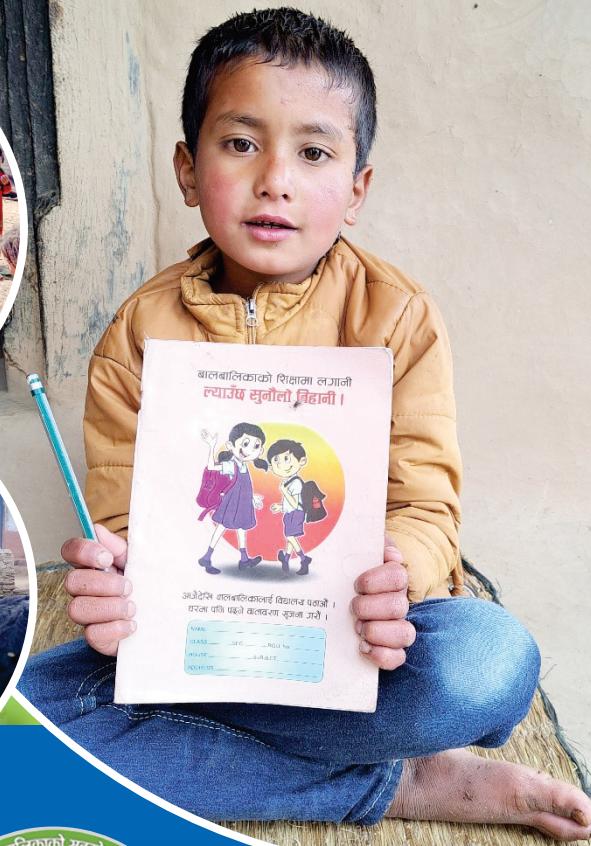


Stories of Change

Year 2023, Vol-7



SOSEC NEPAL

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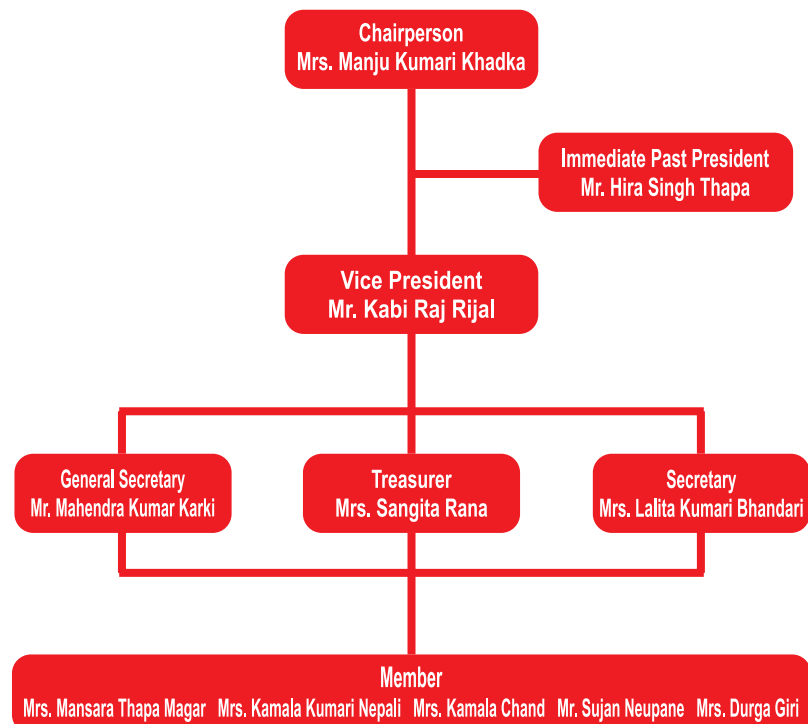
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Publication Year : 2023

Copies : 500

Computer Setting : Bal Krishna Chaudhary

Publisher : SOSEC Nepal

Printing : Capital Press Pvt. Ltd., Nepalgunj, Phone : 081-551466

Memorandum of Gratefulness

I would like to thank all board members of organization, staffs and stakeholders on the occasion of publishing Stories of Change book for the seventh 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 Stories of Change 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 Stories of Change 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 and info@sosec.org.np.

Thank You

2023

Mr. Hira Singh Thapa
Founder/Executive Director
SOSEC Nepal

Regarding the Stories of Change Book

SOSEC Nepal, 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 25 years closely related to these sectors in Dailekh, Surkhet, Achham and Kalikot Districts of Nepal. With the main objective of promoting human rights, health, education 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 Stories of Change 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 Immediate Past President, Executive Director Mr. Hira Singh Thapa and all the employees of SOSEC Nepal, who assist in writing and proofing with the evidence. We also like special thank to Project and Program Coordinators; Rajesh Pd. Chaudhary, Durga Giri, Madhav Bhattarai, Jib Raj Regmi, Rama Shrestha, Pritha Thapa, Puskar Sharma, Mahendra Adhikari, Tikaram Sapkota, Maya Rana, Sabita Dangi and 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. Bal Krishna Chaudhary 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
SOSEC Nepal

Table of Contents

S.No.	Contents	Page No.
1.	Bimala's Goat Bliss: From Struggles to Shine	1
2.	Farming Miracles: Sow, Grow and Glow	2
3.	Cultivating Dreams, Harvesting Success	3
4.	Veggie Queen and Her Garden of Dreams	4-5
5.	Flourishment through feathers	6-7
6.	Production of Cooperation and Sweat	8
7.	Stitching Success Through Green Initiatives	9-10
8.	Burning Injustice to Sewing Success	11-12
9.	Escaping the Shadows: Ritu's Rebirth	13
10.	Organic Echoes, Organic Harvests, Organic Hearts	14-15
11.	Harnessing Change through the Green Pioneer	16-17
12.	Reshaping Communities Through Green Innovation	18
13.	H2O: Gradual Push, Drop by Drop Transformation	19-20
14.	Thirst Quenched: From Scarcity to Abundance	21-22
15.	Water at Fingertips	23
16.	Beyond the Books, Nurturing Minds Where Learning Thrives	24
17.	Flourishing in Freedom: Unshaken Geeta	25
18.	Rekindling the Flame	26-27

19.	Plow to Pen: Farming the Mind	28-29
20.	Forest to Future: Embracing Change	30
21.	Wellness as the Way	31-32
22.	Nourishing Lives, Igniting Changes	33-34
23.	Seeding Change, Cultivating Equality, and Harvesting Hope	35
24.	The Power of Green: Bountiful Harvest	36-37
25.	Education as a Catalyst: Empowering Parents, Towards a Brighter Future	38
26.	Reclaiming Dignity, Breaking Stigma, and Rebuilding Lives: Journey to Healing and Empowerment ..	39
27.	A Changed Perspective of Lok Bahadur	40
28.	Unlocking Dreams Through Reading	41
29.	Planting Seeds of Learning	42
30.	A Journey of Self-Discovery: Reserved to Radiant	43
31.	Child Bride to a Leader	44-45
32.	Catalyst for Transformation: A Fearless Child Advocate	46-47
33.	Bound by Love, United in Purpose	48-50
34.	Breaking Chains, Chasing Dreams	51-52
35.	Master of Her Destiny: Unshaken Warrior	53-54

"Bimala's Goat Bliss: From Struggles to Shine"

Bimala Sarki, 26 years old, a permanent resident in Ward No. 3 of Bhairavi Rural Municipality, Dailekh district, found hope amidst struggles. Living with her family of 12 members, including brothers-in-law, sisters-in-law, daughter, mother-in-law, father-in-law, husband, and herself, their life was marked by the challenges due to barren land where traditional farming faced the persistent threat of pests and rodents. Their attempt to cultivate rice, wheat, maize, and millet according to seasonal conditions proved futile, leading to financial difficulties. Bimala's husband moved to India in search of better employment to support the household, while her father-in-law worked as a laborer to support their children's education.

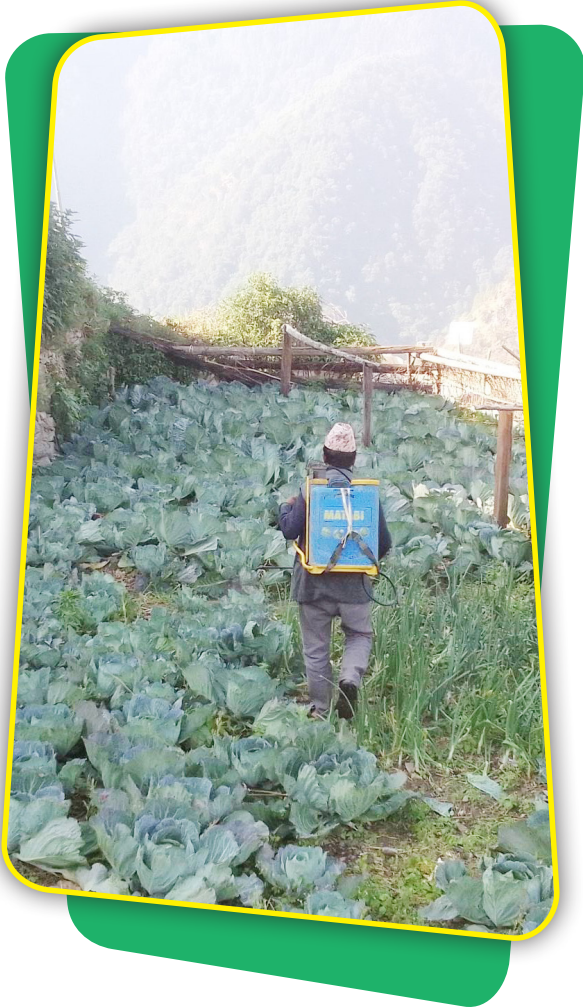
In 2018, a positive change entered Bimala's life through the AADHAR project by SOSEC Nepal. The "Koldada Women's Group" was formed, to support those facing challenges, including the poor, marginalized, Dalit, and people with disability. Bimala also joined this group, and with an understanding of her family's financial struggles, the AADHAR project provided her with NPR 15,000 on April 14, 2022. This help through the project became a stepping stone for Bimala to initiate her goat farming and create a better future for her family.

