

Stories of Change

Year 2024, Vol-8



SOSEC NEPAL

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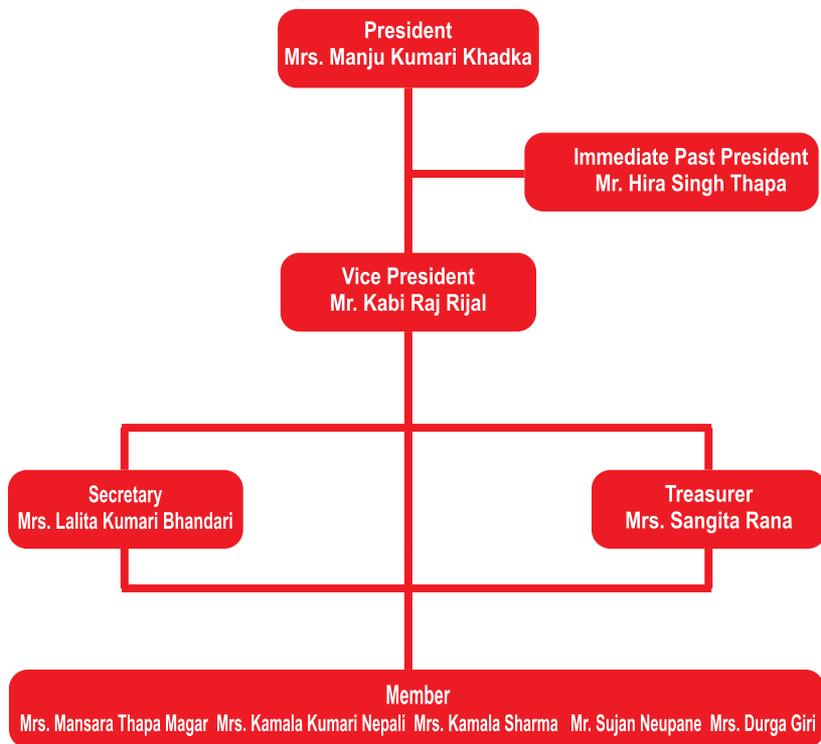
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- ❖ If educational & others materials supported by organization are found to be unused, misused & conservation less.
- ❖ If quality standard of program and activities hasn't meet organized by the organization.
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Every 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:

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"Let's Serve with Heart, Word, and Deed, Keeping The Soul as Witness."

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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

2024

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 26 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, I am grateful to President Mrs. Manju Kumari Khadka Executive Director Mr. Hira Singh Thapa and all the Board Members of SOSEC Nepal, who assist in writing and proofing with the evidence. I also like special thank to Project Director Mr. Nawaraj B.C., Program/MEAL/HR, Admin and Finance Managers Mr. Madhav Battarai, Padam Raj Joshi, Peshal Khatiwada, and Program Heads Mr. Puskar Pd. Sharma, Basudev Upadhyay, Shashikal Pandey, Hemantika Gautam, Prabha Dangi, Dorna G.C. Srijana Aryal, Jibraj Regmi, Rama Shrestha, Tikaram Sapkota, Maya Rana, Dharmaraj Bastola and all the staffs 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 I would like to thank Mr. Yogesh Kumar Dhobi 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
Province Manager
SOSEC Nepal

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"Ishara is becoming self-reliant from goat rearing"

Ishara BK, a 30-year-old woman residing in Bhairavi Rural Municipality-4, Dailekh district, has faced significant challenges. She is the sole caregiver for her disabled son and was left without support when her husband died in a flood in Kedarnath. Financially strained and with no solid means of income, she struggled to meet her necessities.

The Aadhaar project, supported by Luxembourg and implemented by SOSEC Nepal, has made a profound impact on Ishara's life. Through this project, which forms and organizes groups in the villages, Ishara was able to access a loan of 15,000 NPR to purchase two goats and start a goat-rearing business. Additionally, she received 20,000 NPR from SOSEC Nepal to expand her business.

With this support, Ishara strengthened her goat-rearing business and began earning a stable income. She reflects, "Previously, I struggled a lot to make a living. However, this Aadhaar project greatly assisted my goat-rearing business. I am now earning well and have repaid the 15,000 NPR loan.



"My son's education and our household expenses are now manageable."

Isra plans to continue her goat-rearing business, which is proof to her hard work and perseverance. Despite a difficult start, the support from the Aadhaar project has helped her achieve self-reliance and success.



"Jagat Kumari living with her own earnings."

By being encouraged by her success, Jagat Kumari expanded her business by purchasing 250 Broiler Chickens. Today, she manages 150 Broiler Chickens and earns Rs. 120,000 annually. This income has enabled her to manage her family and saving within the group.

36-year-old Jagat Kumari Shahi lives in Bhairavi Rural Municipality-3, Dailekh. She has four members in her family, including her husband and children. Due to the poor financial situation, she was struggling to support her family and educate her children. Her husband works as a wage laborer in India to support the family.

In 2018, the Aadhaar project, funded by AEIN Luxembourg and implemented by SOSEC Nepal, was introduced in Bhairavi Rural Municipality. The project formed the Phulwari Youth Group, which included women and youth from the community, and Jagat Kumari joined the group. As a member, she received 50 Broiler Chicken from SOSEC Nepal to start poultry farming. This initial support allowed her to earn Rs 30,000 annually.

Jagat Kumari notes, "It was very difficult for me to survive my life before. The Aadhaar project greatly supported my poultry business. Now, the good income from this venture has made it easier to cover my children's education and household expenses."

Now she has encouraged her husband to stop working in India and is committed to continue her Poultry Business. Her journey is marked by struggle and hard work and has led to self-reliance and prosperity. Jagat Kumari's success has also become an inspiration for other women and she has also set an example of how poultry farming can lead to an economic stability and a better quality of life.

