with the joint team of Social Service Center (SOSEC) Nepal Dailekh and Shakti Samuha Team. She also had to struggle with the psychological effect of living and working in fear for so long. So, she was provided with psychosocial counseling and referred to Shakti Samuha's emergency shelter. Case of Human Trafficking has been registered in district court, Dailekh on the joint initiation of District police and SOSEC. Recognizing her traumatic condition and need, she has been referred to for the one Organization in Kathmandu for long term shelter support. It has been 6 months since she has been in the shelter. Now she has passed SEE exam and working as a support staff in the organization leaving behind all her bruises in her mind. Her son is also studying in ECD level now.

The network of organizations such as SOSEC, Shakti Samuha, Maiti Nepal helped Sita to live up to her dreams where she is no more living in fear and looking forward for the bright future of her son.



# Story of Gaumati: Exemplary goat farming



Gaumati Jaise has set an example of how a properly managed goat farming can bring change in one's life along with decent earning.



Gaumati Jaise, a resident of Aathbis Municipality- 5 Rakam karnali was struggling to survive with her family of 4 children and husband. When it looks like there is no end to Gaumati's problems, Goat farming has granted her new hope and supported her family's livelihood. Production from the little land she owned was merely enough to feed her family even for 3 months. As an alternative source of income her husband had to work in India. However, the income couldn't support the family's need.

"Even if I couldn't live well, I wanted my children to have better life" Said Gaumati. She also used to work as Labor in her community to earn for her children. She was supported with 3 Khari breed goats under the SACAR project implemented by Social Service Center (SOSEC), Dailekh in partnership with DCA. In order to avoid any kinds of losses, the goats supported were insurance as well. One more Boer goat was supported to increase the production. Gaumati also received technical training on goat farming. Through the knowledge gained and input support provided it became easier



for her to start commercial goat farming. Now, she has 11 goats in her farm. She earned 20,000 by selling 2 goats last month. She believes that goat farming is good source of income. Gaumati's husband is now helping her to grow the commercial goat farming business and planning to come to Nepal permanently.

Gaumati is working very hard to increase her business yet in a smart ways. She uses goat manure to increase vegetable production in her farm. Most of her small households expenses are now covered up by the income earned from it. In order for

any future contingencies, she has also started to save sum of her savings at Cooperative.

"Goat farming has provided me and my family a new life. Now my children are able to receive the education that they wished for. With the support of my husband I have planned to register my goat farm and I am very hopeful for it". Said Gaumati .She has set an example of how properly managed goat farming can bring change in one's life along with decent earning.





# Story of Women Empowerment in Jaksi



Jaksi is one of the backward community which lies in the western region of Dailekh District. It is located in ward 3 Komalkhada of Aathbis Municipality Dailekh. Jaksi community lies near to the Karnali highway yet the community is backward in all the aspects of development. Majority of families are under poverty and are having very difficult time to survive.

Lack of Irrigation facilities have made agricultural lands less fertile and thus leading to low productions. People here are involved only in seasonal farming. However, the harvest is not enough for the families to sustain their lives even for 6 months. Besides the seasonal farming people in Jaksi make living through livestock farming. Because of the poor economic condition, the male members of the community often travel to India in search of seasonal labor works. This supports

the family's livelihood as major source of Income. Women's used to have responsibility of household chores and they were very busy in the same. They didn't involve in any groups. Women used to get terrified even talking with strangers and raise their voices in public. To be precise lack of self confidence, dependent upon husband even for small household expenses, embedded in household chores would symbolize women of Jaksi.

The project intervention of Social Service Center (SOSCEC) Nepal Dailekh facilitated to break the stereotype in women of Jaksi. Under the project "Strengthening Community Adoptive Capacity for Advancing Resilient Livelihood (SACAR)" implemented in different wards of Aathbis Municipality and Panchadewal Binayak Municipality Achham, funded by DCA a revolutionary change was brought about by the life women.

