

Stories of Change

Year 2025, Vol-9



SOSEC NEPAL

Central Office: Narayan Municipality-1, Dailekh

Central Office Phone: 089-410187/410096/089-410093

Bal Helpline 1098 (Ten-Nine-Eight)/9858088222/9858036222

Women and Children Centre, Dailekh: 089-410222

Women and Children Centre, Kalikot: 087- 440344

Kathmandu Office : 01-5910890, Surkhet Province Office: 083 - 414255

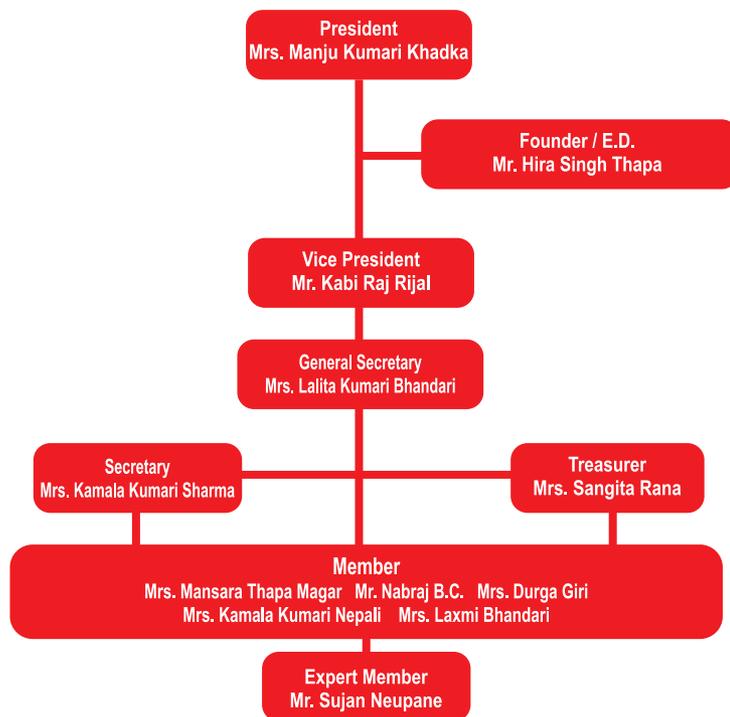
Toll free Num: NTC 16608942001 NCELL 9801574888

Email: soseddailekh@gmail.com, info@sosec.org.np, hirad@ntc.com.np

Website: www.sosec.org.np



Date 2082/05/11 Eleceted Executive Committee



Advisory Committe

- Coordinator :** Hon. Sita Kumari Rana - Member of Parliament
- Member :** Mr. Madhav Prasad Timalsina - Past V.P.
- Member :** Mr. Amar Bahadur Thing- Planner/Manager/Local Economy Dev. Expert
- Member :** Mr. Ammar Sunar - President FNJ Dailekh
- Member :** Dr. Lal Bahadur Pun - KUSOM (Visiting Faculty/Senior Reserch Fellow)

"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.



SOSEC NEPAL

Central Office: Narayan Municipality-1, Dailekh

Central Office Phone: 089-410187/410096/089-410093

Bal Helpline 1098 (Ten-Nine-Eight)/9858088222/9858036222

Women and Children Centre, Dailekh: 089-410222

Women and Children Centre, Kalikot: 087- 440344

Kathmandu Office : 01-5910890, Surkhet Province Office: 083 - 414255

Toll free Num: NTC 16608942001 NCELL 9801574888

Email: sosecdailekh@gmail.com, info@sosec.org.np, hirad@ntc.com.np

Website: www.sosec.org.np

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

Stories of Change Publication Committee

Advisor

President: Mrs. Manju Kumari Khadka
Executive Director / Founder President: Mr. Hira Singh Thapa

Publication Committee

Coordinator Mrs. Lalita Kumari Bhandari - General Secretary of SOSEC Board
Member: Mrs: Kamala Kumari Sharma - Secretary of SOSEC Board
Member: Mrs. Sangita Rana - Treasure of SOSEC Board
Member: Mr. Bhim Bahadur K.C.- Head of Program
Member Secretary: Mr. Padam Raj Joshi - MEAL Manager

Project Lead

Mr. Nirmal Adhikari- Program Manager
Mr. Ramesh Thapa- Project Lead
Mr. Puskar Pd. Sharma - Project Coordinator
Mr. Jib Raj Regmi - Project Coordinator
Mrs. Maya Adhikari - Project Coordinator
Mrs. Menka Chhetri - Project Coordinator
Ms. Shristi Batha- Project Coordinator
Mrs. Radha Oli- Program Coordinator
Mr. Lalit Khadka- Project Coordinator
Mr. Sulochana Suwal- Program Coordinator

Publication Assistants

Mr. Madhav Bhattarai - Program Manager
Mr. Tikaram Sapkota - Account and Procurement Officer
Mrs. Maya Rana - Admin Officer
Mr. Hikmat Thapa- Supply chain and logistic Officer
(Entire employees involved in the projects)

Copy right: Copyright © All Rights Reserved for the publication of the Stories of Change in SOSEC Nepal. The materials placed in this book as a resource can be re-published and translated for non-business purposes in respect of the program and projects implemented by the SOSEC Nepal,.

Publication Year : 2025

Copies : 500

Computer Setting : Yogesh Kumar Dhobi

Publisher : SOSEC Nepal

Printing : Capital Press, Nepalgunj, Phone : 081-551466

Memorandum of Gratefulness

I extend my sincere appreciation to all Board Members, staff, and stakeholders on the publication of the Ninth edition of the Stories of Change. This book captures powerful stories of transformation in rural communities, reflecting the positive impact of our interventions implemented in close partnership with government bodies, non-governmental organizations, INGOs, and development partners.

Sustainable community transformation cannot be achieved through programs alone. Lasting change occurs when communities embrace shifts in traditional beliefs, behaviors, and ways of living toward more inclusive and modern standards. The stories shared in this publication demonstrate such meaningful change and collective progress.

I hope this Stories of Change book will inspire and motivate staff across programs and projects, partner organizations, user groups, and stakeholders. I sincerely thank all staff members for their dedication and commitment to the organization's mission.

I am deeply grateful to all beneficiaries who willingly shared their personal journeys. Their stories will encourage and empower others facing similar challenges.

My appreciation also goes to all contributing writers and to Mr. Bhim KC, Head Of Program and Padam Raj Joshi-MEAL Manager for their invaluable role in editing, organizing, and enhancing the readability of this publication.

We welcome your valuable feedback and suggestions, which will help us strengthen our work in the future. Please share your comments at sosecdailekh@gmail.com or info@sosec.org.np

Thank You

January 5/2026

Mr. Hira Singh Thapa
Founder/Executive Director
SOSEC Nepal

Regarding the Stories of Change Book

SOSEC Nepal is a national non-governmental organization working for the promotion of human rights, climate change adaptation, disaster management, and sustainable livelihoods of poor and marginalized communities. For the past 28 years, the organization has been implementing need-based and skill-focused interventions in various districts of Karnali, Lumbini and Suderpushchim province in close coordination with government line agencies, donor partners, and national and international organizations.

This Stories of Change publication documents the tangible impacts of SOSEC Nepal's programs and projects and is intended to inform and inspire rights holders, stakeholders, and partners. The organization sincerely acknowledges the dedication and commitment of its staff in successfully delivering these interventions.

SOSEC Nepal extends its gratitude to the Board Members, Chairperson Ms. Manju Kumari Khadka, Executive Director Mr. Hira Singh Thapa, project leadership, program and support teams, partner organizations, donors, and stakeholders for their guidance and collaboration. Special thanks are also extended to Mr. Yogesh Kumar Dhobi of Capital Press Pvt. Ltd., Nepalgunj, for his design and publication support. We welcome constructive feedback and suggestions to further strengthen future publications and program interventions.

Lalita Kumari Bhandari

Coordinator Publication Committee

SOSEC Nepal

Table of Contents

S.No.	Contents	Page No.
1.	Hima Kumari Kusunda: A Young Leader Committed to Her Community.....	1
2.	Nanda Yogi's Journey: Self-Reliance Through Green Entrepreneurship.....	2
3.	Kamaladevi's Leadership and the Transformation of Talihum Village.....	3
4.	Safe Water Access Brings Comfort in Old Age.....	5
5.	The Story of Doke Village.....	7
6.	Pushpa's Journey Towards Change.....	9
7.	The Rebirth of Saraswati's Left-Behind Dream.....	11
8.	The Change in Anju's Life.....	12
9.	Child Activist Milan.....	14
10.	Kanchan's Journey: From Stigma to Self-Confidence.....	15
11.	Namuna's Journey: From Stigma to Self-Confidence.....	16
12.	The State Finally Saw Him: The Rebirth of Durga Prasad.....	18
13.	Roshan's Journey: From Disability to Hope.....	19
14.	Empowering Potential-The Journey of Bhagawati Bhandari.....	21
15.	"From Shadows to Shine: Kamala Karki's Empowerment Journey".....	23
16.	"Steps of Hope: Ravina's Transformation Journey".....	25
17.	From Isolation to Inspiration: Dipin's Journey to Education at Home.....	27
18.	Babita's Journey: From Household Struggle to Empowered Farmer.....	29
19.	Mansara Rokaya's Journey: From Challenges to Empowerment.....	30
20.	"Breaking the Silence: How Rita Found Safety and Justice".....	32

21.	Empowering Voice Against Child Marriage.....	33
22.	Breaking Harmful Beliefs: Manju’s Story.....	34
23.	Breaking Traditions, Building Equality: The Change Journey of Bishnu Prasad.....	36
24.	From Struggle to Empowerment.....	38
25.	From Fear to Courage: Niru’s Journey to Change.....	40
26.	Harvesting Happiness: The Impact of Organic Farming in Dailekh.....	42
27.	Growing Change: Dhana Thapa’s Journey to Organic Farming and Independence.....	44
28.	Transformation through Organic Farming.....	46
29.	From Migrant Laborer to Organic Farming Entrepreneur.....	48
30.	Krishna’s Birth was Registered Under his Mother’s Name.....	50
31.	“ The Protection Efforts of Yamraj and Ramesh Were Successful”.....	52
32.	Change in Life of Laxman.....	54
33.	Lokesh is Becoming a Leader.....	56
34.	The Changes Footsteps of Dekendra.....	58
35.	The Nomadic Community of Asia.....	60
36.	Between Duty and Doubt.....	61
37.	From Learner to Leader: The Inspiring WASH Journey of Karuna Khadka Magar.....	62
38.	A Journey of Hope in a Marginalized Community.....	64
39.	Empowering Rural Livelihoods Through the Nepal Livelihood and Resilient Project.....	66
40.	The Inspirational Story of Samjhana Khadka.....	67
41.	My Life Changed with the Support of Safe House.....	68
42.	Journey Towards Safety and Self–Reliance.....	79

Hima Kumari Kusunda :

A Young Leader Committed to Her Community

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, a brother, and a sister. She belongs to an economically poor household. Having completed her +2 education, she is now in the first year of her Bachelor's degree. Alongside her studies, she has joined SOSEC Nepal as a volunteer to work for her Kusunda community.