"Success Story"

(Name changed) Ba.01, 17-year-old girl (changed address) Ka.051 Kalikot lives with her parents, one brother, and two sisters. Currently she is studying in class 10, she and her family rely on the parents' work in the village. She remembers the bitter experience of her life as mentioned below.

On 2080-08-12, after having dinner with her family she went to her bed room. Then, suddenly an unknown man entered her room around 10:30 PM and attempted to assault her. She screamed, attracting her father's attention and reached to her father's room. Her father then saw the unknown person fleeing and asked help from the villagers. Then community people informed the nearby police, police arrested the man and brought him to the District Police Office.

The next day, she and her father were told about the Women and Children's Centre and the 1098 Child Helpline. So, they went there for the support. The Women and Children's Centre provided crucial support, helping them file a complaint and providing a safehouse and counselling for the girl. Both the girl and her father were unfamiliar with legal procedures, but the Centre's assistance made the process manageable and reassuring for them.

Now, the criminal has since been sent to Kalikot District Jail. The girl and her family expressed their gratitude to the safehouse and the Women and Children's Centre for their support and protection, and the girl feels safe and empowered, having received the justice she sought.



बालबालिकाको आपत्कालिन उद्धार, राहत, संरक्षण तथा परामर्श सेवाका लागि

बाल हेल्पलाईन - नेपाल
Child Helpline-Nepal

निःशुल्क फोन

१०८८

(दश-नौ-आठ)

बालबालिकालाई के शौचो हैन, कसरी शौचो सिक्छौं ।

“Story of Transformation”

Gaurikala Kami, a 35-year-old from Koirel village of Khadachakra Municipality-1, faced severe challenges over the past three years. Her husband’s frequent alcohol abuse led to physical assaults on her and their family, eventually forcing them out of their home.

With her two daughters and a son, Gaurikala rented a house near the market and worked tirelessly as a daily wage laborer to support her family and ensure her children’s education, despite having married at 16 and lacking formal schooling.

Her husband’s abuse continued, even after multiple reports to the District Police Office (DPO) in Kalikot. Seeking a help, Gaurikala decided a divorce with the help of Women and Children’s center. So, she filed for divorce at District

Court Office of Kalikot on Falgun 20, 2079, After the divorce case was filed, the husband missed the deadline to respond. Consequently, the District Court of Kalikot announced for the divorce on 10th Jestha 2080.

Now, Gaurikala is Grateful for the support she received, Gaurikala stated, "Thanks to the SOSEC Nepal, I am finally free from my husband. I can now move forward with confidence. The organization has become my family." Today, Gaurikala has regained control of her life. She supports her family by raising goats and growing vegetables, while her children continue their education. Now after the support from the Women and Children’s center her life is stable and she is able to fulfill the need of her family.



"Empowering Kusunda Girl "



Hima Kumari Kusunda, a 22-year-old resident of Sarumarani Rural Municipality Ward No. 6 in Pyuthan, comes from a family of seven, including her parents, brother, and sister. She is from a poor family. She has completed her Higher Secondary Education and is currently studying in her first year of Bachelor's degree. Additionally, she has joined SOSEC Nepal as a volunteer to work with her Kusunda community. The Kusunda community is also known as Ban Raja i.e. a tribe of former hunter-gatherers from the forests of western Nepal who have now intermarried with neighboring peoples and settled in villages.

Hima aims to work for the Kusunda community. After joining this organization, she has become able

to operate any kind of program and can arrange as well as manage all the participants in such programs. Her communication skills are good. As a result of her strong communication skills, she is progressing more easily. She aims to work for the Kusunda community and empower Kusunda girls. She understands that she doesn't know everything. After all, life is too complex. But this is what makes her always willing to learn. Whether it's through her own mistakes or the mistakes of others, she's always curious and willing to learn something new. She also understands that learning is a lifelong journey, but her willingness to learn and grow as an individual makes her stand out.

"Kusunda Women being financially independent with Green Enterprise "

Mina Kusunda, a 36-year-old from Ghorahi, Dang District, Nepal, belongs to the Kusunda tribe, an indigenous group traditionally known as semi-nomadic hunter-gatherers. The Kusunda community, also referred as the Mihaq or Myahq, is a small but resilient group with a rich cultural heritage. Mina faced challenges due to food scarcity and her husband's low-income job. She initially started a small shop on public land but had to close it due to threats from local authorities.

After participating in a 5-day Entrepreneurship Development Training by SOSEC Nepal's GEA Project, Mina gained valuable business insights and developed a plan to diversify her shop's offerings. With the project's support, including a detailed business plan and initial materials, Mina reopened her shop, expanding it to include fruits and cold drinks. Now, she operates from a central market location, earning 5-6 thousand rupees daily. As the only businesswoman from her community, Mina has gained respect and recognition, now



addressed as "MINA Jee." She is committed on expanding her business and is grateful for the opportunity and guidance provided by SOSEC Nepal.

"Empowering Youth: The Success Story of Ganesh Bahadur Khadka"

Ganesh Bahadur Khadka, a tenth-grade student at Shree Prabhat Mavi Koladada, resides in Ram mandir Tole, Birendranagar Municipality Ward No. 2, Surkhet. Coming from a family of five, his father drives an auto-rickshaw, while his mother manages the household. Ganesh's dedication to his studies and extracurricular activities is well noted by his teacher, Dilli Prasad Chapagain.

Ganesh is passionate about advocating for children's rights and believes in managing time effectively to develop one's potential. However, he felt a need to understand the legal aspects of child rights more deeply. His opportunity came when SOSEC Nepal, with financial support from AEIN, launched the Bihani Project in Birendranagar.

Through the project, a child club was formed at his school, and Ganesh was elected as a president. This role provided him with the knowledge and platform to enhance his engagement in extracurricular activities. He became increasingly concerned about issues like child marriage, drug abuse among children, child labor, and the migration of children to India for work.



