



Steady Steps to Sustainable Development



Steady Steps to Sustainable Development

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THE LUTHERAN WORLD FEDERATION

Contributing towards community resilience and social justice in Nepal

This report presents collections of success stories from the Nepal Development Program of the Lutheran World Federation Nepal (LWF Nepal). It encapsulates the contributions made by the program to strengthening community resilience, economic transformation of poor and oppressed, access on public service and resources and ensuring community led action for social justice in various project locations. Achievements made at the individual, group, community and institutional levels under the program are presented under three thematic areas: i) Disaster risk reduction, emergency preparedness and response; ii) Sustainable livelihoods and food security; iii) Community-led actions for governance and justice. The stories are collected from the field following observations of project activities, results and interactions with stakeholders, including right holders. The statements made in the stories are of the right holders and stakeholders, which may not necessarily represent the official opinion or position of LWF Nepal.

Message from the Country Director

Dear Readers,

It is our pleasure to publish this story from the field “Steady Steps to Sustainable Development” of the people we work with from Kailali, Dailekh, Lalitpur, Morang and Jhapa districts under Nepal Development Program. The positive changes of the most vulnerable and people at risk have been captured in the booklet.



The stories of this booklet have covered four programmatic areas of interventions LWF Nepal: i) Disaster risk reduction, emergency preparedness and response; ii) Sustainable livelihoods and food security; iii) Community-led actions for governance and justice targeting to women, children, persons with disabilities, ex-bonded laborers and disaster affected populations.

We have been continuously sharing the stories of changes widely of the people focused on the positive changes in their lives through our small initiatives. These stories published in this booklet only represent some of the stories of change so we will again come up with some more stories in future.

LWF Nepal works in close collaboration and coordination with local partners, the government agencies at the local, provincial and federal levels. This success is the combined result of the cooperation among the communities, supporting partners, government agencies and the implementing partner organizations.

I would like to express my sincere thanks to LWF staff and Implementing partners for their dedication and contribution to bring changes in the lives of the people and also the consultants Mr. Dhan Bahadur and Mr. Pustak Raj Ojha are for collecting and documenting these stories.

Finally, I would also like to express my sincere thanks to ANCP/Australian Government and Australian Lutheran World Service for their continuous supports and cooperation to implement the program with most vulnerable and needy communities.

Happy Reading !

A handwritten signature in black ink, appearing to read 'Bijaya', with a horizontal line underneath.

Dr. Bijaya Bajracharya
Country Director

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Section 1

Disaster Risk Reduction, Emergency Preparedness and Response

Nepal Development Program (NDP) has brought about significant changes in enhancing the capacity of communities and their institutions in order to reduce disaster risk and to prepare for, respond to and, when necessary, recover from disaster and emergencies. Formation and capacity development of local-level disasters management committees; enhancing collaborative environment among different agencies and local governments to help communities become better prepared for and respond to disasters; building community infrastructures to reduce potential hazards from disasters; organizing people to help them better understand disaster risks and make preparations for efficient and effective responses are the major areas of NDP. Success stories presented herein are some representative evidence of the change made by the program in the lives of the people and at the community level over the last three years. They describe the experience of a person, family, group, community, and institutions in managing disaster risks in their lives.

1.1 Disaster-affected community moves towards resilience

Reoccurrence of flood is a common phenomenon in some constituencies of Kailali district. People of flood-prone areas have become more disaster resilient.

Ghushary, which is located in Joshipur Rural Municipality-2, is one of the flood-prone clusters in Kailali district. It consists of 75 households. In monsoons, people of this area face flood hazards, including loss of life and property, damage of crop and soil erosion.

Two rivers—the Kandha and the Pathariya—flow through the human settlements. Incessant rains cause the rivers to burst their banks and wash away vast swathes of cultivable land, standing crops, cattle and settlements.

Since January 2015 the Lutheran World Federation Nepal (LWF Nepal), in partnership with Digo Bikas Samaj, has started to work in this community under the Nepal Development Program, with support from the Australian Government through the Australian NGO Cooperation Program (ANCP) and the Australian Lutheran World Service (ALWS). The program focused on community empowerment, resilient livelihoods and income generation, advocacy and institutional development of rights holder organizations for their rights campaigns. LWF Nepal has integrated disaster risk reduction and climate smart socio-economically viable options for livelihoods enhancing resiliency to all forms of shocks and stresses.

The community that was engaged in the program developed action plans after conducting Participatory Vulnerability and Capacity Assessments, where potential disaster risks, their capacities and gaps had been identified. They have also established community grain banks and emergency funds as a coping strategy for emergencies. The project also supported group members to establish micro- enterprises, commercial vegetable farming and riverbed farming, which have been a source of employment for many community members.

The program team encouraged and guided the community members in Ghushary to implement the mitigation activities they had enlisted in their disaster risk reduction plan. They planted 500 bamboo saplings and reeds, which can protect the land from swelling rivers as well as fetch them some income. In order to make the community disaster-resilient, the project supported to set up a grain bank and an emergency fund. The grain

bank has a repository of 350kg rice, 50kg pulses and 200kg wheat. The emergency fund has NPR 30,300 (USD 273). They have been organizing various events to increase their fund through Deusi celebrations during Tihar festival, through monthly savings and seasonal grain collection. They distribute grains during emergencies as a loan, and the borrowers repay the loan in the harvest season.

Although the community faced floods in 2017, there was less damage this time around. They managed to cope with the disaster. They used a gauge reader as an early warning system, used a hand mike to notify the community members about the floods, and made first-aid kits ready. There was not any human causality. No one lost their farmland.

The settlement was inundated and the displaced people took shelter in safe places such as relatives; houses and local schools. They also borrowed rice and pulses from the grain bank and repaid them. They utilized the emergency fund to provide children and elderly people with ready-to-eat food, including noodles, beaten rice and biscuits

They are determined to continue their resilience-building approaches and techniques in order to keep themselves and their community safer.



१.१ विपद प्रभावित समुदाय समुत्थान तर्फ उन्मुख

कैलाली जिल्लाका केही क्षेत्रहरूका लागि बाढीको संकट सामान्य कुरा हो । बाढीग्रस्त क्षेत्रका जनताहरू विपद समुत्थानप्रति अभ्यस्त भईसकेका छन् ।

जोशीपुर गाउँपालिका-२ को घुसरी, कैलाली जिल्लाकै बाढी सम्भाव्य क्षेत्रहरू मध्येको एक हो । यहाँ जम्मा ७५ घरधुरी छन् । वर्षायाममा यहाँका जनताहरूले सँधै बाढीका कारणले हुने धनजनको क्षति, बाली नष्ट हुने तथा मलिलो माटो बगाएर लग्ने जस्ता समस्याहरू भोग्दै आएका छन् ।

कान्द्रा र पथरिया दुई खोलाहरू यस क्षेत्रको बस्ती भएर बग्दछन् । लगातारको मनसुनी वर्षाले यी खोलाका किनारहरू भत्कन गई खेतीयोग्य जमिन जमिन, बालीनाली, वस्तुभाउ तथा मानव वस्तीलाई नै बगाएर लान्छन् ।

जनवरी २०१५ देखि लुथरन वर्ल्ड फेडेरेशन नेपालले दिगो विकास समाजसंगको साभेदारीमा आफ्नो नेपाल विकास कार्यक्रम अन्तर्गत, अष्ट्रेलियन एनजिओ सहयोग कार्यक्रम तथा अष्ट्रेलियन लुथरन वर्ल्ड सर्भिस मार्फत अष्ट्रेलियन सरकारको सहयोगमा यस समुदायमा काम गर्न प्रारम्भ गरेको थियो । यस कार्यक्रमले सामाजिक सबलीकरण, समुत्थान जिविकोपार्जन, आयआर्जन तथा गरिबी निवारणमा जोड दिन्छ । लुथरन वर्ल्ड फेडेरेशन नेपालले जिविकोपार्जन कार्यक्रमसंग विपद जोखिम न्यूनीकरण तथा वातावरण परिवर्तनलाई एकीकृत गरेको छ ।

कार्यक्रममा संलग्न यस समुदायले सहभागितात्मक जोखिम मूल्यांकन तथा क्षमता समीक्षा (जसमा सम्भाव्य विपद जोखिम, उनीहरूको क्षमता तथा कमजोरीहरू पहिचान गरिएको थियो) पश्चात् कार्ययोजना तर्जुमा गरेको थियो । समुदायले विपद न्यूनीकरण नीति अनुरूप सामुदायिक खाद्य बैंक तथा आकस्मिक कोष समेत स्थापना गरेको थियो । यस परियोजनाले समूहका सदस्यहरूलाई साना उद्यम सञ्चालन, तरकारी खेती तथा खोला किनार खेतीका लागि समेत सहयोग प्रदान गरेको थियो जसले गर्दा समुदायका धेरै सदस्यहरूलाई रोजगारीको अवसर प्राप्त भएको थियो ।

घुसरीका समुदायका सदस्यहरूलाई उनीहरूको विपद जोखिम न्यूनीकरण योजनामा परेका विपद व्यवस्थापन कृयाकलापहरू संचालन गर्न यस कार्यक्रमका कर्मचारीहरूले उत्प्रेरणा दिने तथा मार्गनिर्देशन गर्ने कार्य गरेका थिए । उनीहरूले खोला किनारमा ५०० बाँसका मुनाहरू लगाएका थिए, जसले गर्दा जमिनलाई खोलाले बगाउन नसक्ने तथा उनीहरूलाई केही आयस्रोत पनि प्राप्त हुने भयो । साथै समुदायलाई विपद-समुत्थान सक्षम बनाउनका लागि यस परियोजनाले एउटा खाद्य बैंक तथा एक

आकस्मिक कोष स्थापना गर्न सहयोग गरेको थियो । उक्त खाद्य बैंकमा ३५० के.जी. चामल, ५० के.जी. दाल तथा २०० के.जी. गहुँ सञ्चय गरिएको थियो । आकस्मिक कोषमा जम्मा रु. ३०,३००/- बचत गरिएको थियो । तिहारमा देउसीभैलो जस्ता विभिन्न कार्यक्रमहरू संचालन, मासिक बचत तथा मौसमी खाद्य सामग्री सञ्चय जस्ता क्रियाकलापहरूबाट उनीहरूले कोष वृद्धि गरिरहेका थिए । उनीहरूले विपदको बेलामा ऋण स्वरूप सञ्चित अन्न दिने तथा बाली काट्ने समयमा फिर्ता गर्ने गर्दथे । सन् २०१७ मा यस क्षेत्रमा बाढी आएतापनि क्षति न्यून भएको थियो । उनीहरूले विपद व्यवस्थापन गर्न जानिसकेका थिए । उनीहरूले अग्रिम सूचना प्रणालीको प्रयोग, बाढी आउने जानकारी समुदायलाई दिन माइकको प्रयोग तथा प्राथमिक उपचार सामग्री तयार गरिराखेका थिए । तसर्थ त्यसबेला कुनै मानवीय क्षति भएन भने कसैको खेतबारी पनि बगेन।

खोलाले बस्ती बगाएको थियो भने विस्थापित समुदायहरूले स्थानीय विद्यालयमा तथा आफन्तहरू कहाँ आश्रय लिए । उनीहरूले खाद्य बैंकबाट दाल चामल सापटी लिए र पछि तिरे पनि । उनीहरूले केटाकेटी वा वृद्ध-वृद्धाहरूका लागि चिउरा, चाऊचाऊ तथा बिस्कट जस्ता तयारी खाना किन्न आकस्मिक कोषको प्रयोग गरे ।

उनीहरू आफू तथा आफ्नो समुदायलाई सुरक्षित राख्न विपद-समुत्थान पद्धती तथा उपायहरूको उपयोगलाई निरन्तरता दिन कटिबद्ध छन् ।

1.2 Disaster Management Committee: A backbone to community resilience

Jahada Rural Municipality – 5 in Morang district is a home to 40 households of Santhal families, who have been living here for the past 30 years. They had settled in this area following the diversion of the Lohandra River. These families are mostly relying on daily wages by working at a brick factory. This is a flood-prone area. As such, the inhabitants of this area have to bear the brunt of flood every monsoon. The only rural road they have gets washed away. The loss obstructs their access to market and work.



Against this backdrop, the Lutheran Community Welfare Society (LCWS), an implementing partner of the Lutheran World Federation (LWF) Nepal, launched a development initiative in 2011, with an objective of strengthening resilience and socio-economic empowerment. LCWS formed saving and credit groups of women in the community and started community empowerment programs that included emergency preparedness for resilience and livelihood-related interventions for their socio-economic transformation.

As the program rolled on, community members showed a keen interest to form a Disaster Management Committee at the local level and to initiate a few preparatory measures to minimize flood hazards. They formed a Naya Basti Disaster Management Committee, comprising community members. The committee developed a disaster management plan with technical support from LCWS, a local implementing partner of the Lutheran Federation (LWF) Nepal. The initiative was launched through the Nepal Development Program of LWF Nepal and funded by the Australian Lutheran World Service and the Australian government. The Committee is serving as a backbone to strengthening the resilience of a community that is susceptible to flood and other disasters.

In accordance with a plan it had developed, the Disaster Management Committee submitted a proposal to LCWS, seeking support to construct a culvert for a flood outlet, and to minimize flood impacts on the community. The LCWS team assessed the proposal and made a commitment to giving it some support, provided the committee could bring in co-funding for the same purpose from local bodies and communities.

The committee prepared a complete design of the culvert, including the renovation of an agricultural rural road and approached the local governance bodies. The latter pledged some support. The local bodies provided some plastic sacks and soil worth NPR 20,000 (USD 180) for repairing the road in the aftermath of floods. LCWS pledged to contribute two Hume Pipes worth NRs 19,000 (USD 171) for repairing the road and culvert placement. The community people also contributed their labor and constructed the culvert in order to help minimize flood hazards.

Mr. Shambhu Hemrum, the chair of Naya Basti Disaster Management Committee said, "There is no need to worry in rainy days and beyond because there is a culvert in place and a proper outlet for excess water. Now the flow of water will not be obstructed at the farm level on the northern side. Ambulances can also move around, as and when we require."

Mrs. Sushila Marandi, a member of the saving and credit group formed by the community said, "We are very much thankful to LCWS and their team for their valuable support in constructing a culvert on the rural road."

१.२ विपद व्यवस्थापन समिति: सामुदाय समुत्थानको मेरुदण्ड

मोरङ जिल्लाको जहदा गाउँपालिका-५ मा जम्मा ४० घरधुरी सन्थाल समुदायले ३० औं वर्ष अघि देखि बसोबास गर्दै आएका छन् । स्थानीय लोहन्द्रा खोलाको कटान पश्चात् उनीहरूले यहाँ बसोबास गरेका हुन् । यहाँका प्रायःजसो व्यक्तिहरू ईटा फैक्ट्रीको ज्याला मजदुरीमा आश्रित छन् । यो एउटा बाढी आइरहने क्षेत्र हो । हरेक वर्ष जसो मनसुनी बाढीको चपेटामा यहाँका बासिन्दाहरू पर्ने गर्दछन् । गाउँ पुग्ने एकमात्र बाटो बाढीले बगाउँछ । त्यसैले गर्दा उनीहरूको बजार तथा काम गर्ने स्थान सम्मको पहुँच छुट्दछ ।

यस्तो परिवेशमा लुथरन सामुदायिक कल्याण समाज, लुथरन वर्ल्ड फेडरेशन को साभेदार संस्थाले सन् २०११ मा एक विकास प्रयासको प्रारम्भ गर्‍यो जसको उद्देश्य उक्त समुदायको आर्थिक सामाजिक सशक्तिकरण गर्नु थियो । लुथरन सामुदायिक कल्याण समाजले समुदायका महिलाहरूलाई समेटेर बचत तथा ऋण समूह निर्माण गरी समुदायको सशक्तिकरण कार्यक्रम सुरु गर्‍यो जसमा उनीहरूको आर्थिक-सामाजिक रूपान्तरणका लागि जिविकोपार्जन सम्बन्धी कार्यक्रमहरू थिए ।

कार्यक्रम संचालनकै सिलसिलामा समुदायका सदस्यहरूले स्थानीय स्तरमा एक विपद व्यवस्थापन समिति स्थापना गर्ने र बाढी बाट हुने क्षति नियन्त्रणका केही पूर्वतयारीहरू प्रारम्भ गर्ने तीव्र इच्छा व्यक्त गरे । उनीहरूले समुदायका सदस्यहरू संगठित गरेर नयाँबस्ती विपद व्यवस्थापन समिति स्थापना गरे । उक्त समितिले लुथरन सामुदायिक सेवा समाज, लुथरन वर्ल्ड फेडरेशन नेपालको साभेदार संस्थाको प्राविधिक सहयोगमा एक विपद व्यवस्थापन योजना तर्जुमा गर्‍यो । उक्त परियोजना लुथरन वर्ल्ड फेडरेशन नेपालको नेपाल विकास कार्यक्रम अन्तर्गत अष्ट्रेलियन लुथरन वर्ल्ड सर्भिस तथा अष्ट्रेलियन सरकारको आर्थिक सहयोगमा कार्यान्वयन गरिएको थियो । हाल उक्त समितिले बाढी तथा अन्य विपदको जोखिममा रहेका समुदायको सामुदायिक समुत्थान तथा सशक्तिकरणमा अहम् भूमिका खेल्दै आएको छ ।

उक्त समितिले तर्जुमा गरेको योजना अनुसार समुदायमा हुने बाढीको विपद न्यूनिकरण गर्न एउटा कल्भर्ट निर्माणका लागि लुथरन वर्ल्ड फेडरेशन नेपाल समक्ष एक प्रस्तावना पेश गरेको थियो । लुथरन वर्ल्ड फेडरेशन नेपालले उक्त प्रस्तावनाको समीक्षा गरेर केही सहयोग गर्ने प्रतिबद्धता जनायो र साथै उक्त समितिलाई अन्य समुदाय तथा स्थानीय निकायसंग पनि सहयोग रकम प्राप्त गर्ने सल्लाह दियो ।

उक्त समितिले कल्भर्टको पूरा डिजाइन लगायत एक ग्रामीण कृषि मार्गको पूनर्निर्माणको प्रस्तावना तयार गरी स्थानीय निकायमा सम्पर्क गर्‍यो । स्थानीय निकायले केही सहयोग गर्ने वचन दियो । स्थानीय निकायले बाढी नियन्त्रण तथा कृषि मार्ग निर्माणका लागि

रु.२ लाख बराबरको प्लास्टिकका बोरा प्रदान गर्‍यो । लुथरन वर्ल्ड फेडेरशन नेपालले रु.१९ हजार बराबरको ह्यूम पाइप बाटो तथा कल्भर्ट निर्माणका लागि प्रदान गर्‍यो । समुदायका जनताहरूले श्रमदान गरेर बाढीको जोखिम न्यूनीकरणका लागि कल्भर्ट निर्माण गरे ।

शम्भु हेमरम, अध्यक्ष, नयाँबस्ती विपद व्यवस्थापन समितिले भन्नुभयो, “अब हामीले वर्षायाममा बाढीको चिन्ता गर्नुपर्दैन, बढि भएको पानी निकासका लागि कल्भर्ट निर्माण भएको छ । अब उत्तर तर्फको खेतमा बाढीले असर गर्दैन र हामीलाई चाहिएको बेला एम्बुलेन्स पनि यहाँबाट गुड्न सक्छ ।”

समुदायको ऋण तथा बचत समूहकी सदस्य सुशिला मरण्डीले भन्नुभयो, “कल्भर्ट तथा ग्रामीण सडक निर्माणमा लुथरन सामुदायिक कल्याण समाज तथा यसका सदस्यहरूले गरेको सहयोगका लागि हामी आभारी छौं ।”

1.3 Building better than before: An evacuation route

A newly constructed bridge in Jhapa Rural Municipality–2, Baluwatar, Jhapa is a lifeline to more than 352 families; living in Urau Basti, Shreejana Basti, Kuwadi Basti and the adjoining areas of the rural municipality. This bridge is an alternative route to the community in the wake of floods. In normal times, it is a valuable road that links them to the Ward Office and a local market where they can transport their agricultural products.

Mrs. Man Kumari Rai (Bhattarai), 62, a permanent resident of Jhapa Rural Municipality – 2, Shreejana Basti in Jhapa district, does not want to remember the terrible night of 2017 when she lived through the flood. She lost everything, whatever she had in her small house, including four goats, two cows and grains, to the flood. She said, "I have never been through such a calamity in my life. This was the first time ever."

Mrs. Sita Paneru, 37, who is also a Disaster Management Committee member in the community, explained the terror they lived through at the night of 13 August 2017. It was raining heavily. The Sanomai River swelled and burst into farmlands and villages. She recalled sadly that they had lost their 45-year-old neighbor Mrs. Dhanmaya Ghorsane, and her 17-year-old daughter, Kamala, to the disaster.