In 2074/4/12 Gaurisankar Basghari Agro group was established with a membership of 20 women of Jaksi. It was then registered in the Municipality office. The project focused on uplifting the living standard of the community members through improved knowledge on off/seasonal vegetable and cash crop farming. Training on cash crop and vegetable farming along with Integrated Pesticide Management training was provided in the group. After then, seedlings were also provided to the groups to start up farming. Even out of the poor families, Ultra poor families were selected from the group and were supported by Poly House. As well as technical support was also provided to them which encouraged them more for off/seasonal vegetable and cash crop farming.

Project works in the value chain model for the promotion of vegetable and cash crop so the producer of the groups was linked with Agro vets, Financial Institutions and Market. MoU with agro vet and farmer was made for the community which has the provision to pay after the production for the seed and input needed for farmer in the time of farming. Likewise, MoU with Market was made to ensure the market of the agro production. These not only helped farmer for production as well as encourage them on farming. Awareness on saving was made and they started saving Rs 100 per month and now they have more than Rs 55000 rupees saving in the group and some amount has been provided as loan to group members. Group has turned as a great platform for them where per month meeting is organized and those members are able to keep their problems as well as solution is discussed in that group meeting. Likewise, as an initiation, discussion about mal practices of child marriage, Chhaupadi is also carried out in the group meeting which has imparted awareness among the community members.

Now the lands are no more, less fertile, the tobacco farms have now transformed into cash crop and vegetable farm with the sustainable practices of agro farming. The average income per household in season is Rs. 50 to 60 thousand. Members have developed habit of savings in different Banks and Financial Institutions. Ms. Padma Karki was elected as the ward member in local level election in new federal structure of government through the capacity build up sessions conducted under the project. The male members are attracted towards the vegetable and cash crop farming. This is gradually reducing the trend of youths and male members of the community moving to India for wage labor.

The lives of people in our community is changing because of the cash crops, seasonal and off-seasonal agricultural farming supported by SOSEC and SACAR project. Now we don't have to depend upon our husbands anymore. Our husbands helps us in the farming and doesn't have to go to India for wages, so we are very happy." Said Padma Karki, Chairperson of the group with a visible smile on her face.