Ganesh's concerns found a voice when he learned about a discussion program where children from various wards could raise their issues with local authorities. During the event, Ganesh boldly questioned the mayor, Mohanmaya Dhakal, and other officials about their actions regarding these burning issues. His advocacy drew the mayor's attention, resulting in a commitment to address the raised concerns and include child-focused plans in the annual municipal agenda.



Empowering Change : How Improved Facilities Transformed the Lives of Raji Children at Kalika Basic School

Krishna Raji, an 8-year-old from the Raji community in Surkhet District, represents the challenges and hopes of her community people. Kalika Basic School, where Krishna and 102 other students' study. In the school there were poor facilities like lack of proper toilets and clean drinking water were major issue. The Raji community just focused on survival. And they had little interest in education. Further these conditions discouraged them from school attendance.

Then the Girls' Empowerment Project, funded by UNICEF and facilitated by SOSEC Nepal, changed this situation of

Raji Children at Kalika Basic School. The project brought clean water and sanitation facilities to the school, making it easier for students like Krishna to focus on their studies and maintain good hygiene. The improved environment has boosted attendance, health, and morale among the students, especially those from the Raji community.

Today, Kalika Basic School who was once in a struggling phase, is a symbol of how targeted support can transform the lives of marginalized children and uplift entire communities.

"Finding Her Voice- Empowering Girls and Advocating for Change"



Mamta B.K., a 19-year-old from Ward No. 7 in Dullu Municipality, lives with her parents, Sukram and Bimala Kami, and her two younger brothers. Her father is a mason, and her mother takes care of their home.

Once shy and quiet, Mamta's potential was often underestimated. Her turning point came with the Girls' Matter Project, supported by UNICEF and run by SOSEC Nepal. A 10-day training program called RUPANTARAN helped Mamta to gain confidence and skills. She learned to speak up and address important issues.

After the training, Mamta carried out a Vulnerability Assessment, which led her to start RUPANTARAN groups and hold 42 successful sessions. As a facilitator, she now

speaks out against early Child Marriage, Chhaupadi, and advocates for clean water and good nutrition.

Mamta shares, "I was once seen as someone who wouldn't achieve much, but becoming a facilitator changed everything. I've continued my education, avoided junk food, and started speaking up about issues that matter. I've learned that to make a difference, you must keep moving forward."

Her neighbors and the ward chairperson commend her for her dedication and new skills. Mamata is now a role model in her community, showing that personal growth and making a positive impact are possible.

"From Shy Girl to Community Leader"

Rekha Thapa, a 14-year old student from Naule village in Dullu Municipality, has undergone an inspiring transformation from a shy, reserved girl to a confident leader. Once nicknamed "**Kambolne**" for her hesitancy to speak, Rekha's life changed after joining the Girls' Matter Project, supported by UNICEF Nepal and facilitated by SOSEC Nepal.

Through the RUPANTARAN class, Rekha gained confidence and leadership skills, eventually being elected president of her

ward's adolescent girls' club. She led initiatives like fining families who sent children under 18 to buy drugs or alcohol, showcasing her leadership.

Her growth continued as she was elected president of the municipal-level adolescent girls' network, where she advocates for the rights and well-being of girls in her community. Rekha's journey is a testament to the transformative power of education and support, turning a once-shy girl into a role model and community leader.



"Safe Water for Dignity"

In a small village in Tallo Dhungeshwor, Dailekh District, the historically marginalized Badi community struggled with limited access to clean water and sanitation. Radha Badi, a mother of four, faced the daily challenge of fetching water from distant sources and living with inadequate sanitation facilities.

This all changed with the "one house, one tap" initiative, part of the Girls Matter project, supported by UNICEF, SOSEC Nepal, and local authorities. By July 2024, the project provided 106 families with a reliable

water supply system, including a reservoir tank, piped connections, and an auto-dosing chlorination system. Additionally, 15 new toilets were constructed, significantly improving the community's health and hygiene.

Radha now enjoys the benefits of easy access to water and sanitation, freeing up time for her family and home. Community members, including Hira and Devisara Badi, express optimism, noting that these improvements have restored their dignity and quality of life.



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बाल हेल्पलाईन - नेपाल
Child Helpline-Nepal

निःशुल्क फोन

१०५८

(दश-नौ-आठ)

बालबालिकालाई के सोच्ने हैन, कसरी सोच्ने सिकाऔं ।



" A Different Future: From Child Marriage to Community Advocate"



Khajura Nepali, is a 17-years old girl from Dailekh, Nepal. She once chose to get married as the only escape from her family's financial struggles. However, through the Girls Matter project, supported by UNICEF and SOSEC Nepal, Khajura was given a chance to change her path. After participating in the Rupantaran life skills program, she gained confidence and learned about the disadvantages of Child Marriage and the importance of gender equality.

Now 18 years old, Khajura is a community leader, educating other girls about their rights and the power of her choice. Her personal journey from the victim of Child Marriage to a strong advocate for Education and Equality inspires others. Khajura dreams of becoming a government officer to continue bringing positive change in her community.

“Natasha’s Journey: Embracing Identity and Empowerment in Rural Nepal”

Natasha, 13 years old from Dailekh, was born intersex, leading to challenges and stigma from her community. Her family struggled to understand her condition, but they sought medical advice, which suggested waiting until Natasha could decide her own identity. As she grew, Natasha faced bullying and isolation, affecting her self-esteem and education. Then SOGIESC project, conducted by SOSEC Nepal, provided crucial support. Through school orientations and family guidance, Natasha’s family learned more about her identity. She found community support in peer groups and received educational and emergency aid. The project also coordinated with local authorities, resulting in social security funds and livelihood support for LGBTIQ individuals. With this help, Natasha gained confidence, improved her studies, and became an active participant in her community. She now holds leadership positions and advocates for LGBTIQ rights, inspiring others with her journey. Her family, once unsure, now fully supports her, and the community’s perception of her has begun to change positively.