They flood-affected people took refuge on a tea farm near their settlement and stayed there for three days. They received relief materials such as rice, pulse, oil, beaten rice, ready-to-eat food and noodles, blankets, tarpaulin and kitchen utensils (a standard package for 30 days for flood survivors) from the Social Network for Justice and Development (SNJD), an implementing partner of the Lutheran World Federation (LWF) Nepal.

When the community members returned to their settlements, they found that the flood had swept their huts and houses and other household belongings. There was little or nothing left in the house.

The flood survivors said if there had been a bridge over the Sanomai River they could have saved the lives of two women, and household belongings.

Mr. Netra Khadka, Ward Chairperson of the Jhapa Rural Municipality– 2, said that he had

become speechless as the community informed him about the flood situation and heavy losses they had incurred in the absence of an evacuation route. He agreed to a proposal submitted by the Disaster Management Committee, formed by SNJD, after the flood-affected people convinced him that they would do their utmost to complete the construction of a bridge.

Khadka said, "I was moved by their dedication and passion to construct the bridge which is a lifeline to the community as well as an evacuation route to the community whenever flood occurs."



The Disaster Management Committee approached various government and non-government agencies seeking support for infrastructure. The Jhapa Rural Municipality office had already agreed to provide NPR 400,000 ((USD 3604) for their construction project. SNJD also pledged to provide NRs 334,686 (USD 3015) following a commitment made by the local community that they would use local resources worth NPR 50,000 (USD 450) as part of a community contribution to the construction. The community members made a significant contribution by using local human resources and materials for the construction.

The newly constructed bridge is functioning well. It has benefitted 352 households from the Jhapa Rural Municipality and the adjoining areas. People can now travel easily to the Ward office and to a local market with their products.

Mrs. Sita Paneru was excited over the opening of a new route. She said, "If the floods come, we can escape quite easily. We can take our belongings too. We have an evacuation route that can take us to a safe place."

१.३ उत्कृष्ट निर्माण: एउटा वैकल्पिक मार्ग

भापा गाउँपालिका २, बालुवाटारमा नयाँ निर्माण गरिएको पुल उराव बस्ती, सृजना बस्ती, कुवाडी बस्ती तथा आसपासका ३५२ परिवारहरूका लागि निकै उपयोगी सावित भएको छ । यो पुल बाढीको समयमा एक वैकल्पिक बाटोका लागि उपयोग गरिन्छ भने सामान्य अवस्थामा वडा कार्यालय तथा नजिकको बजार पुग्न र आफ्नो कृषि उपजहरू विक्री गर्न लैजान समुदायका लागि निकै सजिलो भएको छ ।

भापा गाउँपालिका २, सृजना बस्ती निवासी मान कुमारी राई (भट्टराई), विपद व्यवस्थापन समिति सदस्य, आफ्नो १३ अगष्ट २०१७ रातीको बाढीले आफ्नो सानो घरमा भएका चार बाख्रा, दुई गाई तथा अन्नपात सबैथोक गुमाउनु परेको कहानी लाग्दो अनुभव सुनाउनु हुन्छ । “मैले त्यति ठूलो विपद कहिल्यै व्यहोरेकी थिइँँ । यो नै मेरो जीवनको पहिलो अनुभव हो ।”

सीता पनेरु, ३७ वर्ष, समुदायको विपद व्यवस्थापन समिति सदस्य पनि १३ अगष्ट २०१७ रातीको बाढीको कहानी लाग्दो “निकै ठूलो पानी परिरहेको थियो । सानोमाई खोला भयंकर रूपले गाउँ तथा खेतमा पर्स्यो । आफ्नो छिमेकी ४५ वर्षीया धनमाया घोरसाने तथा उनको १७ वर्षीया छोरी कमलालाई गुमाउनु परेको थियो ।”

बाढी पीडित जनता नजिकैको चिया बगान नजिकको बस्तीमा आश्रय लिन पुगे र तीन दिनसम्म त्यहाँ बसे । उनीहरूलाई त्यहाँ न्याय तथा विकासका लागि सामाजिक सञ्जाल, लुथरन वर्ल्ड फेडरेशन नेपालको साभेदार संस्थाले चामल, दाल, तेल, चिउरा, तयारी खाना तथा चाऊचाऊ, ब्लाडकेट, त्रिपाल तथा भाँडाकुँडाहरू (बाढीपीडीतलाई दिईने ३० दिनको सहायता) प्रदान गरेको थियो ।

जब समुदायका सदस्यहरू आफ्नो बस्तीमा फर्किए, त्यहाँ उनीहरू घर टहरा तथा सामानहरू केही पनि थिएन । बाढीले सबै बगाएको थियो । घरमा कुनै कुरा पनि बाँकी रहेको थिएन ।

ती बाढीपीडित जनताले भने यदि सानोमाई खोलामा एउटा पुल भइदिएको भए ती दुई महिला बाँच्ने थिए र आफ्ना केही सामानहरू जोगाउन सकिने थियो ।

भापा गाउँपालिका २ का वडा अध्यक्ष नेत्र खड्का भन्नुहुन्छ, “जब समुदायका सदस्यहरूले बाढीको अवस्था बयान गर्नुभयो र बचाऊ गर्ने एउटा पुल नभएको कुरा बताउनुभयो, म अवाक् भएँ, केही बोल्नै सकिँँँ” र जब बाढीपीडित जनताले एउटा पुल भएको भए जनधनको क्षति जोगाउन सकिन्थ्यो भन्ने जिकिर गरे र आफूहरूले उक्त पुल बनाउन हरसम्भव योगदान गर्ने बताए तब उहाँले विपद व्यवस्थापन समितिले प्रस्तुत गरेको पुल

निर्माणको प्रस्तावनामा सहमति जनाउनुभयो ।

वडा अध्यक्ष खड्का भन्नु हुन्छ, “म यी बाढीपीडित जनताको पुल निर्माणका लागि हरसम्भव प्रयत्न गर्ने प्रतिवद्धतादेखि प्रभावित भएँ । साँच्चै यहाँ एउटा पुल भए बाढीको समयमा जनधनको क्षति रोक्न सकिने थियो ।”

उक्त विपद व्यवस्थापन समितिले विभिन्न सरकारी तथा गैरसरकारी संस्थाहरूमा सहयोगका लागि सम्पर्क गर्‍यो । भापा गाउँपालिकाले पुल निर्माणका लागि रु.४ लाख दिने स्वीकृति दियो । समुदायले रु.५० हजार बराबरको योगदान दिने निर्णय गरे पश्चात् एस.एन.जेडी.ले रु.३३४,६८६/- दिने निश्चित गर्‍यो । स्थानीय स्रोत साधन, मानव संसाधन तथा सामग्रीको उपयोग गरी समुदायका सदस्यहरूले पुल निर्माणका लागि निकै महत्वपूर्ण योगदान गरे ।

उक्त नवनिर्मित पुल हाल सम्म राम्ररी संचालनमा छ । भापा गाउँपालिकाका ३५२ परिवार तथा वरपरका बासिन्दालाई यो पुलले सुविधा पुऱ्याएको छ । यहाँका जनता अहिले वडा कार्यालय तथा नजिकको बजारसम्म आफ्ना कृषि उपजहरू लिएर सजिलै आवतजावत गर्न सक्दछन् ।

सीता पनेरु, पुलले गर्दा नयाँ बाटो खुलेकोमा निकै खुशी हुनुहुन्छ । “अहिले बाढी आयो भने हामी सजिलैसंग बाँच्न सक्छौ । हामीले हाम्रो सामानहरू पनि लग्न सक्छौ । यो नयाँ बाटोले हामीलाई सुरक्षित स्थानमा पुऱ्याउन सक्छ ।”

1.4 Tharu community gears up for disaster risk management

Bhajani Municipality-8 in Thapapur, and other clusters such as Narayanpur, Dhansinghpur, Lalbojhi and Bhajani are highly vulnerable to flood because they are located in lowland in the southern part of Kailali district. Chhachharuwa village is situated in Thapapur, which is one of the areas that is prone to floods. An overwhelming majority of this village belong to Tharus, an indigenous community. Their primary source of income is agricultural labor. They have very little access to public services and resources. Most of the youth go to India every year in search of seasonal labor work. The people of this community face many problems such as loss of property, human casualties, damage of crop and land erosion due to floods in rainy season. Around 150 households are affected by the swelling Pathariya River that passes through the villages. The flood converted most of the arable land into sandy and unproductive land. Most of the arable land was washed away. They have to cope with a host of problems unleashed by floods every year. This has resulted in food insecurity at the household level. This is also a cause of migration among the youth who go to India to work as seasonal laborers.

Since January 2013, the Lutheran World Federation (LWF) Nepal, in partnership with Digo Bikas Samaj - a local implementing partner - has started to work in this community under the Nepal Development Program. It has been working for the community's socio-economic empowerment, disaster risk reduction, resilient livelihood, income generation



and improving governance system. In 2014, LWF Nepal integrated disaster risk reduction and Climate Change Adaptation (CCA) into its livelihood component through its programmatic approach. The community developed action plans after a Participatory Vulnerability and Capacity Assessment (PCVA) that identified potential disaster risks, their

capacities and gaps to withstand the worst disaster situations. In the same time, a community-based disaster risk management committee (CBDRMC) was formed and put into operation. The committee established a community grain bank, an emergency fund and an early warning system as part of their coping strategy. LWF Nepal also supported local-level volunteer group members to develop entrepreneurs in diverse areas such as masonry, pig and goat rearing and vegetable farming to keep the community members self-employed.

The community members developed a disaster risk management plan and implemented adaptation and mitigation activities accordingly. They have constructed 300-meter low-cost bio-engineering schemes (earthen dam) along the riverbank. The project contributed NPR 89,060 (USD 801) to the initiative and provided a hand mike and a siren machine for an early warning system, gauge, wooden boat, first-aid box and materials for gauge reader, raincoats, torch light shoes and communication materials. The CBDRMC has established an emergency fund worth NPR 15,560 (USD 140) through various sources, including the project. The CBDRMC members and task forces were trained in disaster risk management, search and rescue, first aid, and early warning system. The members also planted bamboo saplings and local multi-purpose grass (Narkat) along the riverbank. Additionally, they leveraged local resources from the then Village Development Committee for culvert construction and road gravelling. They had received NRs 60,000 (USD 541) from the water-induced disaster prevention division office of the government.

Now grasses and bamboo saplings have grown well to make 150 households, grains and their land safer in the wake of flash floods. The community people feel more secure in the monsoons. Although community coped with floods in the monsoon of 2018, the level of damage was very low in comparison to previous years. There was not any human casualty; nor losses of farmlands.

Meanwhile, the committee members are coordinating with a municipal ward office to expand river embankment and for other safety measures. The group members are carrying out discussions on disaster risk management regularly. There is an increase in responses among community members regarding preparedness against potential risks of disasters. They have planned to expand the plantation as well. Similarly, the community members are planning to construct plinth-raised houses and shelter to enhance their coping capacity.

१.४ विपद जोखिम व्यवस्थापनका लागि समुदायको पहल

भजनी नगरपालिका ८, थापापुर तथा अन्य क्षेत्रहरू जस्तै नारायणपुर, धनसिङ्गपुर, लालबोभी तथा भजनीका जनताहरू बाढीको उच्च जोखिममा रहेका छन् किनभने उनीहरूको बस्ती कैलाली जिल्लाको दक्षिणतिरको गहिरो जमिनमा पर्दछ । त्यस्तै छछरूवा गाउँ थापापुरमा पर्दछ, जुन बाढीको उच्च जोखिम भएको क्षेत्र मध्ये एक हो । यस गाउँमा विशेषगरी आदिवासी थारू जातिहरूको बाहुल्यता छ । कृषि श्रम नै उनीहरूको प्रमुख आयस्रोत हो । सार्वजनिक सेवा तथा स्रोतसाधनमा उनीहरूको पहुँच ज्यादै न्यून छ । यहाँका युवाहरू मौसमी कामको खोजीमा हरेक वर्ष भारततिर जान्छन् । यस समुदायका जनताले हरेक वर्ष वर्षायाममा बाढीका कारण आफ्नो धनसम्पत्तिको क्षति, मानवीय क्षति, अन्नबालीको विनाश तथा भू-क्षयको समस्या भोग्नु परिरहेको छ । यहाँका करिब १५० घरधुरीलाई गाउँ भएर बग्ने पथरिया खोलाको बाढीले हरेक वर्ष प्रभावित पार्दछ । हरेक वर्षको बाढीले यहाँको जमिनलाई बलौटे तथा बाँभो बनाईदिएको छ । सबैजसो खेतीयोग्य जमिन बगाई सकेको छ । यसले गर्दा घरघरमा खाद्य संकट उत्पन्न भएको छ । यसकारण पनि युवाहरू मौसमी श्रमका लागि काम खोज्न भारत जाने गर्दछन् ।

सन् २०१३ जनवरी देखि लुथरन वर्ल्ड फेडरेशन नेपालले दिगो विकास समाजको सहकार्यमा आफ्नो नेपाल विकास कार्यक्रम अन्तर्गत यस समुदायमा काम गर्न थालेको हो । सन् २०१४ देखि लुथरन वर्ल्ड फेडरेशन नेपालले समुदायको सामाजिक-आर्थिक सशक्तिकरण, विपद जोखिम न्यूनिकरण, जिविकोपार्जन-समुत्थान, आय आर्जन तथा मौसम परिवर्तन सहजीकरणलाई जिविकोपार्जन तथा विपद जोखिम न्यूनिकरण कार्यक्रमसंग एकीकृत गर्दै लगेको छ । कमजोरी तथा क्षमताको सहभागितात्मक मूल्यांकनका माध्यमले सम्भाव्य विपद जोखिम, आफ्नो क्षमता तथा विपद जोखिम सामना गर्न आवश्यक सामाग्रीको कमीकमजोरीलाई पहिचान गरी समुदायले एउटा कार्य योजना तयार पारेको छ । यसै अवधिमा एक समुदायमा आधारित विपद जोखिम व्यवस्थापन समितिको स्थापना भई कार्य संचालन गरेको छ । उक्त समितिले सामुदायिक खाद्य बैंक, आकस्मिक कोष तथा विपद पूर्व सूचना प्रणाली स्थापना गरेको छ । लुथरन वर्ल्ड फेडरेशन नेपालले समुदायका सदस्यहरूको रोजगारीका लागि स्थानीय स्वयंसेवी समूहहरूलाई विभिन्न क्षेत्र जस्तै डकमी तालिम, बड्कुर तथा बाख्रापालन, तरकारी खेतीमा सहयोग प्रदान गरेको थियो ।

उक्त समुदायका सदस्यहरूले एक विपद जोखिम न्यूनिकरण योजना तयार गरी सोही अनुसार विपद व्यवस्थापन कृयाकलाप संचालन गरेका छन् । उनीहरूले नदी किनारमा

३०० मिटर लामो माटोको कम खर्चिलो जैविक-इन्जिनियरिङ्ग योजना अनुरूपको बाँध निर्माण गरेका छन् । यसकालागि परियोजनाले रु. ८९,०६०/- (यूएस डलर ८१०), एउटा हाते माईक तथा पूर्व सूचनाका लागि एउटा साईरन, गज, काठको डुङ्गा, प्राथमिक उपचार सामाग्री तथा अन्य आवश्यक सामाग्री, वर्सादी, टर्च लाईट जुत्ता तथा अन्य सञ्चार सामाग्रीहरू प्रदान गरेको थियो । समितिले यस परियोजना लगायत अन्य विभिन्न स्रोतबाट जम्मा गरी रु. १५,५६०/- (यूएस डलर १५१) को आकस्मिक कोष स्थापना गरेको थियो । यस समितिका सदस्य तथा कार्यदलका सदस्यहरूलाई विपद जोखिम न्यूनिकरण, खोज तथा उद्धार, प्राथमिक उपचार र विपद पूर्व सूचना प्रणालीका तालिमहरू दिइएको थियो । उनीहरूले नदी किनारमा बाँसका मुना तथा स्थानीय बहुउद्देश्यीय घाँस तथा नर्कट लगाएका थिए । यसका अतिरिक्त उनीहरूले स्थानीय गा.वि.स.बाट कल्भर्ट निर्माण तथा बाटो ग्राभेल गर्नका लागि आर्थिक स्रोत पनि प्राप्त गरेका थिए । साथै उनीहरूले नेपाल सरकारको जल उत्पन्न प्रकोप नियन्त्रण कार्यालयबाट रु. ६०,०००/- (यूएस डलर ५८३) पनि प्राप्त गरेका थिए ।

हाल उक्त बाँस तथा नर्कटका विरुवाहरू हुर्किएका छन् जसले गर्दा उक्त १५० घरधुरीका मानिसहरू तथा उनीहरूका जग्गा जमिन बाढीको प्रकोपबाट सुरक्षित भएका छन् । समुदायका जनताहरू मनसूनको समयमा पनि निकै सुरक्षित भएको महसुस गरिरहेका छन् । सन् २०१८ बाढीको सामना गर्नु परेता पनि यस समुदायले विगतका वर्षहरूको तुलनामा त्यति क्षति व्यहोर्नु परेन । कुनै मानवीय क्षति पनि भएन र खेती गरिएका जग्गा जमिन पनि बगाएन ।

हाल उक्त समितिका सदस्यहरू सम्बन्धित वडा कार्यालयमा सम्पर्क गरी अरू बाँध बनाउने तथा अन्य सुरक्षाका उपायहरू अवलम्बन गर्न लागि परेका छन् । उनी निरन्तर रूपमा विपद जोखिम व्यवस्थापनका विषयमा छलफल चलाउने गर्दछन् । अहिले समुदायका सदस्यहरू सम्भावित विपद जोखिमप्रति चनाखो भएका छन् । उनीहरूले वृक्षारोपणको कार्यलाई पनि वढाउँदै लैजाने योजना बनाएका छन् । त्यसैगरी समुदायका सदस्यहरूले जमिन उकासेर घरहरू बनाएर बाढीको विपदबाट जोगिने योजना पनि बनाई रहेका छन् ।

1.5 Quick valuable support to restoring normal life

Ms Ammati Koch, 35, and her husband Badalu has been living in Balubadi, Ward No. 1 of Gaurigunj Rural Municipality of Jhapa district with three sons and a daughter. Their settlement is confined to public land and very vulnerable to floods. They live through flood hazards every year when the swelling Kamal Baniyani River overflows and enters the settlement. This disrupts their normal life for more than two months.



This year another disaster hits their settlement. They had not expected this type of disaster. They were more concerned about flood recurrence. The windstorms and hailstorms of May 2019 hit their settlement hard. The storms damaged the houses and standing crops.

The windstorm destroyed her dwelling. Her family took shelter in their neighbor's house for a couple of days. Her husband is a mason. He worked to rebuild his house, but he could not afford to do it for long. He was a daily wage earner. He had to find work and earn money every day.

Koch worried about the resources required to purchase corrugated galvanized iron (CGI) sheets for reconstructing her house.

As part of its relief and rehabilitation package, LWF Nepal provided her with corrugated sheets through a local project implementing partner (Social Network for Justice and Development).

Ammati Koch said, "I would like to thank the supporting organizations for providing us with CGI sheets. We used the materials to rebuild safe shelter within a short span of time. This helped us get back to our normal life quickly." Her family has completed the reconstruction of the house by using new CGI sheets.

She is a member of Balubadi Women's Group, which was established in 2014 through the Nepal Development Program initiatives of the Lutheran World Federation Nepal (LWF Nepal). This group along with nine other groups has merged into Mahavara Agriculture Cooperative. The members are taking part in its saving and credit mechanism and practices. Recently Ammati Koch took a loan of NPR 3,000 (USD 27) from the cooperative. She deposits NPR 100 (USD 0.9) every month into the cooperative.

The program also supported the people to form a community-based disaster management team where mostly young men and women like Ammati Koch participate and discuss disaster preparedness, and rescue and relief measures.

Additionally, the program provided them with an irrigation facility. After using the facility, the public land, which is mostly sandy, started producing vegetables and staple crops round the year. This type of integrated intervention, which combines livelihood, disaster management, and community mobilization, has helped the local people build resilience and understand multiple dynamics of disaster, livelihood and institutional development process.

Koch said, "All the development activities are interrelated. They have shown us many ways to help improve our lives. We have started to improve our economic status through regular savings. We try to use our income efficiently. We now understand how each activity affects another activity in our life. This has helped us become better and stronger. Our understanding of disaster and management measures has become much better. The CGI sheet support was a boon for us."

