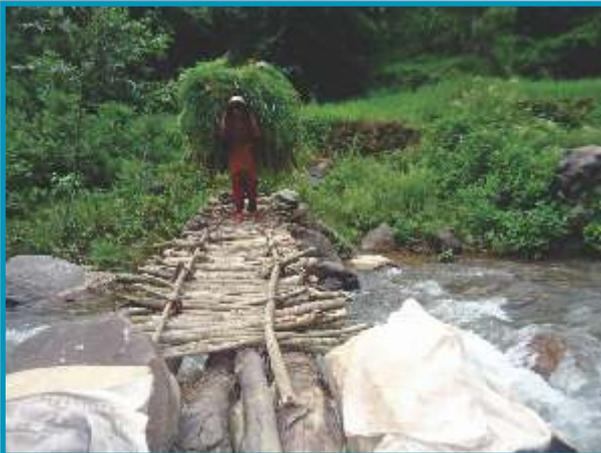


SAHAS-Nepal

SUCCESS STORIES 2013



PREFACE

Food security problems are more severe in rural areas of Nepal, as condition in those areas is precarious. People in rural part of Nepal are concentrated in specific ethnic, caste and marginalized groups, particularly those of Dalits, Ethnic Minorities and women. Their access to resources, including the land, is extremely poor and they all suffer from food security problems. Therefore, SAHAS-Nepal through its various projects have committed towards creating an enabling environment for development by transforming the enormous potential of the people into their capacities to sustain their life so that they can contribute to the National and International development goals.

Since its inception in 1996, SAHAS-Nepal has been working and walking with the poor and socially excluded segment of society for transformation of their family, CBOs, and wider society for sustainable development. It has been implementing various community development projects in the field of Food Security, Livelihood Improvement, Education, Health, Infrastructure and Community Empowerment. Accordingly, in this process of development, the organization faced many challenges and also learning's from the community people as well. Moreover, Changes have been made towards the livelihood of the focus groups, which plays important role. These changes have been made possible through the significant contribution of the poor /socially excluded communities, & dedication and commitment of all the staff working together. Hence, we have made an attempt to document the success stories, which brought changes in these groups and share experience.

The successes stories selected in here are just few among many from the communities. They not only inspire their own group/CBOs but also to the wider communities to improve their livelihood.

I hope the outcomes and findings of this success stories will be helpful for the policymakers, planners and other concerned stake holders. I also hope that this will be a useful reference material for the people concerned with and interested in the subject.

I will also like to thank all those who contributed to bring this publication in its present form.

Dr. Surendra Kumar Shrestha,

Executive Director

Group of Helping Hands (SAHAS)-Nepal

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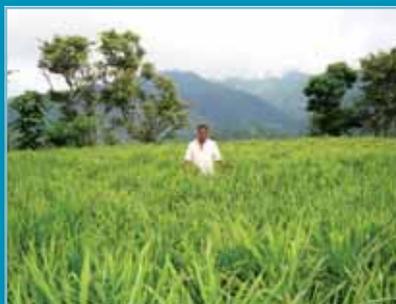
Home Garden Brings Biodiversity

Beneficiary	Bimala Syangtang, 45 years, 4 Children
Location	Nallu-9 VDC, South Lalitpur
Before	She used to grow only Rapeseed and radish in little quantity
Activities/ Trainings	She was one of the participants of the three day Ecological Home Garden Training, conducted by LIFT Project
After	The participation in the training she has grown 20-22 different vegetables and fruits plants in her home garden. Her plot has now a drum for collection of manure and urine of livestock which she uses for the organic control of insects and pests. There is also a pit for collection of waste water in order to utilize the waste water from cooking, washing and cleaning. She also uses Effective Microorganisms (EM) (microorganism which are used to treat compost and farm yard manure) which makes the cultivation organic. Her plot is exemplary for other members of the community.
What she says	“I am very happy with my efforts so far and I am willing to teach other members of the group. I am so happy to be able to grow so many varieties of vegetables and fruits and I can improve my family’s health with a better balanced diet.”
Result	The training has provided knowledge, materials and seeds. She established eco-farming practices and uses modern technologies in her home garden. The increased diversity in agricultural products is for her family’s diet benefit. The family has no longer buys vegetables on the market. They save per month NRS.1500 (150-EURO).



Selling Ginger is Good Business

Beneficiary	Padam Bahadur Tamang, Age 45, 8 Family Member
Location	Marjitpur village, Risku VDC, Ward No. 8 of Udaypur District
Before	Owing only sloppy and dry agriculture land, aggravated by lack of improved agricultural technology, he could not produce enough food despite having plenty of land. Agriculture production from his land was barely sufficient for 6 months to feed his 8-member-family
Activities/ trainings	In 2009 SAHAS Nepal formed a group under the “Food Security Programme with local effort” and Padam Bahadur was elected as the chairperson of this group. The group started saving money. They used the money for different social development activities in the community. In this process, under the income generation programme, the group conducted a Training on cash crop (ginger) cultivation.
After	After participating in this training, Padam Bahadur received 22 kg seed support. He started cultivating certain cash crops and became a successful example for others in his village. Therefore he started suggesting others to grow cash crops like ginger in unirrigated uplands in replace of maize and millet whose yields give comparatively a lower return
What she says	<i>”Bari ma makai ropey pet bhokai, aduwa ropey nagad chokhai</i> (if we grow maize, we’ll end up with hungry stomach; but if we cultivate ginger, we’ll make lots of money)
Result	In 2012, in one year, he has earned Rs. 100,000 (1,000 EURO) by selling 30 quintal ginger. He has also saved 9 quintal ginger seeds for next year’s production. Having wasted most of his years drinking alcohol and merrymaking, he now has become a disciplined farmer who sees his future with hope. He decided to invest the income in his children education.