The Kusunda, also known as Ban Raja, are an Indigenous group of former hunter-gatherers from the forests of western Nepal who have since intermarried with neighboring communities and settled in villages. Her vision is to serve people and empower Kusunda girls through education and leadership opportunities. Since joining SOSEC Nepal, she has gained the ability to organize and manage programs effectively. She can handle logistics, coordinate participants, and communicate clearly and confidently. Her strong communication skills have allowed her to progress quickly as a young community leader.

Hima is deeply aware that she does not know everything and she embraces this with humility. She believes life is



complex, but this complexity drives her eagerness to learn. Whether through her own mistakes or by observing others, she remains curious and open to new knowledge. For her, learning is a lifelong journey, and her willingness to grow as an individual is what makes her stand out.

Her ultimate goal is to dedicate herself to uplifting the Kusunda community, building opportunities for Kusunda girls, and proving that leadership is possible at any age with passion, persistence, and a willingness to learn.

Nanda Yogi's Journey: Self-Reliance Through Green Entrepreneurship



Nanda Yogi, 41, lives with her family of three in Krishnapur, Ward No. 12, Ghorahi Sub-Metropolitan City. Due to her family's financial hardships, she had to discontinue her studies after completing grade seven. Her education was cut short mainly because her father's poor health made it difficult for the family to afford further schooling. Her husband works in Nuwakot district, earning NPR 15,000 per month. Due to his own health problems, a significant portion of their income goes toward medication, leaving the family struggling to meet basic needs.

To improve their financial situation, Nanda started raising a few goats at home. However, due to a lack of proper business knowledge, the venture did not yield the expected profits, and she was unable to support her family. Despite her determination to contribute to both her household and community, limited skills and business understanding prevented her from achieving success. The launch of the Green Economy Accelerator (GEA) Project in Ghorahi Ward No. 12 brought new opportunities for women and youth in the area. Nanda was selected as a participant and took part in a five-day SIYB (Start and Improve Your Business) training organized by SOSEC Nepal.

The entrepreneurship training completely transformed Nanda's perspective. She gained valuable knowledge about green enterprises, business planning, and market trends. With this new confidence and understanding, she realized she could build a sustainable enterprise within her community. After carefully analyzing her options, she decided to pursue beekeeping as a green business. Nanda credits the GEA Project with transforming her vision and giving her hope for a brighter future. She expresses deep gratitude for the skills, confidence, and opportunities provided by the project — tools that have enabled her to turn her challenges into opportunities.

Kamaladevi's Leadership and the Transformation of Talihum Village

In the remote village of Talihum, Dailekh, there are around 175 households, most of which belong to Dalit communities. Among them is 25-year-old Kamaladevi Sarki, who has spent her life battling poverty, discrimination, and traditional social restrictions. A mother of two, Kamaladevi worked as a teacher at a private school, earning only NPR 5,000 per month. With her husband unemployed, the entire responsibility of the family rested on her shoulders.

Since childhood, Kamaladevi had grown up witnessing and enduring unjust practices such as Chhaupadi (menstrual seclusion), child marriage, caste-based discrimination, and gender inequality traditions that had been accepted unquestioningly for generations. Yet deep within, she dreamed of change of a society where men and women could live with equal dignity and opportunity.

That dream began to take shape in 2024, when the Bihani Project, implemented by SOSEC Nepal with the support of AEIN, began in her community. Being the only woman



selected from her area, Kamaladevi saw a new ray of hope in her life. Soon, she was elected as the chairperson of the local community group representing women, children, and youth.

“I had never imagined myself as a leader,” she said. “I just wanted to see change in my own village.” After becoming



chairperson, Kamaladevi took her first bold step — raising her voice openly against the Chhaupadi practice. Determined to end a tradition that she herself had suffered from, she worked together with the project team to launch awareness campaigns, organize community meetings, street dramas, and collaborative initiatives with youth clubs and mothers' groups.

The impact soon became visible. Many women completely abandoned the Chhaupadi practice, while others reduced the period of isolation during menstruation. Kamaladevi herself ended the practice in her own household.

Today, Kamaladevi stands as a symbol of transformation in her village — confident, empowered, and proactive. She now plans to work on issues such as ending child marriage, improving nutrition, and promoting disability rights. “Now, during my menstruation, I cook food, do household work, and even participate in community programs,” she proudly shared.

“I never realized how heavy a burden that tradition was. The Bihani Project gave me the courage to speak up and helped my community learn to think differently. What and how started as a small step from me has now grown into a collective movement.”

Kamaladevi's journey stands as powerful proof that true change begins from within — and it takes courage, commitment, and belief to make it happen.

Safe Water Access Brings Comfort in Old Age

In Oiri village of Dugeswor Rural Municipality-6, Dailekh, 79-year-old Dambar Bahadur Gurung and 88-year-old Ganga Gurung are now spending their twilight years in peace. For a long time, they depended entirely on a distant spring, fetching water in jars and bottles, carrying them uphill and downhill in bamboo baskets to reach their home. The daily chore of collecting water was exhausting and physically demanding—especially for the elderly couple.

But those difficult days are now only a memory. With financial support from Helvetas Nepal and Dugeswor Rural Municipality, and under the Integrated Water Resource Management Program implemented by SOSEC Nepal, the Tuldhara–Bhandarkhola Drinking Water Scheme has been constructed. Thanks to the collective labor contribution of the community, a tap now flows right at their doorstep. With water easily available nearby, household tasks such as cooking, cleaning, washing, and even irrigating their small kitchen garden have become far more convenient and manageable.



Glimpses of Change: Summary

Getting water from a tap at home has replaced the hard work of going to the spring. Older people no longer have to carry heavy loads uphill, and daily chores are easier, saving time



for other things. The community helped build the water system, which gave them pride and a sense of ownership. The extra time is now used for small gardens and other useful work, making life easier and better for everyone.

The drinking water scheme has not only improved the quality of life for the Gurung couple but also stands as an example of how safe water access transforms rural households—especially for the elderly who deserve to live with dignity and comfort.

Ganga Gurung shares her emotions with tears of relief:

“We thought we would spend our old age still carrying water on our backs. But this project has given us immense relief. Life has become so much easier now.”



बालबालिकाको आपत्कालिन उद्धार, राहत, संरक्षण तथा परामर्श सेवाका लागि

बाल हेल्पलाईन - नेपाल
Child Helpline-Nepal

निःशुल्क फोन

१०८

(दश-नौ-आठ)

बालबालिकालाई के सोच्ने हैन, कसरी सोच्ने सिकाऔं ।

The Story of Doke Village

Oiri village, located in Dugeswor Rural Municipality of Dailekh District, has recently gained recognition as a clean, healthy, and exemplary settlement. Just a few years ago, unmanaged household waste, poorly maintained toilets, and unsafe drinking water were common issues in the village.

Today, every household has a safe toilet, water is consumed only after filtration, and waste pits, pot drying pits, and handwashing stations with soap are set up near every tap.

Behind this remarkable transformation is the tireless effort of Devi Sapkota, an employee working under the Integrated Water Resources Management Program (IWRMP). For a long time, Devi conducted door-to-door visits, group meetings, and public hearings to raise awareness on sanitation and hygiene.

She recalls, “I used to talk to the women in the community about water, sanitation, and waste management. In the beginning, it was very challenging, but once a few households started practicing it, others followed. We learned that collective effort makes change possible.”



One of the most innovative practices initiated under her leadership was placing a doko (bamboo basket) near each public tap. This simple idea encouraged villagers bring non-biodegradable waste from their homes and dispose of it in the baskets while fetching water.

As a result, scattered waste across the village completely disappeared. Today, Oiri village excels in sanitation. Women have become more conscious about health and hygiene, and



visitors are amazed by the village's cleanliness.

The villagers proudly say, "Every house has a toilet, we drink only filtered water, and managing waste is our responsibility. Devi Miss showed us the way, and we followed it."

Oiri village has now been transformed into Doke Village, a model of sanitation and community effort. Devi Sapkota's contribution has become a source of inspiration, proving that sustainable change is possible when communities work together.

This success story stands as an exemplary model for other communities to follow.



बालबालिकाको आपत्कालिन उद्धार, राहत, संरक्षण तथा परामर्श सेवाका लागि

बाल हेल्पलाईन - नेपाल
Child Helpline-Nepal

निःशुल्क फोन

१०५८

(दश-नौ-आठ)

बालबालिकालाई के सोच्ने हैन, कसरी सोच्ने सिकाउँौं ।

Pushpa's Journey Towards Change

16-year-old Pushpa Khadka, from Chamunda Bindrasaini Municipality in Dailekh, grew up in a society where girls were discouraged from expressing their opinions and marriage was often seen as the ultimate goal in life. Her family consists of seven members: grandmother, father, mother, elder brother, younger brother, sister, and herself.

Due to financial hardship, her parents often had to work as daily wage laborers. When it became difficult to meet basic family needs, her father went to India in search of work. Despite these challenges, he always believed in his daughter's education and used to say, "Education is for daughters too." Her mother loved her, but the burden of traditional thinking often held her back.

One day, Pushpa learned about the Healthy Transition program, run under the Sahayatra Project by SOSEC Nepal with support from Save the Children. This program targets adolescent girls and young women aged 15–24 and provides knowledge on sexual and reproductive health, self-confidence, self-care, decision-making, and life skills. Learning about this program brought a new ray of hope into Pushpa's life.



A few days later, a female community health volunteer informed Pushpa that she had been selected to participate. At first, she felt nervous, but gradually, she became comfortable with the group and began learning about sexual and reproductive health, self-confidence, self-care, decision-making, and life skills. As an active member of the Phoolbari Adolescent Group, she attended 24 out of 25 sessions



continuously. One feeling was shared by all participants during the sessions: hope.

Through these sessions, Pushpa shared her personal experiences, encouraged her peers, and participated in various activities to learn about menstruation and hygiene, adolescence, pregnancy warning signs, financial literacy, goal setting, bodily autonomy, and rights. Activities like role-playing, group discussions, and peer support gradually transformed her from a shy girl into a confident young woman.

Afterward, she began questioning traditional practices such as staying in the chhaupadi hut during menstruation, caste discrimination, and child marriage. Believing that change must start from oneself, she began practicing new habits, such as eating and sitting together with friends. Pushpa actively raises awareness among parents and adolescents about the legal risks and physical–mental impacts of child marriage. She is naturally curious, eager to learn new things, and passionate about teaching others.

Currently, she is studying in Grade 10 at Bhairav Secondary School, Surma, with a strong determination to complete her education and pursue her chosen career.

Pushpa Says,” This program gave me knowledge, confidence, and a voice to shape my future. I now keep learning and teaching others, understanding that change takes time. I dream of bringing hope and light to others, just as it once came to me.”

Even her grandmother has noticed the change: “Pushpa used to be shy, but now she goes to the sessions enthusiastically and teaches us what she has learned,” she said with a smile.

The Rebirth of Saraswati's Dream

Saraswati daughter of Basan Damai and Rajan Damai, lives in Mehel Dhara, Ward No. 8, Chamunda Bindrasaini Municipality, Dailekh. Born with physical disabilities affecting her knees and spine, she is the third of six siblings. Saraswati studied up to grade 2, but as she advanced to higher grades, her physical challenges increased. Due to difficult terrain, lack of proper infrastructure, and absence of a guardian to accompany her, she eventually stopped attending school, spending her days at home feeling discouraged. Her family, already overwhelmed with many children, showed little interest in sending her to school. Her father had migrated to India for work, and her mother was preoccupied with household responsibilities. Under such circumstances, Saraswati's education was not prioritized.