Bimala sold four goats from her goat farming business and



earned NPR 80,000. Now, she has six goats left. Bimala's success didn't just stop with goats. Bimala's newfound success ignited a spark in her husband and together, they transformed their family's life and elevated their lifestyle to one of comfort and security. They express their gratitude to the project and SOSEC Nepal for lighting up their lives through various capacity development training, empowerment, and necessary support.

"Farming Miracles: Sow, Grow and Glow"



Naya Bahadur Bam lives with his family of six members in Palata Rural Municipality, Ward No. 8, Sunbada Toll, Kalikot District. Farming has been the main source of livelihood for his family from the beginning. His life took a turn for the better when he received agricultural training from the Aadhaar Project. The project didn't just hand Bahadur Bam a playhouse and seeds for tomatoes, cabbage, and cauliflower. They went the extra mile, providing technical assistance. These made him make a remarkable earning of Rs 50,000 in just one season through vegetable farming.

His success didn't stop there. Bahadur Bam inspired others in his community to be involved in vegetable farming. His story

transformed idle fields into the growth and prosperity of the other community members. He shared that at present, he has the means to ensure there's enough money for food and clothing including the education of his children.

Grateful for the support, he looks to the future with hope, requesting SOSEC for continued assistance and training. This success story demonstrates the transformative power, of turning a humble farm into a symbol of hope and prosperity in Palata.

materials and I farmed accordingly and now I have become self-reliant and self-employed," said Naya Bahadur.

"Cultivating Dreams, Harvesting Success"

Parbata Bam, a resident of Palata Rural Municipality Ward No. 9, Thirpu, Kalikot District, has six members in her family. Her family has been following traditional farming as the main source of livelihood since the family couldn't rely on crops for food throughout the year, they were searching for another way to make money.

Under the Aadhaar Project run by SOSEC Nepal, the project gave them training on off-season vegetable production and also provided them with poly houses, agricultural materials, seeds, and technical support.

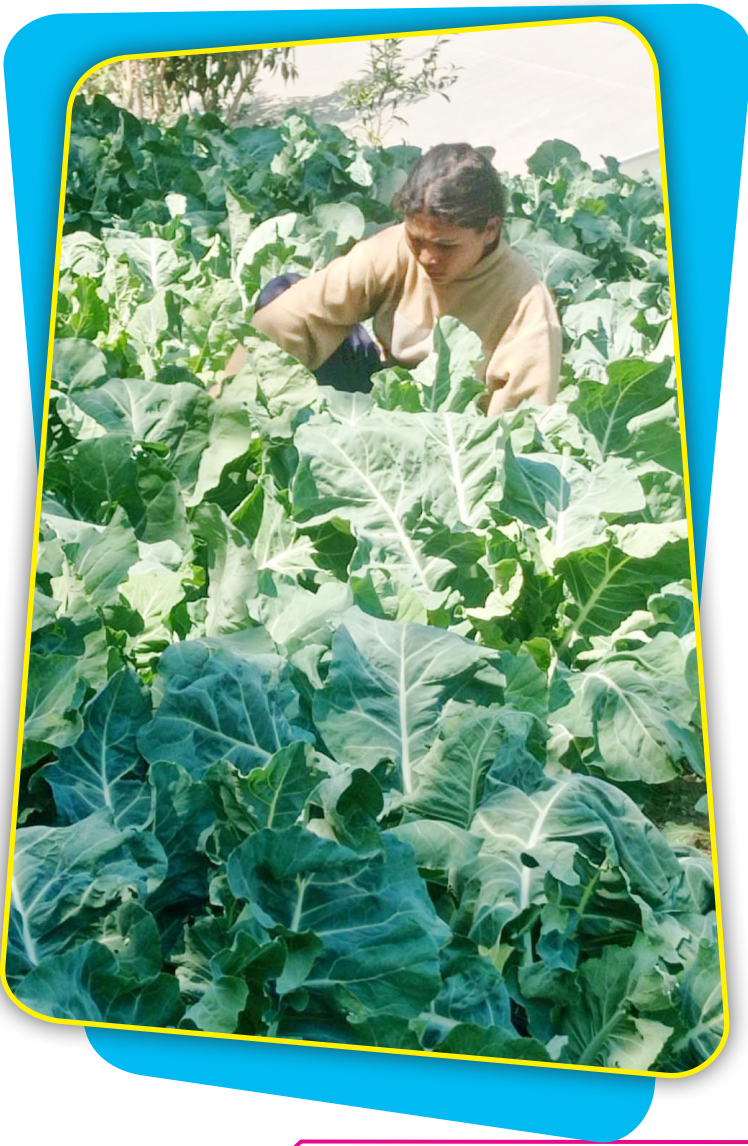
Now she has grown tomatoes, cabbage, and cauliflower in her garden and in one season she has started earning 40,000 from vegetable cultivation. Vegetables

that were exported from outside the district were sold accordingly (tomatoes at the rate of Rs. 150 per kg and Cabbage at the rate of Rs. 100), but she sells tomatoes grown in her own garden at Rs. 100 per kg and cabbage at Rs. 80 per kg. Seeing her progress other people in the community have also started cultivating vegetables. She says that with the use of proper technology, there will be more production and more income.

I would like to express my gratitude to SOSEC Nepal organization for proper equipment, and agricultural materials and I farmed accordingly and now I have become self-reliant and self-employed," said Parbata.



“Veggie Queen and Her Garden of Dreams”



Pratiksha Shahi's vegetable farming has not only become a source of income but also has brought a shift in her livelihood and the community around her.

Pratiksha Shahi, 24, from Pithuwad village in Bhairavi Rural Municipality, Dailekh District, faced unemployment despite having obtained higher education. With a family of 8, she turns to traditional vegetable farming in Ward No. 3, making it her primary profession to sustain her family's needs through seasonal and subsistence farming.

In Bhairavi, the AADHAR project by SOSEC Nepal, with support

from AEIN Luxembourg, set up the Fulbari Youth Club in Ward No. 3 where Pratiksha became the president leading monthly meetings, passionately explored discussions on youth and women's issues, child marriage, domestic violence, vegetable farming, and menstrual hygiene, promoted a community-driven dialogue.

The project gave Pratiksha a farming upgrade. She got seeds, ponds, polyhouses, and Rs 1,500 for her poultry business. And that's not all, she also got 3 poly houses from the government and the project also provided material support and technical support that helped



Pratiksha's farming dreams to flourish.

Pratiksha turned her small space into a big vegetable garden on an area of up to 3 acres. She's growing tomatoes, eggplant, beans, pumpkin, bitter gourd, cauliflower, and more, making up to NPR 350,000 every year. With the help from the seed fund, she has also started raising chickens not just covering home expenses but helping with her father's health and supporting in education too. In the future, she has plans to

involve other club members to become an entrepreneur.

Pratiksha challenges the idea that educated people shouldn't do farming. Instead, she believes in advancing income through agriculture. "That's why we keep using compost fertilizer on every farm, and it's paying off with great results in vegetable farming," Pratiksha says.



"Flourishment through feathers"

There lies a struggle against the unyielding fields of Bhairabi Rural Municipality, Dailkeh District. The land here is not the giving type, barely providing food for three short months. Sharada Shahi, a 24-year-old resident of ward no. 3 has a family of 8 members that includes two sisters, one brother-in-law, one son, a mother-in-law, a father-in-law, her husband, and Sharada herself. Sharada with her family live in an area where the land is not very yielding and her family cultivates vegetables, rice, wheat, maize, and millet, adjusting their crops according to the weather. However, the challenges of unproductive farming have placed the responsibility of

supporting the family on Sharada. To cope with this situation, her husband had to travel to India for labor work, working hard to earn money and provide for their household expenses, striving to save and support their family back home.

In 2075, Sharada's journey took a bright turn with the AADHAR project implemented by SOSEC Nepal in her community. This initiative gave rise to the Phulbari Youth Club, offering special support to the poor, marginalized Dalits, and people with disability. Embracing this opportunity, Sharda Shahi became a proud member of the club.

The Aadhar project dawned on her life like a rising sun. She initiated poultry farming with the support of the club, nurturing 57-week-old chicken offspring to increase her income. Presently, her poultry farming yields impressive results—each chicken weighing 4 kg, with 14 hens sold at Rs 2000/- each, totaling Rs 28,000/-. With a blooming count of 36 chickens, she not only sells their eggs to meet household expenses but

also supports her mother's medical expenses and brother-in-law's education, and sets aside Rs. 50/- per month for savings within the club.

Sharada no longer depends on her husband for finances, Sharda has gained financial autonomy, transforming challenges into opportunities.



बालबलिकाको आपत्कालिन उद्धार, राहत, संरक्षण तथा परामर्श
सेवाको लागि सोसेक नेपालद्वारा संचालित

बाल हेल्पलाइन

निःशुल्क
टेलिफोन नं.
१०९८
(दश-नौ-आठ)
1098
(Ten-Nine-Eight)

यो नम्बरमा फोन गर्दा पैसा लाग्दैन






"Production of Cooperation and Sweat"

The Shahi family's engagement in vegetable farming has resulted in a substantial boost in their earnings.

