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Success stories for

# SIDS NRL-TP

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**Documenting case / success stories for Integrated Nutrition and Resilient  
Livelihood Program for SIDS,  
Sindhuli -NRLTP**

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### Building Back Betters

Sindhuli is rich in natural resources and a common home of many flora and fauna. It is located on the lap of Sunkoshi River and its small tributaries irrigating its fertile land with high agro-productivity. Despite the natural resource it owns, it is equally in the risk of disaster due to its vulnerable topography and unplanned habitation. Many natural disasters strike Sindhuli annually, causing loss of life and property. The areas have been frequently affected by disaster, namely flood and landslide since past decades. Post disaster problems such as water pollution and scarcity of clean drinking water were also seen in the area. Community people of Sindhuli were worried about the risk of disaster. Few attempts like afforestation and other temporary river barriers methods from local government were done to mitigate disaster but was not effective.



*Photo 1 : Embankment constructed to prevent river flooding in Sunkoshi*



Sindhuli Integrated Development Services (SIDS) Nepal had realized the problem of disaster and assessed the ways that it could intervene the disaster, minimizing human and property loss. SIDS Nepal believes that disaster impacted communities must be better equipped with building back better concept during the course of preparedness and disaster risk mit

SIDS Nepal with help of stakeholders, local governments, private sectors and civil society discussed and identified areas to develop infrastructure for risk reduction. SIDS Nepal has empowered the community by promoting, informing, and as necessary, mandating risk-aware, climate-adaptive, and development focused activities in the community. SIDS Nepal have constructed embankment on the riverside of Sunkoshi River. Embankments are used to hold water back and control flood to prevent the possible casualties.



*Photo 1: Locals resting on Embankment*





**Photo 3: Water Tanks constructed by SIDS Nepal**

In addition to this, SIDS Nepal has also constructed water tanks to mitigate post disaster impacts in community. In the past, after any natural disaster, water sources were either polluted or unavailable causing acute drought in community. The construction of water storage tanks have made a huge positive impact on the society. Community people now have access to 24-hour uninterrupted clean drinking water. Water availability in the community has directly increased the WASH standards and minimized the prevalence of waterborne diseases.

***"After the flood, there was no clean water source available to us. Even tap water was contaminated by mud and sands. But now, we no longer worry about water source."***

- **Krishna , (Community member)**

SIDS Nepal has been empowering rural community of Sindhuli through upliftment of health and sanitation standards and increasing access to clean water ensuring basic child right.



*Photo 1: Dal Bahadur in front of his shop*

### Bringing new hope to family

Dal Bahadur, 52

Kera bari ,Tinpatan

Fifty-two years old Dal Bahadur lives in a rural area of Sinduli with his five family members. He used to work in daily wage for construction, earning low income. He was struggling from financial hardship and failed to provide very basic needs to his family. With no skills, education and ancestral land, he did not have any alternative way of income generation to support his family. Unfortunately, he had an accident leading to the amputation of his leg, disrupting all of his financial sources. He was in urgent need of support. With a disability and no income, he had no option to fend for his family. He was struggling to provide basic education and nutritious food making his children's future vulnerable.

Dal Bahadur's problem and the potential to uplift his life were seen by a social mobilizer of SIDS Nepal who worked in his area and recommended SIDS Nepal for prompt support. SIDS Nepal analyzed the market demand in his area and planned to support, in line with his



disability and skills. SIDS Nepal has supported Dal Bahadur by setting up a small-scale grocery store for his livelihood.



**Photo 2: Dal Bahadur selling items to his local customer**

The support given by SIDS Nepal brought huge transformation in the living standard of Dal Bahadur. A positive outcome was seen in the lifestyle of Dal Bahadur as he now has become financially capable through the income from his shop sales. He remembers his difficult livelihood in the past and how hard it was for him to provide basic needs for his family. He now earns profit of NPR. 4000-5000 per month and uses it to provide his children with quality education and a better life.

***Dal Bahadur says, "During my accident, I had to take a loan to cover up my medical expenses because I had no savings. Learning from my past mistake, I have been saving a small amount of money on a regular basis to prepare for any future problems"***

Dal Bahadur is thankful to SIDS Nepal for their support and shares how the support rescued him and his family from the poverty line. The support from SIDS Nepal also made him financially stable and enabled him to provide better education for his children. Additionally,

the grocery shop has also made a positive impact on the community. Community people are also happy about the availability of daily essential groceries in their community.