The Sahayatra III Project, jointly implemented by Save the Children and SOSEC Nepal, brought a turning point to her life. The project re-enrolled her in school and created a learning environment at home. Saraswati was provided with a living space, carpets, P-Form, learning materials, and other educational supplies. Now, Saraswati studies in a child-friendly classroom set up at home with a trained facilitator. She secured second place in the 2081 annual assessment at Shree Bindrasaini Secondary School. Currently, she is



enrolled in grade 4 and visits the school at least twice a month with support from her facilitator and guardian. The project has not only facilitated her learning but also improved her personal hygiene and daily routines.

Saraswati says: “Previously, I used to feel frustrated sitting at home all day. Now, I get to learn in a cheerful environment at home, which makes me very happy.” Although Nepal's constitution guarantees free and compulsory education up to the basic level for all children, many remain out of school, and physical disabilities are a key barrier. Through interventions like this, projects ensure access to education for all children. Saraswati is a direct beneficiary, and her life now moves forward with happiness, purpose, and new hope.

The Change in Anju's Life



Twelve-year-old Anju Nepali, the eldest daughter of Jhalk Nepali and Dhana Nepali, lives in Dausur, Chamunda Bindrasaini Municipality-7, Dailekh. Coming from a poor family with many members, her parents often travel to India to work as daily wage laborers. Anju and her six siblings, one brother and five sisters were all born in India.

Due to the family's financial struggles and the burden of raising seven children through labor work, none of Anju's sisters had the opportunity to attend school. Moreover, her father's addiction to alcohol caused frequent distress in the family. Unable to bear the situation any longer, Anju's mother returned to Nepal with all her children last year (in the month of Chaitra). A kind person in the village helped them by building a small hut where they currently live. Anju's mother now works as a daily wage laborer in the village to provide food for her children.

Since most of the family members had been living in India for a long time, and because of her father's negligence, none of the children, including Anju, had birth registration certificates. As a result, they were unable to enroll in school.

During the birth registration campaign organized in Baisakh under the Sahayatra III Project implemented by SOSEC Nepal in partnership with Save the Children under the thematic area of Child Rights Governance, Anju's family was identified through outreach activities. Upon learning



that none of the children had birth registration, project staff coordinated with the local ward office and helped the family obtain free birth certificates for all the siblings. Given the family's large size, fragile economic condition, and the

father's irresponsible behavior, the children were considered at risk. The issue was discussed in the Ward Child Rights Committee, and based on their decision, Anju was included as a child at risk and received some support through the project. With the organization's help, Anju was enrolled in Grade 1, and since the family could not afford school supplies, she was provided with educational scholarship support including copies, pens, and other materials. Nowadays, Anju regularly attends school, and her younger siblings have also started going to school.

"I am grateful to the organization for helping register my children's births, enroll them in school, and provide food, uniforms, and study materials, giving them a better future."— Dhana Nepali (Anju's mother).

"I never went to school while living in India and couldn't speak Nepali well. Seeing other children study, I wanted to learn too. Now, with the organization's support, I am in Grade 1, go to school every day, and really enjoy learning."— Anju



Fifteen-year-old Milan Shahi, a student of Grade 8 at Janata Secondary School, Lainchaur, lives in Chamunda Bindrasaini Municipality-6, Dailekh. There are seven members in his family. After his father passed away during medical treatment, all family responsibilities fell upon his mother. Following his father's death, the family faced increasing social, economic, and psychological hardships. The family depends mainly on small-scale farming for survival and is in a very poor financial condition. The crops produced from their small piece of land are only enough to feed the family for about four months a year. Since Milan is still a minor, it is difficult for him to make the family self-sufficient.

During a home visit conducted under the Child Rights

Child Activist Milan

Governance component of the Sahayatra III Project, implemented by SOSEC Nepal in partnership with Save the Children, it was found that Milan's family was large and economically fragile, putting the children at risk. The issue was discussed in the Ward Child Rights Committee meeting, and based on the committee's decision, Milan was identified as a child at risk and selected to receive support from the project. Through the organization's assistance, Milan was provided with an educational scholarship to help continue his schooling. Additionally, he was given the opportunity to participate in two municipal-level trainings organized by the project, which helped build his self-confidence, leadership skills, and interest in social work.

Nowadays, Milan actively participates as a child activist in various awareness programs at both the school and community levels. With the organization's support, he now regularly attends school and shares the lessons he learned from the trainings with his friends. Milan's mother, Sabitri Shahi, says: "After my husband's death, I had to take full responsibility for the family, which pushed us into serious economic and social difficulties. The organization's support in helping my son continue his education and develop his confidence and leadership skills has been very valuable. I am deeply grateful for their help and hope for continued support in the future."

Kanchan's Journey: From Stigma to Self-Confidence

Kanchan (name changed), a 14-year-old grade 10 student from Gurans Rural Municipality, Dailekh, was born with intersex traits. Growing up in a poor, uneducated family of five, she faced confusion, social stigma, and isolation. From a young age, Kanchan experienced teasing, humiliation, and insecurity about her body, which affected her schooling and social life. Medical advice in India suggested postponing surgery until she reached adolescence and could decide for herself.

The SOGIESC Project by SOSEC Nepal marked a turning point in her life. Project staff provided orientation on LGBTIQ issues to her family, helping them understand and accept her identity. Kanchan also joined peer support groups, where she met others like her, which helped her regain confidence and self-acceptance.

The project provided emergency support such as food (rice, pulses, oil, salt) and educational materials (clothes, stationery, and bags). Through advocacy, the rural municipality started providing social security funds (Rs. 2,000) and income-

generating support, including goats. Kanchan's family earned around Rs. 30,000 from livestock, helping cover her education and household needs.

As a result, Kanchan became more confident and self-reliant. She actively participates in programs, became vice-secretary of the rural municipality child club network, and later joined the provincial-level network as an LGBTIQ representative. She improved academically, learned to ignore prejudice, and gained the full support of her family.

Kanchan's journey highlights how targeted support, community awareness, and inclusive programs can empower LGBTIQ youth in rural Nepal. Today, she stands as a confident role model, inspiring others while embracing her identity with pride.

Namuna's Journey: From Stigma to Self-Confidence

Namuna (name changed) is an 11-year-old sexual minority girl who identifies as female. She lives in Dailekh. Namuna is the second child of family. Her family belongs to an economically disadvantaged group, relying on daily wage labor, farming, and livestock for their livelihood.

After Namuna was born, her father remarried and left the family, forcing her mother to raise the children alone. This created economic challenges and made Namuna's life even more difficult. When Namuna was born, her mother noticed differences in her sexual organs and became very concerned. She sought advice from neighbors and relatives, but many responded with discriminatory behavior and gave Namuna derogatory labels. Deeply worried, her mother took Namuna to the Provincial Hospital in Surkhet for consultation. Doctors examined her and confirmed there were no health problems, advising against immediate surgery.

As Namuna grew older, she began attending school. However, neighbors and relatives continued discriminatory behavior, teasing, and harassment, which made her feel isolated and hesitant to go to school. Additionally, her father blamed her mother for Namuna's condition, adding emotional stress to

the family.

The LGBTIQ Project run by SOSEC Nepal became a turning point in Namuna's life, playing a crucial role in fostering positive feelings and confidence. Through the project, awareness and training programs on gender and sexual minority issues were conducted at her school. Teachers provided detailed information about Namuna to the project staff. Project staff then visited her home, engaged with her family, and provided guidance on sexual minority issues, helping them understand Namuna's identity. Her family realized that such experiences could occur in other children in the community as well.

SOSEC Nepal also organized peer group meetings with other children who had similar experiences. These interactions helped Namuna gain acceptance, happiness, and self-confidence.

The project provided emergency support, including food, clothing, educational materials, and a goat-rearing grant of NPR 16,000. Additionally, her sister received NPR 25,000, and the interest from this amount supports Namuna's school

expenses. Income from livestock also contributes to the family's livelihood. As a result of this support, Namuna's life has improved significantly. She now attends school regularly, plays with friends, and receives guidance from teachers.

Her mother proudly shares:

“Thanks to the invaluable support of the organization, my daughter's life has transformed. She attends school regularly, actively participates in meetings and awareness programs,

has gained confidence, speaks up for our family, and can face discrimination. We are deeply grateful to SOSEC Nepal and Save the Children, whom we consider our guardians.”

Namuna's story demonstrates how targeted support, community awareness, and inclusive programs can provide proper guidance and protection for sexual minority and gender-diverse children, helping them grow into confident and successful individuals.





The State Finally Saw Him: The Rebirth of Durga Prasad

Durga Prasad Rijal, a 51-year-old man from Ward No. 5 of Dullu Municipality, lived over five decades without a citizenship certificate. Born with multiple disabilities; both physical and intellectual, he has been unable to walk or speak clearly since birth. Poverty, isolation, and lack of access left him completely unseen by the state. Without citizenship, he was denied basic rights such as education, healthcare, employment, and social protection. His name was never entered into official records, making him legally invisible for much of his life.

That changed when the “Hatemalo – Hamro Aawaj, Hamro Sahabagita” project, implemented by SOSEC Nepal, identified his case and took action. The team collected the

required documents, prepared his legal file, and coordinated with government offices. Finally, on Asar 19, 2082 B.S. (July 3, 2025), a team from the Area Administration Office of Dullu visited his home and officially handed over his citizenship certificate. That same day, following a health assessment with support from the municipality and the district hospital, Durga Prasad also received his disability identity card. For a man long excluded from the system, this moment marked the formal recognition of his dignity and rights.

Durga Prasad’s journey is more than a personal milestone. It is a wake-up call for the state. His story reflects the reality that many people, especially those with disabilities and from marginalized communities, still live without legal identity in Nepal. Citizenship and recognition are not acts of kindness—they are human rights. His transformation is a powerful example of inclusion in action, and a reminder that with collective will, thousands more invisible citizens can be seen, heard, and recognized.

Roshan's Journey: From Disability to Hope

Roshan Nepali, an 11-year-old boy from Bhairavi Rural Municipality, was born with a physical disability. He is the eldest of six siblings in a poor and economically disadvantaged family. His father worked as a daily wage laborer to support the family, while his mother was busy with household chores. Due to financial constraints and daily responsibilities, the family had limited time and resources to care for Roshan or support his education.

Because of his physical disability, Roshan could not walk properly, and the family could not afford medical treatment. As a result, while his siblings attended school, Roshan had to stay at home. He often felt sadness and disappointment when his brothers and sisters went to school. As he grew older, he began to realize that he faced challenges not only in education but also in social interaction, friendships, and basic personal hygiene. He often thought, "If I weren't disabled, I could go to school, play with friends, and be like everyone else."

The turning point in Roshan's life came with the HATEMALO Project run by SOSEC Nepal, which focuses on inclusive education for children with disabilities. One key component of the project is the "Home-Based School"



program, designed to support children with physical or multiple disabilities who cannot attend school. Under this program, each child receives a trained teacher who delivers lessons at home according to the government curriculum.