Sobhanda Shahi's family of 7 resides in Ward No. 9 of Palata Rural Municipality, Kalikot District. Her family has always considered farming as the main source of livelihood. Despite putting in a lot of effort and receiving modest yields, it was difficult for her family to provide good food, proper clothing, and education for their children. Due to the challenges faced by relying only on agriculture, Sobhanda started looking for new opportunities and options to improve her family situation.

Three years ago, AADHAR Project was initiated by SOSEC Nepal operated in Ward No. 9 of Palata Rural Municipality

of Thirpu. Through this project, she received agricultural training, along with seeds for both seasonal and off-season vegetable along with the poly House. Utilizing these resources, she engaged in tomato, cauliflower, and cabbage cultivation, earning up to Rs. 45,000 in a single season.

Recently, she provided valuable advice and suggestions on vegetable farming to her neighbors and encouraged them to in vegetable cultivation. Seeing her success, others have also started their own vegetable cultivation. She expresses gratitude to SOSEC Nepal for the knowledge and financial support, acknowledging her heartfelt appreciation for the organization's assistance, as her improved livelihood fills her with a deep sense of gratitude.

"Stitching Success Through Green Initiatives"

In ward 3 of Mahabu RM, 20 years old, Urmila Sawan tied the knot with Prakash Sharki from Bhairabi RM, Rautkot. Their family swiftly grew to seven members, including Urmila, Prakash, their son, parents-in-law, sister-in-law, and brother-in-law. Living in a humble home with limited resources, they were challenged with affordable food, sometimes struggling even for three months. Despite completing their studies (SEE), Urmila and Prakash faced financial lack leading Prakash to seek employment in India as his earnings were the backbone supporting their family.

Amidst these hardships, a ray of hope shines with the introduction of SOSEC Nepal in Wards No. 1 and 2

of Bhairabi Gaupalika in 2075 BS. Following the introduction of SOSEC Nepal, women's groups, youth clubs, and children's clubs were introduced, bringing a newfound vibrancy to the community. Urmila also became an active member of the Hariyali Club, a turning point in her life. SOSEC Nepal's support transformed the club's activities into various training sessions, discussions, and programs. Two to three members of the club engaged in goat farming. Urmila, fueled by determination, utilized a club loan to purchase two goats. Strategic breeding and sales not only repaid the loan but also contributed to the club's growth.

Urmila's journey took a hopeful turn when she invested Rs. 16,000 in a loan



to buy two goats from the Hariyali Club. Within a month, she sold them for Rs. 20,000, repaying the club's loan with interest. The goats blessed them and added to the family by giving birth to three more. With Rs. 20,000, Urmila purchased a sewing machine, weaving her way into a new source of income. Stitch by stitch, she earned Rs. 20,000 monthly, and in a season, her earnings blossomed from Rs. 35,000 to Rs. 40,000. From managing household expenses to securing her son's and sister-in-law's education, buying fish, crafting clothes, getting medicine, and even recharging cards – Urmila's newfound skills were the key.

Sewing, once a learned skill, became a lifeline. It not only simplified managing household expenses but also opened doors for Urmila to save Rs. 100 daily in the cooperative. Through her simple yet deep journey, Urmila showcases the beauty of resilience, learning, and self-sufficiency which was possible because of initiation made by SOSEC Nepal. Urmila expressed sincere gratitude to the club and SOSEC Nepal for their essential role in her journey.



बालबालिकाको आपत्कालिन उद्धार, राहत, संरक्षण तथा परामर्श सेवाका लागि

बाल हेल्पलाईन - नेपाल
Child Helpline-Nepal

निःशुल्क फोन

१०५८

(दश-नौ-आठ)

बालबालिकालाई को सोच्ने हैन, कसरी सोच्ने सिकाऔं ।

"Burning Injustice to Sewing Success"

At the age of 27, Anita B.K. took a brave step and went for counseling services. This is the story of Anita, a resident of Thantikandh Rural Municipality, ward no 3 comprised of 5 brothers and 2 sisters in her family who embarked on a path of self-discovery, weaving a story of courage and resilience. As the youngest daughter, her life took a turn when she married Dipak Nepali from Bhairavi Rural Municipality Ward No. 5 at the tender age of 22.

The initial chapters of their marriage painted a picture of harmony, but soon, Anita discovered a hidden truth—Dipak was battling alcoholism. With two daughters, her husband continued to create

chaos, scrutinizing and fault-finding in every aspect of their household, including his in-laws, brother-in-law, and sister-in-law. Urging him to prioritize their future over the bottle, Anita's pleas fell on deaf ears. Dipak, claiming to consume his father's property and not hers, spiraled into destructive behavior, causing chaos within their home.

Threats of setting the house on fire and self-harm became a daily routine. On the night of 21st Ashar, 2078, the situation reached a tipping point when an intoxicated Dipak, fueled by anger, ignited a fire in their kitchen. During the chaos, Anita bore the brunt of the flames, sustaining critical burns on her right





side. Her initial treatment was done at Bista Medical, followed by a transfer to the hospital on doctors' recommendation. With the help of SOSEC Nepal, Anita pursued legal actions that resulted in a two-year imprisonment for her husband, her husband was fined Rs. 20,000, and she received Rs. 50,000 as compensation and Rs. 1,200 for the victim relief fund. This marked the delivery of justice, encompassing both legal resolution and the pursuit of an improved life

In the shelter of SOSEC Nepal, Anita found comfort and support. Accepting her newfound strength,

she obtained a 75-day sewing and tailoring training. SOSEC Nepal's initiative blessed her with a sewing machine and an interlock machine, opening paths for a fresh start.

In the nearby village, Anita stitches clothes earning Rs. 3,000 per month, her hands weave not only clothes but also hope for her two daughters. With heartfelt gratitude, Anita credits her transformation to the support of SOSEC Nepal. In her story, justice isn't just legal proceedings; it's about creating a life filled with resilience, empowerment, and gratitude.

Escaping the Shadows: Ritu's Rebirth

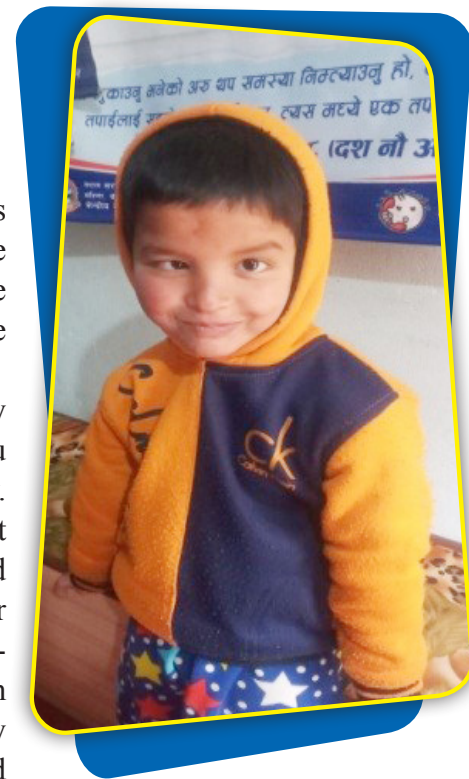
In the village of Dullu Municipality-8, Dailekh District, a young girl named Ritu faced a challenging journey in the year 2078. One fine night on the 8th of Mangsir, at 8 o'clock, Surya Bahadur Rawat discovered Ritu, lost and unable to speak. Concerned for her well-being, Surya contacted the local police, leading to her rescue and eventual placement under the care of SOSEC Nepal's Women and Child Care Center through Awaz Sanstha.

Ritu's story unfolded with complexity, revealing a backdrop of family struggles. Living with her mother, who battled her mental health issues, Ritu endured mistreatment and neglect from her mother, a painful reality witnessed by concerned neighbors. With her father seeking medical treatment in India for the past two years for his brother with a disability, and her mother absent for the past eight months, the situation became terrible.

Despite the challenges, a collective effort emerged to reunite Ritu with her family. From the 12th of Mangsir 2078 to the 2nd Baishak 2080, Ritu's parents returned home. The District Police Office, Bhairabi RM ward, and the community, led by the President of Bhairabi RM, Mrs. Rita Kumari Shahi, and Mr. Sushil Kumar Bhandari, the Ward Chairman of Dullu Municipality, played significant roles in facilitating

the reunion. SOSEC Nepal's Child Helpline 1098 and the Women's Children Center were instrumental throughout the process.

On the heartwarming day of the 2nd Jestha 2080, Ritu was reunited with her family. Monitored closely, it was evident that her parents, now back and fully committed, showered her with love and care. Ritu's two-year journey in a short-term shelter transformed into a story of endurance, gratitude, and community support. The Bhairavi RM Chairman, Dullu Municipality Ward President, family members, and the community collectively celebrated the success of a beautiful reunion, exemplifying the power of compassion and collective effort in restoring a family's love and care for Ritu.





"Organic Echoes, Organic Harvests, Organic Hearts"

Dharam Bahadur Thapa, a resident of Dullu Municipality Ward No-2, Bhadapokhara, Dailekh, used to travel to India for seasonal work to meet his family's basic needs. However, relying solely on traditional agriculture with synthetic fertilizers proved insufficient. The Green Karnali Project with the support of DCA and implemented by SOSEC Nepal,

graced his life with new hope.