***“We used to walk half an hour down to the market just to get a packet of salt. The establishment of the shop in our community has saved us time and effort. We could utilize our time in additional work for income”***

- **Ramesh, (Community member)**

SIDS Nepal has been supporting 8 other families like of Dal Bahadur for livelihood promotion and sustainable improvement in household food production and income growth.



***Photo 3 : Dal Bahadur with his shop***



## Devi Prasad's embraces modern farming for increased productivity

Devi Parsad, 46

Beltar, Tinpatan

Devi Prasad lives with his family of seven members in rural Sindhuli. He used to work as a mason, earning very low income of NPR. 500 per day to support his family. It was hard to fulfil the growing desire of his family with his limited earning. He wanted to provide a decent life for his children, but it was uncertain due to his financial hardship. He was concerned about increasing demands of the family which was his responsibility to fulfill. With no proper skills in hand or any ancestral land, fulfilment of such responsibility was impossible for him. He tried seeking for other income generation options, but without proper guidance and support, all his effort was in vain.



*Photo 2 : Devi Parsad's Farm*

Sindhuli Integrated Development Services (SIDS) Nepal has been supporting the livelihood of farmers for establishing sustainable agricultural practice in community. SIDS Nepal has

supported Devi Prasad with tunneling plastics, water tanks, pipes and other essential agricultural equipment for modern agricultural practice. Along with equipment support, Devi Prasad also received orientations about modern agricultural practice.

Devi Prasad practiced everything he learnt through the project and worked on farming with high dedication. He was amazed to find the output of his effort and effectiveness of modern agricultural practice. His hard work paid off through high yield of agro products such as tomatoes, cauliflower, cabbage and other seasonal vegetables. In the latest batch of tomatoes, he was able to generate net profit of NPR 40,000 in a duration of just 5 months.

He happily shares, ***"I have practiced agriculture my whole life but never had such productivity. Through the use of supported equipment and change in my farming practice, I was able to grow fresh vegetables in a huge quantity"***



***Photo 3 : Devi Parsad showing his tomatoes grown in his farm***

He now spends majority of his earning in his children's education, providing them with enough study materials. He says, ***"I clearly understand the significance of education in one's life and I will try to provide my children with quality education."*** He also saves some amount of money for future use and to expand his farming. He is satisfied with his earning as he can fulfill his family's needs now. The community people are also happy with his progress. He can now supply fresh and organic vegetables to his local market that can improve the health status of children in the community. Sindhuli Integrated Development Services (SIDS) Nepal has been supporting dedicated farmers to establish successful agricultural venture in the community, ensuring children's nutritional status. Devi Prasad plans to expand his agricultural



farm in near future to meet current market demands and provide healthier agriproducts in the community.



*Photo 4: Devi Prasad picking tomatoes from his farm.*



*Photo 5: Dhan Kumari in her tailor shop, stitching clothes.*

### **Tailor-made success**

Dhan Kumari

Golanjor – 6, Baleni

Dhan Kumari is a 31-year-old woman who holds the responsibility of mothering two children- a son and a daughter while also working in her field and doing her daily household chores. Dhan Kumari's family had less income but high hopes of educating children and providing them a better future. Previously, her daily routine consisted of waking up in the morning cleaning the house, cooking food, dropping children at school, doing some household chores, picking up children from school and feeding them. With limited income opportunity, she had a hard time to provide quality education and stationeries to her child.



*Photo 6: Dhankumari engaged in her shop*

Sindhuli Integrated Development Services (SIDS) Nepal is trying to improve the quality of life of marginalized people through better income and employment opportunity focusing on skills and entrepreneurship development. Dhan Kumari was supported by



SIDS Nepal with a motorized stitching machine and an iron to establish a tailoring shop. Dhan Kumari also took tailoring training. Soon after that, her daily activities changed along with her financial improvement. She does all her household chores and leaves home at 10:00 am for tailoring shop and returns home by 5:00 pm. Dhan Kumari earns a good amount on the daily basis. Her earning amounts up to NPR. 4000 in a month. She says ***“I used to spend my time in the house all day long doing household chores but these days I am self-employed with good income. I feel happy and proud.”*** She is already saving money for higher education of her children. She has also bought insurance for her elder son. Along with that, she saves NPR. 600 monthly in S4T groups (a community saving group inducted by SIDS Nepal) for her future expenses. The community people appreciate her work and find the stitching very well done with fine finishing. She has managed to get good customers because of her skill in tailoring. ***“Great changes have happened”***, she says. The fact that she is now self-employed has made her independent. She does not have to depend on her husband for financial support anymore.