A Craftsmen and Successful Entrepreneur

Beneficiary	Gopal BK, Age 40, 4 children, Dalit
Location	Dhading District, Pragatishil Group in Pida VDC
Before	Due to his weak economic condition, it was very difficult for him to meet the requirements of his family. Nobody in the village was willing to give him loan (as they feared that he couldn't pay it back). He learned from his father how to make nails for house wiring. He never could use his knowledge due to lack of money for starting an enterprise, but he wished to do so.
Activities/ trainings	Under the revolving fund support program of ELLE-project, Gopal BK received NRs. 5,000 (500,- EURO) for starting his business and he invested the money for purchasing necessary materials for producing nails.
After	He has his own business now, he can meet the market and family demand and he provide employment to the physically disabled Ramkumar BK from his community.
What she says	"I was used to have a hard time trying to meet my family requirements. The Sahu (money lender) had refused to give me loans as I still owe him money. I had not even dreamt that I would come up to this situation. Today, with the support from my group and SAHAS-Nepal, I have been able to use my skills. I no longer have problems to support my family. In fact, I have become able to provide employment to my fellow neighbor thus helping him solve his problems. The Rs. 5000, which I returned back to the group after 3 months, was provided to another group member, Rajan BK, and within 3 months, he has already earned Rs. 45000. This money supported by SAHAS-Nepal will help to improve the livelihood of many people like me. I will always remember Pragatishil group and SAHAS-Nepal for helping me come this far." "I want to take up this work as a profession and continue in the future. And the business is still increasing ."
Result	He surprised everybody in his groups by making a profit of Rs. 75,000 (750,- EURO) within a short period of 6 months.



Motivation Creates New Opportunities

Beneficiary	Chhatakala BK , 41 years, 6 Children, Treasurer of the Shree Chautara Community Group
Location	Fukot-2, Kalikot District
Before	She and all other farmers in her village grew only few cereal crops and vegetables like <i>Chamsur</i> (one type of leafy vegetable) and spinach.
Activities/ trainings	1-day kitchen garden training
After	Immediately after the training she dared to settled a nursery in her land and grew varieties of vegetables while other farmer hesitated to replace traditional crops and try new income sources
What she says	
Result	<p>She has earned more than Rs. 17,000 (170 EURO) by selling vegetables like cabbage, tomato, spinach, onion, carrot, radish at the local markets and she still has vegetables worth Rs. 7,000 ready for sale. From the first income she has bought a buffalo worth Rs. 10,000.</p> <p>She is highly motivated from her first success and the improvement in family livelihood that SAHAS-Nepal gives her extra support with a sprayer tank and a 3-month sewing training. Besides farming she wants now to start a sewing business and hopes to be an example for others in the village to use more their skills and playing an inspirational role to minimize the food insecurity in her home and community.</p>



How a Single Mother Feeds Her Family

Beneficiary	Dambar Kumari Basnet, 5 Family Members
Location	Janutthan Women Group, Chaymnam VDC Ward 8, Ambote, Okhaldhunga
Before	She is much poorer than other members in the group with only 500 sq meter grass-land and 2 <i>Ropani</i> (0.1 hectare) of sloppy land. Her food productivity was only sufficient for 3 months. She is a single woman and has to pay special attention to her youngest son, a person with physical disability.
Activities/ trainings	Under the small farmer Program, SAHAS - Nepal provided her a goat worth NRs. 2,500 (25 EURO).
After	She took it as a challenge and has demonstrated a miracle to those who say that nothing could be done with the support of just one goat or poultry. From one goat she was able to earn NRs. 16,000 (160, - EURO) in two years. Now she is rearing seven goats.
What she says	“It is possible to meet our food needs, if we get quick income from raising goats in a proper way”.
Result	She could increase the food security status of her family from 3 up to 9 month. With less tension and better food availability she feels physically much stronger than before and she has been able to work as agricultural labourer on other farms for the 3 month left. Now the family members are joining the “Right to Food” campaign to learn more about their rights.



Entrepreneur Women

Beneficiary	Dilmaya Thapa, Age 50, 16 Family Member But, Now Only 3 Living Together
Location	Namuna Farmer Group, Kotgaun, Aabukhaireni, Tanahun
Before	<p>She used to grow vegetable purchasing sapling from others' nursery in small scale and was not enough to met household requirement.</p> <p>She has to borrow annually for daily household expenses, live was miserable</p>
Activities/ trainings	Home garden training, Off season vegetable cultivation training and have received 2 goat.
After	<p>Earning 4000 to 7000 rupees each season (thirty thousand annual) after meeting household consumption and expenses.</p> <p>She had received 2 goats in 2010 and now has 6 after retuning back 2 to the group member</p>
What she says	Thanks SAHAS for this idea, training and material support. After leaving army job I was aimless, neighbor would mock at me, I had no income and life was miserable. Now I have improved my livelihood, gained prestige in the society. Farmers are satisfied with my service, new hope has emerged and I am encouraged for doing more.
Result	<p>Her youngest son was suffering from kidney stone. She used earned from the commercial vegetable for the operation otherwise he would be uncured.</p> <p>She is confident and has planned to produce tomato constructing 2 plastic tunnels in coming season.</p> <p>She is example farmer among neighbor for learning about commercial vegetable production</p>