In Bhairavi Rural Municipality Ward No. 4, Priyanka Bik was selected as Roshan's home-based teacher and provided with necessary training. Priyanka visits Roshan daily

and teaches him for 4–5 hours. Initially, Roshan was shy, uninterested in studying, and unaware of the importance of personal hygiene. He was also afraid to speak in front of others. According to his mother, the family had previously paid little attention to his care or hygiene.

Gradually, with continuous guidance and motivation from his teacher, Roshan began taking an interest in his studies. He started focusing on personal hygiene and self-care. Today, Roshan wakes up early, washes his hands and face with the help of his parents, and studies enthusiastically. He can now speak confidently in front of others, and there have been remarkable improvements in his behavior and daily routine. He does not want to miss a single day of learning and is now enrolled in school.

This transformation has brought joy and hope not only to

Roshan but to his entire family. The community-led public housing program also helped build their home, making life easier for the family.

His mother shares:

“Even today, awareness about caring for children with disabilities is limited in our community. Thanks to the ‘Home-Based School’ program, my son’s future is improving. We are deeply grateful to all the supporting organizations.”

Roshan’s journey sends a powerful message: with the right support, every child, regardless of physical condition, can learn, study, and lead a happy life. However, achieving lasting change in his life still requires continued effort and support.



बालबालिकाको आपत्कालिन उद्धार, राहत, संरक्षण तथा परामर्श सेवाका लागि

बाल हेल्पलाईन - नेपाल
Child Helpline-Nepal

निःशुल्क फोन

१०८८

(दश-नौ-आठ)

बालबालिकालाई के सोच्ने हैन, कसरी सोच्ने सिकाउँौं ।

Empowering Potential – The Journey of Bhagwati Bhandari

Bhagwati Bhandari- 25, a woman with albinism and a disability with low vision, resides in Dullu Municipality of Dailekh District. Coming from a modest economic background, her early life was shaped by social stigma, limited mobility, and deep-rooted fear of discrimination. Despite being enrolled in a Rastriya secondary school, she often felt excluded and lacked the confidence to engage in community life due to her disability and related psychosocial challenges.

Her transformative journey began when SOSEC Nepal, through the Hatemalo Project, announced a vacancy specifically for persons with disabilities. Although initially hesitant, Bhagwati overcame her fears and applied. Her selection as a community facilitator marked the beginning of a new chapter filled with personal growth and empowerment.

With regular support from the Hatemalo Project team, Bhagwati actively participated in various capacity-building programs, including a four-day specialized training on albinism and disability in Nepalgunj. She began taking



part in advocacy campaigns and disability empowerment groups, gradually emerging as a confident and proactive community leader.

One of her notable achievements includes initiating a computer training program tailored for women with



disabilities in her municipality—an effort that received wide appreciation and local support. She also worked closely with local government representatives to advocate for disability-inclusive budgeting and service provision.

Today, Bhagwati is proudly recognized as a social activist and disability rights advocate. Her story is a testament to how inclusive opportunities, supportive environments, and community-based empowerment can unlock the potential of individuals living with disabilities.

SOSEC Nepal acknowledges Bhagwati’s inspiring journey and remains committed to creating more such opportunities for marginalized groups across its working areas.

घरेलु तथा लैङ्गिक हिंसा

म माचि पनि हिंसा तथा दुर्व्यवहार त भएको छैन ?

हो, म हिंसा तथा दुर्व्यवहार पतिन र सहैदिन पनि

१०८८
आफूलाई सम्झाउने
संस्था

११४४
राष्ट्रिय महिला
संस्था

१००
आफूलाई सम्झाउने
संस्था

नगरौं बिहेको कुरा भएकोछैन २० वर्ष पुरा

बिहेवारी २० वर्षपारी

हो, म बालिका हुँ तर बेहुली छैन।

१०८८
आफूलाई सम्झाउने
संस्था

११४४
राष्ट्रिय महिला
संस्था

१००
आफूलाई सम्झाउने
संस्था

“From Shadows to Shine: Kamala Karki’s Empowerment Journey”

Kamala Karki, a 29-year-old woman with an intellectual disability from Dullu Municipality, had long been living in a state of vulnerability and neglect. As a pregnant woman with limited understanding of her rights and entitlements, Kamala faced several challenges in her daily life. Her family, unaware of disability rights and social protection measures, was also unable to support her adequately.

Kamala had not been connected to any support system and lacked access to services such as the disability identity card, which would enable her to benefit from government-provided facilities. She remained unaware of her rights and her voice remained unheard both within her family and the community.

Her path to change began when she was reached by a SOSEC Nepal facilitator through the Hatemalo project. The facilitator made regular home visits and provided tailored counseling and awareness sessions to Kamala and her family. Through this engagement, Kamala slowly began to understand her rights as a person with a disability and the



importance of being included in government registration and support systems.

A major turning point came when Bhagwati Bhandari, a community facilitator and local disability rights activist in the Hatemalo project, stepped in to support Kamala.

“Steps of Hope: Ravina’s Transformation Journey”

Ravina B.K. was born on Ashar 30, 2077 B.S. (mid-July 2020 A.D.) in Bharabi-1, Dailekh. She is the youngest daughter of Pampha Sunar and Purna Bahadur Kami. Born into a Dalit community, Ravina exhibited signs of physical disability from birth, which deeply worried her family.

In search of treatment, her family took her to India twice. However, the doctors recommended amputation of her leg, a decision the family could not accept, so they returned to Nepal. Despite multiple efforts for treatment in Dailekh, no significant improvement was seen.

When Ravina couldn’t walk or play like other children, she mostly remained in one place. Her mother continued to live in the hope of one day seeing her daughter walk on her own feet.

On Ashoj 6, 2081 B.S. (late September 2024 A.D.), during a free health camp organized at Himalaya Secondary School in Dandimadi under the coordination of the Hatemalo Project run by SOSEC Nepal and with financial support from CBM Global and Bhairavi Rural Municipality, Ravina’s family



learned about the opportunity for medical support. After participating in the camp, the team of doctors suggested that surgery was necessary for Ravina’s leg.

Since the treatment would be free of cost, Ravina’s mother took her to the HRDC Surkhet. There, her leg was put in a plaster cast, which was changed weekly. Later, she was



referred to HRDC (Hospital and Rehabilitation Centre for Disabled Children) in Banepa, Kavre, for further treatment and surgery.

After nearly four months of treatment in Banepa, Ravina's condition improved significantly. She is now able to walk on her own and, since 2082 B.S. (2025 A.D.), she has been studying in the early childhood class at Nepal Rastriya Basic School, Mahataragaun. Ravina now walks to school with her friends.

Ravina's mother says: "Many people in the village used to mock my daughter, saying she was a result of sins from a past life. It was heartbreaking to hear. If that health camp hadn't happened, my daughter wouldn't have received treatment or been able to go to school. That's why I want to express my heartfelt gratitude to Bhairavi Rural Municipality, SOSEC Nepal, and CBM Global."



बालबालिकाको आपत्कालिन उद्धार, राहत, संरक्षण तथा परामर्श सेवाका लागि

बाल हेल्पलाईन - नेपाल
Child Helpline-Nepal

निःशुल्क फोन
१०५८
(दश-नौ-आठ)

बालबालिकालाई के सोच्ने हैन, कसरी सोच्ने सिकाउँौं ।

From Isolation to Inspiration: Dipin's Journey to Education at Home

Dipin Nepali, a 17-year-old boy from Gamoudi, Ward No. 09 of Dullu Municipality, was born with a physical disability that limits his mobility. He is the third child of Bhim Bahadur Kami and Laxmi Kami, who struggle to meet their daily needs. His father works as a laborer in India, while his mother manages household chores and farming. Although a school is located nearby, Dipin had stayed at home for 16 years, unable to attend due to his condition. Watching other children go to school sparked his desire to learn, but his family, unable to carry him daily, had no choice but to keep him at home.

Dipin's life began to change with the launch of the "School at Home" program under the Hatemalo Project, Hamro Aawaj Hamro Sahabagita, supported by CBM Global and implemented by SOSEC Nepal. On November 23, 2024 (Mangsir 7, 2081), a trained community teacher, Surya Puri, started visiting him regularly to teach him at home. For the first time, He could access education without leaving his house. Though shy and reserved at first, he gradually became more confident and began to enjoy learning. Today,



he eagerly prepares for his lessons and often asks his teacher, "What will we learn tomorrow?"

With the support of learning materials, textbooks, regular assessments, and encouragement from his parents, Dipin has made remarkable progress in a short time. He particularly enjoys drawing, math, and science. His interest in literature

and storytelling has grown so much that he now dreams of becoming a writer like his idol, Jhamak Kumari Ghimire. When he's not studying, Dipin enjoys singing, dancing, and watching inspiring videos that make him smile and feel hopeful.

Dipin's story is more than just a journey of learning—it's a story of inclusion, perseverance, and dreams reborn. The

“School at Home” program has not only given him an education but has also restored his confidence and joy. Now enrolled in Grade 1, He continues to study with enthusiasm and serves as a source of inspiration to other children with disabilities in his community. Through patience, support, and determination, he is learning, thriving, and dreaming of a brighter future.



Babita's Journey: From Household Struggles to Empowered Farmer

Babita Rokaya, a 32-year-old mother of three from Thatikandh Rural Municipality Ward 6, lived a life of constant struggle, balancing household chores and subsistence farming. Married at 18 to Hari Rokaya, whose small electronics shop barely sustained the family, Babita often faced financial insecurity. “There were moments when even managing two meals a day felt impossible,” she recalls.

Her life began to change with the support of SOSEC Nepal’s SAHAKARYA project. Encouraged to try commercial vegetable farming, Babita faced initial challenges due to her lack of experience in large-scale cultivation and market dynamics. With guidance from SOSEC Nepal staff and a two-day training on homemade pesticides, she gradually gained skills and confidence, moving from subsistence farming to a thriving enterprise. Babita now grows fresh organic vegetables and sells them at local markets. She manages her own finances, contributes significantly to household income, pays her children’s school fees, and even saves money a milestone she proudly shares. Profits from her farming enabled her to purchase her own land, marking a remarkable achievement



and long-term stability for her family.

Beyond personal success, Babita’s journey has transformed her role within her household and community. She is an empowered decision-maker, financially literate, and eager to continue learning. She also envisions a collection center for local farmers’ produce to reduce spoilage and improve access to larger markets, reflecting her proactive approach to community development. “I am very grateful and thankful to SOSEC for helping me,” Babita says, her story illustrating how strategic support and empowerment can uplift individuals from hardship to independence, dignity, and pride.

Mansara Rokaya's Journey: From Challenges to Empowerment



Mansara Rokaya, 36, from Thatikandh-6, Dailekh, is a mother of five children and today stands as a symbol of resilience and transformation. Her family includes two sons, three daughters, and her husband. Professionally a teacher, Mansara's life took a positive turn after participating in the SAHAKARYA Project, implemented by SOSEC Nepal with financial support from AEIN.

Married at the age of 16, Mansara faced numerous challenges due to her economically disadvantaged family. With limited household resources, her husband had to seek work outside, but with low educational qualifications, he could not earn enough. Despite these difficulties, she continued her studies and completed her bachelor's degree—a milestone she recalls with pride.

Before joining the Project, her farming was limited to wheat and maize, which was insufficient to meet her family's annual food needs. After meeting the project coordinator, Jibraj Regmi, and learning about the importance of commercial vegetable farming, she decided, "I can do this too, and I will farm with dedication."