**Photo 7**

Dhan Kumari, after getting support to start a business by SIDS Nepal, has gradually developed both her skills and business. The more active she is in her business the more skills she gains making the style the customer wants. Sometimes the customers bring their own designs and she tries to meet the customers' needs.

***“It is sad to have financial hardship in the family. I used to feel guilty when I did not have enough money to even buy stationery items for my children. Now I am able to take care of my children and assure them a bright future- a better future than mine”***, she shares happily.



*Photo 8: Krishna Bahadur using mini tiller*

### **Drawing good fortune to family through mini tiller**

Krishna Bahadur, 28

Khurahari, Phikkal

Krishna Bahadur resides in Sinduli who had been struggling hard for survival and providing basic needs to the family. He was engaged in traditional agriculture and had reared oxen to plow the field. With the family of six members, his productivity from the farm was not enough to feed the family. He could not provide his family with very basic needs due to his low income. It was a challenge for him to enroll all his four children to school for good education. He was disappointed with agriculture in general because the output compared to his effort was minimal. He wanted to switch to modern farming but could not afford machinery and farming equipment.

In order to build secured livelihood in the community, Sindhuli Integrated Development Services Nepal (SIDS Nepal) had supported a mini tiller under the Nutrition and Resilient Livelihood Technical Program (NRL TP) project to empower local farmers through modern



farming methods. A mini tiller is a two-wheeled tractor that specializes in digging and plowing whereas rotary tillers specialize in soil tillage running on diesel power.

Krishna Bahadur explains how the mini tiller has eased his farming practice and increased productivity. The mini tiller is also used by other local farmers like Krishna Bahadur and are experiencing good results in agriculture due to its efficiency. The mini tiller that he received has now become an additional source of income. He plows farmland and charges Rs.700 per hour. On an average day, he makes around NRs.2000-3000. Since the mini tiller is work efficient, there is a huge demand for his work in the community. In last season alone, he earned Nrs. 20,000 only from the mini tiller. He happily shares that the mini tiller has brought good fortune to the family. He utilizes all his money for his children's education. He remembers the days when he had to drop out of his education due to financial hardships. With some fund in his hand, he is determined that he will help all of his children to complete their education.



*Photo 9: Krishna Bahadur's family posing in front of mini tiller*

Krishna Bahadur can now fulfill his children's basic needs and educational materials duly so that it would not affect the children's health and education. He shares that he is content

with his effort now because of increased productivity and income. He heartily thanks SIDS Nepal for their support in making their life easier and happy.

SIDS Nepal has been supported 5 mini tillers to families like of Krishna Bahadur to ensure the empowerment & life improvement of Dalits, ethnic groups, particularly women and children by enabling them to fulfill their basic needs through their own efforts.



Geeta , 25

Fikkal 3

Geeta is a 25 year old mother of two children from Sindhuli. She could not pursue education and with no education and skill, she had no job or any source of income. She was having hard time to provide her children with basic needs. Unaware of proper nutritional feeding habits, her elder child suffered from malnutrition (underweight). She was feeding her child regularly but the food was not nutritious enough to keep the baby healthy.



**Photo 10**

**Photo 1: Geeta with her 2 children**

The Female Community Health Volunteer (FCHV) who identified her child soon referred her to PD hearth group which was conducted by Sindhuli Integrated Development Services (SIDS) Nepal. PD hearth group is a nutrition focused group that was aimed to restore and rehabilitate nutritional wellbeing of children in community. PD Hearth group under the Nutrition and Resilient Livelihood Technical Program (NRL-TP) project specifically addresses the nutrition needs of children in the age group of 0-5 years. Geeta regularly attended the PD hearth group and learnt about nutritional standards to maintain for her baby. She learnt to make “*Posilo Jaulo*” from locally available ingredients and other nutritious meals from food available in her kitchen. After following the guidelines from PD hearth group, her child’s weight and nutritional status has greatly improved.