Dramatically Increase in Income Through Bio-pesticide Making Training

Beneficiary	Nara Bahadur Thapa Magar, Age 60, Family Members 12
Location	Bhumlichowk, 5, Majh Gaun (Pokhari)
Before	<p>Was practicing excess amount of chemical fertilizer and pesticide because of which his health condition was worst.</p> <p>Had been producing vegetable in Ropani land with excessive dependency on chemical and earning was 100 thousand per annum.</p>
Activities/ trainings	Bio pesticide making Training, Leader farmer training (3 phase)
After	<p>Has been producing offseason vegetable in 5 ropani, earning 200 thousand annually including one plastic house. Used improved bio fertilizer and bio pesticide and no chemical at all in his farming. His health has been improved now.</p>
What he says	<p>I merely was lost my live through the ill effect of overused chemicals. Thanks to SAHAS staff through their suggestion led me for adopting organic production. I gained techniques for organic off seasonal vegetable production, income increased by double, neighbors respect me as progressive farmers.</p>
Result	<p>Has Improved health of family members.</p> <p>With increasing returned from vegetable he has purchased new home appliances and improve livelihood</p> <p>He is respected as nodule farmer among the neighbours and has been acting as resource person for the organic farming.</p> <p>Recognized as organic commercial vegetable farmer</p>



Employment in Own Village

Beneficiary	Mantaz Miya, Member of "Chure Pragatishil Group"
Location	Kurahama, Badalamji-5, Dailekh
Before	I used to have no work but now I have no time at all
Activities/ trainings	35 day VAHW training in Pokhara
After	He established an agrovet in a small area in rent in his own village. He started making home visits in the group for the treatment of sick animal. Today he has become a popular figure among the group members due to his hard work. These days, he receives many calls/ requests for animal treatment from the neighboring VDC-Chamunda, Basi, Rawatkot and Bhairikalikathum
What he says	"After my attempts to pass the SLC failed, I decided to go to India. But it was very difficult over there and so I decided to return back to Nepal and do something in my own village. I joined the group formed by SAHAS Nepal and one day I got a chance to participate in a 35 day VAHW training He is very happy and wants to thank the group members and SAHAS-Nepal for providing him this wonderful opportunity of employment in his own village.
Result	I earn more than Rs. 3500 per month. And this income has been very helpful to meet my family expense. He feels the necessity of this group for the development and improvement of the society.



Fish Farming even in Hilly Areas

Beneficiary	Amina Rai, 4 Family Member, Active Member of Wangdyal Women's Group, Unbu-5, Okhaldhunga.
Location	Unbu-5, Okhaldhunga
Before	She used to misuse her time by doing backbiting
Activities/ trainings	SAHAS Nepal has supported different vegetable seeds along with training on seasonal and off seasonal vegetables cultivation.
After	Constructed a pond with the technical support from LIFT project for collecting waste water since there is scarcity of water in that area. She properly utilized the waste water for fish farming which would otherwise flow uselessly. The fingerlings were supported from the project. Some fish were consumed and some were sold which gave an earning of Rs.7,000/- per year. Similarly from vegetables, she has earned Rs.30,000/- per year. She has now started commercial pig farming with great hope. She doesn't only want to involve herself in subsistence farming but also promotes commercialization.
What she says	"Now my life has brightened up after becoming the member of SAHAS Nepal". She further adds " SAHAS Nepal has taught us to be independent, self reliant, skillful, knowledgeable and moreover made things possible like fish farming even in hilly areas"
Result	She is now able to generate income for her livelihood and well educating her children. She has cultivated vegetables in a ropani land but is planning to increase the area up to 3 ropanis for vegetable farming. The group members have also started to grow vegetables in their kitchen garden which have saved money in buying vegetables and their time too.



Women Able to present Reproductive Problem

Beneficiary	Goma Sanjyal, Age 28
Location	Nanikot-7, Kalikot
Before	Most of the women suffer from the problem of reproductive health. Early pregnancy, lack of nutritive and balanced diet during the period of pregnancy often creates problem in reproductive health of women in the context of kalikot. Women feel difficult to talk about the health related problem to others. Goma Sanjyal is one of the participants of that training. She has not received such training before and was unfamiliar with the health problem and feel shyness to express her problem in front of her parents as well as her friends.
Activities/ trainings	Reproductive Health and Awareness Training
After	Constructed a pond with the technical support from LIFT project for collecting waste water since there is scarcity of water in that area. She properly utilized the waste water for fish farming which would otherwise flow uselessly. The fingerlings were supported from the project. Some fish were consumed and some were sold which gave an earning of Rs.7,000/- per year. Similarly from vegetables, she has earned Rs.30,000/- per year. She has now started commercial pig farming with great hope. She doesn't only want to involve herself in subsistence farming but also promotes commercialization.
What she says	"Now I have understood the importance of reproductive health and used to express my problem frankly to others"
Result	She provides suggestion to the teenagers about the problem that may arise during adolescence period, pregnancy period as well as menstruation period.