Through a three-day training organized by SOSEC Nepal, Mansara learned essential skills, including seed planting techniques, making homemade organic pesticides, and basic vegetable cultivation. The project initially provided seasonal seeds and temporary plastic tunnels, but most crops were destroyed due to bad weather. Subsequently, the project provided durable permanent tunnels, and with improved

infrastructure and skills, she gradually expanded her farming which more supported too started as a small initiative has now become a sustainable source of income.

Mansara produces vegetables beyond the main crops, not only sufficient for her family but also for selling in the local market, earning over NPR 100,000 annually. Today, she manages her teaching profession and farming efficiently, achieving financial stability, family unity, and community respect. She is eager to further expand her farming and hopes for additional support from the organization.

Her success has inspired her community. Beyond financial gains, her ability to balance professional

and personal life has made her a role model. Her journey motivates many, especially women, to engage in sustainable farming practices.

“When neighbors and relatives praise my work, I feel proud. Today I can speak publicly, but there are still many women who cannot even say their names. Programs like this are necessary to build confidence for them too,” she says.

Mansara’s story is a remarkable example of how targeted support, skill development, and community participation can empower women while uplifting their families.



“Breaking the Silence: How Rita Found Safety and Justice”



Rita Nepali (name changed), 18, is a resident of Simta Rural Municipality. She is the youngest daughter in a family of five, where her father works as a daily wage laborer and her mother is a homemaker. A diligent student, Rita is currently studying in Grade 12 at a local secondary school.

From February 16–18, 2025, she participated in the 16th President’s Running Shield Competition. A few days after the competition, someone used a fake ID with her photo to send continuous offensive messages, pictures, and abusive words. Later, threats were even made in person at her home. Initially, Rita tried to handle the situation quietly on her own. However,

as the harassment continued and escalated, she became terrified, anxious, and emotionally disturbed. Fearful that others would misunderstand, she avoided telling anyone, hesitated to leave the house, and her friends noticed her unusual behavior.

During a sensitization session conducted by a case manager under the Step to Learn (STL) project, she learned about the importance of complaint management (CRM) and available support. This gave her the courage to share her distress with the school’s complaint focal teacher. The teacher escalated the issue to the school’s Complaint Management Committee, which referred it to the nearby police station. The police conducted a serious investigation, identified the perpetrator, and took necessary action. Since then, she has not received any offensive messages from fake IDs.

With continuous counseling support to reduce fear and anxiety, Rita’s symptoms have now completely disappeared. She once again feels safe and secure. She realized and that sharing problems with responsible people helps resolve them and thanked the school, Complaint Management Committee, police, and Step to Learn program for their support.

Empowering Voices Against Child Marriage

Anita Basnet a 15-year-old student from Ward No. 6 of Narayan Municipality in Dailekh District, has emerged as a powerful voice against child marriage in her community. Once a shy and hesitant girl, Anita found her confidence and purpose after joining a Transformation Class organized by Aawaj Nepal. The program focused on building leadership skills and raising awareness on issues such as child marriage, gender equality, and human rights. Through consistent participation, Nita gained the confidence to speak publicly and advocate for change. A key turning point came when SOSEC Nepal facilitated an orientation on child marriage at her school, where she learned about its legal, social, and health-related consequences. Shortly after, Nita intervened when she learned that her close friend was about to be married off. Drawing on her knowledge, she convinced her friend and her family of the dangers of child marriage and the legal implications. Her courage prevented the marriage and encouraged her friend to stay in school.

Since then, Nita has actively raised awareness in her community, conducting informal sessions with families



and peers. She has helped stop multiple child marriages and promoted the use of helplines like 100 (police) and 1098 (child protection). Nita now inspires others to stand up against child marriage and believe in the power of education. Her transformation from a quiet student to a youth advocate demonstrates how awareness, education, and community support can empower young people to become agents of change.

Breaking Harmful Beliefs: Manju's Story



My name is Manju Oli, and I was born in the remote district of Dailekh in Karnali Province. I still vividly remember the painful experience and discrimination I faced during my first menstruation. During my periods, I was forced to stay in the chaupadi hut, and due to traditional beliefs, I was deprived of adequate nutritious food. This isolation and discrimination made me feel very miserable. Even after marriage, I was still compelled to follow the old chaupadi practices during menstruation. When I gave birth to my first child, a daughter,

the social pressure increased even more. At that moment, I promised myself, “My daughter should never endure the same pain I went through.”

With this dream in mind, I moved to Surkhet to give my daughter a better education. While living there, I connected with various organizations and gained valuable work experience. In February 2025, I had the opportunity to work as a Field Officer with SOSEC Nepal under the Empowered Women, Prosperous Nepal program.

Inspiration from Experience

Through the program, I participated in transformation sessions, family dialogue programs, intergenerational dialogues, community-based discussions, meetings, and various advocacy activities. These community dialogues and collective commitments made me realize that harmful practices can be changed. This learning inspired me to take a courageous step in my own family to break the cycle of chaupadi and honor menstruation respectfully.

A New Beginning at Home

On August 30, 2025, my daughter Smritika had her first period. I felt it should not be hidden—it was a moment to celebrate. We celebrated it like a birthday: cutting cake, applying tika, singing, and dancing. Friends, neighbors, and relatives joined us. The most surprising and joyous moment was when my 62-year-old father, who had strictly followed the chaupadi tradition for years as a dhama, participated, applied tika to my daughter, and said, “I will never follow chaupadi again.” That day became an unforgettable turning point in my life. I deeply realized that menstruation is not something to be ashamed of—it is a matter of respect and celebration.

Continuing Change

Today, through the Empowered Women, Prosperous Nepal

program, I continue to raise awareness in the community. I discuss with adolescent girls, parents, and local leaders, spreading positive messages. I am proud that I was able to start change in my own home, and now that change is spreading throughout the community.

SOSEC Nepal has played a crucial role in this transformation in my life, and I am deeply grateful to the organization for giving me a voice, skills, and confidence, enabling me to become a source of inspiration for change in my family and society.



Breaking Traditions, Building Equality: The Change Journey of Bishnu Prasad



My name is Bishnu Prasad Upadhyaya, a resident of Narayan Municipality-3. Since childhood, I grew up in a society deeply rooted in traditional norms and values. I never questioned them, believing that following tradition was the right path in life. I thought that adhering to old customs was a sign of respect and discipline.

However, my perspective changed when I had the opportunity to participate in a dialogue program with religious leaders

under the Empowered Women Prosperous Nepal (EWP) program implemented by SOSEC Nepal. The discussions during that event opened my eyes. I realized that many of the customs and beliefs we had been following for generations were in fact harmful, embedding inequality, discrimination, and violence in our society. For the first time, I understood that blindly following harmful traditions was not wisdom but ignorance.

From that day forward, I decided that change must begin with myself. In my own family, there was a long-standing practice of not offering milk from cows and buffaloes, dedicated to our deity, to members of the Dalit community. I took a bold step to end this discriminatory practice and instead began sharing milk respectfully with Dalit brothers and sisters. At first, neighbors mocked me, calling me “a crazy Brahmin,” but I stood firm, guided by my conscience that told me it was right to challenge injustice.

Soon after, I was selected by SOSEC Nepal as a change

agent and attended a two-day capacity development training. This training was another turning point in my life. I gained deeper knowledge about gender-based violence, harmful practices such as chhaupadi and child marriage, caste-based discrimination, and the need to build equitable relationships between women and men. Armed with this learning, I developed my own action plan and began organizing awareness activities in my community.

I started visiting villages, neighborhoods, groups, and schools to share what I had learned. Through dialogues and discussions, I emphasized the importance of gender equality, respect for women, and dignity for all, regardless of caste or status. Gradually, the same people who once criticized me began to appreciate my efforts, telling me, “You did the right thing.” This transformation in attitudes gave me immense confidence and courage. Today, when I see community members listening to my words and making positive changes in their own lives, I feel proud and fulfilled.

The EWPN program’s approach of mobilizing early adopters and change agents through family dialogues and community engagement has not only changed my thinking but also enabled me to contribute to wider social transformation. Families and communities are now more aware of the value of equitable relationships and non-discrimination. Men and



women are beginning to challenge outdated practices and embrace healthier, non-violent relationships.

I now firmly believe that if every individual has the courage to question harmful traditions, our society can achieve equality and justice. This program has reshaped my life, given me a new vision, and inspired me to work tire

lessly for a community where everyone is treated with respect. For this, I remain deeply grateful to the EWPN program and SOSEC Nepal, whose support has turned my personal journey into a story of collective change.

From Struggle to Empowerment



My name is Bishna Shahi, and I live in Subha Kalika Rural Municipality, Ward No. 2, Dailekh. I am 32 years old. I got married at the age of 18, and I have one son and one daughter.

Thirteen years ago, my husband passed away, leaving me with the full responsibility of my family. As a single woman, I had to face many difficulties—both within my household and in society. Raising my children, managing daily expenses, and ensuring their education was a constant struggle. Society treated me differently, often looking down

on me just because I was a widow. I used to be a very quiet person. I didn't know how or when to speak. In community gatherings, I would just listen to others but never had the courage to share my own thoughts.

My life began to change when SOSEC Nepal, under the “Empowered Women, Prosperous Nepal (EWP)” program, selected me to participate in a training to conduct Family Dialogue Sessions in my community.

For the first time, I traveled to Dailekh for the training. There, I learned about gender-based violence, its causes and prevention measures, and how to access support services. Later, I even got the opportunity to visit Surkhet and Kathmandu, something I had never imagined before. Those experiences became milestones in my life.

After returning to my community, I started facilitating similar sessions. In the beginning, it was difficult to speak in front of people, but as I continued, my confidence grew. Now, I can speak comfortably in schools, ward meetings, and community programs.

Through these sessions, I also received some allowances, which helped me save for my children's education. More importantly, this program has made me socially, mentally, and economically stronger.

Today, I can stand anywhere and speak with confidence. I have become a woman who can express herself freely and share her experiences with others.

This program has truly become a life-changing opportunity for me. I have learned that, no matter how society treats you, if you believe in yourself, you can move forward in any field. Empowerment opportunities like this build confidence, help women recognize their identity, and show that skills, knowledge, and open dialogue are the keys to ending gender-based violence.



बालबालिकाको आपत्कालिन उद्धार, राहत, संरक्षण तथा परामर्श सेवाका लागि

बाल हेल्पलाईन - नेपाल
Child Helpline-Nepal

निःशुल्क फोन
१०८८
(दश-नौ-आठ)

बालबालिकालाई के सोच्ने हैन, कसरी सोच्ने सिकाऔं ।

From Fear to Courage: Niru's Journey of Change



My name is Niru Sunuwar, and I am 15 years old. I live in Narayan Municipality, Ward No. 3, with my grandparents, parents, and four sisters. We are a simple farming family. My parents work hard in the fields and do daily labor to support us.

Since childhood, I have been quiet and reserved. The environment at home shaped me this way. My mother gave birth to five daughters, and because of this, society often humiliated her. Neighbors accused her of being at fault

for not having a son. My father, too, quarreled with her frequently and sometimes even resorted to violence. During those moments, we sisters would hide in fear, too afraid to speak. My childhood passed in an atmosphere of pain and silence.