१.५ सामान्य जिवन यापनका लागि छरितो बहुमूल्य सहयोग

३५ वर्षिय अम्माती कोच आफ्नो श्रीमान बडलु, तीन छोरा तथा एक छोरीका साथमा भ्रपा जिल्लाको गौरीगंज गाउँपालिका वडा नं.-१ मा बसोबास गर्दै आइरहेकी थिईन् । उनीहरूको वस्ती बाढीको उच्च जोखिम रहेको पर्ति जमिनमा पर्दछ । हरेक वर्ष उनीहरू कमल बनियानी खोलाको बाढी उनीहरूको वस्तीमा पस्दछ । यसरी वर्षमा दुई महिना भन्दा वढी बाढीको चपेटामा परी उनीहरूको दैनिक जीवन प्रभावित हुन्छ ।

तर यस वर्ष उनीहरूले अर्कै विपदको सामना गर्नु पन्यो, जुन उनीहरूले कल्पना पनि गरेका थिएनन् । उनीहरू बाढीको जोखिम प्रति ज्यादै चिन्तित थिए । मे २०१९ को हावाहुरी, भुमरी तथा असिना पानीको चरम विपत्तिमा उनीहरूको वस्ती पन्यो । आँधिबेरीले उनीहरूको घर तथा बाली नास गरी दियो ।

उक्त हावाहुरीले उनीहरूको आश्रय स्थलको विनास गरिदियो । धेरै समयसम्म प्रयास गर्दा पनि उनीहरूले आफ्नो घर बनाउन सेकनन् । बडलु दैनिक ज्यालामा काम गर्ने डकर्मी थिए । उसले हरेक दिन काम खोज्दै कमाउनु पर्दथ्यो ।

अम्माती कोचलाई आफ्नो घर निर्माणका लागि जस्ता किन्ने पैसा नभएको चिन्ताले पिरोली रहेको थियो । लुथरन वर्ल्ड फेडरेशन नेपालले, उद्धार तथा पुनर्स्थापना कार्यक्रम अन्तर्गत आफ्नो एक साभेदार संस्था एस.एन.जे.डी. मार्फत उनलाई घर बनाउन जस्ता पाता उपलब्ध गराइ दिएको थियो ।

अम्माती कोच ले भनिन्, "मलाई घर वनाउन जस्ता पाता प्रदान गर्ने संस्थाप्रति म आभार प्रकट गर्दछु । यी सामानहरू पएकाले हामीले छोटो समयमा नै घर बनाउन सक्यौं । यसले हामीलाई आफ्नो दैनिकमा छिट्टै फर्कन सहज भयो ।" उनको परिवारले अहिले घर निर्माणको काम सकेको छ ।

उनी लुथरन वर्ल्ड फेडरेशन नेपालले सन् २०१४ मा नेपाल विकास कार्यक्रम अन्तर्गत गठन भएको बलुबादी महिला समूहकी सदस्य हुन् । यो लगायत अन्य ९ समूहहरू मिलेर महाबरा कृषि सहकारी गठन भएको छ । सवै सदस्यहरू बचत तथा ऋण प्रकृत्यामा अभ्यस्त भईरहेका छन् । हालै आएर अम्माती कोचले उक्त सहकारीबाट रु. ३,०००/- को ऋण लिएकी छन् । उनले हरेक महिना रु. १००/- उक्त सहकारीमा बचत गर्दै आएकी छिन् ।

अम्माती कोच जस्ता समुदायमा आधारित विपद व्यवस्थापन समूहका युवा महिला तथा पुरुष सदस्यहरूलाई यस कार्यक्रमले सहयोग गर्दै आएको छ । यस्ता समूहमा सदस्यहरू सक्रिय

रूपमा भाग लिएर विपद जोखिम, उद्धार तथा राहतका उपायहरूका बारेमा छलफल गर्ने गर्दछन् ।

यसका अतिरिक्त यो कार्यक्रमले उनीहरूलाई सिँचाई सुविधा पनि उपलब्ध गराएको छ । उक्त सिँचाई सुविधा पाएपछि उक्त बलौटे माटोमा पनि वर्षेभरी तरकारी तथा अन्न बाली उब्जनी हुन थालेको छ । जिविकोपार्जन, विपद व्यवस्थापन, तथा समुदायको परिचालन लगायतको यस किसिको एकिकृत कार्यक्रमहरूले स्थानीय समुदायलाई विपद समुत्थानमा लाग्न तथा विपद, जिविकोपार्जन तथा संस्थागत विकास प्रकृयाको बहुआयामिक अवधारणा बुझ्न सहयोग पुऱ्याएको छ ।

अम्माती कोच भन्छिन्, "सबै विकास कृयाकलापहरू एक आपसमा सम्बन्धित हुन्छन् । लुथरन वर्ल्ड फेडरेशन नेपाल तथा एस.एन.जे.डी.ले हामीलाई आफ्नो जीवन सुधार्न धेरै बाटो देखाएका छन् । लगातारको बचत गर्ने बानीले हामीले हाम्रो जीवनमा आर्थिक स्तर सुधार्न सिकेका छौ । अहिले हामी आफ्नो कमाईलाई सहि ढंगले उपयोग गर्दछौ । हाम्रो जीवनको हरेक कृयाकलापले अर्को कार्यलाई कसरी असर पार्दछ भन्ने बुझ्ने भएका छौ । यसले हामीलाई असल तथा सशक्त तुल्याएकोछ । विपद तथा व्यवस्थापनका उपायहरूको बुझाई पहिलेको भन्दा धेरै राम्रो भएको छ । लुथरन वर्ल्ड फेडरेशन नेपालले गरेको जस्ता पाताको सहयोग हाम्रो परिवारका लागि वरदान सावित भएको छ ।"



Section 2

Sustainable Livelihood and Food Security

Sustainable livelihood and food security themes of the Nepal Development Program (NDP) primarily targeted poor, vulnerable and socially excluded people and their families that have poor access to employment and technologies. The project interventions focused on increasing employability of the most vulnerable people, for example people living with disability, single women, households affected by disaster etc. The efforts of the program have resulted in increased income through self-employment, enhanced food security and improved nutrition status through improving farming technology in project locations. Some results that have made a difference in the lives of the target groups have been presented in this section.

2.1 A beacon of hope for persons with disability

A visually impaired person of Kailali district in far-west Nepal sees his long-cherished dreams come true. Mr. Parashuram Chaudhary, 36, is a permanent resident of Bhajani Municipality -8, Thapapur, Kailali. He lives with his 12 family members. Chaudhary, a visually impaired person since birth, is now a source of inspiration in his community. But the scenario was different earlier. His family and neighbors used to discriminate him. He was a burden to his family members.



He completed an intermediate level of 'special education; from Shree Krishna Dhvaj Higher Secondary School at Thapapur with support from the Blindness Welfare Association Tikapur. After completing his schooling, he visited local government offices and Village Development Committee (VDC) Offices in order to seek support for Persons with Disability (PwDs). He planned to coordinate with PwDs so that they could claim their rights through concerted efforts.

The Thapapur Blindness and Disability Society, Kailali, was formed under the leadership of Chaudhary. It was registered at the then Thapapur Village Development Committee office in 2014, with an aim of supporting PwDs in solving their problems, upholding their human rights, removing physical barriers that stop them from accessing education,

employment and health facilities, and of increasing awareness about the causes and consequences of disability.

In 2014, the overall development of the program and issues of persons with disability rose during the Village Advisory Committee meetings organized by Digo Bikas Samaj (DBS), Bhajani, a local implementing partner of the Lutheran World Federation (LWF) Nepal under its Nepal Development Program. It is supported by the Australian Government through the Australian NGO Cooperation Program (ANCP) and the Australian Lutheran World Service (ALWS).

A series of rigorous discussions on issues of PwDs was held. The discussions culminated in a consensus among village-level stakeholders. They agreed to launch programs for empowerment of PwDs.

Digo Bikas Samaj (DBS) provided PwDs with technical support for entrepreneurship and business promotion activities. PwDs, who were affiliated with the disabled persons; organization, did a market assessment and identified candle-making enterprise as a suitable business for them. DBS provided technical and financial support to help them start a candle-making enterprise with the involvement of 26 PwDs who aspired to become economically independent. DBS also supported PwDs to train them on entrepreneurship skills and to develop their business plan. Later on, DBS conducted a nine-month Transformative Education Program (TEP) to increase their level of awareness about disability rights.

Encouraged by the achievements, Chaudhary led a team of 26 PwDs to establish the Blindness and Disabilities Candle-Making Enterprise at Thapapur, a small town in Kailali district. The establishment of the enterprise has become a beacon of hope for PwDs who have dreams of becoming independent, contributing to society and living a dignified life. The collaboration among DBS, VDC office and the disabled persons; organization has become an example of inspiration to the people who are working in a complementary project. The VDC office provided them with space required for business operation and product collection. It also played the main role in marketing the products.

Recently, DBS provided assistance to purchase an extra candle-making machine to scale up their production. Chaudhary along with 26 PwDs have earned NPR 950,890 (USD 8566) by selling candles of different sizes in a local market. In his capacity as chairperson of the enterprise, he has a plan to expand the business, to provide a large number of PwDs with job opportunities and to spread positive messages about dignified lives of PwDs in society.



Chaudhary is a role model who has always encouraged other PwDs to get engaged in income-generating activities instead of solely depending on their parents and family. He is also an active leader who trains and empowers other PwDs to systematically claim their rights and entitlements as provisioned by the Government of Nepal. He has become an elected member of the Executive Board of Digo Bikas Samaj. The ward-level offices of the local government invite him to meetings frequently for seeking information about PwDs.

Chaudhary said, "My parents are very happy with my business and I have planned to involve PwDs of my community in the enterprise. Initially all my dreams were shattered because my physical disability. But the candle enterprise has changed my life. Now I am hopeful. I will always look forward to keeping my family happy. I am indebted to DBS and LWF Nepal for they have provided me with training and knowledge resources in order to change my life for better."

२.१ अपाङ्गता भएका व्यक्तिका लागि एक आशाको ज्योति

सुदूर पश्चिम नेपालका कैलाली जिल्लाका एक दृष्टि विहिन व्यक्तिको लामो समय देखिको सपना साकार भएको छ । ३६ वर्षिय परशुराम चौधरी भजनी नगरपालिका-८, थापापुर, कैलाली स्थायी वासिन्दा हुन् । उनी आफ्नो १२ जनाको परिवारमा बस्दछन् । जन्मैदेखि दृष्टि विहिन चौधरी अहिले आफ्नो समुदायका लागि प्रेरणाका स्रोत बनेका छन् । तर पहिले अवस्था त्यस्तो थिएन । उनका परिवार र समुदायले उनलाई विभेद गर्ने गर्दथे । उनी परिवारका लागि एक बोभ बनेका थिए ।

उनले दृष्टि विहिन कल्याण संघ, टिकापुरको सहयोगमा श्री कृष्ण ध्वज उच्च माध्यमिक विद्यालय, थापापुरबाट "विशेष शिक्षा" मा प्रमाण पत्र तह पास गरेका छन् । उक्त विद्यालय शिक्षाको अध्ययन पश्चात् उनले सहयोगका लागि सरकारी कार्यालय, गा.वि.स.मा सम्पर्क गरे । उनले अन्य अपाङ्गता भएका व्यक्तिहरूसँग संगठित भएर सामुहिक रूपमा आफ्नो अधिकारको लागि अग्रसर हुने विचार गरेका थिए ।

यसरी उनकै अध्यक्षतामा थापापुर दृष्टिविहीन तथा अपाङ्गता समाज स्थापना गरे । सन् २०१४ मा यो संस्था तत्कालिन थापापुर गा.वि.स.मा दर्ता भएको थियो । यस संस्थाको उद्देश्य अपाङ्गता भएका व्यक्तिहरूको समस्या समाधान गर्न सहयोग गर्ने, उनीहरूको मानव अधिकारको रक्षा गर्ने, उनीहरूका लागि शिक्षा, रोजगारी तथा स्वास्थ्य सेवा प्राप्तिका अवरोधहरूलाई हटाउने, तथा अपाङ्गताका कारण तथा परिणामहरूका बारेमा संचेतना अभिवृद्धि गर्ने रहेको थियो ।

सन् २०१४ मा दिगो विकास समाज, भजनी, लुथरन वर्ल्ड फेडरेशन नेपालको नेपाल विकास कार्यक्रम अन्तर्गतको स्थानीय साभेदार संस्थाले राखेको गाउँ सल्लाहकार समितिको बैठकमा अपाङ्गता भएका व्यक्तिहरूको समग्र विकासका सवालहरू उठाइएको थियो । यो प्रयासलाई अष्ट्रेलियन सरकारको अष्ट्रेलियन गैरसरकारी संस्था सहयोग कार्यक्रम तथा अष्ट्रेलियन लुथरन वर्ल्ड सर्भिस मार्फत सहयोग गरेका थिए ।

अपाङ्गता भएका हरूको सवालहरूमा विभिन्न चरणका वृहत छलफल पश्चात् गाउँ सबै सरोकारवालाहरू एक सहमतिमा पुगे र अपाङ्गता भएका व्यक्तिहरूको सशक्तिकरणका लागि एक कार्यक्रम संचालन गर्न सहमत भए ।

दिगो विकास समाजले अपाङ्गता भएका व्यक्तिहरूका लागि उद्यमशीलता विकास तथा व्यापार व्यवसाय प्रवर्धनका लागि प्राविधिक सहयोग प्रदान गर्‍यो । अपाङ्गता भएका व्यक्तिहरूको संस्थासँग सम्बद्ध अपाङ्गता भएका व्यक्तिहरूले वजारको अध्ययन गरे र उनीहरूका लागि मैन बत्ति बनाउने व्यवसाय उपयुक्त हुने कुरा पत्ता लगाए । यसरी आर्थिक रूपले स्वतन्त्र हुन चाहने २६ जना अपाङ्गता भएका व्यक्तिहरू मिलेर मैनबत्ती बनाउने व्यवसाय स्थापना

गरे । दिगो विकास समाजले अपाङ्गता भएका व्यक्तिहरूलाई उद्यम विकासका सीप तथा व्यवसायीक योजना तर्जुमाको सीप प्रदान गर्न तालिम दियो । पछि दिगो विकास समाजले उनीहरूको अपाङ्गता भएका व्यक्तिहरूको अधिकारका बारेमा संघेतना अभिवृद्धिका लागि एक ९ महिना लामो रूपान्तरण शिक्षा कार्यक्रम संचालन गर्‍यो ।

यी सबै उपलब्धीहरूका कारण उत्साहित चौधरीले २६ जना अपाङ्गता भएका व्यक्तिहरूको समुहको अगुवाई गर्दै थापापुर दृष्टिविहिन तथा अपाङ्गता भएका व्यक्तिहरूको मैनबत्ती उद्योग कैलाली जिल्लाको सानो बजार थापापुरमा स्थापना गरे । यो उद्यमको स्थापना स्वतन्त्र भएर गरिमाय जीवन यापन गर्दै समाजलाई केही योगदान दिन चाहने अपाङ्गता भएका व्यक्तिहरूका लागि आशाको दियो सावित भयो । दिगो विकास समाज, गा.वि.स. तथा अपाङ्गता भएका व्यक्तिहरूको संस्थाको सम्बद्धतामा संचालित यो कार्यक्रम अन्य परियोजना संचालकहरूका लागि पनि प्रेरणाको श्रोत बन्यो । गा.वि.स.ले उनीहरूलाई व्यवसाय संचालन तथा उत्पादन भण्डारण गर्ने स्थान उपलब्ध गरायो । यसले गर्दा उनीहरूका लागि बजार खोज्न पनि सजिलो भयो ।

हाल आएर दिगो विकास समाजले उनीहरूको उत्पादन बृद्धिका लागि नयाँ मैनबत्ती वनाउने मेशिन खरीद गर्न सहयोग गर्‍यो । चौधरी तथा २६ जना अपाङ्गता भएका व्यक्तिहरूले स्थानीय बजारमा मैनबत्ति विक्री गरेर जम्मा रु. ९,५०,८९०/- (युएस डलर ९०५६) कमाउन सफल भएका छन् । उक्त व्यवसायका अध्यक्षको हैसियतले चौधरी व्यवसायलाई अभू बृद्धि गर्ने योजनामा छन् जसले गर्दा धेरैजना अपाङ्गता भएका व्यक्तिहरूलाई रोजगारी प्राप्त होस् र समाजमा अपाङ्गता भएका व्यक्तिहरूको गरिमामय जीवन यापनको सम्भावनाका बारेमा बेग्लै सन्देश फैलियोस् ।

अपाङ्गता भएका व्यक्तिहरू मध्ये चौधरी एक आदर्श व्यक्ति सावित भएका छन् जसले सधै अन्य अपाङ्गता भएका व्यक्तिलाई आय आर्जनमा संलग्न हुन साहस तथा प्रेरणा प्रदान गर्दछन् । उनी एक सक्षम नेतृत्वदायी व्यक्ति सिद्ध भएका छन् किनभने उनले अन्य अपाङ्गता भएका व्यक्तिहरूलाई तालिम दिने तथा व्यवस्थित तवरले आफ्नो अधिकार तथा नेपाल सरकारले व्यवस्था गरेका सेवा सुविधा लिनका लागि सशक्तिकरण गर्ने गर्दछन् ।

चौधरी भन्दछन्, “मेरो व्यवसाय देखि मेरा परिवारहरू सारै खुसी भएका छन् र मेरो समुदायका सबै अपाङ्गता भएका व्यक्तिहरूलाई यस व्यवसायमा संलग्न गराउने मेरो योजना छ । पहिले मेरा सबै सपना हरू मेरो शारिरीक अपाङ्गताका कारणले चकनाचुर भएका थिए । तर यो मैनबत्तिको व्यवसायले मेरो जीवन नै परिवर्तित गरिदिएको छ । अहिले म धेरै आशावादी छु । म मेरो परिवारलाई खुसी राख्न सधै अघि बढ्नेछु । दिगो विकास समाज तथा लुथरन वर्ल्ड फेडरेशन नेपाल प्रति म आभारी छु किनभने उनीहरूले मलाई तालिम तथा ज्ञान प्रदान गरेर मेरो जीवन परिवर्तनमा सहयोग गरेका छन् ।”

2.2 A Doctor Boy

Mr. Bhola Shankar Rajbansi, 19, a resident of the Jhapa Rural Municipality – 2 in Jhapa district, takes pride in his work. People call him Doctor Sahep and ask for his help whenever their livestock need medical treatment. He enjoys providing door-to-door services to the farmers. He has a retail shop and a medicine shop in the rural municipality. He lives with his father, mother and a sister at Shreejana Basti in the same village. They have a small piece of land (0.33 hectore) where they produce vegetables and some crops. The land produce provides them with some income with which they run their household. His mother and sister work on the farm while his father works elsewhere for daily wages.

He completed his Grade 10 from the Dilli Raj Higher Secondary School. He is awaiting the right time and resources to pursue his higher studies. His family cannot afford to pay for the studies. That is why he tried to obtain a scholarship. He had also asked his school teacher for a recommendation letter.

His father, Mr. Prabhananda Rajbansi, 47, is a member of the Shreejana Mixed Farmer's Group established by the Social Network for Justice and Development (SNJD), a local implementing partner of the Lutheran World Federation (LWF) Nepal. He brought the issue of scholarship to a group discussion and asked for support. The group discussed the education issue among its members, and decided to recommend his 19-year-old son to SNJD for a scholarship on technical education. They consulted a social mobilizer and asked about the process for seeking education support.



LWF Nepal, with financial support from ALWS and the Australian government, is carrying out its Nepal Development Program in Jhapa district and SNJD is implementing it.

After receiving a recommendation letter from the group and following the criteria of the project, SNJD initiated the process and facilitated his enrolment in an 18-month-long veterinary junior technical assistance course at the Madan Bhandari Technical Institute in Morang district.

The boy completed the technical course. He has started a business related to animal health. The boy had received a grant for his college fee and hostel expenses along with a stipend for completing the course. The supporting agency also followed up on his progress in the college.

As soon as he completed the course, he joined a microfinance institution that had been serving farmers for livestock promotion in various districts. It was difficult for him to travel to other districts and render services in different places as an employee of the institution. He left the job.

He had a dream to establish his own business. His technical knowledge and recent job experience gave him confidence to start up a business. He has established a business in Fulbari Chowk of Jhapa Rural Municipality - 6 with an investment of NPR 50,000 (USD 450). He had saved the money while working in the micro-finance institution and through consultancy work.

He said, "I am enjoying my work, my business more than the job which I had taken up earlier. I am earning a net income of around NPRs 10,000 (USD 90) from the business. I also move around the village when the farmers call me, when they need help for the treatment of their livestock." He earns more income by providing door-to-door services to the farmers than by selling medicine only. Now he has replaced his bi-cycle with a motorbike that he uses for delivering home services.

Although he has been making a good income from the business, he has a dream of joining government services. He thinks that it will make his future secure. He can continue the business through family support. He is preparing for a civil service exam.

Prabhananda, his father, said; "Sometimes people call me if they don't have the cell phone number of my son and ask me about my son and seek his service. I feel proud. People in my village recognize me because of the name and work of my son."