Khim Maya Dares to Speak

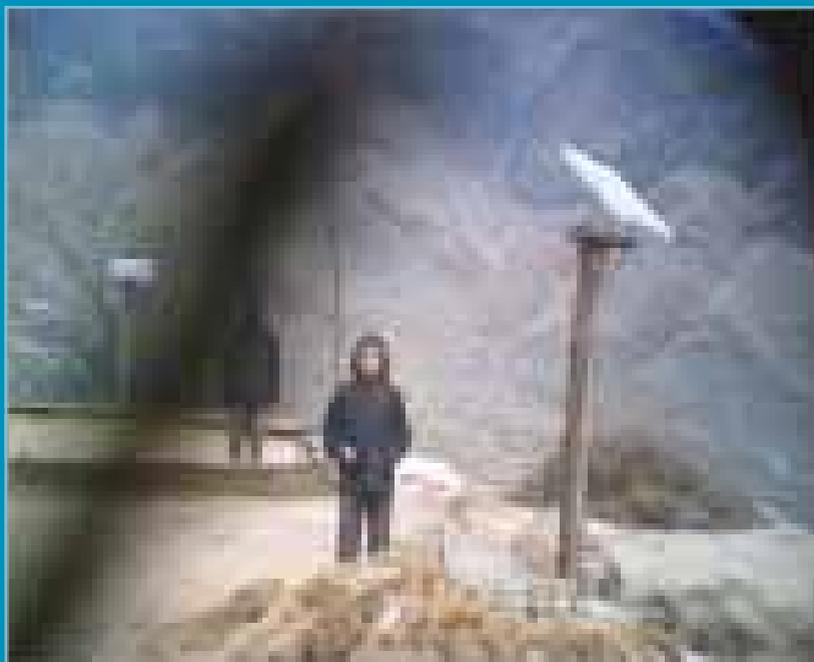
Beneficiary	Khim Maya, 6 Family Members
Location	Taglinchowk Village, Ward No. 8, Gorkha
Before	She barely utters her name in public. For her, introducing herself in front of a group was a painful task
Activities/ trainings	Right based approach capacity building training
After	She now engages herself and other women in her community not only in community development activities but also in fighting for their rights.
What she says	"This is the first time I am involving in a social cause. Before, I was even scared to talk to the VDC Secretary. Today, I spoke without fear and brought money. Even we have rights. I have learnt that we should speak up for our rights. Had such trainings been held earlier, our village would have advanced much ahead."
Result	She started increasing public participation in various social programmes in her village. She even requested SAHAS-nepal for feasibility study of an irrigation project in her village.

Bimala's Fight against male Dominance

Beneficiary	Bimala Dhakal
Location	Aabukhaireni VDC, Ward no 5, Tanahun District
Before	She was confine to the daily household chores only. She was scared to even speak in front of mass.
Activities/ trainings	Participated in discussion programme related to the constitution making process
After	She participated in different trainings organized by the organization and now she can talk with no hesitation
What she says	"I have been raising buffaloes and goats at home , and also grabbing oppurtunities for participating in such trainings"
Result	She brings issues and problems faced by other women in her community. She also sent her suggestion for reducing such violence against women, which she hoped would be taken in to consideration during the new constitution making process.

Light in the Village

Beneficiary	Karnali Samudayik Samuha
Location	Jima VDC, Mugu
Before	There was no electricity facility in the whole VDC. The people were highly affected due to the lack of electricity. People were forced to use dim firelight locally called as "Jhharo". As a result, majority of the villager suffered from eye problems
Activities/ trainings	Installation of Solar Panel
After	The local community benefitted from the solar
What they say	
Result	The villagers no longer have to use the Jhharo and their children can read and write with much ease.



Improvement in Sanitation After Shed Construction

Beneficiary	Lakhy Rokaya, 4 Family Members
Location	Pida VDC, Dhading
Before	She was forced to tie the goats at night inside the house itself. She had the problem with the excretion of the goats. This had made it hard for her to maintain sanitation at her home.
Activities/ trainings	3-days goat rearing and shed improvement training
After	Sanitation inside the house has improved and now she can easily take guest inside the house and no longer forced to wake up early in the morning..
What she says	"After the training, I realized the importance of constructing a separate shed for goats".
Result	She now has plans to take up goat farming professionally as an income generating source.



Change in Kul Bahadur's Life After Skill Development

Beneficiary	Kul Bahadur Gurung, 10 Family Member
Location	Aabukhaireni VDC, Tanahun District
Before	Agriculture is the only source of livelihood for his family. Due to his poor economic condition, he could not afford to study much. He gave up his studies to go abroad for employment, but returned soon after being unable to make money there.
Activities/ trainings	10 Day Bamboo stool making Training
After	After the training he started making bamboo stools.
What he says	"This profession has helped him support his family and adds even if I didn't get to study, I don't want my brothers and sisters to meet the same fate. I will provide for their education so that they can study".
Result	With the earnings from bamboo stool making, he has been able to provide for the household expense and education for his siblings



" I Now Feel Confident!"-Sanumaya Gurung

Beneficiary	Sanumaya Gurung, 6 Family Members
Location	Aabukhaireni-3, Tanahun District
Before	She is a typical Nepali farmer having learnt the trade from her ancestors. With little technical knowhow about agriculture, her husband was compelled to leave for foreign employment
Activities/ trainings	Involved in a group named "Pragati". With the support from the group participated in trainings like Orchard management, vegetable farming, FYM/Compost management
After	After the project intervention, she along with her neighbors formulated a group named "Pragati" on august 2010 under the facilitation of SAHAS-Nepal. Sanumaya was chosen treasurer of the group. She participated in different trainings, which has helped to build her self-confidence and now she has been able to grow of-season vegetables like Tomato, Cucumber, Bitter gourd, Sponge gourd, Bottle gourd etc. She has also constructed a toilet after she learnt about health and hygiene issues
What she says	"Now I am confident and capable of making daily arrangements of food for my family due to the capacity building activities of ELLE-Project of SAHAS Nepal"
Result	She is a role model for her group and whole village



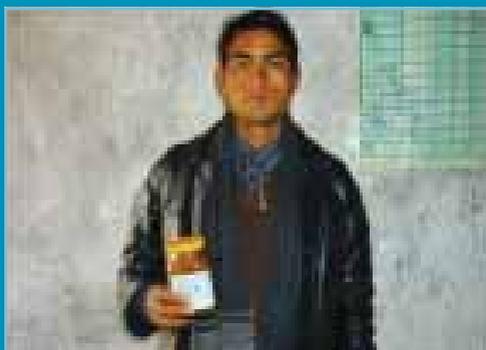
No More Food Insecurity Caused by Floods