“At one point, I thought that I would lose my child. After enrolling in the PD Hearth group and following the things I learnt from there, my child has recovered so much”, says Geeta.



*Photo 11*

Geeta now shares feeding practices and ways to make Posilo Jaulo to her peers in communities so that no cases of Severe Acute Malnutrition and Moderate Acute Malnutrition could be seen in her locality.

SIDS Nepal is actively involved in the community throughout the process of PD Hearth ensuring utilization of volunteers to conduct the Hearth sessions and provide special, nutrient-dense meal capable of ensuring the rapid recuperation of the child through caregivers.





*Photo 3 : Geeta happily holding her child after PD hearth sessions*

### Health Center are becomes more resilient.

Health post and primary health care centers of Sindhuli had been facing the problem of equipment shortage in the past that limited the service delivery of the health centers. Even though competent human resources were present, they could not provide services to the general public. Birthing center was established by government to minimize maternal mortality rate and increase institutional delivery rates in rural areas. Despite this, many essential equipment were lacking in birth center, increasing risks to both mothers' and infants' lives.



*Photo 3 SBA trained health worker preparing Baby warmer*



Primary Health Centre incharge Dr. Abhishek Raj says, ***"We lacked baby warmer that is essential during delivery to prevent the risk of hypothermia. Other essential material for birthing center such as bed, autoclave etc. was also in need."***

Realizing the needs of the health service outlets, Sindhuli Integrated Development Services Nepal (SIDS Nepal) has been supporting various vital medical equipment necessary to provide better health services. SIDS Nepal has been supporting equipment such as ARI timer, Baby warmer, auto clave, incinerator etc. to various health centers in Sindhuli.



***Photo 4: Birthing Unit of PHC in front of Birthing Center***

SIDS Nepal has played a vital role in making birthing center functional and well-equipped. The equipment support helps in day to day functioning of health center as health human resources can now provide optimum health services to needy ones. Automatic Baby warmer supported by SIDS prevents the case of hypothermia among infants. Additionally, ARI timer

has enabled health workers to correctly diagnose pneumonia cases among U-5 children so that they can be treated promptly.



*Photo 5: Baby Warmer supported by SIDS Nepal*

Health post and primary health center's health workers claim that they can now provide health services with more efficiency.



*Photo 6 : Hom Bahadur feeding his chicken*

Hom Bahadur ,37

Aale tole

Hom Bahadur lives with a family of five in a rural area of Sindhuli. He had been struggling hard to provide his family with basic education and needs. He had no fixed income sources and had no skills making it difficult for him to cover his household expense. His children were also growing and he was worried about their education and upbringing.

Under Nutrition and Resilient Livelihood Technical Program (NRL-TP) project, Sindhuli Integrated Development Services Nepal (SIDS Nepal) rigorously analyzed local agro ecological potential and limitations and supported his family for poultry farming. SIDS Nepal has supported 80 chickens, feeds, equipment and medicines to him along with orientation for poultry farming.

The support from SIDS Nepal has helped uplift Hom Bahadur's income and lifestyle. He regularly sells his products locally in the community. Poultry farming has helped Hom Bahadur to support his family and provide them with a better life.





***Photo 7 : Daughter's of Hom Bahadur studying***

He is happy that he is able to afford quality education to all of his children and provide them with other basic needs. He remembers how he could not make profit out of poultry due to inadequate knowledge. But with proper training, his farming has fostered. He wants his children to study well and shares that investment in education will uplift them and ease their life in the future. With a stable income, he now can fulfill small desires of his family and provide stationery and other educational materials in time for his children education.

SIDS Nepal has been supporting 17 other families like Hom Bahadur's for livelihood promotion and sustainable improvement in household food production and income growth.