Natasha’s story is a powerful example of how the SOGIESC Project is transforming lives by promoting acceptance, self-love, and empowerment for LGBTIQ people in rural Nepal.



"Enhanced Self-Confidence Through Child Club Network"

I am Sharmila BK from Bhagawatimai RM- 2, I am studying at class 10. From this educational year I am being selected as the vice chairperson of Bhagawatimai Child club Network as well as vice chairperson of Jwala child club (Jwala Secondary school level). Before joining child club, I was unable to speak in front of friends, teachers and any new person at home as well. I really didn't know about the student's participation in SMC and HMC, always teachers organized the extra-curricular activities. Friends are very passive to organize activities and very few participated in those activities. In real we were unknown

about the child rights and duties, our responsibility at community level as well.

When the project PCESP lunched and started implementing their activities we also begin to join child club at school. Our team capacitated to organize program, meetings. Specially project staff trained us about how to organize meeting, discuss on any agenda, dealing with relevant stakeholders, raise the right issues about child protection and participation. Now, when SMC organizes meeting we always participate and raise our common





problems like sports materials, safe toilets, sanitation materials, prizes for extra activities winner etc. Bhagawatimai Child club network organizes the Child conference and raise the child base developments structure with child friendly constructions issues.

After the child conference, I have increased my interpersonal skills to speak with elders, group work with friends, participate the planning process of Municipal

and ward too. We organize different Municipal level competition for secondary level students like, Speech program on Anti-child marriage, essay writing on quality education, debate competition on child right vs child responsibility. Now we are growing our self-confidence as we can organize and smoothly operate these types of programs. As the vice chairperson I am creating the self confidence level high for my better future.

She said "Now I am thinking that I will be a leading politician to develop my entire municipal. If other can do that why couldn't I? "

“The Changed Life of Registered Children”

My name is Sima Shahi. My age is 7 years old and I live in Bhagawatimai RM-2, Ruma. My family income source is agriculture and wage labor so I am struggling for financial crisis every time. In my family there are 4 elder sisters and 1 elder brother. So, my family is bigger than the normal family. My parents were facing very difficulties for educational support. Although my family struggling but their health condition is still fine and we are not suffering from any big disaster in health. From our farming we are just able to survive 4/5 months only.

I am now a registered child for World Vision sponsorship program and my ID no is 0006. After registered in sponsorship program I'm supported by education materials, sanitation materials and normal dress for winter season which protects me from cold. I am very happy and after the education materials support, I'm attending regularly in



school. Through the program, I am participating in different types of training and meeting (New growth, Reading Camp, community level meetings, school level extra activities etc.). With the support, I have become capable. Due to the lack of stationary and warm clothes, sometimes I left my class. But when the project supported me with warm track suit and stationery materials, I am continuing my school without any difficulties. This support brings some changes in my life.

Now I am regular in my class. I feel happy when I'm in school. After project support my daily habits has changed like studying, being neat and clean and changing my personal behavior etc. I am happily attending school regularly after stationary support without any hesitation. And in the future, I will be a good nurse.

"Ashish Started School Journey"

Aasis is the first child of Ratan Rana and mother Sunita Badi. He has four family members at home. Ratan Rana, who came from his home district Jajarkot in search of some possibilities due to lack of financial resources, has been working as a wage labourer in Bhagwatimai rural municipality to run his family. They have been living on rent.

In April 2024, Ashish was found out of school when the admission campaign was conducted with the support of Bhagwatimai Rural Municipality, SOSEC Nepal and World Vision. After that, the project team sit with his parents and discussed for allowing his child to join in school. He said "I also want to send my child to school, but I couldn't send him to school due to poor financial condition. Then, we decided to help his son get into school and provide the necessary materials to

join the school after that he agreed to enroll his son Aasis in school.

At present, Ashish is studying in class 1 after supporting the stationery, dress and bag by SOSEC Nepal and World Vision. Now he goes to school regularly and also goes to the Reading Camp every Saturday. His studies is also improved as compared before.

Mr. Ratan said "Due to our financial condition, we were not in a condition to send our son to school. I am confident that you will continue to help in the same way us. I will also help my child as much as I can. Similarly, I hope that your organization will help other children who are not able to go to school due to poor financial condition."



"Rapin's Dream: A New Ray of Hope for the Raute Community"

The Raute community lives in Ward No. 1 of Gurans Rural Municipality in Dailekh District, Karnali Province. This community has been harmoniously coexisting with nature since ancient times. Currently, there are 136 people residing in the community, including 64 children. Among these children, most have not had any exposure to reading and writing.

Rapin has not only learned 'A' and 'B', but he is also particularly interested in reading and writing. His curiosity, ambition, and inclination towards education set him special from other children. He said, "If my father and the Mukhiya (head of the

community) allow us to study, I want to become both a good person and capable."

Rapin's dream represents a significant step toward a bright future. This project plays a crucial role in helping the children of the Raute community understand the importance of education, shaping the course of their lives. Rapin's story is an example of the positive transformation brought about by the Raute project, which has the potential to introduce a new ray of hope into the lives of these children.

"Empowering Change: Surmana Shahi's Journey to Hygiene Awareness"

Surmana Shahi, a young woman from the Raute community, was once unaware of the importance of menstrual hygiene. Like many other women in her community, she faced challenges due to a lack of knowledge about proper sanitary practices during this time. However, her life and the lives of many other Raute women began to change significantly with the introduction of the Raute Project.