Beneficiary	Shashikala Rai, 3 Family Members
Location	Katari-3, Chimtaghari, Udayapur
Before	Her family and other 32 households were food insecure due to the flooding of <i>kakaru khola</i> . Huge amount of fertile land was destroyed each year. Income generating activities were unavailable due to lack of knowledge and the economic condition in the community. When SAHAS-Nepal facilitated the formation of <i>Chimtaghari Women's Group</i> , Shashikala joined the group. At the initiation of the group, SAHAS Nepal provided technical and economic support to construct a dam for providing safety to their lands. Similarly, in order to improve livelihood and also generate income, the group was encouraged to establish a community shop under the revolving fund support scheme
Activities/ trainings	Community dam construction and establishment of a community shop under the revolving fund support scheme
After	Nowadays, the land is protected through the dam construction and farmers don't have to face threats from flooding and the loss of productivity is minimised. The community has the responsibility to take care of maintaining the dam. The first shop in the village is under the management of Shashikala. The shop provides materials and food items at the same price as in the <i>katari</i> market. This has provided relief to the community through an easy access to necessary goods and minimising time and transportation costs.
What she says	
Result	



The Best Products from Local Apples

Beneficiary	Dalsur Shahi, Age 41, 6 Children
Location	Ramnakot-3, Kalikot District, Mid West Region
Before	He was a teacher in a government school but he wanted always use his farmland in a productive and sustainable manner. He had a lot of apple trees on his farmland but each year he fed apples to animals or they had been rotten because there was no use for fresh apples.
Activities/ trainings	He participated in the 5 days Jam, Jelly & Juice making training and a 4 days study tour to Phoimahadev , where he learnt apple processing and storage technologies
After	After his participation in the training & tour remarkable changes have taken place. He was encouraged to utilize the apples from farm by processing them into jam, juice and jelly. After his last apple harvest he took the initiative and produced and delivered his products to markets of <i>Jumla, Nagma, Manma</i> and <i>Kathmandu</i>
What he says	
Result	<p>He earned NRs. 35000 (350, - EURO) in one season.</p> <p>He has used his earnings to maintain his orchard as well he planted more apple tree saplings which arises his commitment to continue his enterprise in the future</p> <p>Besides, he was awarded for his products during the agricultural product exhibition fair in Manma and became a well known person in the broad community and the VDC Assembly honoured him with NRs. 100.000 (1000 EURO) for his sincerity and hard work. He became a role model for farmers in Kalikot district and people take his advises.</p>



"I Can Support My Family Through My Skills"

Beneficiary	Nar Bahadur Sarki, 68 years, 7 Family Members
Location	Jagrit Samuha Project, Toksel VDC, Okhaldhunga
Before	He was able to feed his family only for 4 months from field productivity. His family members were forced to labour work for income generation. He got precious skills from his father when he was 12 years old. He has learned to make bamboo baskets.
Activities/ trainings	SAHAS Nepal saving group lent him a loan worth NRs.5000 (50 EURO)
After	After he has received the loan he bought bamboo and all materials to start making the bamboo baskets. It was easy to sell the items at the nearby markets because the demand was huge.
What he says	“Due to lack of own capital and high interest rate of <i>Sahus</i> (money lender taking a very high interest rate and take land if beneficiary is unable to pay the money back in time) I was forced to earn a living as labour worker. The intervention of the LIFT project in my community has changed my life for the better” says Nar Bahadur Sarki. I am very pleased because I am able now to support my family with the money from bamboo basket making. And sure I will continue with my business.”
Result	He has earned NRs. 13,000 (130, - EURO) . He leased extra land from the earnings where he can grow more crops and vegetables for family consumption. He will invest in his business and the children education.



Capacity Building for a Jobless Youth in Bajura

Beneficiary	Dal Bahadur Rawal, Age 30 , 6 Family Members
Location	Sappata VDC, Bajura District, Far West
Before	He was an opportunity-less youth in the community. He was unable to continue his formal education because of the poor economic condition of his family.
Activities/ trainings	He was a participant in the 35-day-training for Village Animal Health Worker
After	After the participation in the training, he opened a consultancy service with providing animal health service to his community.
What he says	“I was only S.L.C. test pass before the training, but now I have been able to continue my studies. This has been only possible due to the encouragement from SAHAS-Nepal.”
Result	Now he makes for living NRs. 3000-5000 (30-50,- EURO) per month. With this money he is able to support his family and to continue his studies too. He is attending important meetings and gatherings in the community and everybody respects now his view and advice for community development. The villages also got a capable local animal health technician which changed the animal health status in the community immediately.



Message From a Woman's Group

Beneficiary	Lamiduwali Women's Group
Location	Risku VDC, Udaypur District
Before	The group members coming from 39 households. The majority are Magar and Dalit. 2 years ago people and particularly women in the community could barely speak in front of strangers. Food from their farm was not sufficient throughout the year and they had to rely on labour work. Due to lack of unity among villagers, development activities were not straight forward. A school for basic education did not exist.
Activities/ trainings	Group Strengthening and Leadership Training
After	
What they say	“Earlier, we didn't have enough money to pay the bus fare of Rs. 100 to bring a bag of cement from the market. We had to spend one day to walk back home carrying the cement on our back,” says Dev Maya Magar, the chairperson of the group. Ramita Magar, the vice secretary of the group says: “ since we are growing vegetables in our home garden, we are able to consume fresh and nutritious vegetables. We sell the surplus in the market and make some money.” With making a group policy and action plans it became easy to achieve the goal of our community development programme. Therefore, I want to spread this message in other villages and groups.”
Result	But today we have a different story: The unity and initiative taken by the women's group has brought a complete transformation in the village. In the field of agriculture, use of modern agricultural techniques has enabled them to increase their food sufficiency months and they have also started growing and eating nutritious vegetables. Construction of school building has created a suitable environment for teachers and students. Under the ecological home gardening program, each house today has a home garden, toilet, waste water collection pond/tank and improved stove. In addition, they have also started cattle urine collection and preparation of organic fertiliser. Today the group has a fund of Rs. 55,000 (550- EURO).