*Photo 8 : Hom Bahadur with his family*





*Photo 12 : Kaji Babu's family in front of their farm*

### Sustaining agriculture in community

Kaji Babu, 34

Baleni -6

Most of the youth of rural Sindhuli have already left country to seek better economic opportunities in foreign employment. Despite to this, Kaji Babu is one promising representative youth who wants to do something in his own country. Kaji Babu has been practicing agriculture for nearly a decade, but due to limited knowledge on agriculture and use of traditional methods, his production was declining each year. He was also facing challenges such as low agroproductivity, lower profit margin and increasing price of raw materials. He was facing difficulties to feed and take care of his 8 family members.

Sindhuli Integrated Development Services (SIDS) Nepal has provided tunneling plastics sheets, bamboo, sheets and modern agricultural tools and technical support to construct tunnel. SIDS has constructed 2 tunnel. Kaji Babu's agro products have fostered after introduction of tunnel. He now grows tomato, chilies, cauliflower, spinach and other seasonal vegetables. He now happily shares that he can sell and consume fresh green vegetables. He now earns about NPR. 18-30 thousands selling green vegetables each season.





*Photo 2: Kaji Babu's wife plucking fresh tomato to sell in market*

He now invests a large proportion of his earning in his children's education and health. Also, he now regularly saves in S4T saving groups (inducted by SIDS NEPAL). Apart from this, he also saves a small proportion of his earning in a piggybank for his child. He thanks SIDS Nepal for technical assistance for modernizing his farming. SIDS Nepal has successfully invested in sustaining agriculture for the community. He says, ***"I am able to provide fresh and organic vegetable to my community and I hope to replace pesticide treated vegetables from local market."***

To fulfill demands of his local market, he also plans to expand his agricultural firm and add a few tunnels to increase his agricultural production in the near future.





*Photo 3: Kaji babu's son in front of tunnel farming*



*Photo 4: Enthusiastic Samrat (RC) playing*



### Irrigation Canal Project

Few years back, the farmers of rural Sindhuli were facing huge problem of irrigation. Many people in the community depend on farming and are involved in agriculture. Earlier, farmers of Sindhuli used to rely on natural rain to water paddy, however, due to global warming and climate change, they could not rely on natural rainfall. Farmers were facing huge loss on agriculture due to untimely rain and could not water their plants. Due to irregular rainfall and dry times, they could not produce enough rice and other crops in time, creating uncertain supply of food in the community.

To intervene the existing uncertainties in food security, ensuring community participation, Sindhuli Integrated Development Services Nepal (SIDS/Nepal) supported the construction of irrigation canal which brings water from the sources such as river and transports to the field ensuring easy irrigation of plants as per need. The irrigation helps to ensure uniform distribution of water in fields increasing productivity in food crops. SIDS Nepal has constructed canal in needy areas identified after extensive discussion with community members, civil societies and other relevant stake holders.



*Photo 13 ; Newly constructed canal*

The Irrigation canal has made a significant impact on community. Most of the people of Sindhuli rely on agriculture and regular supply of water through the canal has increased their



agricultural productivity. The irrigation canal has solved the uncertainties in supply of food in the community. The increase in productivity of crops has also increased their income.

***"I have been cultivating rice for last three decades. Few years back, my crops were destroyed due to water insufficiency. After construction of irrigation canal, I can water my crops regularly which has increased the productivity"***

***(Bikram, Community member)***

Community people can now spend money on providing their children with very basic needs such as food and health care. The irrigation project has also aided the commercialization of agriculture due to increased productivity. SIDS Nepal has been actively working in Sindhuli to promote sustainable farming and agriculture, ensuring continuous food supply to children and reducing the risk of child malnutrition in the community.



Photo 14

Jagdish , 32

Badahare, Golanjar-1

Jagdish lives in rural Sinduli with his family of three. For many years, he and many of his community people have been facing water scarcity. People had to walk half an hour to fetch clean drinking water. SDG Goal No 6 states clean water and sanitation, however many families had no access to clean drinking water. Jagdish had tried and approached various stakeholders and authorities for alternative sources but it was all in vain. Due to limited access of water, families had compromised state of sanitation and were in risk of water related health problems. Water which the community people were drinking had sediments and often caused various diseases. The water sources could not be accessed during night time, limiting availability of pure drinking water.

Sindhuli Integrated Development Services Nepal (SIDS Nepal) has been actively working to provide basic needs and health services in rural Sindhuli. In compliance to SDG Goal No. 6, Clean Water and Sanitation, they have supported Jagdish with tap construction items along with water pipeline ensuring 24 hour interruptible supply of clean drinking water.