I went to school regularly, but at home, life remained difficult. One day, I learned that our school, Nepal Rastriya Secondary School, would host the Rupantaran program under the Empowered Women Prosperous Nepal project run by SOSEC Nepal. This program was designed for students from low-income families, and I was selected. At first, I was hesitant. My father disliked the idea of his daughters attending such programs outside the home, and I was afraid to go.

When I shared my worry with my mother, she encouraged me: “Be brave and attend. I will handle your father.” With her support, I joined the activity. The classes opened a new chapter in my life. I reflected on my painful experiences and realized that even from those struggles, I could find solutions and strength. I learned about safe spaces, trusted people,

reproductive health, and the fact that not having a son is not the fault of women. I also understood that gender-based violence is wrong and must be challenged. These lessons gave me courage and self-confidence.

Slowly, I began to share what I learned with my father. At first, he became angry and scolded me, saying: “Now you are here to teach me?” But I did not stop. I kept explaining patiently. Over time, he started to listen.

Later, SOSEC Nepal gave me the opportunity to attend a two-day leadership training, where I learned in greater depth about gender-based violence, chhaupadi, and substance abuse. This training gave me the confidence to speak not only at home but also in my school and community. I created a small action plan and began organizing awareness activity.

When people in the community attended my activity, they would tell my father:

“Your daughter is young, but she understands so much and teaches us important lessons.” That was the moment my father began to truly value my knowledge. He admitted:

“If the community accepts what my daughter says, then I must learn even more from her.” Gradually, my father stopped verbally abusing my mother by blaming her for



having only daughters. The greatest change came when he also gave up drinking alcohol.

This transformation in my family brought me immense happiness. I now believe:

“If I, a young girl, can inspire change in my own father, I can also inspire others.” For this change in my life and family, I am deeply grateful to the Empowered Women Prosperous Nepal Program and SOSEC Nepal, who made it possible for me to find my voice, gain confidence, and become a source of inspiration in my community.

Harvesting Happiness: The Impact of Organic Farming in Dailekh



Before the Green Karnali Project started, permanent residential of Gurans Municipality-1, Dailekh, Bishnu Devi Khadka, aged 40 and her family were struggling with serious financial problems. Her husband had to go to India to earn money because their small farm could not meet the family's needs. Bishnu Devi stayed home, looking after the children and doing traditional cereal farming with very low income. Life was difficult, and every day was full of worry about how

to manage food and other expenses.

In 2022, a turning point came when the SOSEC/Green Karnali Project formed the Hariyali Organic Farmers Group in her community. Bishnu Devi became a member and started learning new farming methods that changed her life. She received several types of support from the project, including:

- A permanent plastic tunnel for growing vegetables throughout the year
- Training on making and using bio-pesticides instead of harmful chemicals
- Some improved cattle shed for better livestock care
- High-quality vegetable seeds for mixed and seasonal farming
- Technical guidance on organic farming practices
- A soil-cement water tank for proper irrigation
- Fruit saplings to increase income sources
- Mushroom cultivation training and seeds

- Modern farming tools to make work easier and more productive

With this support, Bishnu Devi began organic vegetable farming. She started growing fresh, chemical-free vegetables on her land. In the beginning, she faced challenges selling her products. She had to carry her vegetables in a Doko (bamboo basket) and go door to door in Patikanlla Bazaar and Tallo Dhungeswer to sell them.

However, she never gave up. Her hard work and quality products soon attracted attention. Now, traders from Surkhet and Tallo Dhungeswer visit her home to buy her vegetables directly. She no longer has to travel long distances to sell her produce.

Today, Bishnu Devi earns about 3 lakhs per year from her organic farm. This income is enough to support her family comfortably. Her husband has returned home from India and now works with her in the fields. The family is united, and their living standard has greatly improved.

Bishnu Devi proudly says,

“Before, my husband

had to leave for India to feed our family. Now, thanks to



organic farming, we earn enough together. Our children are happier, and our future feels secure.”

Her journey from financial hardship and migration to self-reliance and prosperity shows how sustainable farming and proper guidance can transform lives. Bishnu Devi has become a role model in her community, inspiring many other women to follow the path of organic farming for a better and more secure future.

Growing Change: Dhana Thapa's Journey to Organic Farming and Independence



Before 2022, 38 years old Dhana Thapa a residential of Dullu Municipality-2, Dailekh faced many struggles in her life. She had been doing vegetable farming since 2068 B.S., but her farming depended on chemical fertilizers and pesticides. These not only harmed the soil and environment but also affected her health. Even after working hard, she could not earn a fair price for her vegetables due to a lack of good market access.

Her husband used to go to India every year for six months to earn money, leaving her alone to take care of the house, children, and farming. Managing everything alone was very difficult. She could not provide enough nutritious food or a good education for her children. Life was full of challenges, and a better future seemed far away.

In 2022, things began to change when the SOSEC/Green Karnali Project started working in her community. Dhana became a member of the Tariya Off-Seasonal Vegetable Production Farmers Group. Through this group, she received valuable support such as:

- Permanent tunnels for year-round vegetable farming
- Training on making and using bio-pesticides instead of chemicals
- Improved cattle shed for better manure management
- High-quality vegetable seeds to increase production

After receiving this support, Dhana completely stopped using chemical fertilizers and pesticides. She started producing organic vegetables that are healthy and environmentally friendly.

The results were remarkable:

- **Better Market Access:** Buyers from Kalikot and Jumla now come directly to her home with vehicles to purchase her organic vegetables.
- **Economic Growth:** She now earns around NPR 3.5 lakhs per year, enough to manage all family expenses.
- **Family Togetherness:** Her husband no longer goes to India for work and now helps her in farming.
- **Brighter Future:** With improved income, she can now provide better food and education for her children.

Dhana feels proud and thankful to SOSEC Nepal for giving her knowledge, skills, and opportunities for a better life. She has not only improved her family's economic condition but has also become a source of inspiration for other women in her community.



“Thank you, SOSEC Nepal, for changing my life. Now, I am not just a farmer — I am an entrepreneur, a provider, and a proud mother.” – Dhana Thapa

Dhana's story shows the real impact of the Green Karnali Project — how the right training, support, and encouragement can turn a struggling farmer into a confident, independent, and successful entrepreneur. Her journey is a proud achievement for both SOSEC Nepal and the Green Karnali Project

Transformation through Organic Farming



Before the Green Karnali Project started, 46-year-old Khem Salami, a resident of Patla, Ward No. 3, Gurans Rural Municipality, Dailekh, was facing many challenges in life. He struggled with alcohol addiction and had no stable income. Farming was not a priority for him, and his family lived under financial pressure. Without proper knowledge or guidance, Khem had lost direction, and his family's situation kept getting worse. In 2022, when the SOSEC/Green Karnali Project formed the Hariyali Organic Farmers Group in his community, Khem decided to join. This became the turning

point in his life. Through the project, he received various supports such as:

Plastic tunnel for off-season vegetable farming, Training on making and using bio-pesticides, Improved cattle shed for better livestock care, Quality vegetable seeds for mixed farming, Technical guidance on organic farming, Soil-cement tank for irrigation, Fruit saplings for long-term income, Mushroom farming training with seeds and Modern tools for better productivity with his hard work and the project's support, Khem began organic vegetable farming on a larger scale. He completely stopped using chemical fertilizers and pesticides, producing healthy vegetables that are safe for people and the environment.

At first, he faced marketing problems. He had to carry vegetables in a Doko (bamboo basket) and go door-to-door in Patikanlla Bazaar to sell them. But Khem never gave up. His dedication and quality produce soon attracted attention. Now, traders from Surkhet visit his home with vehicles to buy his organic vegetables directly.

Today, Khem earns around NPR 2.5 lakhs per year, which is enough to cover his household needs. His life has changed

From Migrant Laborer to Organic Farming Entrepreneur



For 8 long years, 54-year-old Lal Bahadur Thapa, a resident of Dullu Municipality-2, Dailekh, worked as a migrant laborer in India. During this time, he faced exploitation and discrimination while struggling to provide for his family. Being away from his homeland and loved ones caused him emotional stress.

When he finally returned to Nepal, Lal Bahadur started vegetable farming but faced many challenges:

He relied on chemical fertilizers and pesticides, which harmed both his health and the land.

He had no proper market access and had to carry vegetables in a Doko (traditional basket) door-to-door in Dullu Bazaar. His income was unstable, making it hard to support his family and pay for his children's education.

In 2022, Lal Bahadur's life changed when the SOSEC/Green Karnali Project formed the Bhagawoti Badapokhara Farmers Group and provided essential support, including:

- Permanent tunnels for year-round vegetable cultivation
- Training on making and using bio-pesticides, along with drums for chemical-free farming
- Improved cattle sheds and vermicomposting for natural fertilizer
- High-quality seeds and technical guidance to increase productivity

Lal Bahadur fully embraced organic farming, which brought remarkable results:

- **Family Stability:** Children’s education is secured, and his family actively supports his farming.
- **End of Chemical Use:** He completely stopped harmful fertilizers and pesticides, adopting bio-pesticides and organic methods.
- **Better Market Access:** Buyers from Dullu and Surkhet now come directly to his farm, eliminating the need for door-to-door sales.
- **Diversified Income:** He now earns around NPR 4 lakhs per year from organic vegetables and milk sales.
- **No More Migration:** He no longer needs to go abroad for work and enjoys a dignified life at home.

Lal Bahadur expresses his gratitude:

“I suffered for years in India, but SOSEC gave me a new life. Now, my farm feeds my family, educates my children, and



earns respect. Organic farming is my pride!”

His journey shows how the Green Karnali Project can transform the lives of returnee migrants. Lal Bahadur’s story inspires others to reclaim their livelihoods and achieve economic stability through organic farming.

Krishna's Birth was Registered Under his Mother's Name



Krishna Shahi, a 5-year-old boy, permanently hails from Rum but has been living with his maternal grandmother in Bestada Bazaar. Krishna is the first child of his mother (name changed).

His father's whereabouts remain unknown. Without any paternal details, Krishna was unable to obtain his birth registration, which prevented him from accessing child nutrition allowances, school enrollment, and benefits from

the Child Sponsorship Program run in partnership by World Vision and SOSEC Nepal. Krishna Shahi's grandmother was deeply worried because she was unable to register her grandson's birth.

At that time, a one-day workshop on child sponsorship was being conducted in Westada. She was invited to attend the workshop and participated in the event. During the workshop, she shared her concern about not being able to register her grandson's birth. Following this, a Child Protection Officer from SOSEC Nepal assured her that they would take the initiative to help with the birth registration.

After that SOSEC protection officer did coordinate with the ward office and the District Administration Office, and eventually, the child's birth was successfully registered under the mother's name, with the grandmother listed as the guardian.

After receiving the birth certificate through the initiative of Janak Adhikari, the Child Protection Officer at SOSEC Nepal, the child has been able to access all the services

and benefits provided by the local municipality, including nutritional allowances. Additionally, he has been enrolled in the child sponsorship programs of both SOSEC Nepal and World Vision, through which he has received further support. Nowadays, he has also started attending school regularly with his friends.

The child's grandmother says, "I went to the ward office and the municipality several times to register my grandson's birth, but no matter how hard I tried, I couldn't get it done. Feeling hopeless and worried about my grandson's future, I met staff from SOSEC Nepal.