Students Brushed Their Teeth for the First Time

Beneficiary	24 School Children & Their Families
Location	Banaspati Primary School, Chaugare – 7, Lalitpur
Before	Some students were found who had never brushed their teeth.
Activities/ trainings	One day oral health and brushing programme. Each student was given tooth paste and tooth brush and practical demonstration of proper way of brushing were taught along with proper hand washing
After	After one month of training a lots of progress in the personal hygiene of the students were found. The students brushed their teeth two times regularly, students were found neat and tidy, problems of bleeding from mouth was reduced. The new knowledge was spread into the students families and more people become aware of oral health.
What they say	
Result	Inspired by the program, the school management was willing to continue with the program and they oriented and distributed brush and toothpaste to other students. This practical way of teaching actually developed good practice of oral health management within the students.



VAHW John Tamang Provides Hope to Farmers

Beneficiary	John Tamang, Age 28, 5 Family Members
Location	Chaughare-3, South Lalitpur, Gupteshwor Community Group
Before	No service for animal health was available
Activities/ trainings	Village Animal Health Worker Training in Pokhara
After	Tamang started providing health service not only for his group of Chaughre, he extended his service to the farmers of Nallu, Dalchoki and Bukhel VDC after coming back from the training in January, 2012. He has also started a small agro-vet shop where farmers can get the required medicines without travelling to far. Till now he treated around 350 livestock including cattle, buffalo, sheep, goat and pig. Directly benefited have 157 farmers.
What he says	
Result	<p>John has applied his learning into practice. Recently he saved a buffalo Rs. 40,000/- worth from Mr. Suku Bahadur Ghyaaba, which has a fetal death and dystocia and it had to be manually removed. To a small farmer like Suku, the buffalo was everything for his family earning and he thanked John and SAHAS- Nepal for the help. Similarly, another buffalo of Mrs Mona Ghyaba was suffering from Retention of Placenta (ROP) though its parturated few days ago. John says when he arrived, the buffalo was in critical condition and the family of Mona were in tears. But his could help and the buffalo was saved.</p> <p>During rainy season, Hemorrhagic septicemia (HS) and Black Quarter (BQ) creates havoc among the livestock. To create early alarm and prevention, John, from his own effort, has started a vaccination campaign in Chaughare VDC.</p> <p>John has really established himself as a life saver among the farmers in his community. He takes nominal price for his service and during that 3 months he has earned Rs 9,000/- (90,- EURO) Excited from his achievements, John plans to extend his service, agro- vet shop and arrange other necessary equipments.</p>



Income From Making Potato Chips

Beneficiary	Bal Bahadur Rokaya, Age 32
Location	Badalkot-1, Kalikot
Before	
Activities/ trainings	Potato Chip making training
After	Rokaya implemented the learning into practice and started making Potato chip and selling it for NRs 25-30 packet. He now believes in production diversification and admits that diversification of products brings greater profit as well.
What he says	
Result	He is excited from the earning and wishes to continue it as a profession.



Material Support for a Blacksmith

Beneficiary	Ram Kumar B.K., 8 Family Members, 48 years, Dalit
Location	Ikudol, South Lalitpur, LIFT Project
Before	Ram Kumar has weak economic condition. He has 6 ropani of land but it is mostly dry and the productivity is considerably low. His produce from the crop production is only enough to feed his family for four months. He is also the member of Samanata community group and the group requested LIFT project to support him with better technical equipment for his work as blacksmith.
Activities/ trainings	
After	Ram Kumar B.K. had been supported with items like <i>Lih</i> , hammer, <i>reti</i> , iron (15 kg). He has made iron utensils and agricultural tools like sickle, spade, axe, scissors, Khurpa, gal, ghan, Pan, bowl, etc. His products have been utilized in more than 100 households of Ikudol, Bukhel and Sankhu VDCs. He gets maize, paddy, mustard oil, fapar, vegetables, and pulses in return of his tools as barter system. He also provides a repairing service. Besides for his newly made tools, he gets money from the farmers.
What he says	He says from the supported materials he felt more comfort in his physical hard work and has been increasingly encouraged to continue with his traditional family work
Result	His annual income is Rs 41,000/- (410,-EURO) this year and he has also utilized this income for the education of his children.



Income Generation Through Self Employment from 35-days Training

Beneficiary	Insan Gurung, Age 34, Family Members 5
Location	Tanlichowk VDC , Ward No. 6, Simletole , Gorkha
Before	Nepalese Ex army left job because of emergency Staying with subsistence farming, no source of income even for pocket money
Activities/ trainings	Trained from 35 days Rural Animal Health worker training with support of ELLEP project of SAHAS Nepal
After	Run agrovet , providing paid service to the farmer of 2 VDC, earning good will from neighbour and NRs 5000 -15000 monthly from selling livestock medicine and service in addition to his previous subsistence farming. 70% cash earning he saved after household expenses.
What he says	“Thanks SAHAS for this idea, training and material support after leaving army job I was aimless, neighbor would mock at me, I had no income and life was miserable. Now I have improved my livelihood, gained prestige in the society. Farmers are satisfied with my service, new hope has emerged and I am encouraged for doing more.”
Result	Many farmers are benefited from his service in their yard. Many calls he received from the farmer and have provide quick service. Livestock mortality reduced and productivity has increased. His good will over communities increased, sustainable source of income he have gained