Empowered by the project, Dharam engaged in organic vegetable farming through the project. With the knowledge from diverse training sessions, he learned the art of cultivating organic vegetables year-round, creating compost manure, and organic pesticides. With help from the Green Karnali



Project, Dharam got plastic tunnels, drums for making organic pesticides, pheromone traps, and sticky solutions for pest management. He also obtained technical assistance from the project and this newfound wisdom transformed his approach, allowing him to save money by producing these resources at home. Now, Dharam's farming world is in tune with the changing weather giving better production and more income. With ongoing technical support, he successfully adapted to climate change, engaging in organic vegetable production and earning 60-70 thousand rupees per season. Dharam's organic harvests, including cucumbers, cabbages, cauliflowers, tomatoes, beans, and zucchini pumpkins, find their way in

nearby markets such as Santibazar, Patanginichowk, and Chandinichowk within Dullu Municipality. No longer dependent on India for income, Dharam asserts that practicing organic farming in his community is a rewarding initiation. Grateful for the Green Karnali project's financial and technical assistance, he and his family now enjoy ample fresh, organic vegetables daily. The income generated has eased household expenses and supported his children's education. With plans to expand his agricultural activities, Dharam looks forward to a flourishing future with the continued support of the Green Karnali project.



"Harnessing Change through the Green Pioneer"

Panchadewal Binayak Municipality portrays the story of 27 years old resident, Rabina Sijapati. Her journey from traditional farming to modern agriculture is a tale of transformation. With a family of four and problems of water scarcity and dry lands, the challenges were many. In the past, cultivating wheat, corn, and maize barely sustained them, pushing her husband to seek work in India.

SOSEC Nepal's Green Karnali Project became a of hope for farmers, especially those facing marginalization, and for people with disabilities. Fascinated,

Rabina and her husband joined the initiative, soaking in technical expertise and agricultural wisdom. Inspired by the project, they invested in cultivating tomatoes within a polyhouse with the project's support. The project also equipped them with knowledge about making organic pesticides and fertilizers, they expanded their cultivation to include brinjal, chili, cabbage, onion, garlic, and more.

From 1 Kathha, their agricultural expertise earned them Rs. 20,000, encouraging them to add another Kathha for modern farming. Rabina, who was into traditional farming has now adopted






climate-friendly technology. The shift from traditional to modern agriculture not only filled her fields but also her heart with contentment.


Gone are the days of sending her husband across borders for work. With a smile, Rabina shares, "I am now satisfied with the vegetable cultivation I am doing. It is better than sending

my husband to India for work and listening to other people's opinions. I have planned to increase my agricultural land and am using technologies like polyhouses and plastic ponds" In the barren land, a green revolution has bloomed, sowing seeds of change for Rabina and her family.

"Reshaping Communities Through Green Innovation"



Sharmila Khatri, a 23-year-old resident of Gurans Rural Municipality, has been living with her family of eight individuals. For the past decade, she has been engaged in farming; however, her agricultural output has not seen any significant growth. The main reason behind this is the utilization of chemical pesticides on her crops, which has ultimately resulted in a reduction in production capacity.



Sharmila Khatri, along with her family, has received assistance and training from the Green Karnali Project. They have been taught how to produce homemade fertilizer and insecticides and use nursery beds for cultivating, Jhol

Mol 1/5/3 Varieties. Sharmila expresses her gratitude, saying, "I was previously unaware of the process of making homemade fertilizer and insecticides. However, after receiving the training, I am now delighted and content. With the knowledge I have gained, I am engaged in both seasonal and unseasonal farming."

Sharmila Khatri expressed her heartfelt gratitude towards SOSEC Nepal and the Green Karnali Project for their assistance in increasing her crop productivity. She acknowledged that their support and guidance surpassed her expectations, enabling her to achieve higher agricultural production than she had ever anticipated.

"H2O: Gradual Push, Drop by Drop Transformation"

In the heart of rural Nepal, especially in the Karnali and Sudurpaschim regions, the story of menstrual struggles unfolds, echoing the challenges faced by women and adolescent girls. The grip of conservative traditions stains the essence of life during menstruation with violence and suppression, casting shadows on women's human rights. restricting nutritious food, imposing surveillance, and limiting access to menstrual supplies.

In schools, poor sanitation conditions hinder the education of female students like Manisha Nepali, who once faced the burden of leaving the classroom during her periods due to water scarcity. However, a ray of hope emerged with the implementation of an integrated water supply system, supported by Helvetas Nepal and SOSEC Nepal. Manisha's joy resonates as improved water availability and menstrual



Manisha Nepali washing her hands at the hand washing station in the school premises

pad management ensure uninterrupted education, symbolizing the transformative power of water and support for menstrual hygiene.

The scarcity of water in school toilets once led to disruptions in students' education, causing many to leave prematurely due to the unpleasant conditions. Teacher Kiran stated this issue, "the foul smell deterred students from using the dirty toilets, but this problem has now been resolved." Recognizing the inadequate attention to menstrual hygiene despite shared responsibilities, Helvetas Nepal initiated an integrated water management



program in schools, homes, and public institutions. The program includes sanitation literacy training, cleanliness classes, and messages on menstrual hygiene and safe water. Over 6,000 women have been empowered through cleanliness classes, to establish handwashing stations with safe drinking water in 74 schools. Additionally, efforts are underway to create reusable pads through training and awareness programs. The initiative extends beyond schools, empowering thousands

of women through cleanliness classes promoting a menstrual-friendly environment, promoting gender equality, and creating a safe and hygienic place for all. The collaboration extends to municipalities, wards, and public institutions, developing a menstrual-friendly environment, promoting gender equality, encouraging child friendship, and establishing a safe space for all.



"Thirst Quenched: From Scarcity to Abundance"

In Ward No. 11 of Dullu Municipality, Lamagada, there used to be a problem with organized drinking water due to the lack of water supply. Among the 57 households in the community, the issue of water scarcity was prevalent. The residents used to rely on a stream, wells, and irrigation water from fields for drinking water. The uncertainty of water availability sometimes led to conflicts and disputes within the community, causing disagreements and arguments.

According to the Water Use Master Plan of Dullu Municipality, the Sunari Berauta Drinking Water and Sanitation Plan were

conducted with the technical and social support of SOSEC Nepal in partnership with Dullu Municipality and the integrated water resource management program of Helvetas Nepal. This scheme was started with a multi-use objective as the source of drinking water was more in the scheme. Helvetas Nepal and SOSEC Nepal had arranged for 25 consumers of this settlement to have a household management plan. To be a participant in the same training, 53-year-old Krishna Gurung, who has a family of 3, used to buy seasonal vegetables and eat vegetables borrowing from others. But after the training,

received he learned to make organic pesticides, compost, and grow vegetables such as cabbage, onion, tomato, etc. And he started growing vegetables. He says that he used to borrow vegetables from others, but now even after giving vegetables to his neighbors and relatives, he was able to take around

Rs5000 worth of vegetables to the Chupra market to sell them. Gurung says that this plan has not only improved the drinking water but also the health and well-being of our community. Therefore, for the smooth implementation of this plan, we are all ready to support it.



“Water at Fingertips”

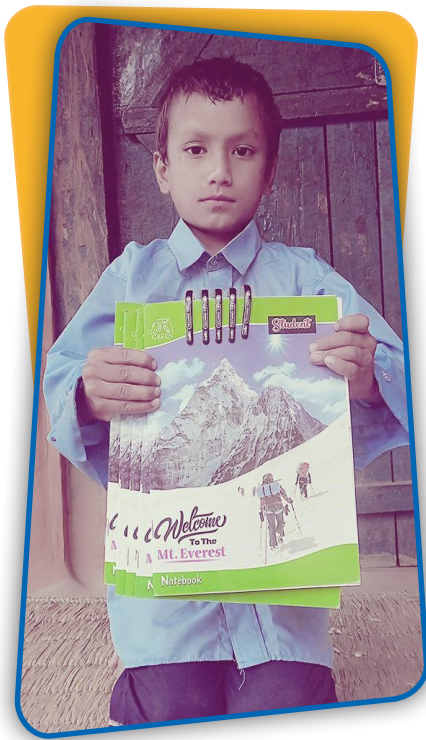
This is the story of Devraj that showcases the profound impact that targeted interventions can have on the conditions of the community facing adversity. Devraj and his family of nine members were troubled with the harsh reality of water scarcity in Dullu Municipality Ward No. 12. Despite Devraj's health struggles, he tirelessly carried heavy buckets daily and was desperate for a solution.

Helvetas Nepal and SOSEC Nepal, are the heroes behind the Integrated Water Resource Management Program that brought relief to Devraj's life and his village. The Pothebara Khola water management program benefited 69 households, transforming the lives of the community people. Composting pits are also constructed for efficient household garbage disposal. With the arrival of clean drinking water, the village experienced remarkable progress in economic, social, and health



conditions. Moreover, water for sanitation has also proven to be a boon for agriculture and farming in Devraj's village. The newfound water resource also made waves in agriculture, boosting vegetable production and enhancing farming practices. Devraj, once burdened by the scarcity, now rejoices in the positive changes. His home, once devoid of a reliable water source, proves the transformative power of collective action. In his words, "I faced challenges for so long, but now, returning home to see water readily available, I feel a world of difference. In the months of Chaitra and Baisakh, green vegetables were rarely seen, but now, with improved farming and abundant water, the scenario has changed for the better."

"Beyond the Books, Nurturing Minds Where Learning Thrives"



A heartening story of transformation in Ratamata tole is of Chandra Bahadur Khadka's dedication to his son Pawan's education and the subsequent success is truly inspiring. Chandra saw an opportunity with the introduction of a reading camp in the village, a decision that would later prove to be a game-changer for Pawan's educational journey, proving that sometimes a shift in the learning environment can work wonders.