१.१ एउटा डाक्टर केटो

भापा गाउँपालिका २, भापाका १९ वर्षिय भोला संकर राजवंशी आफ्नो काम प्रति गौरव गर्दछन् । मानिसहरु आफ्नो वस्तुभाउहरुको उपचारका लागि जुनसुकै बेला पनि सहयोग गर्न तत्पर रहेको कारण उनलाई डाक्टर साहेब भन्ने गर्दछन् । कृषकहरु घरघरमा औषधी पुऱ्याउन जान उनलाई रमाइलो लाग्दछ । यस गाउँपालिकामा उनको एउटा औषधी पसल र एउटा किराना पसल छ । उनी यसै गाउँको सृजनावस्तीमा आफ्नो बुबा, आमा तथा एक बहिनीसँग बस्दछन् । उनको एउटा सानो जमिन (०.३३ हेक्टर) छ जस्मा उनीहरु तरकारी तथा अन्न खेती गर्दछन् । यही खेतीले उनीहरुलाई घर खर्च गर्न सहयोग पुगेको छ । उसका आमा र बहिनी खेतीको काम गर्दछन् र बुबा भने अन्तै ज्याला मजदुरी गर्दछन् ।

उनले डिल्ली राज उच्च माध्यमिक विद्यालयबाट १० कक्षा उत्तीर्ण गरेका छन् । अहिले उनी उच्च शिक्षाका लागि आवश्यक स्रोतसाधन तथा उचित समयको पर्खाईमा छन् । उनको परिवारले उच्च शिक्षाका लागि खर्च पुऱ्याउन सक्दैन । तसर्थ उनी छात्रवृत्तिका लागि प्रयासरत छन् । उनले आफ्नो शिक्षकसँग छात्रवृत्तिका लागि सिफारिश पत्र लेखिदिन पनि अनुरोध गरेका छन् ।

उनका पिता ४७ वर्षिय प्रभानन्द राजवंशी एस.एन.जे.डी., लुथरन वर्ल्ड फेडरेशन नेपालको स्थानीय साभेदार संस्थाले स्थापना गरेको सृजना मिश्रित कृषक समूहका एक सदस्य हुन् । उनले छात्रवृत्तिको कुरालाई समुहको बैठकमा राखे र सहयोगको लागि अनुरोध गरे । समुहले आफ्नो सबै सदस्यहरूसँग छलफल गऱ्यो र उनका १९ वर्षिय छोराका लागि एस.एन.जे.डी.लाई प्राविधिक शिक्षाका लागि छात्रवृत्ति प्रदान गर्न अनुरोध गर्ने निर्णय गऱ्यो । उनीहरुले सामाजिक परिचालक सँग सल्लाह गरेर शिक्षाका लागि सहयोग प्राप्त गर्ने प्रकृयाका बारेमा सोध खोज गरे ।

लुथरन वर्ल्ड फेडरेशन नेपालले अष्ट्रेलियन लुथरन वर्ल्ड सर्भिस तथा अष्ट्रेलियन सरकारको आर्थिक सहयोगमा भापा जिल्लामा नेपाल विकास कार्यक्रम लागु गरेको छ र एस.एन.जे.डी.ले स्थानीय तहमा कार्यक्रम संचालन गरिरहेको छ ।

समूहबाट सिफारिश पत्र प्राप्त गरी परियोजनाका सबै सर्तहरु पूरा गरे पश्चात् एस.एन.जे.डी.ले मोरङ जिल्लाको मदन भण्डारी प्राविधिक विद्यालयमा १८ महिने भेटेरीनरी कनिष्ठ सहायक प्राविधिकको तालीममा भर्नाको प्रकृया सुरु गऱ्यो ।

भोलाले उक्त तालिम पुरा गरे र उनले पशु स्वास्थ्य सम्बन्धी व्यवसाय सुरु गरे । उनले कलेजको फी तथा होस्टेल लगायत उक्त कोर्ष पूरा गर्नको लागि केही भत्ता पनि पाएका

थिए । सहयोग गर्ने संस्थाले विद्यालयमा उनको प्रगतिको पनि निरन्तर अनुगमन गरेको थियो ।

जब उनले उक्त तालीम पूरा गरे, उनले एउटा किसानहरूलाई पशुपालनमा सहयोग गर्ने लघुवित्त संस्थामा काम गरे । उनलाई कर्मचारीको रूपमा अरु जिल्लाहरूमा गएर विभिन्न स्थानमा घुमेर सेवा गर्न गाह्रो भयो । र, उनले त्यो काम छोडे ।

उनको आफ्नै व्यवसाय स्थापना गर्ने सपना थियो । उनले हासिल गरेको प्राविधिक ज्ञान र भर्खरको कामको अनुभवले उनमा आफ्नै व्यवसाय सुरु गर्ने आत्मविश्वास जागी सकेको थियो । उनले फूलबारी चोक भापा गाउँपालिका ६ मा रु. ५०,०००/- लगानी गरेर आफ्नै व्यवसाय स्थापना गरे । उनले उक्त लघुवित्त संस्थामा तथा अन्य काम गरेर उक्त रकम जम्मा गरेका थिए ।

उनी भन्छन्, “केही समय अघिको जागीर भन्दा, अहिले म आफ्नो काममा रमाएको छु । यो व्यवसायबाट मैले महिनाको करीब रु. १०,०००/- जति आम्दानी गर्दछु । गाउँका किसानहरूले बोलाएको बेलामा म उनीहरू घर घर मा गएर वस्तुभाउ उपचार गर्ने काम गर्दछु ।” खाली औषधी वेचेर भन्दा उन्ले घर घरमा गएर उपचार गरेर बढी बमाउने गर्दछन् । अहिले उनले आफ्नो साईकल छोडेर मोटरसाइकल किनेका छन् ।

यद्यपी उनले राम्रो आम्दानी गरि रहेका भए पनि उनलाई सरकारी जागीर खाने धोको छ । सरकारी जागीर भविष्य सुनिश्चित हुन्छ भन्ने उनको सोचाई छ । परिवारको सहयोगमा उनले जागीर खाएर यो व्यवसाय पनि संचालन गर्न सक्दछन् । तसर्थ उनी लोक सेवा आयोगको परिक्षाको तयारी गर्दै छन् ।

उनका बाबु प्रभानन्द भन्दछन्, “कहिले काँही मानिसहरूले छोराको फोन नम्बर नभएमा मलाई फोन गरेर उस्लाई डाक्ने गर्दछन् । यसबाट मलाई गौरव लाग्दछ । मेरा गाउँका जनताले मलाई मेरो छोराको नाम र कामले चिन्दछन् ।”

2.3 Life of dignity for a physically challenged person

"If I had just sat at my home, I would have wasted all my strengths," he recalled a fateful day when he met an accident while working at a thresher machine and lost his right hand in 2002. Mr. Deepak Rajbanshi, 38, a permanent resident of Gaurigunja Rural Municipality – 2, Korobari, Jhapa, lives with his wife, two sons and a daughter.

He spent a life in despair and isolation as he had lost his hand, and was unable to eke out a living by working on a farm and nearby market for a daily wage. He experienced many instances of humiliation by society and his family members. His disability made it very difficult for him to find a girl who would be ready to marry him. Mrs. Shila Rajbanshi, 36, smiled and added to his narration that her relatives had advised her not to marry him. But she went against their advice and married him.



A social mobilizer of the Social Network for Justice and Development (SNJD), a local implementing partner of the Lutheran World Federation (LWF) Nepal, informed him about a livelihood project and the forthcoming group meetings. The group discussed the income-generating opportunities that could be provided to the physically challenged persons, and documented the meeting minutes.

Deepak Rajbanshi received NPR 10,000 (USD 90) from the project and obtained an additional NPR 10,000 (USD 90) in loan to buy a second-hand rice mill. He worked hard.

His dedication and hard work paid. Within a short span of time, he earned a significant income from his rice mill. His wife also supported him. They also do off-seasonal vegetable farming to supplement their income.

He said, "We are earning a net income of more than NPR 100,000 (USD 901) a year. This income excludes the expenses we incur for purchasing petrol, operational cost of the machine, seeds, fertilizer etc. for off-seasonal vegetable farming."

They have bought 0.33 hectare land in a nearby local market. They plan to shift to this land soon. They have also renovated their house which was damaged by the flood. His three children are continuing their education at a public school.

He is working along with other farmers from his community and guiding them for marketing their products. Rajbanshi is living with dignity. He said, "I am not rich, but I am not poor. I am enjoying my life. I am independent."

२.३ शारिरीक अपाङ्गता भएका व्यक्तिका लागि गरिमामय जीवन

“यदि म घरमै बसेको थिएँ भने, मेरो सबै शक्ति खेर गइरहेको हुन्थ्यो” सन् २००२ मा थ्रेसर मेशिनमा काम गर्दा आफ्नो दाहिने हात गुमाउनु परेको दुर्भाग्यपूर्ण दुर्घटनाको स्मरण गर्दछन् गौरीगंज गाउँपालिका २, कोरोबारी, भापाका वासिन्दा ३८ वर्षिय दीपक राजवंशी ।

आफ्नो हात गुमाएकाले दुखित भएर विरक्तिपूर्ण जीवन विताई रहेका थिए । नजिकको खेतबारी तथा बजारमा ज्याला मजदुरी गरेर जीवन चलाउन पनि सकिरहेका थिएनन् उनी । समाज तथा आफ्नै परिवारका सदस्यहरूबाट पनि धेरै पटक उनले अपहेलित हुनु परेको थियो । उनको अपाङ्गताले गर्दा विवाहका लागि केटी पनि पाएका थिएनन् । ३६ वर्षीय शीला राजवंशी मुसुक्क हाँस्रदै भन्छिन, “मेरा नातेदारहरूले त मलाई उसँग विवाह नगर्ने सल्लाह दिएका थिए ।” तर उनले आफन्तहरूको सल्लाह विपरित उनीसँग विवाह गरिन् ।

एस.एन.जे.डी., लुथरन वर्ल्ड फेडरेशन नेपालको स्थानीय साभेदार संस्थाका सामाजिक परिचालकले उनलाई जिविकोपार्जनको परियोजनाका बारेमा बताए र आगामि बैठकको जानकारी दिए । उक्त समुहका सदस्यहरूले बैठकमा शारिरीक अपाङ्गता भएका व्यक्तिहरूका लागि पनि आय आर्जनका अवसरहरू भएको बारेमा छलफल गरेका थिए ।

उक्त परियोजनाबाट दीपक राजवंशीले रु.१०,०००/- सहयोग तथा थप रु.१०,०००/- एक पुरानो चलिरहेको राइस मिल खरिद गर्नका लागि ऋण प्राप्त गरे । उनले धेरै परिश्रम गरे । उनका लगातारको परिश्रम तथा लगावले प्रतिफल दियो । उनले छोटो समयमा नै राइस मीलबाट निकै आमदानी गरे । उनलाई उनकी श्रीमतीले पनि सहयोग गरिन् । यसका अतिरिक्त उनीहरूले थप आमदानीका लागि बेमौसमी तरकारी खेती पनि गर्दथे ।

उनी भन्दछन्, “हामीले वर्षको रु. १,००,०००/- भन्दा बढी आमदानी गरिरहेका छौं । मेशिनका लागि पेट्रोल, संचालन खर्च, बीउ विजन, बेमौसमी तरकारी खेतिका लागि मल आदी खरीदको खर्च कटाएर यति आमदानी हुन्छ ।”

अहिले उनले नजिकैको बजारमा ०.३३ हेक्टर जमीन पनि किनेका छन् । र उनीहरू छिट्टै त्यहाँ सर्ने तरखरमा छन् । बाढीले प्रभावित गरेको आफ्नो घर पनि मर्मत गरिसकेका छन् । उनका तीनजना बच्चाहरू सरकारी स्कूलमा पढिरहेका छन् ।

उनी अहिले गाउँका अरु किसान हरूसँग मिलेर काम गर्दछन् र उनीहरूलाई आफ्नो कृषि उपजको बजार खोज्न सहयोग पुऱ्याई रहेका छन् । यसरी उनी एक गरिमामय जीवन विताइरहेका छन् । उनी भन्दछन्, “म धनी छैन, र म गरीब पनि होइन । म आफ्नो जीवन रमाइलोसँग विताइरहेको छु । म स्वतन्त्र छु ।”

2.4 Small Loan, Big Change

Mrs. Lakhi Murmu, 48, a resident of Simaljhodi, Kanepokhari Rural Municipality – 1, Morang district is now an active member of a community-based self-help group formed

by a project of the Lutheran World Federation (LWF) Nepal in 2015. Murmu worked in the house of her landowner. She has been working for the landlords for the past 30 years in return for food and shelter they had provided to her family. The economic condition of



Murmu was miserable. Her husband could do extra work somewhere else and earn some wages only when he was free. However free time was rare in the landlord's place.

One day, Murmu heard about Mudha-making (bamboo weaving to make chair) training organized by a project of the Lutheran World Federation Nepal (LWF Nepal). She expressed her interest in involving her husband in the training. Her group decided to recommend her husband to LCWS, which is implementing the project. He was given an opportunity and he completed the training.

Murmu was an active member of the group. She took a loan from the group. She received NPR 10,000 (USD 90) in loan for the Mudha-making business and involved her husband in this income-generating activity. They purchased raw materials for the business and started making Mudha at home.

Her husband makes three Mudhas in a day, these bamboo chairs are equivalent to NPR 750 (USD 6.7) (NPR 250 – USD 2.2 each). He sells them at Hat Bazaar of Kanepokhari Rural Municipality. The family is depositing NPR 50 (USD 0.4) every month into a saving account of the group. They are re-paying the loan taken for the business start-up. Murmu shared that she could now talk confidently to her landlord and deal with him when he exerts pressure on her to do extra work.

२.४ सानो ऋणले ठूलो परिवर्तन

मोरङ जिल्ला, सिमलभोडी, कानेपोखरी गाउँपालिका १ निवासी ४८ वर्षिय लख्खी मुर्मु सन् २०१५ मा लुथरन वर्ल्ड फेडरेशन नेपालको एक परियोजनाले गठन गरेको समुदायमा आधारित स्वरोजगार समूहकी सदस्य हुन् । मुर्मु पहिले एक जमिन्दारको घरमा काम गर्दथिन् । उनले उक्त जमिन्दारकहाँ विगत ३० वर्षदेखि लगातार काम गर्दै आएकी थिइन्, के आफ्नो परिवारको खाना तथा वासको लागि ? उनको आर्थिक अवस्था दयनीय थियो । उनका पतिले कहिलेकाहीँ फुर्सदको बेला मात्र अन्त मजदुरी गरेर केही आम्दानी गर्न सक्दथे । तर जमिन्दारको घरमा फुर्सद कहिल्यै नहुने ।

एक मुर्मुले लुथरन वर्ल्ड फेडरेशन नेपालको एक परियोजनाले बाँसको मुढा बनाउने तालीम दिँदैछ भन्ने सुनिन् । उनले आफ्नो श्रीमानलाई सो तालीममा पठाउने चाहना व्यक्त गरिन् । उनको समूहले उनका श्रीमानलाई एल.सी.डब्लु.एस. (जस्ले उक्त परियोजना संचालन गरिरहेको थियो) मा सिफारिश गर्ने निर्णय गर्‍यो ।

मुर्मु उक्त समूहकी एक सक्रिय सदस्य हुन् । उनले त्यो समूहबाट ऋण लिइन् । उनले रु. १०,०००/- ऋण लिइन् र आफ्नो श्रीमानलाई उक्त मुढा बनाउने व्यवसायमा आय आर्जनका लागि संलग्न गराइन् । उनीहरूले कच्चा पदार्थहरू किने र घरमै मुढा बनाउन थाले ।

हाल उनको श्रीमानले दिनमा ३ वटा मुढा बनाउँछन्, जुन रु. २५०/- का दरले रु. ७५०/- बराबरको हो । उनले ती मुढाहरू कानेपोखरी गाउँपालिकाको हाट बजारमा बेच्छन् । उनको परिवारले हरेक महिना उक्त समूहको बचत खातामा रु. ५०/- जम्मा गर्ने गर्दछन् । उनले व्यवसाय सुरु गर्दा लिएको ऋण पनि तिर्दै गरेकी छिन् । मुर्मु भन्छिन् की अहिले उनी आफ्नो जमिन्दारले वढी कामका लागि जोड गर्दा आत्मविश्वासका साथ प्रतिकार गर्न सक्छिन् ।

2.5 Cooperatives answer a call for economic change

An agriculture cooperative has changed the socio-economic status of some women, who belong to poor and oppressed communities, in Jhapa district.



Established in February 2016, the Marshal Agriculture Cooperative Limited has NPR 1,720,960 (USD 15,504) in deposit, and has disbursed NPR 1,622,392 (USD 14,616) for investment. The cooperative has 289 female and 11 male members. Altogether 174 members (169 female and 5 male) have been able to access its financial resources for carrying out businesses and other productive ventures.

Sixteen savings and credit groups, which had been formed in 2014 under the Nepal Development Program of the Lutheran World Federation Nepal (LWF Nepal), in Jhapa Rural Municipalities 1 and 2 of Jhapa district, were merged to establish a cooperative by a local implementing partner, the Social Network for Justice and Development (SNJD). The groups consisted of people who belong to poor, oppressed and marginalized communities such as Santhal, Rajbanshi and Muslim.

The cooperative provides the members with loans, ranging from NPR 10,000 (USD 90) to NPR 40,000 (USD 360) per person, after taking the nature of the proposed business and demand of the members into account. The cooperative has its finance and credit policy, which regulates the loan transaction in the cooperative.

Mrs. Phulmuni Tudu, 45, chair of the cooperative, says the members who hesitated to save NPR 10 per month, has now gained confidence to take a loan up to NPR 40,000 (USD 360) for income-generating activities.

Mrs. Sita Paneru, secretary of the cooperative, says they have developed provisions for fixing an interest on the loan and the members can participate in the decision-making process. The interest rate of a loan ranges from 6 to 18 percent, depending on the nature of the investment. If the investment is for productive purposes, then the interest rate is low. This rate is for motivating the members to invest the loan in productive ventures.

The cooperative received a boring machine and a tractor from the District Agriculture Development Office in 2018 in recognition of their dedication to transforming the socio-economic lives of their members. Mrs. Rina Rajbanshi, manager of the cooperative, said they are strengthening their coordination with more government line agencies at the local and district levels.

Mrs. Lukhi Murmu, who has taken a loan of NPR 15,000 (USD 135), has established a grocery shop in the community. She is earning a monthly income of NPR 3,500 (USD 32). She said, "The cooperative is a valuable means of economic change for a poor person like me. I have been able to feed my children, thanks to the grocery shop. My husband brings in money by working as a daily-wage laborer. We are happy with our income now."

Tudu says, "The cooperative has a plan to establish a crusher industry in the community and a retail shop of improved seeds, seedlings and fertilizer for accelerating the investment and for making it more commercially beneficial".