This initiative, organized by SOSEC Nepal with financial support from AEIN Luxembourg and coordinated by Gurans Rural Municipality, aimed to bring transformation to the community. As part of the project, a workshop was conducted within the Raute community to educate women about the importance of hygiene and proper menstrual management. After participating in the workshop, Surmana learned essential hygiene practices, such as bathing, washing clothes, and adopting proper sanitary measures during menstruation.



This training not only enhanced her personal hygiene but also helped raise awareness about cleanliness among other women in the community. The project actively involved women like Surmana with the goal of improving their health and hygiene.

Surmana is now an advocate for hygiene within her community, encouraging other women to understand the importance of cleanliness and to adopt better sanitary practices. Reflecting on her experience, Surmana shares, "After attending the Rupantaran session, my knowledge about hygiene has increased significantly. The women in our Raute community are becoming more aware of health and hygiene, and our overall sanitation practices have improved".

Surmana Shahi's story is a testament to the positive changes in the health and hygiene of Raute women, inspiring the entire community to move forward on a path of progress.



"A Young Advocate for Self-Defense and Empowerment"

Ayushma Shahi, a 15-year-old student with exceptional talent, comes from Bhawani Secondary School Thathikandh Rural Municipality, Bahakot-3 of Dailkeh District. Currently in grade 10, Ayushma recently had the opportunity to participate in an educational program called GCED, organized by SOSEC Nepal. This marked her first venture outside of her home for educational purposes, which initially made her feel a bit anxious. However, Ayushma quickly embraced the training provided by Samunnat Nepal in collaboration with SOSEC Nepal and actively participated in the program.

After completing the training, Ayushma took on the role of a peer facilitator at her school, actively engaging in sensitization activities. Recently, she had the privilege of participating in a program and demonstration on self-defense and protection against domestic violence and sexual abuse, organized by SOSEC Nepal in April 2024 under SAHAKARYA project. Equipped with the knowledge gained from this training, Ayushma returned to school and began sensitizing her classmates about the importance of self-protection measures.



The impact of Ayushma's efforts has not gone unnoticed. Her interviews and news coverage, including interactions, have been broadcasted on major television channels like Kantipur Television and AP1 Television, as well as various newspapers, as part of the campaign. Ayushma feels an overwhelming sense of happiness and gratitude towards SOSEC Nepal for

inspiring her to become self-confident and dedicated to promote self-defense campaigns after her exams.

Ayushma's journey serves as an inspiration to many individuals, highlighting the power of education, empowerment, and self-belief in making a difference in her school and the community.

"Mansara Thapa: From Struggle to Success Through Commercial Farming"

Mansara Thapa, from Ward No. 6 of Thapagaun of Thatikandha rural municipality, Dailkeh District, has been involved in traditional farming for livelihood since her ancestors' time. Despite working year-round and sometimes having to face six months of scarcity, she has a family of five including two sons, one daughter, her husband, and herself. Due to her family's financial struggles, she used to worry about managing household affairs like farming, well construction, and even road construction jobs to resolve family issues.

Later, Mansara became actively engaged in community welfare through the cooperative project "SOSEC Nepal." After forming a group under this project, Mansara participated in various training sessions and workshops offered by the organization. Successfully applying the knowledge gained, she transformed her household farming into a commercial venture, taking the lead in the group as an experienced farmer. She established various types of vegetable nursery at her home and distributed them among other members of the group. She also shares her knowledge and experiences with other group members.

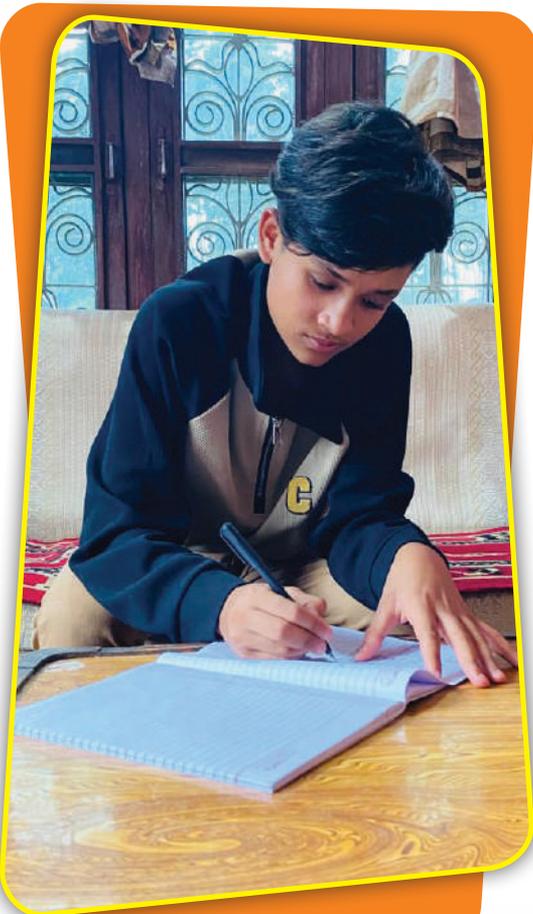
A few years ago, due to lack of knowledge and skills related to commercial farming systems, Mansara used to buy vegetables



like cauliflower and tomatoes from local markets. Now, she has turned her own fields into a profitable commercial farming site, producing various types of vegetables and selling them at Thatikadha bazar. She earns up to NPR 20,000 per season, which has greatly helped in resolving her family's financial issues. Inspired by the success of her modern farming practices, Mansara has motivated other members of the group to engage in commercial vegetable farming. She also plans to educate them on farming methods and processes.

Mansara says, "I find joy in sharing the knowledge, skills, and techniques of vegetable farming systems with others."

"Prem Bahadur Sunar: A Success Story through Sahayatra-II Project"



Prem Bahadur Sunar, a 15-year-old from Gurans Rural Municipality, Dailekh, is a brilliant student studying +2 Science at Jana Higher Secondary School, Birendranagar, Surkhet. Despite his strong academic abilities, he struggled with insecurity and fear of speaking in front of large groups, which caused him to miss out on various competitions and opportunities to express himself.