Livelihood Improvement Through Commercial Farming

Beneficiary	Purna Bahadur Chepang
Location	Jogimara, 8, Pipaldanda
Before	<p>Source of livelihood was wages labor</p> <p>He had to borrow even for the school expenses of children. For paying the interest of loan he had to pay wages.</p> <p>He was wondered seeing large quantity of vegetable in cooperatives. He would think who would consume such large quantity of vegetable.</p>
Activities/ trainings	Off seasonal vegetable production training ,leader farmer training and regular technical support
After	<p>He is producing vegetable in commercial scale. Huge market demand known when entered in market with own production.</p> <p>Knew the method and effectiveness of bio pesticide use in vegetable cultivation. Cost saving otherwise that would invest in pesticide.</p> <p>His net annual earning is 120000 meeting all household expenses.</p>
What he says	“My livelihood drastically changed with in 2 years from loan taker to loan provider, wages labor to entrepreneur. It all is because of idea, training and support of SAHAS Nepal. I am thankful with SAHAS.”
Result	<p>He is recognized as leader farmer among neighbour.</p> <p>Now the condition has changed, he used wages labor in his farm giving 30000 NRs loan to neighbour as interest. No dept needed.</p>



Women in Leadership

Beneficiary	Gairatol Women's Group
Location	Betini-6, Okhaldhunga
Before	Gairatol Women's Group of Betini-6, Okhaldhunga was established in 2067 B.S that consists of 23 female members. This group is actively engaged in community development works. Recently, this group has taken a lead role in the construction of travelers'waiting place in their own effort. Travelers in Betini were facing difficulties in waiting for bus as the road was unpaved. The group members hence addressed this activity in work plan of this year.
Activities/ trainings	For the construction of travelers waiting palce about Rs.68,777/- amount was invested .For this amount, Aama Group has supported the total amount of Rs.19,000/-, Rs.22,555/- from betini vdc , Rs.1,500/- from Gaira Tol Group and accessories like sar, beam,takhata were provided by each members of group. In addition, cement was provided by Jeep Sanchalak and all labour force was contributed by members of Gaira Tol Women's Group
After	
What they say	
Result	<p>The communityhas constructed a barrier for women, confining them only to household activities where as usually male got involved in infrastructure development activities. Generally, males were dominant over females in the society.This point of view has been eliminated by a group of females by taking keen role in the construction of waiting place. They proved that if females are provided with the opportunity then they are also capable for performing any activity.</p> <p>After the construction of the waiting place, many travelers were benefitted and happy too as itsaved them from adverse weather conditions.</p>

Improving Access and Quality of Education

Beneficiary	27 School Children of Shree Tungun Primary School
Location	Bukhel 8 & 9 Wards, Lalitpur
Before	Lack of Educational Resources
Activities/ trainings	SAHAS-Nepal has supported 21 sets of teaching materials to the school.
After	All the teachers and students utilized the teaching materials resulting in quality education and the number of students increased
What they say	
Result	Now, the school management committee, local people and group are actively involved in increasing the number of students and access education rights to the children.



Skill Deveopment Through Training

Beneficiary	Dambar Kumari Karki
Location	Sirise VDC, Ward No. 6 of Udayapur District
Before	She has 5 ropanis of cultivable land which is less productive and lacks irrigation facility. She has 1 buffalo and 15 goats. Before being the member of the group, her family was able to meet their food need for only 5 months with their field production. They used to collect seasonable vegetables from the nearby jungle. She used to work on daily wages to meet their daily family needs
Activities/ trainings	Involved in Kawase Women's Group and always attended the group meetings. After her involvement in vegetable farming training and improved FYM training, she got knowledge about FYM improvement and use of cattle urine in vegetable production and nowadays she is actively involved in such activities.
After	She is involved in nursery raising of chilli in commercial scale and she herself is involved in commercial production of chilli. She is earning Rs. 6000/- per year from the sale of chilli fruits. She has now purchased a buffalo by taking loan from the group and is earning Rs. 2,100/- per month by the sale of milk. Now, it is clear to her that hard work is a key to success and she wants to acknowledge SAHAS Nepal for her success
What she says	"I got the training of vegetable farming from SAHAS, Nepal in 2068 B.S. and with the seed provided in the training I earned Rs 1300 and I came to know that hard work leads to success. Now I am also involved in the farming of cabbage, beans and leafy vegetables. I have also maintained the goat shed and involved in goat rearing as buck is provided as support by the organization. Till today I have earned Rs 20,000/- from the sale of the goats and now I feel relief to invest in the education of my children."
Result	she is planning to grow forage and fodder grasses on the sloppy land to commercialize goat rearing and she isalso planning for commercial vegetable farming.Nowadays people remember Dambar Kumari if they are in need of chili fruit and seedling.

A Step Towards Seed Conservation

Beneficiary	Sita Ghimire
Location	Dalchowki 5, Lalitpur
Before	She started the seed production of rare cole crop i.e Garve cauliflower in her own field. In the absence of appropriate knowledge and skill, this crop has been listed in the extinct crop species. The farmers here used stem cuttings instead of seed due to lack of seed and production skill.
Activities/ trainings	Involved in Lekbensi Community Group
After	After the SAHAS intervention in the community, farmers became well aware of the seed production technology. Similarly, technical support and other material support for seed production were made available for the farmers. Accordingly, Sita applied her knowledge in the real field situation and produced some seed of Garve cauliflower
What she says	"I got the training of vegetable farming from SAHAS, Nepal in 2068 B.S. and with the seed provided in the training I earned Rs 1300 and I came to know that hard work leads to success. Now I am also involved in the farming of cabbage, beans and leafy vegetables. I have also maintained the goat shed and involved in goat rearing as buck is provided as support by the organization. Till today I have earned Rs 20,000/- from the sale of the goats and now I feel relief to invest in the education of my children."
Result	She has planned to preserve the seeds in community seed bank, Dalchowki as well as National Gene Bank, Khumaltar. Also, she is involved in seed production of crops like cucumber, pumpkin, radish, bean, cow pea and shares her experience to the other farmers in the community for the encouragement.