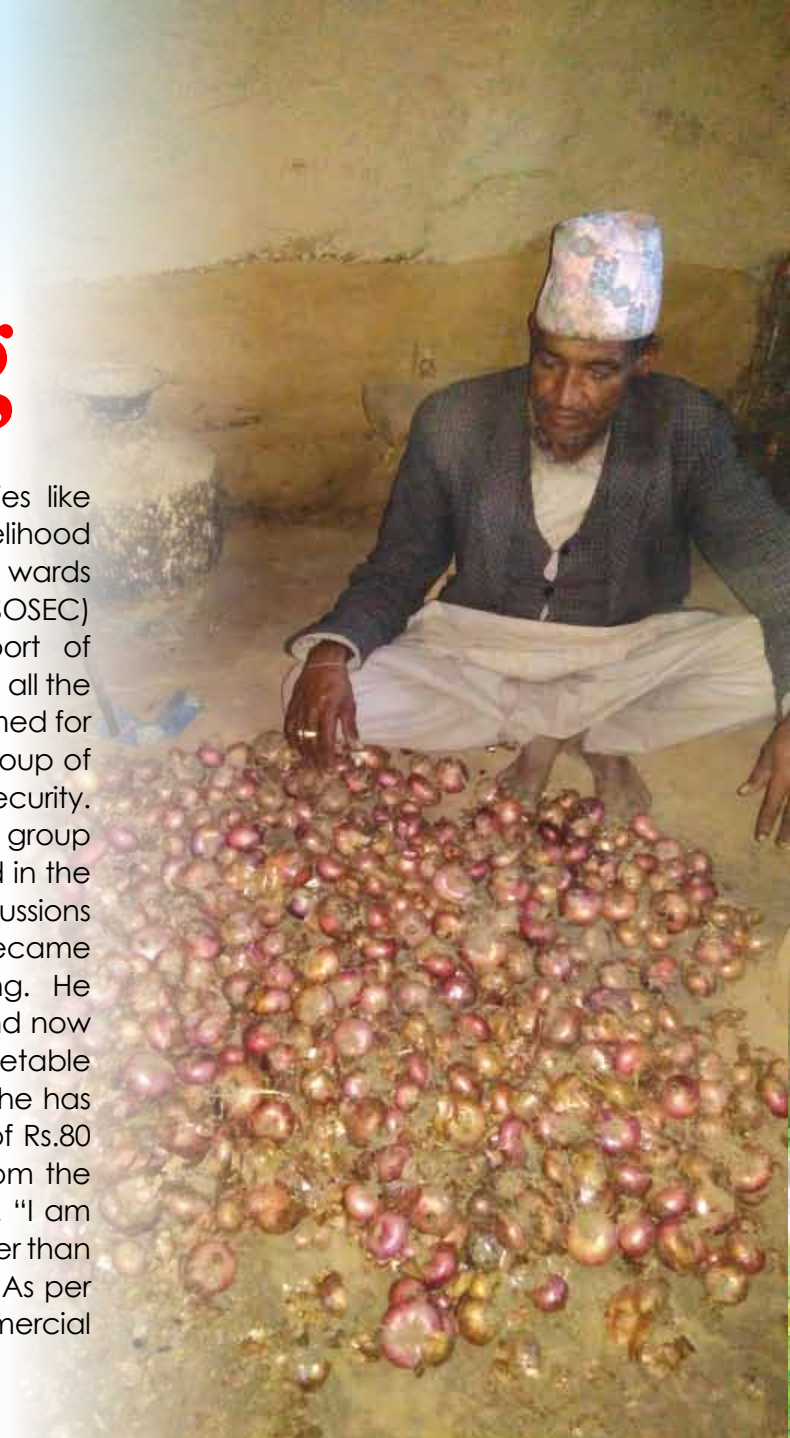


# Farmers attracted towards onion farming

Kalikot district is the remote district of Nepal. Palata Rural Municipality of Kalikot district has very cold winters and prolonged drought. As a result, the irrigation facilities are not adequate and prevent farmers from cultivating vegetables. People here are compelled to survive upon noodles, soybean found in the nearby market in replacement for vegetables. Moreover, it has worsened the economic condition of the communities. Farmers are limited only to traditional farming and didn't have any technical as well as general knowledge on off-seasonal farming.

Mandhir B.K lives in ward no.3 of Palata Rural Municipality with his family of 14 members; four sons, three daughters in laws, two grandsons, three granddaughters, his wife and him. His whole family depends upon the agricultural harvests from 1 ropanis of land that his father used to own. However, even after a full year of hard work, the harvest covered up only 2 months for the family's need. The rest of the times they migrate to India for labor work. The whole family was living in acute poverty. However the situation of Mandhir's Family changed after he got support from Right Based livelihood Project (RBLIP).

From Sharawn 2076, targeting the families like those of Mandir B.K, Right Based livelihood Project (RBLIP) was implemented in every wards of Palata RM by Social Service Center (SOSEC) Nepal Dailekh with the financial support of FASTENOPFER Swiss Catholic Lenten fund in all the former wards of Palata RM. The project aimed for food security of poor and marginalized group of people and ensures their rights for food security. Mandir became the member of agro group formed under this project. He participated in the monthly group meetings and different discussions regarding agricultural farming. So, he became interested about the vegetable farming. He learned the idea of vegetable farming and now he has earned Rs.10,000 from selling the vegetable products. In 120 square kilometer of land he has planted onion which he sells at the rate of Rs.80 per kg. He buys maize at Rs.50 per kg from the money earned through selling the onions. "I am more than happy to be with my family rather than to work like a slave in India." said Mandir. As per him, he is more attracted towards commercial onion farming.



# Nainsingh's is a successful farmer now



SOSEC Nepal is helping small farmers to have enough food for their families and secure their livelihoods through modern methods and trainings on sustainable agricultural practices.

Nainsingh Bum lives with his family in rural area of Kalikot district, "Parauti" ward no.7 where many families make living by farming vegetables, rice and other crops. In rainy season, he used to farm maize and millet. However, the area gets dry in winter season. So there were no any productions of crops and vegetable during the season. In order to sustain the family's needs Nainsingh was bound to farm tobacco during the season. Even after a full years of hard work, the production was merely enough for 2 months to feed the family. He used to go India most of the time for the work, to support the family's livelihood. "It was very depressing for me to leave my family time and again. At that time I wished I could do something that wouldn't have separated me from my family." said Nainsingh.