To everyone's surprise, after only nine sessions of the Saturday classes, Pawan's progress was remarkable. He could now read

and write the letters A and B with ease and even write the entire ABCD. Pawan's father, Chandra Bahadur Khadka,

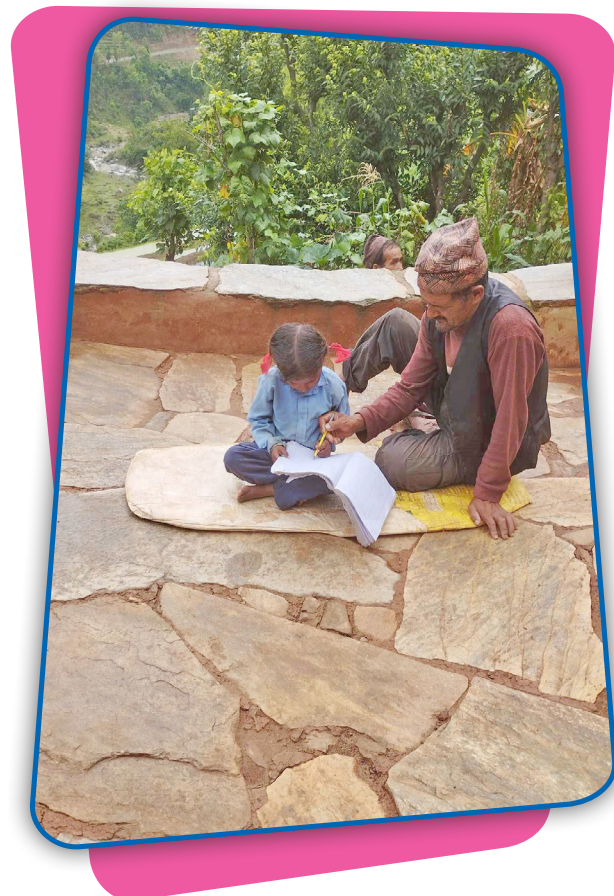
couldn't believe his eyes, and he was filled with joy. Chandra Bahadur Khadka, Pawan's father, learned a big lesson from his son's experience real learning needs more than just a school; it needs a supportive environment. Pawan's progress, from struggling with basic letters to confidently writing the entire ABCD, is proof of the effectiveness of the inclusive program. In just nine sessions of Saturday classes, he went from struggling with basic letters to confidently writing the entire ABCD beautifully highlighting the importance of a supportive and conducive learning atmosphere.

Pawan's journey not only brought joy to his father but also became a ray of hope for the entire village. The true learning extends beyond traditional classrooms is a powerful lesson. Pawan's success serves as a motivation for other children, showcasing that with the right support and an inclusive environment, everyone can excel in their educational pursuits. It's stories like Pawan's that highlight the transformative impact of community-driven initiatives on individual lives. How wonderful to see education becoming a hope in Ratamata tole!

"Flourishing in Freedom: Unshaken Geeta"

Geeta Budh, a four-year-old resident of Ward No. 6 in Dailkeh District Bhagawatimai Municipality, faced challenges due to her family's economic conditions. With a family of eight members, economic pressures led them to seek seasonal work in India. After her parents got separated, Geeta started living with her grandmother, who unfortunately became a victim of child abuse. The financial situation hindered her education. In 2079/07/15, World Vision International, Nepal implemented the PCESP program for child sponsorship and child protection, providing economic support with regular monitoring, assessing Geeta's health, and advocating for her education. Educational materials were provided, enabling her to attend school regularly. Despite her past experiences of abuse, interventions and

efforts by World Vision Nepal ensured her safety from violence. With the introduction of available facilities, Geeta commenced regular attendance at school. Having been a victim of child abuse in the past, she is now safeguarded from any form of violence because of the dedicated interventions and efforts undertaken by SOSEC Nepal to uphold her rights. Now, Geeta is leading a self-empowered life, surrounded by love and affection from her family. The community, along with Geeta and her family, is dedicated to protecting children and preventing violence and they are grateful for the support they express their gratitude to SOSEC Nepal World Vision Nepal Dailekh for their support.





“Rekindling the Flame”

Kavita BK, a 13-year-old from Bhagwatimai village in Dailekh district, is the youngest of three siblings. Her mother left for another marriage when she was three, and her father went to work in India, leaving Kavita in the care of her grandfather. Financial challenges forced her to quit school at class 5 and join her father in India.

Reflecting on her journey, Kavita shared, "My brother left

his studies and went to India, and I followed his advice to continue studying when I was in class 4. After failing my studies for a year, I returned home but felt ashamed to go back to school. With no money for books, copies, and dresses, I and my grandfather now live alone." Kavita collected firewood for cooking, contemplating her desire to continue her education.

Fortunately, a turning point came when a neighbor informed

SOSEC Nepal about Kavita's situation. The organization's representative visited her, emphasizing the importance of education to both Kavita and her grandfather. Inspired, Kavita expressed her newfound desire to study. After three years of leaving school, on 15 Baisakh 2080, she re-enrolled at Kalika Ma Vi School in class 4. Determined to attend regularly, Kavita plans to use her grandfather's allowance to buy books, pens, and dresses for her education.

Prem Bahadur Thapa, a teacher at Kalika Ma V School, shared that Kavita's story reflects the challenges faced by children in rural Nepal. Stressing that education should not be limited by age, he also highlighted the impact of school environments on children's mental well-being. Teacher Manisa Thapa added that regular study camps, along with child care, social welfare, and quality education programs, contribute to the positive development of children in the community.



"Plow to Pen: Farming the Mind"



Navraj Rawat's journey has been one of the inspiring stories of resilience, strength, and community support. Living with his family of four, including his father, mother, and grandmother, life revolved around farming. In tough times, they used to go to India for work, a necessary choice for survival. Upon their return, they invested their earnings in buffalo and started farming. However, the fall of his mother while cutting grass left her physically disabled, and despite recovery, her mental health remained a challenge. The loss of his father, who worked as a driver, further deepened their struggles.

In the face of adversity, Navraj's 50-year-old grandmother took on the responsibility of caring for the family. With his mother unable to work, and no external support, times were tough. The turning point came

in June 2079 when SOSEC Nepal, through the PCESP and IQE project with financial support from World Vision International Nepal, extended a helping hand to Navraj's family.

They provided essential educational materials like food, school uniforms, and pens. Navraj expresses deep gratitude, that without this assistance, going to school wouldn't have been possible. The provided reading materials became invaluable, and World Vision International Nepal was a lifeline. Beyond personal impact, the community found joy in witnessing a child-like Navraj receive educational support.

Navraj shared, "I am extremely grateful to SOSEC Nepal. They've been our support when we had no one else to turn to during a difficult time. The parents in our community are overjoyed to

witness a child like me receiving support for education, uplifting not just me but also boosting the morale of the entire community." The assistance not only enabled Navraj to pursue education but also empowered the community. Other parents now feel encouraged to send their children to school,

registering them with World Vision for support. The support from World Vision International Nepal has not only transformed Navraj's life but has also showered hope for the community. The assistance received has not only touched his life but has also brought joy to the entire community.





"Forest to Future: Embracing Change"

Navisthan, Dailekh resides the resilient Raute community, who have found their home after a nomadic journey across various forests in Karnali province. Comprising 141 individuals in 40 households, including 78 women, 64 men, and 16 single women, the Rautes have undergone significant positive changes since the initiation of the Raute project in 2075.

In the past, the Rautes were unfamiliar with certain practices, but the project has brought about remarkable transformations. They've abandoned the practice of defecating inside their homes, maintaining personal hygiene by going outdoors for such needs, and taking up the habit of maintaining clean living spaces. Regular bathing, grooming, open conversations with outsiders, and ensuring covered storage for food and water have become integral aspects of their daily lives. The impact of the project extends beyond individual practices to traditional customs. The chief farmer now himself examines mustard

seeds for consumption, blending tradition with the evolving lifestyle. Everyday practices involve the use of torches, umbrellas, piped water, and plastic containers, demonstrating a tuning blend of tradition and modernity.

The community's success is seen by their decision to stay in one place for three months and utilize car transportation which is proof of a successful relocation, adaptation, and progress. The Rautes have not only adapted to new practices but have also integrated them into their unique way of life.

This journey of transformation is a true success story for the Raute community, reflecting resilience, adaptation, and positive change brought about by the Raute project. The project's impact goes beyond individual lives, promoting a sense of community progress and harmony between tradition and modernity.

"Wellness as the Way"

The Raute project, supported by AEIN Luxembourg in collaboration with Sosec Nepal, and Dailekh, aimed to address the education and health needs of the Raute community. Mr. Vinod B.C played a fundamental role in the health sector under this project, encountering various experiences, both successful and challenging.

Amputations, burns, ringworms, and sore throats were common health issues in the Raute community. In the past, self-treatment methods were prevalent for amputations, but Mr. Vinod introduced medical interventions, educating individuals about the effectiveness of specific

medicines. Gradually, he gained trust by assuring the community members that applying prescribed medicine would lead to recovery. He encouraged them not to hesitate in seeking medical help, highlighting the availability of doctors.

Through dedicated efforts, he addressed specific health issues like headaches and back pain, urging community members to visit doctors for appropriate medication. Beyond specific ailments, Mr. Vinod focused on promoting cleanliness and hygiene practices. Previously overlooked, he encouraged women to wash their hands and highlighted the





importance of trimming nails.

The positive impact of these interventions became evident over time. Community members began believing in the effectiveness of medicines and the importance of seeking medical help. This growing trust in the healthcare system led



to better health outcomes and improved well-being within the Raute community. Through dedication and perseverance, Mr. Vinod B.C made a positive difference in the lives of the Raute community by addressing their health needs and promoting essential hygiene practices.