The Sahayatra-II Project activated child clubs in his municipality, and Prem became a member. He participated in numerous trainings, including life skills, capacity building, and awareness programs on topics like child marriage and climate change. Through these activities, Prem began to take part in debate, quiz, sports, and other extracurriculars. He eventually became the Chairman of the child club

network and led rallies and awareness campaigns while balancing his studies.

With support from the project, including educational and sports materials, Prem's confidence grew significantly. He overcame his fear of public speaking, improved in both academics and extracurriculars, and achieved a GPA of 3.21 in the SEE exam. Prem now aspires to study Information Technology and serve his country. His family credits the Sahayatra-II Project for his remarkable growth and success of Prem give a good lesson to all of the students that, without hampering the regular study, students can take part in extra-curricular activities. Additionally, proved that extra-curricular activities are crucial for the holistic development of a child.

"Rebirth of Saraswoti's Broken Dreams (Name Changed)"

Saraswoti Damai, a 10-year-old girl from Chamunda Bindrasaini Municipality, Dailekh, was born with multiple disabilities affecting her knees and backbone. Despite her desire to study, her worsening health made it difficult for her to attend school. With 8 family members, including 5 siblings, her family struggled financially, and Saraswoti's education was neglected as her father worked abroad and her mother managed the household.

The Sahayatra-III Project, implemented by SOSEC Nepal and supported by Save the Children, identified Saraswoti as needing assistance. She was enrolled in the "school at home" program, where a child-friendly study room with educational materials was created for her. Additionally, a trained facilitator was provided to support her learning at home. This intervention has allowed Saraswoti to continue her studies comfortably from home and occasionally visit school twice a month.

After the project's support, Saraswoti has regained confidence and is now performing well academically. She enjoys her studies and feels more ease, while her teachers and family appreciate the significant improvements in her life. The simple

yet impactful support has been instrumental in ensuring her educational journey continues, with hopes for further progress.

"The project's support has given Saraswoti a chance to reclaim her education and move forward with confidence," says her family, recognizing the profound impact of the initiative on their daughter's life.



" Chetana's Journey from House wife to small Entrepreneur"

Chetana Sijali Magar is permanent resident of Guransh Rural Municipality-3, Seri, Dailekh. Her husband used to go India for seasonal income so, that they can fulfill the basic needs of their family. Following traditional agriculture farming is not enough at all.

With the financial support of DCA and the technical support of SOSEC Nepal, the Green Karnali Project was implemented. Through this project, Chetana got engaged at organic vegetable farming. She received various types of training like seasonal, off

seasonal vegetable production, mushroom production training, preparation of compost manure, bio fertilizers and bio pesticides and overall organic farming techniques. This imparted her knowledge about organic vegetable farming.

By Green karnali project, Chetana was supported with plastic tunnel, drums for the preparation of bio pesticides and bio fertilizers, pheromone traps and yellow sticky traps for insect and pest managements along with technical assistance. After support she is adopting climate change adaptation





practices and engaged at organic seasonal and off seasonal vegetable production and she was able to earn 40-50 thousand seasonally from it after the self-consumption of her families. She sells her cucumber, cabbage, cauliflower, tomatoes, beans, Jukini pumpkins to the nearest market at Patikalla and Gurash.

She got motivated from the vegetable production and took loan from the near cooperative and bought buffalo and electric milling machine and also called her husband back to home from India to support her on vegetable production. Nowadays her family are engaged at vegetable production, Buffalo rearing,

Mushroom Production, and milling of the grains of their neighbors and generating income from that.

Chetana Sijali Magar says, instead of going India we can also generate income by adopting organic farming at our own community. I am grateful to the Green Karnali project for providing financial and technical support in growing vegetables throughout the year if Green Karnali Project was not implemented at our village, then I would never be able to take the loan and motivate to run my own small business.

"Cultivating Success: Dhan Bahadur's Journey with Green Karnali Project"

Dhan Bahadur Sarumagar, a 51-year-old resident of Gurash Rural Municipality 3, Patala, Dailekh, had long struggled with the limitations of traditional farming. His mission for better opportunities led him to India for nearly two decades, leaving his family in a terrible situation. His children lacked basic necessities like clothing and school supplies, hindering their education and continuing the cycle of poverty.

However, with the implementation of the Green Karnali Project in Gurash Rural Municipality Ward No. 3, Patal Dailekh, and the collaborative efforts of the local government, a ray of hope emerged. The project facilitated the formation of the Hariyali Agriculture Group, of which Dhan Bahadur became a member. Through various initiatives, including capacity building in mushroom production, plastic tunnel farming, and improved animal husbandry techniques, the project expected to empower local farmers.

Dhan Bahadur benefited from the project's Farmer Field School program, receiving essential resources such as garden pipes and plastic drums for bio-pesticide production.



Additionally, support extended to the provision of beehives, mushroom seeds, spring crops, drip irrigation systems, and other agricultural inputs.

Empowered by these interventions, Dhan Bahadur's reliance on migration for income diminished. With increased vegetable production and sales, his economic prospects improved significantly. This newfound stability translated into better nutrition for his family and ensured timely access to quality education for his children.

Today, Dhan Bahadur's success stands as a testament to the transformative impact of the Green Karnali Project. Through targeted interventions and community collaboration, it has not only elevated livelihoods but also raised resilience and self-sufficiency among farmers like Dhan Bahadur, who have paved the way for a brighter future.