१.५ सहकारी आर्थिक परिवर्तनको सम्बाहक

एउटा सहकारी संस्थाले भापा जिल्लाका गरीब तथा उत्पीडीत समुदायका केही महिलाहरूको आर्थिक-सामाजिक स्तर नै परिवर्तन गरिदिएको छ ।

फेब्रुअरी २०१६ मा स्थापित मार्शल कृषि सहकारी लिमिटेड सँग अहिले रु. १७,२०,९६०/- बचत जम्मा छ भने रु. १६,२२,३९२/- ऋण लगानी गरेको छ । उक्त सहकारीमा २८९ महिला तथा ११ पुरुष सदस्य छन् । जम्मा १७४ (१६९ महिला तथा ५ पुरुष)ले विभिन्न व्यवसाय तथा उत्पादनशील कार्यका लागि ऋण लिएका छन् ।

सन् २०१४ मा भापा जिल्लाको भापा गाउँपालिका १ र २ मा लुथरन वर्ल्ड फेडरेसन नेपालले नेपाल विकास कार्यक्रम अन्तर्गत स्थापना गरेका १६ ऋण तथा बचत समूहहरू थिए, जसलाई पछि गएर एस.एन.जे.डी.ले एक सहकारीमा परिणत गरायो । उक्त समूहहरूमा सन्थाल, राजवंशी तथा मुस्लिम जस्ता गरीब, उत्पीडीत तथा सिमान्तकृत समुदायका जनताहरू संलग्न थिए ।

उक्त सहकारी संस्थाले हाल आफ्नो सदस्यहरूलाई उनीहरूले छानेको व्यवसाय, उद्देश्य तथा सदस्यहरूको मागलाई विश्लेषण गरेर प्रतिव्यक्ति रु. १०,०००/- देखि रु. ४०,०००/- सम्म ऋण प्रदान गर्दछ । सहकारीको आफ्नै वित्तीय तथा ऋण लगानी नीति छ, जसको आधारमा सहकारीको ऋण लगानी नियमन गरिन्छ ।

उक्त सहकारीका अध्यक्ष ४५ वर्षिय फुलमुनी टुडु, भन्दछिन पहिला रु. १०/- प्रति महिना बचत जम्मा गर्न हिचकिचाउने सदस्यहरू हाल आय आर्जनका लागि रु. ४०,०००/- सम्म ऋण लिने भएका छन् ।

सीता पनेरु, सहकारी की सचिव, भन्दछिन् की अहिले ऋणको व्याज निर्धारणको प्रकृत्यामा पनि सदस्यहरूले सामुहिक निर्णय गर्न सक्ने प्रावधान छ । ऋणको व्याज व्यवसायको प्रकृति हेरी ६ देखि १८ प्रतिशत सम्म छ । यदी उत्पादनमूलक कामका लागि ऋण लिएको छ भने व्याज कम हुन्छ । उत्पादन मूलक लगानीमा सदस्यहरूलाई आकर्षित गर्न यस्तो व्यवस्था गरिएको हो ।

उक्त सहकारी संस्थाले आफ्नो सदस्यहरूको आर्थिक-सामाजिक रूपान्तरणमा खेलेको अहम् भूमिकालाई मध्य नजर गरेर जिल्ला कृषि विकास कार्यालयले सन् २०१८ मा एउटा बोरिङ्ग मेशिन र एउटा ट्र्याक्टर प्रदान गरेको थियो । रीना राजवंशी, सहकारीकी मेनेजर, भन्छीन् हामी स्थानीय तथा जिल्ला स्तरका अरु धेरै सरकारी संस्थाहरूसँग सशक्त रूपमा संयोजन गरी कार्य गर्ने सोचाइमा छौं ।

लख्खी मुर्मु जसले रु. १५,०००/- ऋण लिएकी थिइन्, उनले समुदायमा एउटा तरकारी

पसल खोलेकी छिन् । हाल उनी महिनामा करिब रू. ३,५००/- कमाई रहेकी छिन् । लख्खी भन्छिन्, “सहकारी एउटा म जस्ता गरिबहरूका लागि आर्थिक रूपान्तरणको महत्वपूर्ण साधन हो । यही तरकारी पसलले गरेर अहिले मैले मेरा छोरा छोरीहरूलाई खुवाउन सकेकी छुँ । मेरो श्रीमान ज्यालादारी गरेर केही कमाउँछन् । अहिले हामी आफ्नो आमदानीले खुसी छौं ।”

टुडु भन्दछिन् सहकारीद्वारा समुदायमा एउटा कसर राख्ने तथा एउटा खुद्रा दोकान खोली उन्नत विउविजन, विरूवा तथा मलखादको विक्री गरेर लगानी परिचालन गरी वडी व्यावसायिक फाईदा लिने सोचाई रहेको छ ।

2.6 Santhals promote commercial farming

Mr. Dharam Lal Hemrum, 40, is reaping the benefits of vegetable farming at a time when many people in rural areas are abandoning agriculture as an unrewarding occupation.



He is a member of the information and communication department of a disaster management committee in Jhapa Rural Municipality-2, Sugabathan Tole, of Jhapa district. He has five family members and does off-seasonal vegetable farming along with other community members. He has used the fallow land along the banks of the Kankai River. He has also taken a portion of an adjoining land on lease for farming.

In 2017, he participated in leadership and farming training under the Nepal Development Program, which was implemented by the Social Network for Justice and Development (SNJD), an partner organization of the Lutheran World Federation Nepal(LWF Nepal) .

He has been doing farming since long but now he does it in a different way. Previously he worked as a daily-wage laborer on the farmlands of other people. Now he works on his own farm. His off-seasonal vegetable farm sprawls over 4.12 hectors of land.

He started farming after receiving inputs and support from SNJD. He had participated in farming and leadership training. He took a loan of NPR 5,000 (USD 45) from a

cooperative, which was supported by LWF Nepal. He said that he was determined to transform himself into an exemplary commercial farmer. His determination was rekindled by the encouragement of a social mobiliser of SNJD.

He produced 1,250 kg of vegetables in his first attempt, sold them in NPR 45,000 (USD 405) and acquired a net profit within three months. The success motivated him to expand his business and took some portions of the nearby land on lease for vegetable farming. He returned NPR 25,000 (USD 225) he had taken in loan for constructing his house.

His increasing income has allowed him to invest more in his children's education. He has arranged for extra tutorial classes to improve the quality of their education.

Hemrum is also supporting his neighbors who have opted for commercial vegetable farming. Mr. Jetha Tudu, 44, is earning NRs 60,000 in a season from 0.45 hectares of land he has taken on lease. He has taken technical assistance of Hemrum.

Jetha Tudu spent the money, thus earned, on constructing a toilet for his household and for organizing marriage ceremonies of his two daughters. They have also adopted an improved technology to staple-crop farming and multiple cropping in accordance with the technical guidance they received in six-day farmers' training. The use of the improved technology has led to an increment in paddy production. They are happy with the results. Both farmers plan to expand their vegetable farm. They are in contact with a technician from the Agriculture Service Centre, a government agency that provides support to farmers at the local level.

१.६ सन्थालद्वारा व्यावसायिक खेती प्रवर्धन

४० वर्षिय धर्म लाल हेम्रुम आफ्नो तरकारी खेतीबाट फाईदा लिई रहेका छन् जबकी अरु किसानहरु खेतीबाट आमदानी नहुने भएकाले खेती गर्न छाड्दै छन् ।

उनी भापा जिल्लाको भापा गा.वि.स. २ को सुगाबथान टोलका विपद व्यवस्थापन समितिका सूचना तथा सञ्चार विभागका सदस्य हुन् । उनको परिवार ५ जनाको छ र उनी समुदायका अरु सदस्यहरूसँगै बेमौसमी तरकारी खेती गर्दछन् । कन्काई खोलाको बाँझो बगर उनले प्रयोग गरेका छन् र सँगैको केही जमीन भाडामा पनि लिएका छन् । सन् २०१७ मा उनी लुथरन वर्ल्ड फेडरेशन नेपालको नेपाल विकास कार्यक्रम अन्तर्गत एस.एन.जे.डी.ले सन्चालन गरेको नेतृत्व विकास तथा कृषि तालीममा सहभागी भएका थिए ।

उनले धेरै अघि देखि खेति गर्दै आएका छन् तर अहिले बेग्लै किसिमले गर्दछन् । पहिले उनी अर्काको जम्मा दैनिक ज्यालादारीमा काम गर्दथे । अहिले उनी आफ्नै जमीनमा खेती गर्दछन् । उनको बेमौसमी तरकारी खेती ४.१२ हेक्टरमा फैलिएको छ ।

उनले एस.एन.जे.डी. सल्लाह तथा सहयोगमा खेती सुरु गरेका हुन् । उनी कृषि तथा नेतृत्व विकास तालिममा सहभागी भएका थिए । उनले लुथरन वर्ल्ड फेडरेशनको सहयोगमा स्थापित सहकारीबाट रु. ५,०००/- ऋण लिए । उनी भन्दछन् उनले आफू एक नमूना व्यवसायिक कृषक बन्ने अटोट लिएका थिए । एस.एन.जे.डी. एक सामाजिक परिचालिकाको उत्प्रेरणाका कारण उनको सपना साकार भएको हो ।

उन्ले आफ्नो पहिलो प्रयासमा नै १२५० के.जी. तरकारी फलाए र त्यसलाई रु. ४५,०००/- मा बिक्री गर्न सफल भए र ३ महिनामा नै खूद नाफा कमाउन सफल भए । यो सफलताले उनमा हौसला बढायो र उनले नजिकको केही जग्गा तरकारी खेतीका लागि भाडामा लिए । उनले आफ्नो घर वनाउन लिएको रु. २५,०००/- ऋण पनि चुक्ता गरे ।

उनको बढ्दो आमदानीले छोरा छोरीहरुको शिक्षामा पनि बढी लगानी गर्न सम्भव भयो । उनले छोरा छोरीहरुको शिक्षाको गुणस्तर बढाउनका लागि अतिरिक्त ट्यूसन पनि पढाउने व्यवस्था गरे ।

हेम्रुम व्यावसायिक तरकारी खेती गर्न चाहने आफ्नो छिमेकीहरुलाई पनि सहयोग गर्छिन् । ४४ वर्षीय जेठा टुडु एक सिजनमा रु. ६०,०००/- भाडामा लिएको ०.४५ हेक्टर जग्गाबाट कमाउँछन् । उनले हेम्रुप सित प्राविधिक सहयोग पनि लिने गरेका छन् ।

जेठा टुडुले यसरी कमाएको पैसाले घरमा ट्वाइलेट बनाउने तथा दुई छोरीहरुको विवाह

गर्ने काम गरे । उनीहरूले अन्नवालीका लागी आफुले लिएको ६ दिने कृषि तालिमका आधारमा उन्नत प्रविधिको पनि प्रयोग गरे । यसरी उन्नत प्रविधि धानको उब्जनी निकै वढ्यो । यस्तो प्रतिफलबाट उनीहरू निकै खुसी छन् । दुवै कृषकहरू आफ्नो तरकारी खेतीलाई बढाउन चाहन्छन् । उनीहरू सरकारी कृषि सेवा केन्द्रका प्राविधिकहरूसँग सम्पर्क गरिरहेका छन् ।

2.7 Insect-net: A blessing for small landholders

Ms Manpati Chaudhary lives in Tingharuwa village of Bhajani Municipality in Kailali district with seven family members. Although she worked hard on land, she suffered a lot due to food scarcity. The family has only 0.26 hectares of land. They were doing traditional farming. Her husband and son used to go to India as unskilled, seasonal migrant workers.



In 2013, she joined a women's group and became vice chairperson of the 26-member Jiwan Women Group that was formed by Digo Bikas Samaj (DBS), an implementing partner of the Nepal Development Program of the Lutheran World Federation Nepal (LWF Nepal). All the group members took part in the six-month-long Empowerment Education Program. Under the program, they participated in technical training and received some seeds, fertilizer and irrigation facility to start vegetable farming.

In 2017, 30 farmers were introduced to the new technology - use of insect-nets in vegetable farming - in Kailali district. Seeing her enthusiasm and interest in farming, the program team encouraged Manpati Chaudhary to start market-led production of off-seasonal vegetables such as tomato, cucumber and bitter-gourd. She managed 0.03 hectares of land to establish an insect-net house and tunnel farming. She was provided with regular technical support for stocked nursery, transplanting, disease and pest management, harvesting, post-harvesting techniques and market connections. Additionally, she received green-nets, bio-pesticide and drip-irrigation facility through the program.

She earned NPR 54,000 (USD 486) by selling fresh vegetables in local market in the first season that lasted for four months. Previously, two quintiles of wheat and paddy production from her field could fetch only NPR 4,400 (USD 40).

She is planning to add a net-house near her garden. Her family believes that applying a suitable technology can increase farm produce significantly. She has become vice chairperson of the Diya Aur Batti Saving and Credit Cooperative, comprising 375 shareholders at Thapapur, Kailali.

She thanked LWF Nepal and Digo Bikas Samaj for providing her with technical support and equipment.

१.७ किरा रोक्ने जाली: साना कृषकहरूका लागि बरदान

मानपती चौधरी कैलाली जिल्लाको भजनी नगरपालिकाको तीनघरुवा गाउँमा आफ्नो ७ जनाको परिवारसँग वसोवास गर्दछिन् । उनले खेतीमा धेरै मिहेनत गरेतापनि, सधैं खाद्य संकट व्यहोर्नु पर्दथ्यो । यो परिवारसँग केवल ०.२६ हेक्टर जमिन थियो । उनीहरू पुरानै तरिकाले खेती गरिरहेका थिए । उनका श्रीमान तथा छोरा सँधै मौसमी ज्याला मजदुरीका लागि भारत जाने गर्दथे ।

सन् २०१३ मा दिगो विकास समाज, लुथरन वर्ल्ड फेडरेशनको नेपाल विकास कार्यक्रमको साभेदार संस्थाले निर्माण गरेको महिला समूहमा संलग्न भएर २६ सदस्यीय जीवन महिला समूहको उपाध्यक्ष भइन् । समूहका सबै सदस्यहरूले ६ महिना लामो सशक्तिकरण शिक्षा कार्यक्रममा भाग लिए । उक्त कार्यक्रम अन्तर्गत उनीहरूले प्राविधिक तालिम लिए र तरकारी खेतिका लागि केही उन्नत विउ, मल तथा सिँचाई सुविधाहरू प्राप्त गरे ।

सन् २०१७ मा कैलाली जिल्लामा ३० जना किसानहरूलाई नयाँ प्रविधि- तरकारी खेतिमा किरा रोक्ने जालीको प्रयोग- गराइएको थियो । उनको उत्साह तथा बेमौसमी तरकारी खेती गर्ने तीव्र इच्छा देखेर मानपती चौधरीलाई तितेकरेला, गोलभँडा तथा काँको जस्ता बेमौसमी तरकारी खेती गर्न उक्त कार्यक्रमका कर्मचारीहरूले सहयोग गरे । उनले ०.०३ हेक्टर जमिनमा किरा रोक्ने जाली लगाएर टनेल खेती गर्न व्यवस्था गरिन् । उनलाई विरुवा सन्चय, रोग तथा किट नाशक व्यवस्थापन, वाली काट्ने तथा त्यसपछिको संरक्षण तरीका तथा बजार सम्पर्कका लागि लगातार प्राविधिक सहयोग दिइयो । यसका अतिरिक्त उनलाई हरियो जाली, जैविक किटनासक तथा थोपा सिँचाईको सुविधा समेत उक्त कार्यक्रमले दियो ।

चार महिनाको पहिलो सिजनमा नै उनले ताजा तरकारीहरू बेचेर रु. ५४,०००/- कमाईन् । यसभन्दा अघि उनले उक्त जमिनबाट दुई क्वीन्टल गहुँ अथवा धान उब्जाएर रु. ४,४००/- मात्र कमाउँथिन् ।

उनले आफ्नो बारीसँगै एउटा जालीघर बनाउने योजना गरेकी छिन् । उचित प्रविधिको प्रयोगले खेतिको कमाई निकै बढ्न सक्छ भन्ने उनको परिवारले विश्वास गर्दछ । हाल उनी दिया और बाती बचत तथा ऋण सहकारी संस्थाको उपाध्यक्ष भएकी छिन् जसका थापापुर कैलालीमा ३७५ शेयर सदस्यहरू छन् ।

उनी लुथरन वर्ल्ड फेडरेशन नेपाल तथा दिगो विकास समाजले आफुलाई प्राविधिक सहयोग तथा उपकरणहरू दिएकोमा आभार व्यक्त गर्दछिन् ।

2.8 Energetic newspaper distributor

Mr. Ramdayal Chaudhary, an 18 year old boy, is an inhabitant of Ward No. 1, Bhajani Municipality of Kailali district. He has a physical disability since his birth. He lives in a family of four members, including his father, mother and a younger brother. He cannot walk without a supporting device such as tricycle, or assistance from other people.



He came in contact with Digo Bikas Samaj (DBS) three years ago. His cousin encouraged him to seek help from the local organization. His family members helped him to go to and get back from school every day. After school, he stayed at home.

After joining DBS in 2017 as a member living with disability, he received opportunities to take part in different training activities and received a tricycle to facilitate his mobility. The tricycle was of immense help. He could get out of the house, visit friends and relatives for chatting. Besides, he received training in trade-based skill development. The training became a panacea for choosing a suitable livelihood and for self-reliance. As he belonged to a very poor family, it was very difficult for his family to fulfil his basic needs.

A vacancy for a newspaper distributor in Bhajani Bazaar was published in the Kantipur daily newspaper. He expressed his interest through a local representative of the Kantipur

media house. He had been given a priority after checking his capability for distributing the newspapers. He completed the test.

He was given the task of newspaper distribution in 2018. He continues to do the task. He distributes about 50 newspapers and earns NPR 6,000 (SUD 54) every month. The income helps him meet his basic needs, including education. Sometimes he uses the income to support his parents for running the household.

He said, "Physical disability will not prevent you from your mission if you have a strong passion for betterment and for bringing about change in life. We also need chances to grow and become independent."

Although he has received continuous support from his family, friends and DBS, he still faces some challenges to his mobility. He travels by a manually-operated tricycle. He wishes for a powered tricycle that would make his travel less strenuous.

१.८ जोशिलो पत्रिका वितरक

१८ वर्षिय रामदयाल चौधरी कैलाली जिल्लाको भजनी नगरपालिका-१ का वासिन्दा हुन् । उनी जन्मैदेखि अपाङ्गता भएका व्यक्ति हुन् । उनी आफ्नो बाबु आमा तथा एक भाई सहितको ४ सदस्यको परिवारमा वस्दछन् । उनी ट्राइसाइकल अथवा अरुको सहयोग विना हिँडडुल गर्न सक्दैनन् ।

तीन वर्ष अघि उनी दिगो विकास समाजको सम्पर्कमा आए । उनलाई उनका दाईले स्थानीय संस्थाको सहयोग लिन उत्प्रेरित गरे । हरेक दिन स्कूल जान तथा आउन उनलाई उनको परिवारले सहयोग गर्दथे । स्कूल पछि उनी घरमै बस्दथे ।

सन् २०१७ मा दिगो विकास समाजको सदस्यता लिएपछि उनले विभिन्न तालिमहरूमा भाग लिने मौका पाए र उनलाई हिडडुल गर्न एउटा ट्राइसाइकल पनि प्राप्त गरे । यो ट्राइसाइकल उनको लागि निकै सहयोगी सिद्ध भयो । उनी एकलै घरबाट निस्कन, साथी तथा आफन्तसँग भेट्न र कुरा गर्न सक्ने भए । यसको अतिरिक्त उनले व्यावसायिक सीप विकास तालिम पनि लिए । यो तालिम उनको लागि सुहाउँदो जिविकोपार्जनको माध्यम छान्न तथा स्वरोजगार बन्न निकै सहयोगी सिद्ध भयो । उनी एक गरीब परिवारका भएकाले, परिवारका लागि उनको आधारभूत आवश्यकता पूरा गर्न निकै गारो थियो ।

एक पटक कान्तिपुर दैनिकमा भजनी बजारका लागि पत्रिका वितरकको लागि दरखास्त आह्वान गरियो । कान्तिपुरका स्थानीय प्रतिनिधि मार्फत उनले आफू पत्रिका वितरकको कार्य गर्न ईच्छुक भएको जानकारी पठाए । पत्रिका वितरण गर्ने उनको क्षमताको जाँच पश्चात् उनलाई प्राथमिकता दिईयो । उनी उक्त परिक्षामा सफल भए ।

सन् २०१८ मा उनलाई पत्रिका वितरणको काम दिइयो । उनी अहिले पनि त्यही काम गर्दछन् । उनले ५० वटा जति पत्रिका वितरण गरेर मासिक रु. ६,०००/- कमाउँछन् । यो आम्दानीले उनलाई शिक्षा लगायत आधारभूत आवश्यकता पूरा गर्न मद्दत पुगेको छ । कहिलेकाँही यो आम्दानीबाट उनी आमा बाबुका लागि घर खर्चमा पनि सहयोग गर्दछन् । उनी भन्छन्, “जीवनमा परिवर्तन ल्याउन तथा असल जीवनयापन गर्ने अठोट छ भने शारिरीक अपाङ्गताले पनि रोक्दैन । हामीलाई विकास गर्ने तथा स्वतन्त्र हुने अवसर चाहिन्छ ।”

परिवार, साथीभाई तथा दिगो विकास समाजको सहयोग हुँदा हुँदै पनि, अझै उनलाई हिँडडुल गर्न बेला बेलामा कठिनाई पर्दछ । उनी हातले चलाउने ट्राइसाइकल चलाउँछन् । उनलाई बिजुलीले चार्ज गरेर चल्ने ट्राइसाइकल चलाउने इच्छा छ ।

2.9 Investment in women's economic independence pays

Mrs. Dhansara Badi, 35, lives with her family in a remote village of Bestada, Rural Municipality, Ward No. 2, of Dailekh district. She is a council member of Bhagawati Rural Municipality, a member of a farmers' group and a board member of the Community-Based Organization (CBO) Federation.

She had experienced acute food insecurity, consequences of migration of the male members of her family to India for employment, and caste-based discrimination.



A literate person, she was engaged in activities carried out by the farmers' group since its establishment. She participated in the farmers' group discussions on socio-economic issues, ranging from food and nutrition security, to child marriage and social exclusion. Besides providing local farmers with a democratic discussion platform, the self-help groups offered farmers and their family opportunities to improve their livelihood and get access to finance. These groups and CBO Federation invited the group members to participate in savings schemes and livelihood interventions such as kitchen gardening, vegetable farming and goat rearing. The CBO Federation, with support from the Transformative Education Program (TEP) of the Lutheran World Federation Nepal (LWF Nepal), provided the group members with material inputs and technical assistance to

implement various livelihood and social plans.

Dhansara Badi said, "In addition to providing loans to the group members for livelihood, the CBO Federation brought up socio-economic issues for discussions and implemented plans to tackle domestic violence, discrimination, exclusion, sanitation and other issues."