"Nourishing Lives, Igniting Changes"

The Raute community, scattered across the diverse landscapes of Karnali province, shows a rich culture and nomadic lifestyle shaping their distinctive customs and traditions. The implementation of the Raute project paved a transformative wave, with 97% of the community now accessing essential medical services provided by dedicated health workers from SOSEC Nepal. Previously masked in secrecy, shying away from open discussions about pregnancies has taken a positive turn, empowering women to openly discuss and gain

knowledge about the significance of nutritious food during the period. This shift has resulted in healthier eating habits, where women prioritize nutritious food and vitamins, ensuring their well-being and that of their children. The resistance initially faced has transformed into a community-wide embrace of these positive changes.

The invaluable role played by SOSEC Nepal staff extends to educating and guiding the Raute community on the preparation



and feeding of children with lactogen and cerelac. Through proper demonstrations, the staff has empowered the community to take charge of their children's nutrition. Witnessing the tangible impact of these interventions, community members have not only followed these practices but also taken proactive steps, personally acquiring fruits for themselves and their children.

The Raute community stands as proof of the significant improvements in their well-being compared to the past depicting transformation, empowerment, and a commitment to a healthier future.

"Seeding Change, Cultivating Equality, and Harvesting Hope"

Ganesh Bahadur Thapa, 30 years old, lives in Ward No. 6 of Thatikadah Rural Municipality. In his house, there are his mother, elder brother, sister-in-law, two nephews, and one niece, making a total of seven family members. Ganesh Bahadur Thapa's father passed away when he was 17 years old, and his younger brother is physically disabled. From a young age, Ganesh Bahadur Thapa has been involved in farming and completed his education up to the secondary level while continuing his agricultural work. Despite his desire to study further in Kathmandu, he had to return home as he couldn't manage the expenses. With knowledge gained through continuous learning, he plans to utilize his skills in his village by engaging in seasonal vegetable farming alongside agriculture.

Ganesh Bahadur Thapa used to sustain his livelihood through farming and grew vegetables such as potatoes, onions, garlic, pumpkin, bitter gourd, and sponge gourd, according to the seasonal availability. In order to enhance vegetable cultivation as a business, he received seasonal vegetable farming training from an organization SODEC Nepal for two days. With the support of SOSEC Nepal, he also obtained a solid plastic tunnel from a cooperative and a plastic pond with a 25-meter by 300-meter pipe, allowing him to adapt to changing weather conditions. Along with his objective of working for the development and improvement of the marginalized and impoverished communities, he received technical support and regular meetings from SOSEC Nepal's cooperative project, as well as 100 plastic chicken houses, to



produce vegetables like tomatoes, bitter gourd, cucumber, and chili. By selling boiler chickens and Giriraj chickens, he earned an annual income of NPR 250,000 and saved money for his children's education expenses. With the savings, he was able to construct a solid house with four rooms on the ground floor.

Ganesh Bahadur Thapa says that despite leaving at a young age due to the demise of his father, he is grateful for the various economic, physical, and technical support provided by SOSEC Nepal's cooperative, which has helped him create a model of successful agriculture in the village. He expresses his heartfelt gratitude for the advice and suggestions given by the cooperative, which have contributed to his progress and the creation of employment opportunities in Thatikadah Rural Municipality.



"The Power of Green: Bountiful Harvest"

In the village of Rokayatol Tindhara, within Thatikand Rural Municipality, resides Hari Bahadur Rokaya. At 38, he is the breadwinner of a household comprising six members. Though the Rokaya family had long sweated in the fields, their involvement in vegetable cultivation proved to be a struggle with unproductive results challenging their sustenance.

Little did Hari know that a light of change awaited him. A collaboration between AEIN, Thatikandh Rural Municipality, and the transformative SAHAKARYA project by SOSEC Nepal unfolded, offering a lifeline to the struggling farmers. This project aided financial support, educational enhancement, improvement in healthcare, and livelihood empowerment, and became the spark for Hari's extraordinary journey.

Participating in the seasonal and non-seasonal training by SOSEC Nepal, Hari experienced a transformation. "Cultivating vegetables commercially was once an uphill battle," he shared. "But with the insights gained from this training, my daily life has undergone a deep transformation. If the program had been conducted earlier, we would have learned to make biological pesticides from the herbs available in our villages and manage diseases and pests in vegetables."

Implementing the vision of success painted by the SAHAKARYA project, SOSEC Nepal extended its hand further. SOSEC Nepal further extended its support by providing essential resources such as plastic tunnels, simple drip irrigation systems, and 50-liter drums for waste management became the tools in Hari's hands to cultivate a broader spectrum of

vegetables. Cabbage, banana, tomato, potato, onion, and garlic flourished under his care, turning barren lands into fields of abundance.

The fruits of this labor were not solely agricultural but also manifested in the form of financial prosperity. Earning over 100,000 rupees annually, Hari became the architect of dreams, fulfilling the aspirations of six families. Earning more than 100,000 rupees in a year, Hari took a step towards entrepreneurship and registered 'Aayush Agriculture and Animal Husbandry,' opening doors to additional business

opportunities. Not content with personal success, Hari actively encouraged fellow farmers to embrace vegetable cultivation.

Hari, who faced challenges in securing formal employment after his studies, now finds deep satisfaction in his thriving vegetable farming enterprise. Yet, his story transcends personal achievement; it echoes through the hills, encouraging fellow farmers to join the green revolution. SOSEC Nepal's support not only changed Hari's life but also sculpted him into hope, illuminating the path towards self-sufficiency and prosperity for the entire community.



"Education as a Catalyst: Empowering Parents, Towards a Brighter Future"



Kamala Kumari Khanal, a 26-year-old with dreams as vast as the Himalayas, resides with her family of four used to rely on farming and her husband's job as a teacher. Kamala completed her 12th grade and also spends her time helping others as a volunteer.

Facilitated by the collaborative efforts of SOSEC Nepal, AEIN Luxembourg, and the visionary coordination of Thatikand Rural Municipality, a transformative initiative to enrich the educational landscape with the 'Parent Education Program,' designed to illuminate the path of proper parenting. Kamala,

along with other parents and students, joined the program at the school. Before, they weren't sure why education mattered so much. Students used to go to school in the morning, come back in the afternoon, and just follow what the teachers said. But after the training, everything got better.

For Kamala, the impact of this program flowed beyond the classroom. Empowered by the knowledge she gained; she became the change within her home. Kamala, despite her husband being a teacher, recognized the gaps in her understanding of nurturing her children's education at home. fueled with the art of making family routine, from sunrise to bedtime, and discovered her ability to guide her children through studies, create study schedules, and infuse joy into shared moments of fun and chores.

Her family, once content, now radiates with a glow of joy. Kamala, echoes the sentiment, "Even with my grade 12 education, there were things I didn't know about my children's schooling. Thanks to the SOSEC team, I now feel glad to guide my children. Many moms like me need this knowledge, and I hope this project reaches everyone soon. No kid here should miss school, and parents shouldn't carry the weight of worry about their kids' future."

"Reclaiming Dignity, Breaking Stigma, and Rebuilding Lives: Journey to Healing and Empowerment"

Juwara Baduwal is a resident of Gairagaun, Thatikand Rural Municipality, where she lives with her family of six taking care through the sweat of farming and goat-raising. Yet, the village life couldn't shield her from the hardships she faced. For a decade, Juwara silently battled with prolapse, a struggle known only to her, marked by pain, daily challenges, and the isolating whispers of her community.

The SAHAKARYA project, led by SOSEC Nepal with support from AEIN Luxembourg and Thatikand Rural Municipality, brought a turning point. In the heart of the village, through health camps, Juwara's silent struggle found a voice. "I kept my pain hidden for years, wrapped in shame. The health camp changed everything—they examined and applied a remedy, and the continuous discomfort ceased. I received medicine for 15 days, and the troubling issue ceased. Now, the community views me with kindness." Juwara shares with gratitude. Now,

society's gaze has softened, embracing her with understanding.

Juwara's journey paints a picture of comfort and ease. Physically unburdened, she is involved in her daily chores with new strength, and her health is evidence of the positive transformation. With heartfelt thanks, she expresses, "SOSEC Nepal and the health team, you've given me a fresh start. I am genuinely happy now." Juwara's story is a chapter in the book of resilience, where initiatives like such carve paths to brighter tomorrows.



बालबालिकाको आपत्कालिन उद्धार, राहत, संरक्षण तथा परामर्श सेवाका लागि

बाल हेल्पलाइन - नेपाल
Child Helpline-Nepal

निःशुल्क फोन

१०५८
(दश-नौ-आठ)

बालबालिकालाई के सोच्ने हैन, कसरी सोच्ने सिकाऔं ।

"A Changed Perspective of Lok Bahadur"

In the village of Gurans, Ward 1, a young boy named Lok Bahadur Pun Magar has not only ascended to the sixth grade but has secured the first position in his class. Lok's journey, rooted in a family of five, unfolds as a narrative of growth, learning, and newfound awareness. In his pursuit of education, Lok not only excels academically but has also followed discipline and hard work as his guiding principles. However, his transformation transcends the academic, knitting into the fabric of his family life.

Lok, with two younger brothers, resides in a home filled with love and aspirations. The spark of change ignited when Lok became a participant in PWV (Parenting Without Violence) classes. These sessions became a source of fascination for Lok, offering a perspective that extended beyond the traditional teachings of his school. Expressing his joy, Lok shared, "I learned about the rights of children in detail. Before PWV classes, I was unaware of the fundamental rights privileged to children. The knowledge gained in PWV completes the lessons from school." The classes, unlike textbooks, explore the shades of children's rights, bridging the gap between generations and nurturing positive parenting.