They helped me register my grandson's birth. There can be no greater support for me and my grandson's future than this. I would like to sincerely thank the staff who supported me, as well as World Vision and SOSEC Nepal. I also hope and



believe that in the future, they will continue to support other children who are facing similar problems like my grandson."



बालबालिकाको आपत्कालिन उद्धार, राहत, संरक्षण तथा परामर्श सेवाका लागि

बाल हेल्पलाईन - नेपाल
Child Helpline-Nepal

निःशुल्क फोन

१०५८

(दश-नौ-आठ)

बालबालिकालाई के सोच्ने हैन कसरी सोच्ने सिकाउँौं ।

“The Protection Efforts of Yamraj and Ramesh Were Successful”



Ramesh and Yamraj are two sons of Ram Bahadur BK and Asmita BK, residents of Ward No. 7, Bhagwatimai Rural Municipality. Ramesh is currently 10 years old, and Yamraj is 7. After death of their mother, both children have been living with their father. Their economic condition is extremely poor. Their father, Ram Bahadur, is often under the influence of intoxicants and rarely comes home.

As a result, Ramesh and Yamraj are frequently left alone. During a home visit by staff from SOSEC Nepal, who work in the concerned ward, it was found that due to a lack of food, the children often had to go hungry for several days. Moreover, they were facing difficulties attending school due to the lack of proper uniforms and stationery, which had also negatively impacted their education.

“When the field staff working with SOSEC Nepal in the relevant ward discovered the family’s condition to be extremely dire, they reported the issue to the ward office. Since the ward lacked the necessary budget to assist, it sent a letter to the child rights committee of the local municipality. The Women and Children’s Division of the municipality also stated they had no budget available.

As a result, the municipal-level child rights committee issued a request to SOSEC Nepal for support. In response, SOSEC Nepal provided emergency aid including food, clothing, sanitation supplies, and stationery. Additionally, Ram Bahadur, the father of the child, was advised by the ward chairperson and school teachers to take better care of his children in the future.”

Ramesh and Yamraj have now begun attending school regularly, engaging in games with their friends, and participating in all academic subjects. They've also started taking part in extracurricular activities at school. There has been significant improvement in their studies, and they now maintain good personal hygiene as well as cleanliness at home. Similarly, their father, Ram Bahadur, has started working as a daily wage laborer at the local level. He now consistently returns home and takes an active role in caring for his sons.



The headteacher says, “The children were in a very difficult situation. You understood their problems. Now, the children have started coming to school regularly in uniform. Earlier, they used to leave school in the middle of the day, but now they attend full classes. On behalf of the children and the school community, we would like to extend our heartfelt thanks to World Vision and SOSEC Nepal. We also hope that you will continue to support other children who are facing similar challenges.”

Change in Life of Laxman

I am Laxman- NPL-219585-0829, 13-year 8 Months old registered child under sponsorship program. My permanent home is a Bhagawatimai rural municipality Ward no. 03 Meheltoli community. I am a boy born with naturally short toes on both feet, which made it difficult for me to walk in the hills and perform essential daily activities. Being born into a simple farming family, before my parents faced financial constraints and could not afford treatment for my condition.



During this time, through the tripartite agreement between SOSEC Nepal, Bhagwatimai Rural Municipality, and Hospital and Rehabilitation Center for Disabled Children (HRDC), a disability health screening and recommendation camp was conducted at the municipality and ward levels. After my examination in the camp, I was recommended for assistive footwear and have now received it. Using this assistive footwear has made my daily essential activities much easier. I can now regularly attend school, study, write, and play with my friends more comfortably. In addition, I am also able to help my parents with household chores.

After receiving a recommendation and assistive footwear from the disability health screening camp, I have been regularly attending school. I have given up the idea of dropping out due to the difficulty in walking and is now motivated to continue my education and advocate for the learning and well-being of children at both school and community levels. Now, I am able to attend school regularly and manage my daily activities on my own and support in household chores. Our family is truly grateful to World Vision International Nepal and the entire project team for their support and assistance.

“Even after requesting loans and financial help from neighbors, relatives, and organizations for our child’s treatment, we were not receiving any support and were unable to afford the treatment. We are fortunate that the project organized a camp in the community and provided



support for our son. We sincerely thank the project staff who helped us, as well as World Vision International Nepal and SOSEC Nepal. We also hope and believe that in the future, the project will continue to provide necessary support to other children with disability facing challenges.”

Lokesh is Becoming a Leader

Lokesh Nepali's home is in Pokharidanda, Bhagawatimai Rural Municipality Ward No. 1. He is currently studying in grade 7. There are five members in his family: his mother, father, sister, and brother. The family's financial condition is extremely poor. His parents working as daily wage laborers to manage the household expenses. The house and toilet are also in a poor, temporary condition, and due to the lack of a private water tap, there is a severe shortage of drinking water. Additionally, he suffered a burn on his right hand at a young age, due to which he cannot use it properly.



Before the intervention of World Vision and SOSEC Nepal programs, he was shy and afraid to speak, irregular in school attendance, did not mingle with friends, and did not participate in extracurricular activities at school.



When World Vision and SOSEC Nepal implemented the Child Protection, Sponsorship, and Inclusive Quality Education Project and formed a ward-level child network, he was appointed as the secretary of the ward-level child network. An orientation program on the operation and

management of the child network was also conducted, and necessary materials were provided to make the child network more active.

After receiving support, he began leading various ward-level programs under his own leadership. He started attending school regularly, building stronger relationships with his friends, actively participating in different meetings and programs organized by the school, and confidently expressing his thoughts. He also made significant progress in his studies, eventually securing third position in his class. Currently, he has also been approved as the secretary of the municipality-level Child Network.

His father says,

“Because of World Vision Nepal and SOSEC Nepal, my son had the opportunity to participate in various programs at the ward and municipal levels. I feel extremely happy to see my son who once used to be afraid to speak now



confidently leading and organizing different programs. He has also started paying more attention to both his studies and cleanliness at home. In the past, no one knew us, but now, because of my son, everyone recognizes our family. This is a matter of great pride for us.”



बालबालिकाको अप्ठेकासहित उद्धार, राहत, संरक्षण तथा परामर्श सेवाका लागि

बाल हेल्पलाईन - नेपाल
Child Helpline-Nepal

निःशुल्क फोन

१०८८

(दश-नौ-आठ)

बालबालिकालाई के सोच्ने हैन, कसरी सोच्ने सिकाउँौं ।

The Changes Footsteps of Dekendra

Dekendra B.K. is a 13 years old boy from Bhagawati Mai Rural Municipality Ward No. 2, Sarkelna. He is currently studying in Grade 9. His household consists of just three members: Dekendra himself, his mother, and his elder brother. His father did second married and left the family, and since then Dekendra has been living with his mother. The family does not own a home, so they have had to seek shelter in someone else's house. Their sanitation facilities are basic and temporary. As there are no income earners in the household, their financial condition remains extremely poor.



Dekendra's mother supports the family through daily wage labor, striving to provide their day-to-day meals. Before the sponsorship programs from SOSEC Nepal and World Vision were implemented, Dekendra was even at risk of dropping out of school.

Before the implementation of the sponsorship program in the ward run jointly by World Vision and SOSEC Nepal, Dekendra faced several challenges. He regularly missed school, avoided personal hygiene due to lack of supplies, and felt shy speaking in front of others. However, after registration

in the child sponsorship program and receiving support from the organization including a schoolbag, stationery, clothing, and hygiene materials he also began participating in various capacity building programs.

“Since receiving this assistance, Dekendra now attends school consistently, takes care of his personal hygiene, participates in extracurricular activities, and can clearly express himself in any setting. Additionally, ever since he joined the sponsorship program, he has been securing the top position in his class.

Dekendra’s mother says, “Since when supported by the SOSEC Nepal and World Vision’s sponsorship program, my son continuously attends school, maintains personal hygiene, studies at home, and confidently expresses himself even when speaking with elders in the community. I want to thank the organization for this. Seeing my son’s progress



gives me encouragement and hope. Even though we live on daily wage earnings, I want to provide him with a good education.”



बालबालिकाको आपत्कालिन उद्धार, राहत, संरक्षण तथा परामर्श सेवाका लागि

बाल हेल्पलाईन - नेपाल
Child Helpline-Nepal

निःशुल्क फोन
१०८८
(दश-नौ-आठ)

बालबालिकालाई के सोच्ने हैन, कसरी सोच्ने सिकाऔं ।

The Nomadic Community of Asia



The Raute are a nomadic community in Asia where entire community actively participates in preserving their traditional lifestyle. With continuous support from the government and various organizations, the community has experienced gradual improvement in their living standards and adaptation to modern ways of life. Building trust and engaging with people from different generations and areas was initially challenging. However, consistent collaboration

has encouraged positive changes.

Through government and agency-led transformation and awareness sessions, Raute men and women are now learning about hygiene, sanitation, nutrition, health and safety, responsible drinking habits, infant care, and motherhood. These regular health sessions have helped them develop a growing awareness and interest in improving both personal and community well-being. Once known as the vanishing and ancient nomadic community, the Raute people are now becoming more aware of the benefits of human civilization.

Traditionally, men engage in making wooden utensils, fetching water, and collecting vegetables and wild foods from the forest. Women are involved in daily chores such as cooking, cleaning, and looking after the family.

Now, they are also showing growing interest in cleanliness, hygiene, nutrition, and awareness activities, participating more in programs that aim to improve their overall well-being.

Between Duty and Doubt

Binod Bahadur B. C. is the health technician who is working in the Raute project in SOSEC Nepal, who has been working since 2075/03/21 with the dedication that has been improving the Raute community. He said, “Working with the Raute Community was challenging in the beginning, but slowly and gradually, through coordination and encouragement, he was able to get their trust and the way of their living.” During his journey of working, he has supported them by giving the different for supporting them in medical treatment. Over time, the community has come to trust me and Mr. B.C., accepting various forms of support that have strengthened our relationship, which in turn gives me full confidence and commitment to their treatment.

During his journey, he took responsibility for providing medical care to the Raute Chief Surya Narayan Shahi, who was suffering from severe illness with symptoms of fever, weakness, and difficulty in breathing. Despite delivering the best possible primary health care available within the community, the treatment and medication at hand were insufficient, and there was a high risk of a serious health incident if the patient did not receive a proper medical evaluation. Although the chief’s condition showed slight improvement, Mr. B.C. advised referring him to Bharat Duula Hospital for further treatment. However, the chief declined the recommendation, by saying that, “hospital visits are against their cultural practices”.



Despite providing continuous treatment for several days and delivering the best care possible at the community level, the Raute chief could not survive. He did everything within his capacity to save him, but unfortunately, the chief lost his life. Witnessing his death deeply affected him, leading to self-reflection and doubt. He questioned himself was there something I lacked in my treatment? Could I have tried harder to convince him to go to the hospital? Was there another approach that might have saved his life?

Following the chief’s death, the entire community was overcome with grief. However, their sorrow soon turned into blame. Many accused him of being responsible, claiming that the chief died because of the treatment he had provided. The voices and accusations from the community still haunt him to this day.