"The story of a village transformed by vegetables"



Badapokhara is located about 5 km away from Dullu Bazar. Historically, farmers in this area were disinterested in agriculture. They primarily grew crops during the winter and rainy seasons. However, when weather conditions were unfavorable, their investments would often go to waste. With many men earning money in India, managing household expenses and funding their children's education was challenging. There were no alternative sources of income available. Despite having adequate water resources for agriculture, the lack of proper technology and knowledge prevented the farmers from engaging in commercial farming.

The Green Karnali Project of SOSEC Nepal identified the economically disadvantaged farmers and the area's

agricultural potential and formed the "Bhagwati Badapokhara Farmers Group" to address these issues. A total of 46 farmers joined the group. In regular meetings, they discussed modern agricultural technology, improved seed varieties, common diseases affecting vegetable farming, and potential solutions. This motivation led the farmers to start cultivating vegetables commercially. The organization provided support in the form of tunnels, simple drip irrigation systems, sewage improvements, agricultural tools, and seasonal vegetable seeds for off-season cultivation.

Today, every farmer in the village has a tunnel for growing off-season vegetables, with some even constructing multiple tunnels to grow two or three types of vegetables. Out of about 46 households in the community, more than 30 are now engaged in vegetable production and sales.

Currently, members of the group generate annual vegetable sales worth Rs 1.5 million, according to the group's chairman, Mr. Dharma Bahadur Thapa. Each farmer now earns between Rs 50,000 and Rs 60,000 annually. The group is exploring ways to further increase their income and is committed in cultivating commercial vegetables.



"Dinesh Shahi's Journey: Earning a Livelihood through Mushroom Farming in His Village"

Most of the friends of 30-year-old Dinesh Shahi from Turmakhad village, Ward No. 1, Rahaf, have gone abroad to earn a living. However, Dinesh chose to stay and do something in the village, planning to start a business there instead of going abroad.

Earning in the village was not as good as working abroad. He was hesitant to start a big business because he was afraid of losing money with a large investment. Even though small investments would bring low returns, he chose vegetable farming because it seemed less risky. However, he lacked the knowledge of modern technology and agricultural knowledge



needed to run a vegetable business.

The Green Karnali Project of SOSEC Nepal provided agricultural knowledge and modern technology, along with helping to create business plans for young people who wanted to start something in the village of Nepal. The agricultural knowledge gave him more confidence to stay in the village and pursue his goals. Seeing that he could earn well with a low investment, he decided to grow mushrooms. In addition to mushroom cultivation, he also started growing vegetables.

SOSEC Nepal provided seeds and plastic tunnels for commercial mushroom production. He arranged the raw materials, such as bamboo and straw, and also organized the labor by himself.



Now, he has 87 mushroom packs. He mentioned that each pack can be harvested up to three times. If each pack produces 6 kg of mushrooms, he can earn up to 100,000 rupees after covering all expenses.

He says, "Many of my friends from the neighborhood have gone abroad and faced difficulties. If we work as hard here as we work abroad, we can earn a good income." Staying close to family can provide support through both happy and tough times. He encourages other young people to stay in the village and start their own ventures.

"Harikala Saru Magar: Building a Prosperous Life through Farming in Her Village"

Harikala Saru Magar from Gurans Rural Municipality-3 married at 18 while she was still in 8th grade. Despite getting married and taking on family's responsibilities, she wanted to continue her education. Unfortunately, her studies were discontinued short due to domestic and financial challenges. While many of her peers found jobs in Nepal or went abroad for work, Harikala didn't have the qualifications or means to pursue these options. Determined to make a living in her village, she decided to try farming. However, she faced difficulties at first because agriculture often requires significant investment, and she had limited resources.

Her situation improved when she joined a group formulated by the Green Karnali Project of SOSEC Nepal. The group focused on community development and discussed opportunities in commercial vegetable farming.

SOSEC Nepal helped Harikala by providing essential



resources, including a raw tunnel, garden pipes, yellow water, mohani traps, irrigation tools, plastic drums, *Mi* oil, a clay cement pond, and training in mushroom farming and agricultural business management.

Using modern farming techniques and regular advice from experts, Harikala saw great success in her vegetable farming. She started earning over Rs 90,000 a year, which was more than many of her peers who worked abroad.

Harikala proudly remarked, "Even the youths who go abroad can't earn as much as I do right here in the village." Her husband, who had considered working abroad, now works with her in the agriculture business. Together, they have built a successful enterprise, improved their lives and made a positive impact on their community.

"Transforming Education through Sanitation: Nirmala Nepali's Story of Change"

At Suryodaya Secondary School in Dullu Municipality-12, Dailekh district, significant improvements have been made to enhance the educational experience for female students like Nirmala Nepali. Once faced the challenges related to menstrual hygiene, Nirmala's story highlights a remarkable turnaround achieved through dedicated support and infrastructure improvements.

Previously, Nirmala faced severe difficulties during menstruation. The school's lack of water in toilets led to unpleasant odors and unsanitary conditions, causing her to miss school frequently or leave classes midway due to discomfort and lack of facilities. This not only disrupted her education but also affected her confidence and participation in school life.

The integrated water resources management program, funded by Helvetas Nepal and mobilized by SOSEC Nepal, the school has been transformed. With the installation of sufficient water supply for drinking, handwashing, and toilet use, the school's sanitation conditions have greatly improved. Nirmala and her peers now have access to clean facilities, which has significantly eased the management of menstrual hygiene.

Nirmala has noted a positive change since the introduction of these facilities. The availability of water has allowed her to stay in school without interruptions, contributing to a more consistent and enjoyable educational experience. This newfound ease has become a source of happiness for many girls at the school, who can now focus more on their studies and less on managing their menstrual hygiene.

Teacher Kiran has observed a marked decrease in the number of students leaving school mid-day. Previously, the dirty and smelly toilets discouraged many students from using them, but the improvements have resolved these issues. As a result, student attendance and health have improved, and both the school and community are experiencing greater cleanliness and better learning environments.