A noteworthy revelation during the PWV sessions was Lok's understanding of nicknames and their impact on children. His perspective shifted, recognizing the beauty and significance of his name. "I am Lok, and I can study well. I am Lok, a good son and student," he proudly shared. The classes not only revealed Lok's self-awareness but also shed light on the importance of family, society, and community.

Before the PWV sessions, Lok admitted his lack of concern for societal issues. However, the classes led him to recognize the necessity of being informed about the community. One of the program's significant impacts on Lok was the awareness of child abuse. From understanding different forms of abuse to awareness between good and bad touches, Lok emerged not only educated but empowered to safeguard himself and others.

After attending the classes, he is no longer confined to familial bonds, Lok has learned the art of politeness among friends and the importance of respect for seniors. In Gurans, Lok's success story resonates with the power of education, self-discovery, and the ripple effect of positive parenting, illuminating a brighter path for generations to come.

"Unlocking Dreams Through Reading"

In Gurans rural municipality in Dailekh district, a transformative initiative, Sahayatra II, led by SOSEC Nepal and supported by Save the Children, is enhancing student learning. Among its many activities, the Reading Camp stands out, specifically designed to uplift the performance of students facing challenges.

Meet Nabin, an eight-year-old second grader with irregular attendance. Speaking up in class was a frightening task, and he often shied away from Reading classes, struggling with alphabet recognition and recitation. His overall interest in studies was notably low, placing him among the struggling learners in the initial phases of Reading Classes.

However, the Reading Camp, held every Saturday as part

of the Sahayatra II project, emerged with a sprinkle of hope for students like Nabin. Targeting low performers, the camp welcomed 16 students from Ward 2, including Nabin. Initially disinterested and irregular, Nabin's journey took a positive turn with the consistent efforts of the Reading Camp facilitator and his parents.

With the support, Nabin transformed into a committed and regular attendee, marking a significant improvement in his attitude towards learning and class participation. The Reading Camp not only became a port for enhancing academic skills but also a changer for positive behavioral changes in students like Nabin. In the rural landscapes of Gurans, the Sahayatra II project is scripting success stories, one reading session at a time.

"Planting Seeds of Learning"

In the village of Bagaura, Father Krishana Bahadur Oli and Mother Bishnu Oli share the joys of parenthood with their 4-year-old son, Mausam. As the sun rises over their home, Mausam goes on his early childhood education at the ECCD school.

Reflecting on the past, Mausam's parents recall a time when getting him to school was a teary affair. Reluctant to stay in the classroom, Mausam would occasionally express his frustration through playful but mischievous behavior, like throwing stones and stationery at his friends.

After the transformative journey sparked by SOSEC Nepal in collaboration with Save the Children, marked by the commencement of Reading Camp classes on the auspicious day of 7th Shrawan, 2079. Initially resistant to the Saturday reading camp sessions, Mausam's journey took a steer with the support and constant efforts of his camp teacher. The camp

teacher, fueled by love and encouragement, became a guiding light for Mausam. Rather than scolding him for mistakes, the teacher followed a nurturing approach, encouraging Mausam to learn from them. Even when stones were in hand, the teacher transformed potential mischief into positive actions, labeling Mausam as a "good boy."

The impact of these positive and entertaining activities at the reading camp is reflected in Mausam's life. A transformation occurred, evident in his disciplined behavior not only at school but also within the walls of his home, bringing pride and joy to his parents.

For Father Krishana Bahadur Oli and Mother Bishnu Oli, this journey with Mausam became a shared learning experience. Understanding the psychology of children and a positive attitude became invaluable lessons for both parents and teachers alike.

"A Journey of Self-Discovery: Reserved to Radiant"

A six-year Muna commenced her educational journey in Grade 1, a diligent participant in the reading camp classes. However, her initial learning struggled with her confidence. Muna couldn't even articulate her name or grade, and her reserved nature hindered her communication. Amidst the eight students in Grade 1, Muna stood out with her unique challenges. Yet, a remarkable transformation began to show changes in her abilities. No longer hesitant, she confidently introduced herself, sharing not only her name but also her grade and age showcasing knowledge of numbers and alphabets, narrating them with ease.

A significant shift extended beyond academics; Muna's behavior underwent a remarkable change. The habit of forgetting books and copies became a thing of the past as she dutifully carried her stationeries to school. The Saturday reading camp classes became a platform for Muna to not only absorb knowledge but also to share stories and poems with her

classmates. The once scary task of writing the Nepali alphabet became an achievable feat for her.

Behind this inspiring journey stands the dedicated reading camp teacher, viewing it as a collective responsibility to enhance the learning experiences of each participating student. Through the dedicated effort, encouragement, and genuine care in the reading camp classes, Muna's education succeeded, transcending into her overall appearance, now radiating a sense of cleanliness and neatness.

The success story extended beyond Muna through the teacher's proactive communication with both Muna's parents and other parents regarding the significance of students' continuity played a vital role in enhancing overall student performance illustrating the impact of dedication and collaboration in welcoming positive change.

"Child Bride to a Leader"



In the village of Asurepani in Khadawada, within the Gurans Rural Municipality of Dailekh, Sima Sunar's life portrays as a story of resilience and transformation. With a family of eight, where her father polishes his skills as a carpenter and

her mother works at the home, their livelihood relies on daily wages and the sale of agricultural produce and livestock.

Three years ago, Sima found herself entangled in an arranged childhood marriage which was sparked by distant conversations through phone. Despite being the chair of the Laligurans child club, she was compelled to societal pressure and made a decision that would alter the course of her life. The child club, formed under the SAHAYATRA-II project, took the charge to rectify the situation. Reporting Sima's circumstances to the local police, they facilitated a meeting between the two families, leading to the dissolution of the relationship and marriage.

After reuniting with her family, Sima encountered initial challenges, but over time, circumstances improved. Sima not only resumed her education but also rejoined the child club, where she was once again elected as the chairperson. The field officer from SOSEC Nepal, along with other staff, offered counseling to Sima and her family and cultivated a positive atmosphere within their household.

In the present, Sima not only skillfully manages the child club

but also is an inspiration for the people of the community. Reflecting back into her past, she passionately concerns into issues like child marriage, trafficking, violence against children, and reproductive health. Fueled by passion, Sima now openly discusses these topics with her parents, engages with colleagues. Through her commitment, the community has gained awareness of harmful cultural practices affecting children, earning her well-deserved respect for the transformative impact of her work.

Sima through advocacy, cases of child marriages have been reduced, parents and students have followed the concept of

homeschooling, and awareness about menstruation hygiene has prospered. The local government steps up, responding to the community's needs, all credited to Sima's leadership and the impact of the SAHAYATRA-II project.

As she envisions her future, Sima aspires to be a social activist, advocating for the rights of women, children, and the vulnerable. Grateful for the SAHAYATRA-II project's education and inclusiveness training, Sima eagerly looks for continued support from SOSEC Nepal, shaping her path towards a brighter tomorrow.





"Catalyst for Transformation: A Fearless Child Advocate"

In the lively village of Dharampokhara Gurans RM 8, Dailekh, where the air hums with tales of change, meet Asmita Khadka, 13 years old enrolled in grade 9 is a heart full of determination. Asmita's adventure in child advocacy started when the idea of child clubs bloomed in her school when she was a 6th grader at Malika Secondary School where she didn't just take on responsibilities but with full zeal set the rhythm for her journey in steering the club's activities.

Reflecting on her journey, she fondly recalls her initiation into the child club, "I was thrilled when I first became a child club member in 6th grade. I eagerly sought guidance from our chairperson regarding my

responsibilities and actively engaged in the club's activities." Today, she takes an active role in organizing events such as school sanitation initiatives and dialogue sessions.

As a dedicated member of the child club, Asmita played an indispensable role in structuring the club's framework, ensuring regular meetings, and encouraging discussions on different child-related issues. Together, they began on a transformative journey called the "Community Sanitation Program," aiming to eradicate plastics from Dharampokhara. Recognizing the need for sustained efforts, Asmita asserts, "Transforming our community cannot be accomplished overnight; it requires consistent intervention and

Figure 1: Asmita with meeting minute

perseverance. We will persist until we achieve our goal." Even in the face of the COVID-19 challenge, Asmita resiliently continued her impactful work.

Beyond local initiatives, Asmita actively collaborates with ward authorities to advocate for child-related concerns in annual work plans and budgets. Under her leadership, the child club has prepared a plan, presenting it to the ward with advocacy goals for the future.

Empowered by the SAHAYATRA Project by SOSEC Nepal, Asmita has undergone training that fueled her passion for child activism and equipped her with valuable skills. With a tablet provided through the project, Asmita involves topics such as climate change, child journalism, and child life skills. Utilizing the tablet, she has conducted numerous awareness sessions, reaching over 100 children.

Asmita dreams of a community free from child marriage and tirelessly advocates for child rights, even in the face of threats. Her advocacy has successfully prevented four cases of child marriage, with the affected children now pursuing education and skill-based training. Her dedication earns praise from Mr. Dipendra Oli, the ward chairperson, who notes a decline in incidents from the SAHAYATRA program. Collaborative



Figure 2: Asmita showing video via tablet in her circle

efforts have now led to obligatory submission of birth certificates before marriage, an essential step in fighting child marriage.

Asmita's leadership, dedication to child rights, and community mobilization efforts is an instance to the impactful difference young advocates can make. Asmita's story radiates hope and resilience, inspiring other young advocates to join the cause of creating a better world for children.