Generating Income From Vegetable Cultivation

Beneficiary	Samjhana Rai, Age 22
Location	Badalkot- 2, Rangil, Kalikot
Before	She used to produce only for her family consumption difficult to her to sustain her daily life and to teach her children in school due to crisis of money...
Activities/ trainings	Involved in Karnali Milan Mahila group, two days offseason vegetable production and poly tunnel training
After	she used to produce only for her family consumption
What she says	
Result	She earn Rs.18,000 by selling tomato, cabbage and cauliflower in market. She also bought a buffalo. She also shares her experiences with other women of her community and now she has planned to do tomato cultivation inside plastic house and cabbage and cauliflower cultivation in large scale.



Women Enhancing the Source of Income

Beneficiary	Kalasa Shahi, Age 35
Location	Syuna VDC Ward No. 5, Kalikot
Before	she was born in a poor family where her family were not able to fulfill all her desire as well as good and quality education.
Activities/ trainings	She is a joint secretary of Badimalika community group. Dhaka weaving training
After	She slowly implemented the taught things in the training in her real life. Now she used to weave 3 to 4 shawl in one month which costs about 1600 for one shawl
What she says	She is optimistic that SAHAS-Nepal will conduct such income generation activities in the future days.
Result	It has become quite easy for her to conduct her family as well as she also used to spent some money for the education of her children.



Changing Attitude of women towards Kitchen Garden

Beneficiary	Sharda kumari Shahi, Age 26
Location	Badalkot-3, Kalikot
Before	She used to spend most of her time just nattering with her friends and was not interested in agricultural occupation.
Activities/ trainings	Home Gardening Training
After	She cultivate the seed of Cucumber, Pumpkin, Brinjal, Bottle Gourd and bitter gourd provided from SAHAS-Nepal
What she says	I have changed since that training and used to spend my leisure time in the garden
Result	Beside home consumption, she also earned about 1500 by selling cucumber and pumpkin and about 4000 from Bitter Squash and Brinjal.



Geeta Got New Life

Beneficiary	Geeta Pariyar, Age 24
Location	Diyale VDC, Ward No. 2, Okhaldhunga
Before	She used to sustain her life by washing utensils oin other house.Duet to poor economic status her husband leaved to Gulf country for earning. Her own family tried to kill her through firing the house where she was asleep. She however managed to live from the incident.
Activities/ trainings	Tailoring training
After	She was supported fom Aama samuha to file the case in DAO. She was also supported with DCWG. Further she took the training of tailoring through the household work programme organized by the ciciv watch group. The group members supported her constantly. She got new life from this.
What she says	"Her courage, empowerment and the skill which she got are the means for her living and are the weapons to fighr for the injustice and for the freedom of the women who are facing the violence as she has faced."
Result	She has opened a cloth shop and have sustained daily living from it.

From Small Beginnings come Great Things

Beneficiary	Buddhi Maya Pulami Magar, Age 40
Location	Manebhanjyang 9, Okhaldhunga
Before	
Activities/ trainings	Member of Bhimsari Devi Women's Group of Manebhanjyang 9 since 2065. Variiya Support Program of LIFT project has provided Rs.5,000/- as a revolving fund at low interest rate.
After	
What she says	
Result	She is doing hard work to run her business and also support herchildren. She saves Rs.3,000 to4,000/- monthly by cutting her daily expenses. This saved money is utilized for the education of her children. And now she is determinant to continue her business.

Revolving Fund Led Ratna Maya Back to Village

Beneficiary	Ratna Maya BK, Age 26
Location	Gajuri VDC, Ward No. 8
Before	Jobless husband 5000 NRs monthly earning from school teaching was not enough to fed a couple and newly borne child. Room rent in Malekhu always would in debt.
Activities/ trainings	Revolving fund (from ELLEP project of SAHAS Nepal)
After	Ratna Maya received revolving fund from SAHAS Nepal to use start up invest for local poultry base micro enterprise. Couple came back to house in village with purchasing 26 local poultry. Within 6 month period poultry increased to 39 even after selling 3 with 2000 NRs.
What she says	Revolving fund really led change in my life Help me to be self sustain through small amount being with idea from SAHAS staff. Thanks to SAHAS.
Result	They started to cultivate crop and vegetable renting land. Now monthly salary received from school is totally saved. Jobless husband has employed from self employment. They have planned to increase local poultry business with systematic husbandry.



Change Brought by Small Amount of Seed

Beneficiary	Suntali Maya BK , Age 55, 8 Family Members
Location	Chimkeswori, 3, Dumsidhunga
Before	Maize productivity was too low because of lodging and low quality seed
Activities/ trainings	Crop seed management training, agri product commercialization training Bee hive colony support Maize seed support 250 gm (2010) Cowpea support 50 gm (2012)
After	She got maize seed of Manakamana 3 growing in field under her management gave double yield than existing one. From the 250 gm foundation seed, she selected 12 kg of seed and again sowed in 2 nd year and harvested 8 quintal of grain. In 3 rd year she harvested 11 quintal of maize which is 75% more yield that would harvested before introduction of improve cultivar.
What she says	“New seed really boomed yield in village and improve my fame.”
Result	Seed demand is increasing by this year her neighbours bought 120 kg of maize grain for seed purpose. Manakamana 3 is popular in village now because of its high production, dwarf in height, large grain size and lodging resistance. As the same way distributed IT cowpea has gained popularity. Suntali Maya now is well known in village as improved seed distributor





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