As a member of the group, she received technical training for vegetable farming. She opted for garlic farming. She took a loan for a side business and opened a beauty parlor in Bestada. Thanks to the support she received and her hard work, life became a bit easier for her.

She said, "The group provides loan at a low interest rate for growing vegetables, for rearing livestock etc. It opens enormous employment opportunities for low-income, marginalized women."

The farmer's group she is associated with organized programs such as folk song competition, quiz contest to raise awareness against gender-based violence, child marriage and malpractices against menstruating women and girls as part of a 16-day campaign on violence against women and to mark International Women's Day. The group members are coordinating with rural municipality and other agencies to leverage resources for empowering women through livelihood improvement at the local level.

According to Dhansara Badi, the project has significantly contributed to empowerment of women, particularly those from the Dalit and marginalized families. Their voices are being heard by the local authorities. As a result, women's issues are prioritized by the rural municipalities and ward councils while developing plans.

She feels happy to see more women selling vegetables, poultry products and handicrafts. Some of the families have managed to keep their young men at home and stop them from migration. They are also changing an environment conducive to agribusiness by opening collection centers for farm produce. She is very hopeful of sustainable local development, owing to the construction of the Pushpa Lal highway that passes through their village.

१.५ महिलाहरूको आर्थिक स्वतन्त्रताका लागि गरेको लगानी खेर जाँदैन

३५ वर्षीय धनसरा बादी, दैलेख जिल्लाको दुर्गम गाउँ वेस्तडा गाउँपालिका वडा नं. २ मा आफ्नो परिवारसँग वसोवास गर्दै आएकी छिन् । उनी भगवती गाउँपालिकाकी गाउँसभा सदस्य, कृषक समूहकी सदस्य तथा समुदायमा आधारित एक संगठनकी बोर्ड सदस्य हुन् ।

जातीय विभेद तथा उनका सदस्यहरूको रोजगारीका लागि भारत प्रवासको कारणले गर्दा उनले ठूलो खाद्य संकट भोग्नु परेको थियो ।

साक्षर व्यक्ति उनी कृषक समूहको गठनको बेला देखिनै समूहको विभिन्न कृषकलापमा भाग लिँदै आइरहेकी थिइन् । खाद्य तथा पोषण सुरक्षा, बाल बिबाह तथा सामाजिक वहिस्करण जस्ता सामाजिक - आर्थिक सवालमा कृषक समूहको छलफलमा उनले भाग लिएकी थिइन् । स्थानीय कृषकहरूलाई एक प्रजातान्त्रिक छलफल गर्ने स्थल प्रदान गर्नुका अतिरिक्त यी स्वरोजगार समूहहरूले कृषक तथा उनका परिवारहरूलाई उनीहरूको जिविकोपार्जनमा सुधार गर्न तथा आर्थिक संस्थामा पहुँच सुनिश्चित गर्न सहयोग गरेका थिए । यी समूहहरू तथा समुदायमा आधारित संस्था महासंघले लुथरन वर्ल्ड फेडरेशन नेपालको रूपान्तरण शिक्षा कार्यक्रमको सहयोगमा समूहका सदस्यहरूलाई उनीहरूको जिविकोपार्जन तथा सामाजिक योजनाहरू कार्यान्वयन गर्न भौतिक तथा प्राविधिक सहयोग प्रदान गरेको थियो ।

धनसरा बादी भन्दछिन्, “समुदायमा आधारित संस्थाहरूको महासंघले समूहका सदस्यहरूलाई जिविकोपार्जनका लागि ऋण दिनुका अतिरिक्त सामाजिक-आर्थिक सवालहरूमा छलफल चलाउने तथा घरायसी हिँसा, विभेद, वहिस्करण, स्वास्थ्य तथा सरसफाई तथा अन्य सवालहरूमा विभिन्न योजनाहरू कार्यान्वयन गर्ने काम गरेकोछ ।”

उक्त समूहको सदस्यको हैसियतले उनले तरकारी खेतीका लागि प्राविधिक सहयोग प्राप्त गरिन् । पछि उनले बेसार खेतीमा पनि लाग्ने सुरु गरिन् । उनले एक अतिरिक्त व्यवसायका लागि ऋण लिएर बेस्तडामा ब्यूटी पार्लर पनि खोलिन् । उनले प्राप्त गरेका सहयोग तथा उनको मिहेनतका कारण हाल उनको जीवन निकै सहज भएको छ ।

उनी भन्छिन्, “समूहले तरकारी खेती तथा पशुपालनका लागि सुलभ ब्याजदरमा ऋण प्रदान गर्दछ । कम आए भएका सिमान्तकृत महिलाहरूका लागि यसले रोजगारीको धेरै अवसरहरू प्राप्त हुन्छ ।”

उनी संलग्न भएको कृषक समुहले लोक गीत प्रतियोगिता, सामान्य ज्ञान प्रतियोगिता, लैङ्गीक हिंसा, बाल विवाह तथा रजस्वला भएका महिला विरुद्ध हुने खराब व्यवहार विरुद्ध अभियान, अन्तर्राष्ट्रिय नारी दिवस तथा महिला विरुद्ध हुने हिंसा विरुद्ध १६ दिने कार्यक्रम अन्तर्गत चेतना जगाउने जस्ता कार्यक्रमहरू संचालन गर्दछ । स्थानीय स्तरमा जिविकोपार्जनमा सुधारद्वारा महिला सशक्तिकरणका लागि स्रोत साधन जुटाउन उक्त समुहका सदस्यहरूले गाउँपालिकासँग पनि समन्वय गरेर काम गर्दै आएको छ ।

धनसरा बादीका अनुसार उक्त परियोजनाले विशेषगरी दलित तथा सिमान्तकृत परिवारका महिलाहरूको सशक्तिकरण महत्वपूर्ण योगदान पुऱ्याएको छ । स्थानीय सरकारका पदाधिकारीहरूले उनीहरूको कुरा सुन्न थालेका छन् । फलस्वरूप गाउँपालिका तथा वडा सभाहरूले पनि योजना तर्जुमा गर्दा महिलाहरूको सवाललाई प्राथमिकतामा राख्ने गरेका छन् ।

धेरै महिलाहरूले तरकारी, कुखुरा, अण्डा तथा हस्तकलाका वस्तुहरू विक्री गरेको देख्दा उनलाई खुसी लाग्दछ । गाउँका केही परिवारहरूले आफ्नो युवकहरूलाई कामकोलागि विदेश जानबाट रोक्न सफल भएका छन् । कृषि व्यवसायका लागि उपयुक्त वातावरणका लागि कृषि उत्पादनको संकलन केन्द्रहरू खोल्ने कामहरू भएको छ । स्थानीय स्तरमा दिगो विकासहुन्छ भन्नेमा उनी निकै आशावादी छिन् किनभने उनको गाउँ भएर पुष्पलाल राजमार्ग निर्माण भएको छ ।

2.10 A successful vegetable entrepreneur

Mrs. Sabita Devi Badayak Kathariya, 33, an inhabitant of Manuwa-4, Janaki Rural Municipality, of Kailali district, lives with her husband and two sons. She is the chairperson of Shital Mahila Krishak Samuha, a farmers' group having 20 members from her community.



Before joining the group, she could hardly meet the food requirements of her family by growing rice, maize, wheat and lentil on her small patch of land. In 2018, she joined Shital Mahila Krishak Samuha and participated in the Transformative Education Program (TEP) implemented by the Digo Bikas Samaj (DBS), a partner organization of the Lutheran World Federation Nepal (LWF Nepal).

After joining the group, she not only learned about the process of group meeting, savings and investment, she also got an opportunity to participate in invocation skills and enterprise development training. DBS also provided her with technical inputs for seasonal and off-seasonal vegetable production. Previously, Kathariya and her friends felt shy to carry vegetables and sell them in the market, but after receiving training from the project she

is leading the women's groups for collecting vegetables and selling them to local and far away markets such as Tikapur and Lamki. A center has been established in the community for collection and marketing of vegetables.

More women of this rural municipality have started growing vegetables at a commercial scale. According to Sabita Kathariya, her group is producing vegetables that have a good market price. They produce four vegetable crops in a year and earn nearly 300 times more than they earn from cereal crops. Five years ago, they used to bring vegetables from Tikuniaya, India for family consumption. Now they are producing year round vegetables for consumption as well as for earning money, she said.

She further said that her group members were able to retain their young male members at home and support them for education and self-employment. If they were not engaged in vegetable production activities, she said, they could not have supported their children for education, for buying clothes and medical treatment of their family members.

According to her, the group members are earning around NPR 100,000 (USD 901) per household every year. She is earning almost NPR 200,000 (USD 1802) a year. She is thankful to DBS and LWF for providing this opportunity to poor women who are eager to uplift their socio-economic status.

She is aware of the harmful effects of pesticide and chemical fertilizer. She is, therefore, producing vegetables by using farm manure and compost for fertilizer.

१.१० एक सफल तरकारी उद्यमी

३३ वर्षीय सविता देवी वडायत कठरीया आफ्नो श्रीमान र दुई छोराहरूको साथमा कैलाली जिल्लाको जानकी गाउँपाकि, मनुवा ४ मा बस्दछिन् । उनी समुदायको २० सदस्य भएको कृषि समूह शितल महिला कृषि केन्द्रकी अध्यक्ष हुन् ।

उक्त समूहमा सदस्य हुनु अघि उनलाई आफ्नो सानो जग्गामा धान, मकै, गहुँ तथा मुसुरोको खेती गरेर परिवारकालागि आवश्यक खाद्यान्न पुऱ्याउन गाह्रो पर्दथ्यो । सन् २०१८ मा उनी शितल महिला कृषक समुहको सदस्य भईन र दिगो विकास समाज, लुथरन वर्ल्ड फेडरेशन नेपालको स्थानीय साभेदार संस्थाले संचालन गरेको रूपान्तरण शिक्षा कार्यक्रममा सहभागी भइन् ।

उक्त समुहको सदस्य भएपछि उनले समूह बैठक संचालन प्रकृया, बचत तथा लगानी मात्रै सिक्किनन् उनले वक्तृत्व कला तथा उद्यम विकास तालिममा पनि भाग लिने अवसर प्राप्त गरिन् । डी.बि.एस.ले उनलाई मौसमी तथा बेमौसमी तरकारी खेतीका लागि आवश्यक सहयोग प्रदान गर्‍यो । पहिले कठरीया तथा उनका साथीहरू बजारमा तरकारी बेच्न जान लाज मान्दथे, तर उक्त परियोजनाबाट तालिम लिए पश्चात् उनले महिला समूहको नेतृत्व गरेर तरकारी संकलन गर्ने तथा त्यसलाई स्थानीय तथा टीकापुर र लम्की जस्ता टाढाका बजारमा समेत बिक्रि गर्ने गर्दछिन् । समुदायमा एउटा तरकारी संकलन तथा विक्री केन्द्र स्थापना भएको छ ।

हाल यस गाउँपालिकाका अरू धेरै महिलाहरूले व्यावसायिक स्तरमा तरकारी खेती सुरु गरेका छन् । सबिता कठरीयाका अनुसार, उनको समूह बजार राम्रो मूल्य प्राप्त गर्ने तरकारी उत्पादन गरिरहेको छ । उनीहरूले वर्षमा चार बाली तरकारी लगाउँछन् र त्यसबाट अन्य अन्नबालीको उत्पादनबाट भन्दा ३०० गुणा बढी आमदानी गरिरहेका छन् । पाँच वर्ष अघि आफ्नो परिवारका लागि तरकारी टिकुनिया, भारतबाट ल्याउनु पर्दथ्यो । भने अहिले उनीहरू वर्षभरि नै खान तथा बिक्रि गरेर आय अर्जनका लागि तरकारी उब्जाई रहेका छन् ।

उनी फेरी भन्छिन्, उनको समूहका सदस्यहरू अहिले आफ्नो युवाहरूलाई घरमै राखेर पढाउन तथा रोजगारी समेत प्रदान गर्न सक्ने भएका छन् । यदी उनीहरू तरकारी खेतीमा नलागेका भए उनीहरूले छोरा छोरीलाई पढाउन, लुगाफाटा किन्न तथा परिवारको औषधी उपचार गर्न सक्दैनथे ।

उनका अनुसार, यस समूहका सदस्यहरूले हरेक घरधुरीले हरेक वर्ष करिब रु. १,००,०००/- कमाउने गर्दछन् । उनी भने भण्डै दुईलाख जति कमाउँछिन् ।

आफ्नो सामाजिक-आर्थिक स्तर उकास्ने तिव्र इच्छा भएका महिलाहरूलाई सुअवसर प्रदान गरेकोमा डि.वि.एस. तथा लुथरन वर्ल्ड फेडरेशन नेपाल प्रति उनी आभारि छिन् । किटनाशक तथा रासायनिक मलको खराब असरका वारेमा उनी सचेत छिन् । त्यसैले उनी जैविक तथा खेतवारीकै मल मात्र प्रयोग गरिरहेकी छिन् ।

2.11 From vegetable farmer to group facilitator

Mrs. Manisa Rawat, 26, is working as a local facilitator with a Community-based Organization Federation. She lives in Bindbasini Ward No.11 of Narayani Municipality with her spouse and two children. Rawat is a member of a group of local farmers.

She belonged to a very poor family and got married at the age of 15. She could not continue her studies after completing her high school. In her early days of married life, she lived a very miserable life.

In 2009, she joined Nabadurga farmers' group formed by a local Everest Club and participated in the Transformative Education



Program (TEP) of the Lutheran World Federation Nepal (LWF Nepal). As a group member she also joined a monthly saving scheme of the farmers' group and began vegetable production.

Under the program, she got inputs for vegetable farming such as seedlings, seeds, plastic tunnels and technical support. Now she earns around NPR 15,000 (USD 135) per month by selling vegetables and other farm produce. This has helped her meet the basic requirements for the sustenance of her family. She has a personal saving account in a local cooperative agency. She had also participated in the Start and Improve Your Business (SIYB) program of LWF Nepal and learned to prepare business and market plans for farmers and self-help groups.

As she had developed her leadership capacity and quality, she was chosen for group facilitation by the CBO Federation for TEP and vegetable production activities.

She believes in hard work and positive attitude, and realizes that education is very valuable in life. She is committed to making all possible efforts to educate her children. She wants to see her children's better future. She is very happy with the results from the project support, and is grateful to the program for its support and guidance.

१.११ तरकारी कृषक देखि समूह सहजकर्ता सम्म

२६ वर्षिय मनिषा रावत सामुदायिक संस्था महासंघको स्थानीय सहजकर्ताका रूपमा कार्यरत छिन् । उनी नारायण नगरपालिका विन्दवासिनी वडा नं. ११ मा उनको श्रीमान तथा दुई बच्चाहरू सित बस्दछिन् । रावत स्थानीय कृषक समूहको सदस्य हुन् ।

उनी एक निकै गरिब परिवारमा जन्मेकी हुन् र १५ वर्षमा नै उनको विवाह भएको थियो । हाइस्कूल पश्चात् उनले आफ्नो शिक्षा आर्जनलाई निरन्तरता दिन सकिनन् । विवाह पश्चात्को सुरुका दिनहरूमा उनले निकै कष्टपूर्ण जीवन बिताउनु पर्‍यो ।

सन् २०१४ मा उनी स्थानीय एभरेष्ट क्लबले गठन गरेको नवदुर्गा कृषि समूहको सदस्य भईन् र लुथरन वर्ल्ड फेडरेशन नेपालको रूपान्तरण शिक्षा कार्यक्रममा भाग लिइन् । समूहको सदस्यको हैसियतले कृषक समूहको मासिक बचत कार्यक्रममा पनि भाग लिईन् र तरकारी खेती सुरु गरिन् ।

उक्त कार्यक्रम अन्तर्गत उनले तरकारी खेतीका लागि विरूवा, बिउ, प्लास्टिका टनेलहरू तथा प्राविधिक सहयोग प्राप्त गरिन् । हाल उनी तरकारी तथा अन्य उत्पादन विक्री गरेर महिनामा करिब रु. १५,०००/- कमाउँछिन् । यसले उनलाई परिवारको गुजाराका लागि आधारभूत आवश्यकता पूर्ति गर्न सहयोग पुगेको छ । स्थानीय सहकारी संस्थामा उनको आफ्नै व्यक्तिगत बचत खाता छ । उनले लुथरन वर्ल्ड फेडरेशन नेपालको "आफ्नो व्यवसाय शुरु तथा सुधार गर" भन्ने कार्यक्रममा भाग लिइन् र कृषक तथा स्वरोजगार समूहका लागि व्यापार तथा बजार योजना निर्माण गर्न सिकिन् ।

उनले आफ्नो नेतृत्व विकास क्षमता तथा गुणको विकास गरेकाले सामुदायिक संस्था फेडरेशनले रूपान्तरण शिक्षा कार्यक्रम तथा तरकारी उत्पादन समूहको सहजकर्ता चयन गरेको छ ।

उनी आफ्नो कडा परिश्रम तथा सकारात्मक धारणामा विश्वास गर्दछिन्, र शिक्षा जीवनको लागि ज्यादै उपयोगी हुन्छ भन्ने विश्वास गर्दछिन् । तसर्थ उनी आफ्नो छोरा छोरीका शिक्षाका लागि हर सम्भव प्रयास गर्न प्रतिबद्ध छिन् । उनी आफ्नो बच्चाहरू को उज्ज्वल भविष्य देख्न चाहन्छिन् । यस परियोजनाको सहयोगको प्रतिफलबाट उनी निकै खुसी छिन् र उक्त कार्यक्रम प्रति सहयोग तथा मार्गदर्शनका लागि आभार व्यक्त गर्दछिन् ।

2.12 From Balighare to entrepreneur

Mr. Gope BK 52, a resident of Bhagwati rural municipality ward number -3, Meheltohi, lives with his four sons, two daughters and spouse. Blacksmith is his traditional occupation. Under Balighare system (Exchanging services with grains) he used to collect grain every six months at the time of harvesting. Other members of his family work as wage labor locally. He had very hard time to eke out family's livelihoods from just collecting grain in exchange of his services and agriculture wages working with the local landlords. He had to migrate India during the lean season to earn for his family.



In 2009, National Development Program (NDP) implemented by CBO federation under Lutheran World Federation (LWF) selected him as member of Gulap farmers' group. As group member he started to participate in regular meeting, saving, and social activities. In 2017 he was selected as potential entrepreneur for Iron works (black smith) and he attended a three-day's SYIB training where he learned the value of time and entrepreneurship and finally decided to stop working as Balighare. He realized that it was injustice to him to work as Balighare, which compensate him very low. After the training he received from the project he stopped working as Balighare and started charging cash for his services. Additionally, he started producing new tools like hoe, spade, axe, vegetable cutter, grass cutter, copper pots etc and sell to the local communities. Now he earns nearly 20 thousand rupees (USD 180) every month from his service and products. The income he is making now is enough for his family's daily substance including expenses for food, education, health treatments, and clothes. He also saves some money in group and local cooperatives. Citing his past, he says "because of lack of adequate knowledge and understanding of monetary value of time and labour how I was exploited and lagged behind". He further stressed that thanks to this training and his family member do not need to migrate India for seasonal employment as they used to do before. With this success, he plans to expand tools making business.