Then Nainsingh took a step forward that changed his and his family's life. He joined in "Sangharsashil Agro Group formed under the project" Right Based Livelihood Improvement Project (RBLI-P)" implemented by Social Service Center (SOSEC) Nepal, Dailekh in collaboration with FASTENOPFER Swiss Catholic Lenten Fund.

In this group, farmers were trained in new agriculture techniques

to help them increase their crop and vegetable harvest. Nainsingh learned how to maintain humidity in soil in different seasons, seasonal and off seasonal farming techniques to earn more, management of water, and use of pesticides and making of organic compost fertilizer. This knowledge helped him to practice new methods of sustainable farming and increase the range of his production to various vegetables such as seasonal spinach, Radish, onion, cauliflower, cabbage, pumpkin, cucumber and snake gourd in his one ropani (approx o.126 acres) of land.

He practiced his knowledge into the field and builds 30 liters of organic pesticides tank and organic fertilizers from wastages and uses water used for dish washing in his vegetable farm. Now his vegetable production yields income of Rs. 60,000 to 70,000 yearly after feeding his family of 8 members. Now Nainsingh is a dedicated and knowledgeable farmer.

"By applying what I learned through SOSEC's Program, I have become a successful farmer and able to secure my family's livelihood." said Nainsingh.





# Sirjana can do it



Despite the situation of her family, Sirjana is focused on her study and looks forward to become a teacher in her future

Sirjana B.K belongs to Dalit community and now studies at grade three in Jaya Janata Secondary School of Guras Rural Municipality ward no.6, Jorebaanjh, Dailekh district of Nepal. The odds were against her to succeed. Being grown up in the home with pro-poor Economic condition and single parenthood of her mother, going school regularly was also a challenge for Sirjana.

Social Service Center (SOSEC) Nepal provided educational scholarships to Sirjana after identifying her as a risk child in 2016 under SAHAYATRA phaseone project implemented in partnership with Save the Children in former VDC Piladi. After the support, she was motivated more and thus she passed her grade two securing 74.5 % with second position in her class. "I want to grow up to be a teacher like Gopal Sir." says Sirjana.

She is the most punctual student in her class. She didn't even miss a single class in her classes in grade 3. Now, study has been her close friend and it has become one of her favorite hobby. In order to keep her passion for study alive, she needs to be supported through educational scholarships as such in her every academic year.

SOSEC Nepal in Collaboration with Save the Children has been lobbying with Guans RM to establish a Palika level Child fund to



support children like Sirjana. Child fund at Palika level and at Ward level will be established to support children in need for their basic access to quality education and protection in partnership with Palika level and ward level government of Gurans Rural Municipality.

# Child Friendly Drinking water Taps at Gurans Basic School, Raanimatta

Gurans Basic School, Raanimatta was established in 2075 B.S. It is one of the schools, located in central of Gurans Rural Municipality ward no.5. Grades are operated from ECD to grade 6 with total 60 students in the school in the academic year 2076 B.S

Students and teachers had difficulty for drinking water during the dry seasons when there was less rainfall or no rain at all. The less amount of water collected from neighboring house to the school was not enough to quench the thirst of all students. Moreover, during heavy rainfall, the rain water collected in Rain water collection tank would get more polluted causing various water borne diseases such as stomach infection, diarrhea, flu and viral among the children. Ultimately, the effect would be witnessed in their regular attendance in classes.

Gurans Rural Municipality Office Conducted School Assessment under Education Mirror 2074 and referred the school to SOSECSAHAYATRAI project for construction of Drinking water infrastructures. After the assessment from the technical team of the project, the school was supported with construction of four child friendly water taps and Hill Tank (1000 liters capacity) to store clean drinking water flowing direct from the water source at ward no.5.

Now students and teachers have access to safe and clean drinking water any time they like.



"Children are now less likely to be affected by water borne diseases and miss their school. All thanks to SOSEC for the support. Even Parents are very grateful for the support." said Mr. Chhabil Oli, Principal of the school. The project team is hopeful that the support would create effective learning environment for children which would ultimately have positive impact on the learning achievement of the students.