This success story underscores the profound impact that basic infrastructure improvements can have on students' education and well-being, demonstrating how addressing essential needs can lead to significant enhancements in school life and academic performance.

"Cleanliness is a social prestige"



Parbati Khatri, 56, of Ward No. 12 in Dullu Municipality, Dailekh district, is actively involved in maintaining cleanliness. Living with a nine-member family, she has diligently maintained a cleanliness list even in her old age.

Her son has been working in India as laborer to support the family, Khatri, as the primary member of the household, has emphasized the importance of cleanliness and plays a crucial role in family management.

Khatri shares her story, saying, “After my husband passed away, we relocated from Ward 10 to Ward 12. At that time, it was difficult to maintain the daily life, so I used neighbor’s toilets with ter a little discomfort. Eventually, I set up a temporary toilet by using old clothes at our home. It was also quite fearful of animals and snakes

When a new water and sanitation program was introduced in Dullu Municipality, supported by Helvetas Nepal and facilitated by SOSEC Nepal, it aimed to install taps in every household and improve sanitation. This initiative included the construction of new toilets, installation of taps, and provision of sanitation materials.

As part of the program, organization staff and female health volunteers began door to door visits. During these visits, they discovered that many toilets lacked doors and some were in poor condition, including mine. They offered suggestions and assistance, leading to the repair of 28 toilet doors, the

distribution of cleaning supplies like Harpic, brushes, and slippers, and the construction of six new toilets”.

Inspired by this support, Khatri renovated the toilet at her home, adding a new door and ensuring it was properly equipped. She also placed a notice detailing necessary toilet maintenance practices. This experience made her realize the importance of sanitation, not just for the home but for her dignity and social standing.

Khatri now emphasizes to everyone that maintaining cleanliness enhances the respectability of one's home. She believes that good sanitation and hygiene are essential for health and social status, not just for having clean drinking water but for overall well-being.

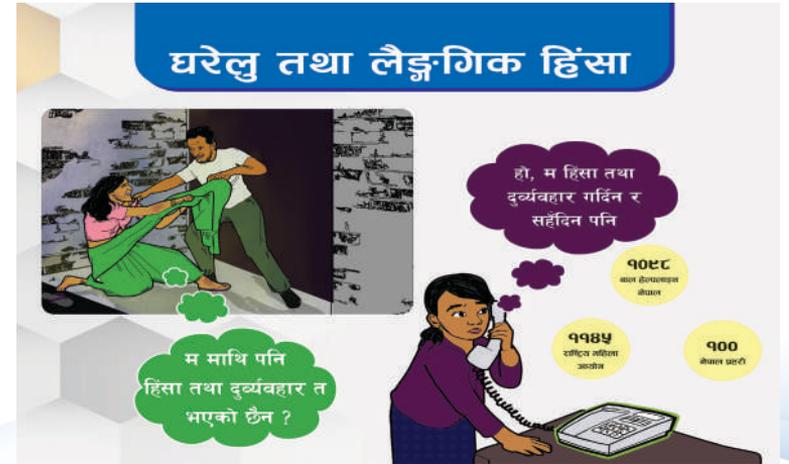


बालबालिकाको आपत्कालिन उद्धार, राहत, संरक्षण तथा परामर्श सेवाका लागि

बाल हेल्पलाईन - नेपाल
Child Helpline-Nepal

निःशुल्क फोन
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(दश-नौ-आठ)

बालबालिकालाई के सोच्ने हैन, कसरी सोच्ने सिकाउँौं ।



"Kharigaira's Journey to Improved Sanitation and Hygiene"

Kharigaira, a delightful village in Dailekh district, Nepal, faced severe water shortages and poor sanitation for years. With only a few unmanaged pipelines serving around 200 households, women spent up to 6 hours daily fetching water, which impacted their ability to manage household chores and hygiene.

In response to these challenges, the Integrated Water Resources Management (IWRM) Programme implemented the Tunigaira drinking water and sanitation scheme from October 2022 to July 2023. This initiative provided clean water to 1,161 residents and two local schools, significantly improving sanitation facilities.

A key factor in this success was the formation of the Child Sanitation and Hygiene Club (CSHC) by Nirmala, a social mobilizer with SOSEC. Comprising 50-60 children, the CSHC was instrumental in promoting hygiene practices. They created a "Code of Conduct" for total sanitation, which they introduced to their families. Despite initial resistance, their efforts led to the adoption of improved sanitation practices



such as using water filters, managing waste properly, and maintaining personal hygiene.

The community has praised the children's impact. Local resident Goma noted that improved sanitation and water



access, including tap stands and waste disposal pits, were made in high numbers due to the children's advocacy.

The positive outcomes include a significant reduction in water-borne diseases, with daily health post visits dropping from 25-30 to 10-12. Menstruating students now benefited from improved school facilities, allowing them to stay in school

during their menstrual periods without missing classes.

The success of the Tunigaira scheme and the CSHC's initiatives underscore the crucial role children can play in driving community change, demonstrating that achieving total sanitation is challenging but possible with dedicated effort.



"Happiness after receiving treatment."

Rita Sunar, (name changed) is a 40-year-old woman from Dailekh district. Her husband fled to India 13 years ago after polygamy and is not in contact until now. Sita is raising one daughter and two sons in a state of poverty. She was living together with the family. The condition of their house was in a state of disrepair for days. In this case, her family members did not care and there was no one to work at home, the financial condition of the house was very poor.

Then the staff of the SOSEC Nepal informed the Women and Children Service Center, and did coordination with Dailekh

OCMC. Then she was provided Rs 5000 in cash from SOSEC Nepal.

According to Rita Sunar, "SOSEC Nepal has saved me. I have been able to stay at home with my newborn son. So, I want to thank SOSEC Nepal from the core of my heart for supporting me".