१.१२ बालिघरेबाट व्यवसायी बने गोपाल

भगवतिमाई गाउँपालिका वडा नं ३ मेहेल्लोली साबिक गा.वि.स मेहेल्लोली-७ मा लामो समय देखि बसोबास गर्दै आई रहेका गोपे बि.क., उनका श्रीमती र ४ छोरा र २ छोरी छन । उनको पेशा आरन व्यवसाय गरी बाली घरे काम गरी ६ महिनाको १ पटक अन्न ल्याएर खाने काम गरिरहेछन् भने बाँकी परिवारहरू अरूको दैनिक मजदुरी गरी जिविकोपार्जन गरि रहेका छन् ।

लुथरन बिश्व फेडेरेशन नेपालको आर्थिक सहयोगमा सञ्चालित नेपाल विकास परियोजना अर्न्तगत २०१७ जनवरी देखि सिबिओ महासंघको सहजिकरणमा सञ्चालित नेपाल विकास परियोजनामा अवद्ध भएको गुलाप कृषि समुहको सदस्य पदमा रही २००९ देखि बचत गर्ने ऋण लगानी गर्ने मासिक बैठक सञ्चालन गरि अवश्यक बिषयमा छलफल गर्ने काम भई रहेको समयमा लुथरन बिश्व फेडेरेशन नेपालको आर्थिक सहयोगमा आरन उद्यमीका लागि समुहले छनौट गरि ३ दिने SIYB तालिममा आउँदा तालिम व्यवसाय संचालनका लागि आवश्यक कच्चा पदार्थ तथा व्यवसायिक योजनाको बारेमा जानकारी भए पछि उनले पुरानो बाली घरे पेशाले गर्दा दैनिक जिविकोपार्जन गर्न समेत गाह्रो भएको महसुस गरि अव देखि नगद कारोवार गर्नका लागि नयाँ कृषि औजार तथा अन्य सामाग्री बनाई बिक्रि बितरण गर्नु पर्ने बिषयमा ज्ञान प्राप्त भए पछि पुरानो बालि घरे पेशाबाट ६ महिनाको ५० घरबाट १० क्वीन्टल पनि आम्दानी नभएका तथा यो गर्दा मेरो परिवारको जिविकोपार्जनका लागि नगदपैसा कमाउँन भारत जानुको बाहेक उपाय कुनै केही नभएकाले उनले अप्रिल महिनाको १८ तारिक देखि नगद कारोबारका लागि नयाँ सामाग्री बनाउदै बिक्रि बितरण गर्दा हाल जुलाई ३ गते सम्म २० हजार नगद आम्दानी भएको जानकारी गर्नु हुन्छ अन्य बालि घरेको काम पनि संचालन भई रहेको र अन्य नगद कारोवार भएका मैले समयमा यो तरीका थाहा नपाएको हुदा म धेरै नोकसानी अवस्था रहेका ज्ञान प्राप्त भएपछि अब म यो पेशालाई नयाँ पेशाको रूपमा लिई आफ्नो जिविकोपार्जनमा सहयोग गर्नेछ भने आर्थिक आम्दानीको पनि कुनै समस्या नहुने कुरा जानकारी गराउनु हुन्छ ।

उनी भन्नु हुन्छ अव देखि मेरो पेशा उत्पादन गरेका कोदाला, कुटा, हसियाँ, बन्वरा, बासुला तथा तामाका भाडा गाग्री, सबै बजारका टुला ग्राहक सँग सम्भौता गरि सामाग्री उत्पादन गरि बिक्रि बिवतरण गर्ने योजना बनाएको छु भनु हुन्छ गोपे बि.क ।



Section 3

Community-Led Action for Governance and Justice

Even in this 21st century, gender- and caste-based discrimination, domestic violence, unfair labor, unequal wages and harmful cultural practices continue to prevail in rural Nepal. The Nepal Development Program (NDP) has used its valuable resources to strengthen community groups, community-based organizations, individual activists and agents of change who have the energy and drive to fight against social vices and injustice in society. Community members, who participated in advocacy campaigns against various forms of discrimination and social malpractices, have made notable contributions to ending social discrimination and increasing the access of women, people with disability, Dalit and other marginalized people to justice and to a better future. Some stories of change that have affected the lives of traditionally marginalized communities, and their achievements are presented in this section.

3.1 Independent and happier single mother

Anita Soren, a resident of Gaurigunj Rural Municipality – 2, Jhapa, is a member of Hemnadagi Disaster Management Team (DMT) and former chairperson of Korobari community-based organization. She lives with her two sons. She is also involved in social activities.



She is the second wife of her husband. She was unaware of his first marriage when they decided to marry. She thought about divorce when she came to know about his first marriage. However her husband convinced her that she would have a good life and brought her to Korobari, Jhapa. She was pregnant. Unfortunately, she was not treated well by her mother-in-law and her husband's first wife. Her husband worked far away from home and used to visit the family only when he was on leave. Her new family members constantly humiliated her. She was thrown out of the house in a rainy night. She went to live with her grandmother.

After a week she decided to return home and fight for justice. Her neighbors and relatives supported her and advised her to seek some financial contribution from her husband. After some negotiations, her husband gave NPR 17,000 (USD 153) per month for some time. She saved some money from the monthly allowance and constructed a small hut,

where she lived with her sons. She opened an account in a nearby co-operative and deposited the remaining money.

In 2015, the Social Network for Justice and Development (SNJD) formed a DMT in the Hemnadagi cluster. She was associated with DMT and participated in a nine-month Transformative Education Program in 2016. There she learned about women's rights, legal frameworks and provisions that ensure justice for women, concepts of gender-based violence, and measures taken against harmful traditional practices. She shared her problems with the group members. The group members suggested that she file a petition against her husband and opt for a divorce. She did not know about the legal procedures and the institutions involved.

Mrs. Gyanu Rajbansi, a community facilitator of SNJD, took her to Jhapa District Court and coordinated with Nepal Bar Association (NBA) for legal services. Although NBA agreed to provide free legal services to her, it was very difficult for her to manage transportation cost from Korobari to Chandragadi to attend the court proceedings. However, she continued to pursue justice. She won the case recently. She will have to pay NPR 10,570 (USD 95) in court fee to get the detail decisions of the court. She has already started saving for the court fee.

SNJD has supported her by giving NPR 15,000 (USD 135) to establish a snack shop (Chana/Chatpate Pasal). She also works as a farm worker whenever there is a high demand for labor. She also worked as temporary police personnel (Myadi Prahari) in the local- and federal elections held in 2017. She earned NPR 75,000 (USD 676) during her tenure. The extra income and savings helped her pay for her children's education.

Anita Soren said, "I thought of committing suicide many times. I thought about my children and their future. Then I became determined to live. I decided to face the challenges. The process of grief management made me emotionally stronger. The (TEP) class transformed my thoughts. I gained confidence that I could raise my kids alone, give them better education. I decided to get a divorce from my husband. This way I would be free from torture. Yes, I have freedom now."

"The new-found freedom, economic independence and a life of dignity - would not have been possible without her will power, support from SNJD team", she added.

3.9 स्वतन्त्र तथा खुसी आमा (एकल महिला)

भापा जिल्ला, गौरीगंज गाउँपालिका २ निवासी अनिता सोरेन हेम्नाडागी विपद व्यवस्थापन समूहकी सदस्य तथा कोरोबारी सामुदायिक संस्थाकी पूर्व अध्यक्ष हुन् । उनी आफ्नो दुई छोरासँग बस्दछिन् । उनी सामाजिक कार्यहरूमा पनि संलग्न छिन् । उनी आफ्नो पतिका दोश्री श्रीमती हुन् । विवाह गर्ने निर्णय गर्दा उनलाई आफ्नो लोग्नेको बिबाह भइसकेको थाहा थिएन । उनले यो कुरा थाहा पाएपछि पारपाचुके दिने विषयमा पनि सोचिन् । यद्यपि उनका श्रीमान्ले उनलाई राम्रो जीवन व्यतित गर्न पाउने प्रतिज्ञा गरेर कोरोबारी, भापामा लिएर आए । उनी गर्भवती थिइन् । दुर्भाग्यबस उनलाई उनका सासु तथा सौताले राम्रो व्यवहार गरेनन् । उनका पति कामका लागि घरबाट टाढा वस्दथे र विदाको वेलामा मात्र परिवारलाई भेट्न आउँथे । उनको नयाँ परिवारका सदस्यहरूले उनलाई लगातार नराम्रो व्यवहार गर्दथे । पानी परीरहेको एक रात उनलाई घरबाट निकालियो । उनी आफ्नो हजुरआमा कहाँ बस्न गईन् ।

एक हप्ता पछि फेरी उनी आफ्नो घरमा आएर न्यायका लागि लड्ने निधो गरिन् । उनका छिमेकी तथा आफन्तहरूले उनलाई सहयोग गरे र आफ्नो लोग्नेबाट केही पैसा लिन सल्लाह दिए । केही छलफल तथा सम्झौता पश्चात् उनको लोग्नेले उनलाई केही समयका लागि महिनाको रु. १७,०००/- दिने निर्णय भयो । उनले सोही पैसाबाट केही बचत गरेर एउटा सानो छाप्रो बनाईन्, जहाँ उनी आफ्नो छोराहरूसँग वस्दछिन् । उनले नजिकैको सहकारीमा एउटा खाता खोलिन् र बाँकिरहेको पैसा त्यहाँ जम्मा गरिन् ।

सन २०१५ मा एस.एन.जे.डी.ले हेम्नाडागी क्लस्टरमा एउटा डि.एम.टी. गठन गर्‍यो । उनी उक्त डि.एम.टी. की सदस्य भइन् र ९ महिने रूपान्तरण शिक्षा कार्यक्रममा सन् २०१६ मा सहभागि भइन् । त्यहाँ उनले महिला अधिकार, कानूनी प्रावधान तथा महिला अधिकार संरक्षण गर्ने प्रावधान, लैङ्गीक हिंसाको अवधारणा, तथा पुरातनवादी कुसंस्कार विरुद्ध लड्ने उपायहरूका बारेमा सिकिन् । समूहका सदस्यहरूसँग आफ्नो समस्याका बारेमा छलफल गरिन् । समूहका सदस्यहरूले उनलाई आफ्नो लोग्ने विरुद्ध मुद्दा दायर गर्ने र पारपाचुकेका लागि लड्ने सल्लाह दिए । उनलाई न्यायिक प्रकृया तथा सरोकारवाला संस्थाहरूको बारेमा थाहा थिएन ।

एस.एन.जे.डी.का सामुदायिक सहजकर्ता ज्ञानु राजवंशीले उनलाई भापा जिल्ला अदालतमा लगिन् र नेपाल बार एसोसिएसनसँग कानूनी सेवाका लागि समन्वय गरिन् । नेपाल बार एसोसिएसनले उनलाई निःशुल्क कानूनी सेवा दिने भएतापनि उनलाई कोरोबारी देखि चन्द्रगढी सम्म अदालती कारवाहीका लागि ओहोर दोहोर गर्ने खर्च जुटाउन उनलाई मुस्किल थियो । यद्यपी उनले कानुनी उपचार खोज्ने निर्णय गरिन् । र अहिले उन्ले

उक्त मुद्दा जितिन् । उनलाई अदालतको मुद्दाको निर्णय उतार लिनका लागि पनि रु. १०,५७०/- तिर्नु पर्दछ । उनले अदालतको खर्चको लागि बचत गर्न सुरु गरि सकिन् । एस.एन.जे.डी. ले उनलाई रु. १५,०००/- दिएर एउटा चना चटपटे पसल खोल्न सहयोग गन्यो । उनी आवश्यक परेको बेला खेतीमा मजदुरी गर्न पनि जन्धिन् । उनले सन् २०१७ को गएको स्थानीय तथा संघीय चुनावमा म्यादी प्रहरीको रूपमा पनि काम गरिन् । त्यसबाट उनले रु. ७५,०००/- कमाईन् । यस्तो अतिरिक्त आन्दानी तथा बचतले उनलाई उनका छोराहरूको शिक्षामा खर्च गर्न सजिलो भएको छ ।

अनिता सेरोन भन्छिन्, “धेरै पटक मैले आत्महत्या गर्ने सोचें । मैले मेरा बच्चाहरू र तिनको भविष्यको बारेमा सोचें । तब मैले बाँच्ने निश्चय गरें । मैले चुनौतीहरूको सामना गर्ने निर्णय गरें । पीडा व्यवस्थापनको प्रक्याले मलाई मानसिक रूपमा सशक्त बनायो । रूपान्तरण शिक्षा कार्यक्रमले मेरो विचारलाई रूपान्तरित गरिदियो । म आफ्नो बच्चाहरू पालन पोषण एकलै गर्न र उनीहरूलाई राम्रो शिक्षा दिन सक्छु भन्ने आत्मविश्वास जाग्यो । मैले मेरो लोग्नेबाट पारपाचुके लिने निर्णय गरें । यसरी म पीडाबाट मुक्त हुन सक्छु । हो, म अहिले स्वतन्त्र छुँ ।”

यी सवै नयाँ स्वतन्त्रता, आर्थिक स्वतन्त्रता तथा गरिमामय जीवन केही पनि मेरो इच्छा शक्ति तथा एस.एन.जे.डी. समूहको सहयोग विना सम्भव थिएन, उनी भन्छिन् ।

3.2 Elimination of harmful socio-cultural practice through education

Information, education and evidence help drive a campaign against harmful socio-cultural practices such as Chhaupadi.

A mother of two kids plays a crucial role in changing the attitude to harmful socio-cultural practices and behavior of her community in Dailekh. Chhaupadi is a harmful cultural practice that imposes severe restrictions on menstruating women and girls in mid- and far-west Nepal.

Ms Setu Mijar, a resident of Bhagawatimai Rural Municipality-6 of Dailekh district, has become a change agent for eliminating Chhaupadi practices. She has a small family. She lives with her husband and two sons. They depend on traditional occupation such as agriculture and daily-wage labor to fend for their family.



She was one of the energetic members of the Transformative Education Program (TEP) implemented by Everest Club Dailekh in 2016. TEP is a component of the Nepal Development Program of the Lutheran World Federation Nepal (LWF Nepal), which provides technical and financial support to the initiative.

Participants of TEP class are given an opportunity to share and discuss social issues among themselves. During similar interactive activities, the participants pointed out a host of pressing socio-economic issues that deserve immediate actions for advocacy. The pressing issues included caste-based discrimination and untouchability, Chhaupadi system, unemployment and poverty, gender-based violence, child marriage and polygamy. There was a wide range of issues. The participants and social workers assessed the gravity of the issues. In the process, Chhaupadi was singled out as a serious issue that should be taken up by an advocacy campaign.

Ms Setu Mijar, a TEP participant said, “I stayed out of my home during my periods. I was aware of the consequences of staying outside, in a shed, away from home. My health was at risk. There was a fear of rape and animal attacks. But I continued the

practice. The TEP class was an eye opener. It gave me courage to shake off this harmful practice. My husband supported me in spreading awareness and convincing people to stop the malpractice. Now I stay inside the house, even when I am menstruating. So do my neighbors. They are changing the practice willingly."

The Chhaupadi system, governed by superstitious beliefs and patriarchal values, forced menstruating women and girls to live out of their houses for seven days. The banishment made it difficult for women to get proper food and decent shelter, to take care of their babies, and maintain personal hygiene. It also put their lives at high risk.

The participants of the TEP class decided to get organized to eliminate the malpractice. They formed Pokharidanda Farmers; group that has 24 members, including 19 female. They are engaged in different income-generating activities as well as raising awareness against harmful cultural and social practices. Their concerted efforts are producing results gradually.

The group members have realized that it takes considerable time, patience and demonstration of positive results to change the attitude and behavior of other community members.

३.२ शिक्षाको माध्यमले सामाजिक-सांस्कृतिक कुप्रथाको उत्मूलन

छाउपडि जस्तो सामाजिक-सांस्कृतिक कुप्रथाका विरुद्ध सूचना, शिक्षा तथा प्रमाणमा आधारित अभियानले मात्र मद्दत गर्दछ ।

दैलेख जिल्लाको उनको समुदायको सामाजिक-सांस्कृतिक कुप्रथाको धारणा परिवर्तन गर्न दुई बच्चाकी आमाको प्रयासले अहम् भूमिका खेलेको छ । छाउपडी मध्य तथा सुदूर पश्चिमी क्षेत्रमा रजस्वला भएका महिला तथा केटीहरूप्रति लगाइने वन्देज तथा सांस्कृतिक कुप्रथा हो ।

सेतु मिजार, दैलेख जिल्ला, भगवतीमाई गाउँपालिका ६, की एक वासिन्दा छाउपडि प्रथा उन्मूलनमा एक परिवर्तन सम्बाहक भएकी छन् । उनको एउटा सानो परिवार छ । उनी आफ्नो पति र दुई छोराहरू सँग वस्छिन् । उनीहरू आफ्नो दैनिक गुजाराका लागि परम्परगत खेती तथा दैनिक ज्याला मजदुरीमा आश्रित छन् ।

उनी सन् २०१५ मा एभरेस्ट क्लब दैलेखले संचालन गरेको रूपान्तरण शिक्षा कार्यक्रमकी एक सक्रिय सदस्य हुन् । रूपान्तरण शिक्षा कार्यक्रम लुथरन वर्ल्ड फेडरेशन नेपालको नेपाल विकास कार्यक्रम अन्तर्गतको एउटा अंश हो, जसले प्राविधिक तथा आर्थिक सहयोग उपलब्ध गराउँदछ ।

रूपान्तरण शिक्षा कार्यक्रमले सहभागीहरूलाई विभिन्न सामाजिक सवालहरूमा छलफल तथा विचार विमर्श गर्ने अवसर प्रदान गर्दछ । यस्तै छलफलको क्रममा सहभागीहरूले निकै जटिल सामाजिक-आर्थिक सवालहरू उठाएका थिए जसको समाधान तुरुन्तै खोज्न जरूरी थियो । ती सवालहरूमा जातीय विभेद तथा छुवाछुत, छाउपडी प्रथा, वेरोजगारी तथा गरीबी, लैङ्गीक हिंसा, बाल विवाह तथा वहुविवाह प्रमुख रहेका थिए । यस्ता जरूरी सवालहरू धेरै थिए । सहभागीहरू तथा सामाजिक कार्यकर्ताहरूले ती सवालहरूको गहनतालाई समिक्षा गरे । यस प्रकृत्यामा छाउपडी प्रथा सवै भन्दा गम्भीर समस्या रहेको र सवैभन्दा पहिले त्यसैका विरुद्ध अभियान संचालन गर्नु पर्ने निर्णय गरे ।

सेतु मिजार, रूपान्तरण शिक्षा कार्यक्रमका एक सहभागी भन्छिन्, “म महिनावारी भएको वेलामा मेरो घर भन्दा बाहिर वस्दथे । घरदेखि टाढा एउटा गोठमा बाहिर वस्नुको पिडा मलाई थाहा थियो । मेरो स्वास्थ्यलाई जोखिम थियो । वलात्कारको शिकार हुनु पर्ने तथा जङ्गली जनावरहरूको डर थियो । तर मलाई महिनावारी को बेला बाहिरै वस्नु पर्दथ्यो । रूपान्तरण शिक्षा कार्यक्रमले मेरो आँखा खोली दियो । यसले मलाई यो कुप्रथा विरुद्ध लड्न साहस दियो । मेरो श्रीमानले पनि संचेतना जगाउने तथा जनतालाई यो कुप्रथा हटाउने कुरामा सहमत गराउने काममा मलाई सहयोग गर्नुभयो । म अहिले महिनावारीको बेलामा पनि घर भित्रै वस्छु, र मेरो छिमेकीहरू पनि त्यसै गर्छन् । उनीहरू

आफ्नै इच्छाले यो प्रथालाई परिवर्तन गर्दैछन् ।”

रूढीवादी परम्परा तथा पितृसत्तात्मक मान्यतामा हुर्केको यो छाउपडी प्रथाले महिनावारी भएको सात दिन सम्म महिला तथा केटीहरूलाई जबरजस्ती घर बाहिर राख्ने गर्दछ । यो प्रथाले गर्दा महिलाहरूलाई उचित खाना तथा आश्रय, बालबच्चाहरूको हेरचाह तथा सरसफाई, स्वास्थ्य तथा व्यक्तिगत सरसफाईको काममा नराम्रो प्रभाव पारेको छ । यसले उनीहरूको जीवनलाई नै उच्च जोखिममा पारेको छ ।

रूपान्तरण शिक्षा कार्यक्रमका सहभागीहरूले यो कुप्रथा उन्मूलनका लागि संगठित भएर लाग्ने निर्णय गरे । उनीहरूले १९ महिने सहित २४ जना सदस्य भएको पोखरीडाँडा कृषक समूह गठन गरे । उनीहरू विभिन्न आयआर्जनका काममा लाग्नुका साथै सामाजिक तथा साँस्कृतिक कुप्रथा विरुद्ध चेतना जगाउने काममा पनि लागेका छन् । विस्तारै उनीहरूको संगठित प्रयासले राम्रो प्रतिफल दिँदैछ ।

समूहका सदस्यहरूले अन्य समुदायका मानिसहरूको व्यवहार तथा धारणामा परिवर्तन ल्याउन केही समय लाग्ने भएकोले धैर्यतापूर्वक सकारात्मक परिवर्तनलाई उजागर गर्दै जानुपर्ने कुरा बुझेका छन् ।

3.3 Investment in leadership, impressive return

The image of Ms Rekha Chaudhary has spruced up. Before the intervention of the Nepal Development Program of the Lutheran World Federation, Nepal (LWF Nepal), she was a housewife and she was busy raising her children and doing household chores. She belongs to a family of former bonded labourers, known as Kamaiyas. Now she is a well-known social leader in her community and neighbouring villages.



Chaudhary is from Bhajani Municipality-Thapapur of Kailali district. She was among 21 participants of the Transformative Education Program (TEP). Digo Bikas Samaj (DBS) Bhajani, an implementing partner of LWF Nepal, played a vital role in organizing and activating the poor and oppressed groups formed at the grassroots for leadership and community development.

Her continuous participation in the LWF-supported program helped her become a human rights activist and a confident leader in her community. In her new capacity as an elected woman member at the ward level of the local government unit, she represents the issues and problems of the people of her constituency, and contributes to decision-making processes in local governance.

She shifted her priorities to social and development activities after she completed the training on leadership and good governance organized by LWF in 2014.

She said, "I have five family members including my son, husband and mother-in-law. My husband works in local market as un-skilled labour. I am also taking care of the family." Her husband helps her do her chores at home.