"Bound by Love, United in Purpose"



Figure 1: Bishnu with her Mother

Bishnu Chand, now a 10-year-old, resides in Ward No. 8 of Gurans Rural Municipality. Her journey began in Ward No. 4 of Chingad Rural Municipality, Surkhet. Shyamkala, Bishnu's mother, faced early challenges, marrying at 16 and becoming a mother at 17. Despite initial struggles managing household responsibilities and enduring mistreatment, Shyamkala found comfort in her second marriage with Narbahadur Oli from

Ward No. 8. Narbahadur who accepted Bishnu as his own, creating a loving family environment. This story, once marked by hardship, has transformed into a heartening success story of resilience, second chances, and the power of familial bonds. Shyamkala and her daughter faced a significant challenge during the school enrollment period when obtaining a birth registration certificate became a complex task, a challenging journey to secure Bishnu's fundamental right to an official identity. Despite initially seeking help from Bishnu's father, Mr. Ganesh Bahadur Chand, and later approaching her current husband, Shyamkala found herself met with disregard and refusal, leaving her in a distressing dilemma.

Determined to overcome this hurdle, Shyamkala reached out to Iswori Khadka, a respected member of a civil society organization. Recognizing the significance of the situation, Mrs. Khadka quickly engaged Kamala Malla, a dedicated field officer at SOSEC Nepal. Together, they commenced to persuade Mr. Ganesh Chand, investing considerable effort in communication and appeals.

Despite initial obstructions and even facing threats from Mr. Ganesh Chand, Mrs. Ishwori Khadka's support prevailed. She recounted, "Initially, he persistently employed diverse

In the heartwarming story of Bishnu's journey, Mr. Narendra Oli, her caring stepfather, beams with joy when recounting the support, they received. Their bond, not bound by blood but fueled by love and is guided by Nardendra's love guided by light to promote Bishnu's higher education journey, without any shadows of discrimination.

The story outlines like a melody of cooperation, coming together SOSEC Nepal, the civil society organization (CSO), the understanding ward chairperson, the Ward Child Rights Committee (WCRC), the ward child network, and the dedicated Nepal police. Their collective efforts resulted in

Bishnu's achievement as she secures her birth certificate, not just a piece of paper but a key unlocking an official identity and paving the way for her educational aspirations.

These joint efforts and their commitment play a key role in safeguarding Bishnu's rights. The mother's enduring dream of securing her daughter's identity finally blossoms, transforming a once-clouded horizon, stained by tragedy and sorrow, into a future painted with the vibrant colors of happiness and promise. Bishnu's success story is not just about overcoming obstacles; it's a celebration of cooperation, unity, and the transformative magic of collective goodwill.



बालबालिकाको आपत्कालिन उद्धार, राहत, संरक्षण तथा परामर्श सेवाका लागि

बाल हेल्पलाईन - नेपाल
Child Helpline-Nepal

निःशुल्क फोन

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(दश-नौ-आठ)

बालबालिकालाई के सोच्ने हैन्, कसरी सोच्ने सिकाऔं ।

"Breaking Chains, Chasing Dreams"

Settled in the serene landscapes of Ward No. 7 in Gurans Rural Municipality lies the home of Liza BC and her family, a story of transformation. Liza's mother, Ratna Thapa, faced the harsh reality of an abusive marriage, that led her take the courageous decision to leave and seek refuge in her father's home. This return, however, subjected the family to societal challenges and negative perceptions.

In the midst of these trials, Liza's education suffered, resulting shadows over her future. Recognizing their plight, the Ward Child Rights Committee identified Liza as a child in threat. With the intervention of SOSEC Nepal, the listing process was initiated, paving the way for advocacy, counseling, and motivation. The SAHAYATRA-II project extended a helping hand, providing Rs. 20,000.00 for starting a small retail shop, igniting spark of hope in the midst of uncertainty.

Mrs. Thapa, recounting the hardships, expressed the transformative impact of SOSEC Nepal's support. The funds were invested wisely, establishing a business in Ghumnebisau, supported by her maternal grandfather. Liza's academic journey, once marred by irregularities, witnessed a remarkable turnaround. Educational materials, bags, and clothing provided by SOSEC Nepal motivated Liza to excel further.



As an active member of the Panchakoshi Child Club, Liza now actively contributes to discussions on sanitation, combatting child marriage, preventing trafficking, and creating social awareness. Her newborn confidence equips her ambition to become a doctor. The family, once engulfed in darkness, now basks in the glow of a brighter future. Mrs. Thapa's



determination, familial support, and the instrumental assistance of the SAHAYATRA-II project have propelled them forward. Mrs. Thapa, Liza's mother, has turned her life around. With an annual income ranging from 5 to 7 lakhs, she expanded her business from retail to goat and buffalo rearing. Taking a bold step, she secured a 5-lakh loan from "Batabaran Samuha." Mrs. Thapa also became a local agricultural influencer, buying vegetables and potatoes from villagers and selling them on a larger scale in nearby markets. Through her relentless efforts,

she not only diversified her business but also achieved the milestone of owning a small plot of land, signifies a journey from adversity to prosperity. Liza's mother, buoyed by the success, aspires to receive skill-based training from SOSEC Nepal. The support provided by SOSEC Nepal has not only transformed their current situation but also instilled hope for a better tomorrow. The remarkable transformation from sorrow to joy is a witness to the endurance of her spirit and the positive impact of collaborative efforts.

"Master of Her Destiny: Unshaken Warrior"

In the hills of Gurans rural municipality, a young spirit named Sima blossomed amidst the challenges life presented. Sima, a diligent 10th grader with dreams as vast as the open skies, lived in a remote corner with her parents and a sister who was the biggest support in her life.

Sima's journey was not always bathed in sunshine. At the tender age of 13, she found herself entangled in the web of child marriage, a dark chapter imposed upon her by the regressive norms of society. The global lockdown, a period of uncertainty that affected the entire world, cast its veil of uncertainty over Sima's life. With schools closed and time hanging heavy, Sima, like many others, heaved a sigh of relief in the digital world.

Through the glow of her phone screen,

she connected with someone four years her senior. A teenage infatuation bloomed, innocent in its origin but tainted by the unforgiving judgments of society. A chance meeting sparked a chain of events that led to insults and condemnation from neighbors and relatives, forcing Sima to flee with the one she thought she loved. Sima, with a longing into the past, asserts, "I yearned for just one meeting with the voice that I heard through the phone. Destiny granted my wish, but in that fleeting moment, my neighbors and relatives cast words of scorn upon us. Their insults became the gust of wind that propelled me to escape with him."

Yet, fate had other plans for Sima. The Sahayatra project, a collaborative



effort by SOSEC Nepal and Save the Children, intervened to rescue her from the clutches of child marriage. Legal proceedings ensued, settling with the condition that they were free to marry each other when the time was right. However, contact between them ceased, leaving Sima with the bitter hangover of separation.

Sima faced ridicule and bullying from family, community, and even in school. The scars of judgment ran deep, but Sima, still, focused on her studies. The whispers of mockery echoed in her ears, but she pressed on, determined to rise above the societal biases.

During economic hardship, Sima's family income struggled to meet the demands of her 10th-grade studies. The need for

extra tuition classes arose, but financial constraints became a hurdle. However, the Sahayatra project emerged with the rise of hope, providing Sima with 25 thousand rupees.

With proper planning, Sima invested the funds wisely. She purchased goats, into a flourishing garden of financial independence. The goats multiplied, their value growing to almost a lakh rupee. Sima's resourcefulness not only secured her education but also elevated her family's economic standard. As Sima stood amidst her flock of goats, a symbol of her persistence and hard work, the hills boomed with the story of a young girl who turned adversity into success. The whispers of judgment transformed into applause, acknowledging Sima's journey from victim to victor, from despair to empowerment.



**"WE REQUEST FOR IMPLEMENTATION OF ACCOUNTABLE SERVICE, QUERIES AND
FEEDBACK RESPONSE & QUALITY BASED PROGRAM"
MONITORING, EVALUATION, ACCOUNTABILITY AND LEARNING (MEAL) APPROACH**

**Queries and Feedback could be done for the program/Project Implemented by
Social Service Centre (SOSEC) Nepal Dailekh**

- ❖ If program Implemented against Act, Policy, Rules and Code of Conduct of the organization to be found.
- ❖ If any fault found on delivering quality service and discrimination on beneficiaries' selection process.
- ❖ If any authority and resource has been misused by authorized person
- ❖ If any discrimination or miss behavior related response/action against children & women on gender, economic & ethnicity to be found
- ❖ If Board members and staffs of the organization are found on involving child labor & involvements in which that are harmful & hazardous to children
- ❖ If educational & others materials supported by organization are found to be unused, misused & conservation less.
- ❖ If quality standard of program and activities hasn't meet organized by the organization.
- ❖ If schemes implemented by organization are found to be quality less & unused found.

Call us on Tollfree number NTC 16608942001 NCELL 9801574888 or write us on Email: cfm@sosec.org.np or drop your feedback and queries on queries box at Office of SOSEC which are arranged for storing queries suggestion and queries established by Social Service Centre (SOSEC) Nepal Dailekh.

Every employee, executive committee member, volunteer, goods and service providing firms, involved in SOSEC have any advice, suggestion, feedback and queries regarding organizational safeguarding policy (Child and Senior Citizens), Anti-Abuse Policy and Code of Conduct. Please contact in following address:

GESI/Child Protection Focal Person;

Mobile no: 9858022511, 9858051089 & 9851151089

Email: safeguarding@sosec.org.np

Your queries will be taken seriously & will be response after having essential Inquiries.
Secrecy on personal detail of queries making person will be made if he/she wants.



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