# "Education" a key to better life



" Many Thanks to government and the organization. Because of them my grandchildren have been able to continue to school. Otherwise they would have been grazing cattle's in the fields right now"- Beerbal B.K

Govinda, age 11, is a permanent resident of Ward number-2, Gurans Rural Municipality. He lives under the protection of his grandparents after his mother eloped away leaving behind him and his little sister. His father died in India, working as labor dreaming better life for his family. Grandfather Mr. Beerbal B.K also works in India as a labor in order to support the family's livelihood.

Despite having strong determination to study unlike other children, both Govinda and his sister couldn't continue their grade one.

He was enrolled into grade 2 through the School Enrollment Campaign organized in ward level. On the recommendation of Ward Child Protection Committee (WCPC) recognizing him as children at risk, Social Service Center (SOSEC) Nepal, Dailekh provided him with scholarship for stationary materials under the Project SAHAYATRA funded by Save the Children. This support provided them motivation to continue their schools which they were lagging behind in scarce of the schooling materials.

Sister Kalpana also secured 1st position in her class. Mr. Beerbal B.K (Grandfather) is very happy with the progress children are doing in their study. Further he says" Many Thanks to Local Government and the organization because of them my grandchildren have been able to continue to school. Otherwise, they would have been grazing cattle's in the fields right now. He forgets all his sufferings from the



accomplishments made by his grandchildren. Further he wishes for continuation of their grandchildren's study, so that they won't end up like his father.

Children from different families with pro-poor economic condition, subject to family disintegration and illiteracy are unable to go to schools. Such children and their families should be provided with Income generation support along with the educational scholarships in order to sustain their future through education. : You are strong, and you are not alone" Said Sarita with her bold voic

# Safe Drinking Water for bright future

The building structure of Adarsha Primary school located in Gurans Rural Municipality ward no.6, Piladi, Dailekh were completely damaged by the landslide occurred at 2071 B.S The school structure became unsafe for children to study. It has been 4 years since then the school has shifted to the new place. Since then students had to studying in the situation of lack of clean and safe drinking water and toilet structures. "If it wasn't for the support of SOSEC, it would have been very difficult for the children to study and for us too" said Mr. Yogendra Bahadur Rana, Principal of the school. The children had to walk 30 minutes away to Tire Khola or to the water resource 30 minutes away from the school. Since there were no any reservoir tank in the school, one small gallon was not enough to quench the thirst of even the teachers or students of the school.

"We would take our students in group to drink water to either the resource or the river. If they were send alone, they would end up playing and not returning to the school. Besides there was major issue of small children's safety." said Mr. Rana. As a consequence of which the children would miss out 2 or 3 classes very often. This affected the study of the students. Mostly in summer season children would have bad condition because of the heat. As there were no any water facilities in the school students were unaware about the personal sanitation and couldn't care for the same. Social Service Center (SOSEC) in collaboration with Save the Children under the SAHAYATRA Project phase one supported the school with Drinking water Reservoir Tank of Capacity 650 liters along with one Child Friendly Water Tap and Toilet construction.

The drinking water tap is now quenching thrust of 90 students from ECD to Class five along with the teachers of the school. Now the children won't have to miss their classes only for the purpose of drinking water.



Now they wash their hands with soap after going to toilet. Now the children are less likely to be affected by the diseases such as Diarrhea, Dysentery. Children now attend their classes regularly. The school is lucky enough to get the group of teachers who are very sensitive regarding their student's health and their learning achievements. This dedicated team's contribution to maintain the constructed structures ensuring access to safe and clean drinking water for every child is really appreciable.



# Child Friendly Sitting arrangements for effective Learning

Shree Nepal Rastriya Primary school is located in Dhantaakuri ward no.6 of Dailekh district. The school was established in 2052 B.S. Altogether 80 students were enrolled into school in the academic year of 2076 B.S which includes students from ECD to grade 5.