It was not easy for her to assume community leadership. Her courage and determination helped her shake off her shyness and dedicate her life to leadership. Moreover, it was her love for the community that encouraged her to take up this role. She holds various

positions in different social structures, including secretary of the Gulab Women Agriculture Group, member of the Integrated Planning Formulation Committee and member of a community-based organization (Pragatisil Ekata Samaj). She is also a founder secretary of Diya Aur Batti, a saving and credit cooperative, and a member of the community-based disaster risk management committee at Bahadurpur of Thapapur.

She said, "I have been continuously amplifying the voices of women and girls who are suffering from domestic violence and gender-based violence. I seek ways to increase their access to justice and help them receive legal remedy. I advocate women;s livelihood promotion and their rights in the local bodies I represent."

She said that she had succeeded to allocate 33 per cent of the ward-level budget of the Ward Council for socio-economic empowerment activities of women.

During a planning process of the local government, she spoke in favour of marginalised women and convinced the decision-making team into allocating budget for women;s empowerment and leadership development.

She said, "Women have very low representation in the local government. That is why men are dominating women, even while allocating funds for gender-focused programs. I am very keen to help develop the leadership capacity of other women so that more capable women will be elected to local government units."

Her advocacy efforts produced results. Local government authorities have allocated NPR 200,000 (USD 1,802) for mass awareness against domestic violence, NPR 300,000 (USD 2,702) for women's economic empowerment and promotion of commercial businesses and NPR 700,000 (USD 6,306) for single women's engagement in small-scale livestock enterprises in a ward of Bhajani Municipality.

As her village is prone to disasters, mainly floods, she always encourages women to get prepared for disaster risk management in advance. She motivates women to join savings and credit cooperatives where they can have an opportunity to get financial access, which can be capitalised for other income-generating and productive work.

She is quite happy these days. She feels lucky to have acquired a leadership position through which she can exercise democratic powers. She feels the position has given her more responsibility, too. She recalls the support she has received from various people and organisations. She expresses her gratitude to her well-wishers, particularly community members, and supporting agencies - LWF Nepal and Digo Bikas Samaj - for empowerment.

3.3 नेतृत्व विकासमा लगानी, प्रभावकारी परिवर्तन

समुदायमा रेखा चौधरीको व्यक्तित्व स्थापित भएको छ । लुथरन वर्ल्ड फेडरेशन नेपालको नेपाल विकास कार्यक्रम लागु हुनु भन्दा पहिले उनी एक गृहिणी भएर केटाकेटी हुर्काउने तथा घरको काम मात्र गर्ने गर्दथिन् । उनी एक मुक्त कमेया परिवारकी सदस्य हुन् । हाल उनी आफ्नो समुदाय तथा छिमेकी गाउँहरूकालागि प्रतिष्ठीत सामाजिक अभियन्ता भएकी छिन् ।

चौधरी कैलाली जिल्लाको भजनी नगरपालिका थापापुरकी वासिन्दा हुन् । रूपान्तरण शिक्षा कार्यक्रमका २१ सहभागीहरू मध्ये उनी एक हुन् । दिगो विकास समाज, भजनी, लुथरन वर्ल्ड फेडरेशन नेपालको साभेदार संस्थाले गरिब तथा उत्पीडीत समूहका नेतृत्व तथा सामुदायिक विकासका लागि गठन भएका समूहहरूलाई सँगठीत गराएर सक्रिय बनाउने काममा अहम् भूमिका खलेको छ ।

लुथरन वर्ल्ड फेडरेशन नेपालको कार्यक्रमहरूमा लगातारको सहभागिताले उनलाई समुदायमा एक मानव अधिकार कार्यकर्ता तथा सक्षम नेतृको रूपमा स्थापित हुन सहयोग पुगेको छ । हाल उनी स्थानीय सरकारको बडा स्तरको महिला सदस्य भएर आफ्नो समुदायका समस्या तथा सवालहरू उठाउन प्रतिनिधित्व गर्ने तथा स्थानीय सरकारको निर्णय प्रकृत्यामा योगदान गर्दछिन् ।

सन् २०१४ मा लुथरन वर्ल्ड फेडरेशन नेपालको नेतृत्व तथा सुशासन सम्बन्धी तालिममा भाग लिए पश्चात् उनको प्राथमिकता सामाजिक तथा विकासका गतिविधितर लक्षित भएको छ ।

उनी भन्छिन्, “मेरो परिवारमा छोराहरू, श्रीमान तथा सासू गरेर जम्मा ५ सदस्य छन् । मेरो श्रीमान स्थानीय बजारमा ज्याला मजदुरी गर्दछन् । म मेरो परिवारको हेरचाह गर्दछु । मेरो श्रीमानले मलाई घरको काममा सहयोग गर्नु हुन्छ ।”

उनलाई समुदायको नेतृ वन्नु त्यत्तिकै सजिलो थिएन । उनको उत्साह तथा दृढ निश्चयले लाज हटाउन तथा एक स्थापित नेतृ बन्न सहयोग पुग्यो । यसका अतिरिक्त आफ्नो समुदाय प्रतिको उनको मायाले पनि उनलाई यो भूमिका निभाउन उत्प्रेरित गर्‍यो । अहिले उनी समाजका विभिन्न तहमा विभिन्न पदहरूमा सक्रिय छिन् । उनी गुलाब महिला कृषि समूहकी सचिव, एकीकृत योजना तर्जुमा समितिकी सदस्य तथा प्रगतिशिल एकता समाज, एक सामुदायिक संस्थाको पनि सदस्य छिन् । साथै उनी दिया और वाती बचत तथा ऋण सहकारी संस्थाकी संस्थापक सचिव तथा समुदायको विपद व्यवस्थापन समिति, वहादुरपुर, थापापुरकी सदस्य छिन् ।

उनी भन्छिन्, "मैले घरेलु हिंसा तथा लैङ्गीक हिंसामा परेका महिला तथा बालिकाहरूको आवाजलाई लगातार उठाईरहेकी छु । मैले उनीहरूको न्यायमा पहुँच अभिवृद्धि तथा कानुनी उपचारका लागि विभिन्न उपायहरूको खोजी गर्दै लागि परेकी छु । मैले प्रतिनिधित्व गर्ने स्थानीय सरकारमा महिलाहरूको अधिकार तथा उनीहरूको जिविकोपार्जन प्रवर्धनका लागि वकालत गर्दछु ।"

उनले वडा सभाको वडा स्तरीय बजेट मा ३३ प्रतिशत महिलाहरूको सामाजिक-आर्थिक सशक्तिकरणका लागि छुट्याउन सफल भएकी छु ।

स्थानीय सरकारको योजना तर्जुमा प्रकृत्यामा उनले सिमान्तकृत महिलाहरूका लागि बोलिन् र महिला सशक्तिकरण तथा नेतृत्व विकासका लागि बजेट छुट्याउन सहमती जुटाएकी छन् ।

उनी भन्छिन्, "स्थानीय सरकारमा महिलाको ज्यादै थोरै प्रतिनिधित्व छ । त्यसैकारण पुरुषहरूले महिलाहरूका कार्यक्रमका लागि बजेट छुट्याउने बेलामा पनि असहयोग गर्दछन् ।"

उनको वकालतको प्रयास प्रतिफल दिएको छ । उनको प्रयासले गर्दा स्थानीय सरकारले रु.२,००,०००/- घरेलु हिंसा विरुद्धको अभियानका लागि, रु. ३,००,०००/- महिलाको आर्थिक सशक्तिकरण तथा व्यापार व्यवसाय प्रवर्द्धनका लागि तथा रु. ७,००,०००/- भजनी नगरपालिकाका एकल महिलाहरूको साना पशु पालन उद्यमका लागि छुट्याएको छ ।

उनको गाउँ विशेषगरी बाढीजन्य विपदको जोखिममा रहेकोले उनी जहिले पनि महिलाहरूलाई विपद पूर्व जोखिम व्यवस्थापनमा लाग्न उत्प्रेरित गर्दछिन् । उनी महिलाहरूलाई आर्थिक पहुँचका लागि बचत तथा ऋण सहकारीमा लाग्न सल्लाह दिन्छिन्, जसबाट उनीहरूले आय आर्जन तथा उत्पादन मूलक काम गर्न सक्दछन् ।

अहिले उनी निकै खुसी छिन् । आफू नेतृत्वमा पुगेको र प्रजातान्त्रिक शक्तिको प्रयोग गर्न सकेको मा आफुलाई भाग्यमानी ठान्दछिन् । यो नेतृत्वले उनलाई धेरै उत्तरदायित्व पनि दिएको उनी ठान्दछिन् । उनी आफुले धेरै संस्था तथा व्यक्तिहरूबाट सहयोग प्राप्त गरेको सम्भना गर्दछिन् । उनी आफ्नो शुभचिन्तक, विशेषगरि समुदायका सदस्यहरू, तथा लुथरन वर्ल्ड फेडरेशन नेपाल तथा दिगो विकास समाज जस्ता सहयोगी संस्थालाई महिला सशक्तिकरणमा सहयोग गरेकोमा आभार व्यक्त गर्दछिन् ।

3.4 A determined social activist

"I was afraid of expressing my feelings and viewpoints. Things have changed now. I can now identify my personal and community-level problems, express them in public and question the authorities concerned over service delivery etc.," said Bimala Shahi, a facilitator of the Transformative Education Program (TEP).

Mrs. Bimala Shahi is a 33-year-old mother of six daughters. They live in Munuwa Village Development Committee-3. She is the chairperson of the Shanti Bikas Mahila Krishak Samuha, a group of women farmers.

She was confined to the four walls of her house and family traditions before participating in TEP. She had to deal with the satires and mistrust of her in-laws and husband whenever she wanted to go out of the house. She was discouraged by her family and society to participate in social activities and to become members of various organizations. She was not an exception. Other women also faced the same challenges.

Shahi did not step back. She did not give into the ruling of her family members. She sought a membership to a farmers' group formed by Digo Bikas Samaj, a local organization, in Bhajani. There were 25 members in the group. Her family members nagged a lot, but she stood strong. She stuck to her decision and became an active member of the group. The group began to run a savings and credit scheme, collecting NRs 20 per person every month. Now each member collects NPR 100 (USD 0.9) per month. They have now registered a savings and credit cooperative in the district agriculture office.

She is a member of various social and self-help groups and networks formed in her village. She is also a human rights defender. Her husband had gone to India, and had not returned home since long. She does not live in the house of her in-laws. She lives separately and works at Patanjali English Boarding School, where her daughters study. She is studying in Grade 11 at Janata Higher Education School. She continues to work



hard and do social work, despite her family tensions. She also raises her voice against domestic violence.

She said, "I continued to work despite facing violence at home. I am fighting for women's rights. My in-laws have become a bit friendlier with me. I seek advice from them while working for the community. I thank Digo Bikas Samaj of Bhajani for guiding and encouraging me to achieve my goal." She was delivering a speech in the third general assembly of a local savings and credit cooperative, Melmilap Bachat Tatha Reen Sahakari.

3.8 एक दृढ सामाजिक कार्यकर्ता

“मलाई आफ्नो भावना तथा विचारहरू प्रस्तुत गर्न धक लाग्दथ्यो । तर अहिले धेरै परिवर्तन भएको छ । म अहिले मेरो व्यक्तिगत तथा समुदायको समस्याहरू पहिचान गर्न सक्छु र सार्वजनिक रूपमा व्यक्त गर्न सक्छु र सम्बद्ध सरोकारवाला निकायहरूसँग सेवा सुविधाका लागि प्रश्न गर्न सक्छु ।” विमला शाही, रूपान्तरण शिक्षा कार्यक्रमकी सहजकर्ता, भन्दछिन् । विमला शाही एक ३३ वर्षीय ६ जना छोरीकी आमा हुन् । उनीहरू मुनुवा गा.वि.स. ३ मा बस्दछन् । उनी एक महिला कृषक समूह शान्ती विकास महिला कृषक समूहकी अध्यक्ष हुन् रूपान्तरण शिक्षा कार्यक्रममा भागलिनु भन्दा पहिले उनी घरभित्रै पारिवारिक परम्पराले बाँधिपकी थिइन् । उनले जहिले पनि बाहिर गएर केही गरूँ भन्थो की परिवारबाट घोचपेच तथा हेला सहनु पर्दथ्यो । उनी आफ्नो परिवारबाट निकै निरुत्साहित भएकी थिइन् । उनलाई धेरै संस्थाहरूको सदस्य भएर सामाजिक कृयाकलापमा भागलिने चाहना थियो । समुदायमा उनी अपवाद थिइन् अरु पनि धेरै महिलाहरूले यस्तै चुनौतिहरू भोग्नु परको थियो ।

शाही आफ्नो परिवारको हेपाईबाट पछि हटिनन् । उनी भजनीको एक सामाजिक संस्था दिगो विकास समाजले गठन गरेको कृषक समूहको सदस्य भइन् । त्यस समूहमा जम्मा २५ सदस्य थिए । उनको परिवारका सदस्यहरूलाई उनलाई धेरै निरुत्साहित पारे ता पनि उनी दृढ रहिन् । उनी आफ्नो निर्णयमा अडिग रहेर समूहको सक्रिय सदस्य भइन् । उक्त समूहले प्रतिव्यक्ति महिनाको रू. २०/- बचत गरेर बचत तथा ऋण योजना पनि लागु गर्नु । अहिले हरेक सदस्यले महिनाको रू. १००/- जम्मा गर्दछन् । उनीहरूले अहिले जिल्ला कृषि कार्यालयमा उक्त बचत तथा ऋण सहकारीलाई दर्ता गरेका छन् ।

उनी धेरैवटा सामाजिक तथा स्वरोजगार समूहहरू तथा गाउँमा गटिट सञ्जालहरूकी सदस्य भएकी छिन् । उनी एक मानवअधिकार रक्षक पनि हुन् । उनको श्रीमान भारत गएका छन्, र धेरै समय देखि घर फर्केका छैनन् । उनी अहिले आफ्नो परिवारको घरमा वसिदन् । उनी छुट्टै वसेर पतञ्जली अंग्रेजी बोर्डिङ्ग स्कूलमा काम गर्छिन् र उनको छोरी पनि त्यही पढ्छिन् । उनी जनता उच्च मा.वि.मा कक्षा ११ मा अध्ययनरत छिन् । पारिवारिक भ्रमेलाका बाबजूद उनले लगातार कडा परिश्रम गरिरहेकी छिन् । उनी घरायसी हिँसा विरुद्ध आफ्नो आवाज उठाइरहेकी छिन् ।

उनी भन्छिन्, “म घरमा हिँसा सहेर पनि लगातार काम गरिरहेकी छु । म महिला अधिकारका लागि लडिरहेकी छु । अहिले मेरा परिवारहरू अलिक जाती भएका छन् । समुदायको कामका लागि पनि म उनिहरूसँग सल्लाह लिने गर्ने गर्दछु । मेरो उद्देश्य प्राप्तीका लागि मलाई बाटो देखाउने तथा उत्साह प्रदान गर्ने भजनीको दिगो विकास समाज प्रति आभारी छु ।” यसरी उनी एक स्थानीय सहकारी संस्था मेलमिलाप बचत तथा ऋण सहकारी संस्थाको साधारण सभालाई सम्बोधन गर्दै थिइन् ।

3.5 Local self-help groups fight against discrimination

After holding intense discussions, Mrs. Yasoda Malla, readout the decisions of a meeting of a self-help group. All the group members signed on a commitment to working collectively against violence, child marriage, and all forms of discrimination.

Janjagriti Tajatarkari Group, Thadi, ward -11, Vinayak, Naryan Municipality, Dailekha was formed in 2011 by 22 women. This local self-help group stands out as the most vibrant women's group in the district. The group includes members of various ethnic and traditionally marginalised communities. The group is registered with the district agriculture development office (now the agriculture development section of the municipality).

After the implementation of the Transformative Education Program (TEP) of the Lutheran World Federation Nepal (LWF Nepal), the group has planned integrated a series of activities, including income generation, livelihood, gender and social inclusion, into its regular activities. In addition to regular technical support, LWF Nepal provided them with rain water harvest technology, training on agriculture technologies, plastic ponds for irrigation, vegetables and cereals seeds, and emergency fund.



The group has leveraged NPR 110,000 (USD 991) from the ward office for irrigation. They are seeking a grant for commercial vegetable farming from the ward office.

Malla said, the chairperson of the group, said, "The group has also collected more than NPR.60,000 (USD 541) from group saving and provided loan to its members at a 12 per cent interest rate on productive activities. Some of the members had sold a significant amount of vegetables last season. They earned a minimum of NPR 1,000 (USD 9). Some of them earned up to NPR 50,000 (USD 450). Our members respect the code of conduct to eliminate violence against women, early child marriage and discriminations."

The group has been gradually building confidence in improving livelihood, reducing child marriage, Chhaupadi and other harmful practices, including caste-based discrimination and other forms of social discrimination.

३.५ स्थानीय स्वावलम्बन समूह विभेद विरुद्ध लड्दै

व्यापक छलफल पश्चात् यशोदा मल्ल स्वरोजगार समूहको बैठकको निर्णयहरू पढेर सुनाउँदै छिन् । सवै सदस्यहरूले संगठीत रूपमा महिला हिंसा, बाल विबाह तथा अन्य सवै किसिमका विभेद विरुद्ध एकजुट भएर लड्ने प्रतिवद्धता पत्रमा हस्ताक्षर गरे ।

जनजागृती समूह, थाडी, वडा नं.११, विनायक, नारायण नगरपालिका दैलेखका २२ महिलाहरू मिलेर सन् २०११ मा यो समूह गठन गरेका हुन् । यो स्थानीय स्वरोजगार समूह जिल्लाकै सबैभन्दा सशक्त महिला समूहका रूपमा कार्यरत छ । यस समूहमा विभिन्न जातीय तथा परम्परागत रूपमा सिमान्तकृत समुदायका व्यक्तिहरू सदस्य छन् । यो समूह जिल्ला कृषि विकास कार्यालय (हाल नगरपालिकाको कृषि विकास शाखा) मा दर्ता भएको छ ।

लुथरन वर्ल्ड फेडरेशन नेपालको रूपान्तरण शिक्षा कार्यक्रम लागु भए पश्चात् यो समूहले आय आर्जन, जिविकोपार्जन, लैङ्गीक समानता तथा सामाजिक समावेशिता लगायतका कार्यक्रमहरूलाई एकीकृत रूपमा लगातार संचालन गर्ने योजना बनाएको छ । लगातारको प्राविधिक सहयोगका अतिरिक्त, लुथरन वर्ल्ड फेडरेशन नेपालले उक्त समूहका सदस्यहरूलाई वर्षाको जल संचय गर्ने प्रविधि, प्राविधिक कृषि तालिम, सिँचाईका लागि प्लास्टिकका पोखरी, तरकारी तथा अन्नका विउ, तथा आकस्मिक कोष प्रदान गरेको छ ।

उक्त समूहले वडा कार्यालयबाट सिँचाईका लागि रु.१,१०,०००/- सहायता प्राप्त गरेको छ । अव उनीहरू व्यावसायिक तरकारी खेतीका लागि वडा कार्यालयबाट अनुदान रकम प्राप्त गर्न लागि परेका छन् ।

उक्त समूहकी अध्यक्ष मल्ल भन्छिन्, "समूहले नियमित बचतबाट रु.६०,०००/- भन्दा वढी रकम संकलन गरेको र १२ प्रतिशत व्याजमा उक्त रकम उत्पादन क्षेत्रमा लगानी गरेको छ । गत सिजनमा समूहका केही सदस्यहरूले तरकारी उत्पादन गरेर राम्रो आमदानी गरेका छन् । उनीहरूले कम्तीमा रु.१,०००/- र केही सदस्यहरूले रु.५०,०००/- सम्म पनि कमाएका छन् । हाम्रो समूहका सदस्यहरू महिला हिंसा, बालविबाह तथा विभेद अन्त्य गर्न आफ्नो आचार संहिताको पालना गर्दछन् ।"

समूहका सदस्यहरूले जिविकोपार्जनमा सुधार, बाल विबाह न्यूनिकरण, छाउपडीको प्रथा लगायत जातीय विभेद तथा अन्य सामाजिक विभेदको अन्त्य गर्ने क्षेत्रमा विस्तारै आत्मविश्वास वृद्धि गर्दै आएका छन् ।



The Lutheran World Federation Nepal World Service

Country Office

GPO Box: 3330 House No. 217 Chundevi Marga-4

Maharajgunj, Kathmandu, Nepal

Tel.: +977-1-4720217, 4720152

Fax: +977-1-4720225

Email: lwf.nepal@lutheranworld.org

Web: nepal.lutheranworld.org

LWF Nepal Provincial Offices

Provincial Office East

Damak, Jhapa

Tel: +977-23-584015, 584016

Fax: +977-23-580025

Provincial Office Central

Kathmandu

Tel: +977-1-4720217, 4720152

Fax: +977-1-4720225

Provincial Office West

Dhangadhi, Kailali

Tel: +977-91-526384

Fax: +977-91-525341



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