The support from SIDS Nepal has radically transformed the community and Jagdish's family. The 24 hour interruptible supply of clean water sources has dynamically increased sanitation standard of his family. He is thankful to SIDS for this support as the prevalence of waterborne diseases have been reduced. Also, easy access of water has saved him so much time which he is utilizing now in other income generating activities. In addition to this, clean drinking water is now available to children at all times. He shares, ***“My children are comparatively healthier after the tap was installed. Earlier, my children used to suffer from diarrhea regularly. Thanks to SIDS, no such cases have been seen recently.”***



*Photo 1 :Daughter of Jagdish filling water / Water sources now accessible during night time*

SIDS Nepal is actively working for life improvement of people of rural Sindhuli providing access to clean water services enhancing WASH and sanitation standards among community members.



**Januka maya,26**

Januka Maya is a married women of age 38. She is current staying in Tallobajrang Tinpatan-5 of Sindhuli district. There are a total of five members in her family. Two children named Ashika and Aayush aged 12 years and 10 years respectively are registered children under WVIN Sponsorship program.



*Photo 15 : Januka preparing feed using Personal Protective Equipment's*

Besides her daily household activities, Januka is engaged in rearing and grazing of the cattle which is also a source of income for her. Earlier, she had to face difficulties while rearing cattle. Though the cattle were kept in the shed, their condition was miserable. The shed was not properly enclosed from all sides. The floor was muddy and was not clean. She had to collect plant leaves for filling the muddy surface of shed. Some years back, her workload was so much that she had to work the whole day for managing the shed, either cleaning or sweeping the shed or gathering foddors for the cattle. In addition to the physical work load, her family and livestock alike were facing hygiene and sanitation issues.



*Photo 16 : Januka's husband using wheel barrow to move manure out of shed*

SIDS Nepal works in Sindhuli district to enhance the status of poor and vulnerable people. Based on holistic development approach of SIDS Nepal, Januka came in attention of SIDS Nepal. She was assisted in shed renovation. Her family was provided with cement for shed renovation. Likewise, to adopt healthy practice for cattle shed management; wheel barrow, shovel, gloves, boots and other necessary materials were also supported to her family. SIDS Nepal also provided a brief orientation to her family at the time of materials handover with the intention to inform the beneficiaries on hygiene and sanitation practices which could ultimately prevent disease in both human and cattle.

Januka feels lucky and is happy after getting support from SIDS Nepal. She remembers her days when she had to collect foddors and hay to cover the muddy surface of shed.

*She says, "It was difficult to collect foddors/ hay and to clean the muddy shed daily. Nowadays, work load has decreased and I can clean the shed easily."*





*Photo 17 : Januka feeding cattles*

Hygiene and sanitation related disease have decreased in the family members and among the cattle which has prevented the expenses that occurred in treatment.

*Januka adds, "Before shed renovation, diseases associated with cattle handling like skin irritation, itching, infections, etc. were observed in family members but such diseases are not identified since few months. Use of gloves and boots prevents direct contact with mud and dung, decreasing the incidence of such diseases."*

The shovel that she received is an ergonomic tool and has assisted her in gathering the waste easily in short time while preventing work-related hazard. Nowadays, Januka and her family



havev enough time to work beside looking after cattle and have increased their family earnings. The wheel barrow has shortened the cleaning time of the shed and prevented the musculoskeletal problem associated with it.



*Photo 10: Krishna Bahadur working on his farm*

Krishna Bahadur, 32  
Tallo Pokhari

Krishna Bahadur is a farmer of rural Sindhuli involved in agriculture for more than a two decades. He used to cultivate seasonal vegetables using traditional methods passed through generations which was not as productive. It was just enough for sustaining, however he could not generate any income from his effort. With the family of seven members, it was hard for him to provide his family's needs. Krishna Bahadur wanted to transform his livelihood seeking other alternative way of income but he could not start it due to lack of skills and capital. He came to know about Sindhuli Integrated Development Services (SIDS) Nepal through a local social mobilizer and was qualified for support under Nutrition and Resilient Livelihood Technical Program NRL TP project.