From Learner to Leader: The Inspiring WASH Journey of Karuna Khadka Magar



At just 23 years old, Karuna Khadka Magar from Nalgad Municipality-1 has proven that dedication and a passion for community service can drive meaningful change. Her journey in the Water, Sanitation, and Hygiene (WASH) sector exemplifies how opportunities for learning and active engagement can empower individuals to become local leaders and catalysts for development.

The Beginning of a Journey

Karuna's involvement in WASH began when she participated in a two-day training on basic sanitation and hygiene in schools and communities. As a Local Resource Person (LRP), this training was her introduction to the foundational principles of hygiene promotion, clean water access, and community mobilization. Inspired by the training, Karuna eagerly embraced her role, realizing the importance of WASH in improving health and quality of life for people in her community.

Karuna quickly put her knowledge into action, engaging actively in community and school-based hygiene promotion campaigns. She became a familiar face in her community, conducting door-to-door awareness drives to educate families about proper sanitation practices, handwashing techniques, and the importance of safe drinking water. Her approachable nature and ability to connect with people made her efforts highly effective, especially among women and children.

One of her notable contributions was organizing a youth-led

water quality testing initiative for the Pali Drinking Water Supply Scheme (DWSS) in Nalgad-1. This activity not only raised awareness about the importance of safe drinking water but also empowered local youth to take responsibility for their community's health. Her leadership ensured that this initiative became a model for participatory approaches to water safety.

Through her dedication and impactful work, Karuna gained invaluable experience in the WASH sector. Her growing expertise, combined with her ability to engage and inspire others, earned her recognition within the municipality. Recently, she was selected as a WASH Supervisor, a role that allows her to make a more significant impact.

As a WASH Supervisor, Karuna has taken on additional responsibilities, such as mentoring new LRPs, coordinating with stakeholders, and contributing to the development of municipal-level WASH strategies. She now plays a key role in ensuring that WASH initiatives are implemented effectively across Nalgad Municipality.

Karuna's journey from a young, aspiring resource person to a key leader in her municipality is an inspiration, especially for women in her community. Her story demonstrates that with the right training and determination, it is possible to overcome challenges and create lasting change.



Karuna envisions a future where every household in Nalgad Municipality has access to safe drinking water, proper sanitation facilities, and a deep understanding of hygiene practices. She remains committed to her role as a WASH Supervisor, continuing to grow as a resource person and striving to make her municipality a model for sustainable WASH practices.

Her story is an example to the transformative power of dedication and opportunity, showing that one individual can make a profound difference in their community.

A Journey of Hope in a Marginalized Community



Laxmipakha DWS, a marginalized village in the remote district of Jajarkot, Nepal, is home to 39 households, including Sharmila Grarti Magar's family. The village, which was already grappling with poverty and limited resources, faced a devastating blow during the 2080 BS earthquake. Many homes were destroyed, and the community was left displaced and vulnerable.

On 2080 BS, the earth shook violently, and Sharmila, who was living in her home with her six-month-old daughter,

was buried alive when the house collapsed. Sharmila and her daughter were trapped under the rubble, and it was only through the courageous efforts of the community that they were rescued hours later. Both were taken to Chaujari Hospital, where they received treatment for their injuries. Despite the trauma, Sharmila and her daughter survived, but their home was completely destroyed.

The aftermath of the earthquake left the 39 households in Laxmipakha DWS in a dire situation. With their homes gone, the community had no choice but to live in temporary shelters, which offered little protection against the elements. Access to basic necessities like clean water and sanitation was limited, making the living conditions difficult and unsanitary. Sharmila's family, like many others, was forced to endure these harsh conditions, relying on the support of neighbors and the broader community. In the years following the earthquake, various relief efforts, including support from the UK government, UNICEF Nepal, and SOSEC Nepal, helped address some of the immediate needs of the village. A water supply system, Laxmipakha DWS, was constructed, providing the community with access to clean

water. Alongside this, sanitation facilities were improved, with toilets being built and hygiene awareness programs introduced. While these improvements provided some relief, Sharmila and her family still remain in temporary shelters, unable to return to a permanent home.

The sanitation facilities, while helpful, are still limited, and the community struggles to meet their basic needs. Sharmila's family, like the other households, has access to clean water and the newly constructed toilets, but the lack of permanent housing continues to pose a significant challenge. The temporary shelters are cramped, and many families, including Sharmila's, still live with uncertainty about when they will be able to rebuild their homes.

Laxmipakha Basic School, with 26 students, benefits from a newly installed drinking water service and handwashing stations. The students actively use and enjoy these facilities, which have greatly improved their hygiene and health. The addition of these amenities provides a safer and healthier learning environment for the children.

Despite these challenges, the community of Laxmipakha DWS has shown remarkable resilience. The people, united by their shared experience, continue to support one another. Sharmila, in particular, has drawn strength from her family and neighbors. As a mother, she is determined to create a better future for her daughter, and she has actively



participated in sanitation and hygiene promotion programs to ensure that her family stays healthy.

Sharmila's journey has not been easy, but she remains hopeful. "We have faced so much, but we are still here," she says. "With the help of our community and the support we've received, we will rebuild our lives, one step at a time."

Though still living in temporary shelter with basic water and sanitation facilities, Sharmila's story is one of survival, strength, and hope. The support from international partners, along with the unwavering spirit of the community, continues to light the way for a better future for Laxmipakha DWS.

Empowering Rural Livelihoods Through the Nepal Livelihood and Resilient Project



Resam Bahadur Khatri, born into a low-middle-class family, is now over 60 years old. He permanently resides in Bhagwatimai Municipality, Ward No. 6, Chipintada, Dailekh. He has a family of four, consisting of his wife, one son, one daughter, and himself. He hails from a poor family with limited income sources. For a long time, he depended on traditional farming methods to support his family. Even after working hard with basic farming tools, he often faced difficulties in making

ends meet, especially during the mornings and evenings. As a result, he would often look for wage labor opportunities elsewhere to supplement his income.

However, after the implementation of the “Nepal Livelihood and Resilient Project” in his area, which was funded by Caritas Nepal and in partnership with SOSEC Nepal, Resam Bahadur became a member of the Parivartansil Gharbagicha (Transformative Kitchen Garden) group. As a member, he got the opportunity to attend various skill-based and awareness-raising training programs. The project also provided him with essential resources like plastic tunnels for vegetable farming, drip irrigation systems, plastic drums for making organic pesticides, nets for covering the tunnels, and seeds for various vegetables. Additionally, he received a financial loan of NPR 25,000 from the Janachetansil Agricultural Multi-Purpose Cooperative Ltd. With these resources, he started a commercial vegetable farm in his backyard, growing crops like cauliflower, cabbage, onions, tomatoes, garlic, and radishes. The produce from his farm was sold at the nearby Bestada market, resulting in an income of NPR 85,000 in a single season.

The Inspirational Story of Samjhana Khadka

Samjhana Khadka, a 13-year-old girl, lives in Chipin, Bhagwatimai Rural Municipality-6. She studies in Grade 8 at Nepal Rashtriya People Basic School. Earlier, she lacked self-confidence, did not participate in school programs, and paid little attention to learning about child rights. However, since Mangsir 2080 (around November/December 2023), her life changed significantly through the NLRP-II Project, implemented in collaboration with Australian Aid, Caritas Nepal, and SOSEC Nepal.

Under the project, a child club was established at her school to organize child-friendly activities, and Samjhana became a member. Through the club, she had the opportunity to participate in capacity-building and leadership development trainings, which helped her gain confidence. Her communication skills, leadership abilities, and social awareness improved. Now, she actively participates in various programs and is capable of expressing her views on issues such as child rights, child marriage, and abuse. She provides suggestions to prevent child marriage and informs others about legal measures in such cases. Being active in these social initiatives, she has also achieved first place in various school competitions. These experiences have motivated her to take on leadership roles.



Coming from a family with weak economic conditions, Samjhana once had to engage in labor work. Today, through education and awareness, she has successfully transformed her life. Appreciating the opportunities and support she received, she has expressed her commitment to bring positive change to society. Projects like this have proven to be highly effective for children like her.

Samjhana says: “Through the various trainings, support, and facilitation provided by the project, I have been able to develop my internal abilities and become a capable and competent girl. I am grateful to the project, SOSEC Nepal, and the school community for their support.”

My Life Changed with the Support of Safe House

“My name is P. Jha (name changed). I am 18 years old and from Dailekh. My childhood was full of struggles. My parents separated when I was small, and I lived with my mother. She worked very hard doing household and daily labor jobs to take care of us.

After I completed grade 12, my mother went away for work, and I stayed with my relatives. During that time, I faced both physical and mental abuse while working as a domestic helper. I felt scared, lonely, and hopeless. I could not stay there any longer, so I left the house looking for help.”

“One day, with the help of a local social worker, I reached Safe House Dailekh, run by SOSEC Nepal. When I arrived, the staff welcomed me warmly. They listened to my story carefully and promised to keep everything private. They provided me with shelter, food, health care, counseling, and legal support.

In the beginning, I was very broken. I cried a lot and could not talk to anyone. But the Safe House team gave me love and emotional care. Slowly, through regular counseling, I started feeling better and began to rebuild my confidence.”

“After some weeks, they asked me what I wanted to do for

my future. I told them I wanted to learn a skill and work on my own. Then, they helped me join a tailoring training. I worked hard and completed the three-month training. After finishing, the Safe House gave me a sewing machine and materials to start my own small tailoring business.”

“At first, I sewed clothes for a few women in my neighborhood. They liked my work, and soon, I started getting more orders. Now, I earn around NPR 5,000 to 7,000 per month. I feel proud that I can earn my own income and live independently.”

“Safe House did not just give me shelter — they gave me hope, confidence, and a new beginning. Before, I used to think my life was over. Now, I believe I can do anything. I am also helping other women like me to speak up and live with dignity.”

“I want to thank SOSEC Nepal and Safe House Dailekh for changing my life. Because of their care and guidance, I have learned to stand on my own feet again. I believe that if we get the right support, every woman can rise and live a happy, independent life.”

Journey Towards Safety and Self-Reliance

This is the story of a 27-year-old woman from Naraharinath Rural Municipality Kalikot District. After experiencing continuous violence, humiliation, and neglect in her marriage, she decided to separate from her husband and moved to a safe shelter with her daughter.

Upon arriving at the shelter, she realized that she was not alone. The respectful environment, access to legal assistance, skill development opportunities, and emotional support gave her the courage to rise again. According to a court order, she was entitled to receive NPR 2,000 monthly for her daughter's upkeep, but her husband did not provide it for some time. With the support of the organization and legal authorities, she successfully submitted a request and now receives the allowance regularly.

Additionally, vocational training provided at the shelter encouraged her to become self-reliant. Today, she leads an independent life with her daughter, raising goats at her own home.

Her thoughts about the organization:

“If the safe shelter and your organization did not exist, I would still be trapped in violence. The confidence, respect, and opportunities you provided made me feel alive again. My achievements today are largely due to your support. I am indebted to you organizations like yours should be a pillar of support for all women in distress.”



बालबालिकाको आपत्कालिन उद्धार, राहत, संरक्षण तथा परामर्श सेवाका लागि

बाल हेल्पलाईन - नेपाल
Child Helpline-Nepal

निःशुल्क फोन
१०५८
(दश-नौ-आठ)

बालबालिकालाई के सोच्ने हैन, कसरी सोच्ने सिकाउँौं ।