4 years back till 2015 the school was facing major crisis as students were not being attentive to their classes which in turn degraded their quality of learning. Moreover, due to the behavioral problems of the children in class, the available time for teaching also reduced. And they often used to get hurt due to the desk bench sitting arrangement. The reason behind the situation was lack of proper and child friendly sitting arrangements.

Former VDC office Piladi identified and recommended the school as school requiring support for improving children's learning performance to SOSEC. On the recommendation SOSEC in 2015 provided the school with different learning materials, sitting arrangement materials, teachers training with a key motive to increase overall learning performance of the children i.e learning achievement.

According to Mrs. Parbati Budha, Teacher of grade 3, Children are safe and comfortable in the sitting arrangements now and are less likely to get injured.. Children enjoy reading in groups and involve in group discussion sitting in round table. The sitting arrangement of children in such a way that children with weak learning achievements are grouped with children having good learning achievement in the



class. This has developed the habit of studying and learning among the underperforming students.

The average learning achievement of the students has now increased to 76% in the academic year 2075 B.S from an average of 50 to 55%. The reading fluency of students of class one is 63 words per minute which an extraordinary achievement of the school as well as the project.

Therefore one can conclude that even a small spark can bring a huge change in the age old problematic situation. The only thing required for transformation is the dedication and will power to bring the change.

# Story of Sarita: A survivor of Domestic Violence



"I am survivor of domestic violence and I am committed to raise voice against it no matter what will be the results. I am ready to face the challenges brought by it."

Sarita, 38 (name changed) is a permanent resident of Bhairabi Municipality-4 Gadajiula, Dailekh. She was married to Surya Bahadur Rawat in 16 year ago. Their family includes husband, wife, 2 sons and 2 daughters. Sarita is a typical housewife, looking after her kids and doing the regular domestic works. Mr. Rawat used to work in India for 1 or 2 months and then return back to home Bhairabi RM, Dailekh. However, the situation was against the favor of Sarita. It has been 10 years since then, she is bearing the burden of her drunkard husband who used to return from work fully drunk and used to treat the children and her (Sarita) without any reason. Not only physical but she was mentally tortured by her husband with various abusive words and abusive blames. However, because of her stereotype upbringing she used to consider her husband a god and didn't spoke even a word against of it.

Her husband's acts reached to the limit of severity on the night of 7th Chaitra 2074. Her husband being totally drunk was fighting with her neighbors with no senses at all and with all the abusive words he can. When she tried to stop the misbehavior happening, Mr. Rawat dragged her to the kitchen oven and inserted a plastic pipe (used to blow the fire in the traditional cooking stove) of the house with no mercy at all in her Vagina with no clothes at all in her body. Sarita got fainted after the incident. The community members

witness this inhuman act and reported it to Vice Chairperson of the RM. She was rescued from the spot in wretched condition from the police troop and referred to District Hospital. On the information, Social Service Center (SOSEC) Nepal Dailekh under the Women and Children Welfare center, SOSEC collaborate with District Police Office provided her further support of medical treatment and provided psychosocial counseling for recovering her emotional state back to normal again. She was devastated emotionally by the incident. So, she was provided with emergency shelter support. She was reunited to her family after her health was fully recovered from being treated in Kathmandu. The medical treatment support was provided by Chamundabindrasaini Municipality on the reference of SOSEC's women and children center. She was provided with legal counseling to register the case in the court .Her husband was sentenced to imprisonment of 8 years and Rs.30,000 fine on the offence of attempt to murder and after marriage rape case.

Sarita sometimes feels worried thinking about the time when her husband will be released from the prison. However, she is positive and feels motivated to face the challenge that would come on her way through the supportive government and organizations like SOSEC.



"If it wasn't for SOSEC and support from the government I wouldn't get to be with my kids safe and sound as well as have justice. What I hope to accomplish in future is to be independent and look after my kids. I will spread the message in the community that domestic violence is no more tradition of being a man's powerful status in the family. It is a crime and shouldn't be tolerated by any women. Now,

whatever be the circumstances I won't let my voice shut. I hope that my story will stick in the minds of other women like me and domestic violence victims would be saved. If you are a victim of domestic violence, please know this: You are strong, and you are not alone" Said Sarita with her bold voice.