SIDS Nepal supported him with tunneling plastics, water tank, water pipes and seeds of seasonal vegetables encouraging him to create a sustainable small enterprise and making their community self-sustained through fresh vegetable production. This also made fresh and organic vegetables available in the community intervening future incidence of malnutrition in children.



**Photo 2: Krishna Bahadur in his farm**

The support has uplifted the living standard of Krishna Bahadur completely. After receiving support from SIDS Nepal, Krishna Bahadur was also inducted to a training program regarding modern farming methods. He duly noted every point that he needed to improve for farming. His typical day starts around 5 in the morning, where he visits his farm and begins to supervise his plants. After a while in farm, he returns back to his home and finishes his household chores. By noon, he returns to farm and begins to work in field. He irrigates his plants and removes any weeds. By using modern farming methods, he spends most of his time in

agriculture. The effort of Krishna Bahadur has finally paid off. He planted tomatoes in first batch and yielded a sum of NRs. 50,000 as gross income.

Apart from equipment support, SIDS Nepal also supports development of skill in modern agricultural methods through training. With regular income, Krishna Bahadur has enrolled all his children to school. He also saves money in local cooperatives for future. He is now able to support his family financially and solve their basic needs. He plans to extend his farm with his own investment to better provide his community with fresh vegetables and meet market demands. Krishna Bahadur sets an exemplary case of his drastic lifestyle upliftment through SIDS Nepal's minimal support.

A total of 244 families have received similar support like of Krishna Bahadur to encourage in production of organic produce and/or balance pesticides at local level reducing the use of chemical fertilizer/pesticides in agriculture so that its adverse effects on environment and health is minimized. The easy availability of fresh vegetables and fruits also ensure the wellbeing of the children in the community.





*Photo 11: Father and son in their farm*





*Photo 18 : Kuldhwoj posing in front of his farm*

### **Kuldhwoj uplifts his pig farm with improvised sty**

Kuldhwoj , 48

*Golanjar -3*

Kuldhwoj lives in a rural area of Sindhuli with a family of 7 members. He was struggling to provide decent support for his family due to poor economic status. With limited skills in hand and no further education opportunities and capital, he was trapped in poverty. He used to work for daily wages as a construction worker with low income. He was already struggling hard enough to provide basic needs of the family and with growing children, he was too concerned about their education and was living with the fear that they too will fall in this vicious circle of poverty.

Under the Integrated Nutrition and Resilient Livelihood Programme implemented by Sindhuli Integrated Development Services (SIDS) Nepal and supported by World Vision International Nepal, Kuldhwoj was supported with 7 piglets, 2 roofing sheets and 3 sacks of cements to uplift his economic status and create a sustainable farming practice. The support, although small, has provided a new way of life for Kuldhwoj. With the support received from SIDS NEPAL, he has constructed improvised sty for pig farming and has dedicated all his time in pig farming. Right after completing his daily chores early in the morning, he starts preparing feeds for the pigs. He also thoroughly cleans the sty and bathes pigs ensuring cleanliness. He spends most of the time in the sty caring for and feeding piglets.





*Photo 19: Kuldhwoj feeds his pigs early in the morning*

SIDS has been identifying the needs of vulnerable people like Kuldhwoj and providing support to enhance quality of life and create sustainable business in community. In the timespan of 1.5 year, Kuldhwoj has sold pigs worth NPR.500,000 - 600,000 and was able to add additional 20 piglets. Due to high market demand, he was able to sell his products locally in the community. Pig farming has been a boon for Kuldhwoj which has enabled him to support his family and provide them with quality life. He says, ***"Due to my financial limitation, I could not farm pig in improvised sty. Support from SIDS NEPAL made pig farming easy and profitable and thus I could scale up my production"***

The earning he makes now is being invested in his children's education and daily needs. Kuldhwoj is now able to spend NPR. 30,000 per month on his children so that they can get quality education. Buying books, copies and stationery items for his children is not a problem for him anymore. Kuldhwoj remembers his past where due to his financial hardship, he could not continue his education. He is determined to highly prioritise his children's education. He happily shares that investment in education will uplift them and ease their living standard in the future.

***"I remember how I could not continue my education due to my family's weak financial situation. Now that I can afford it, I am determined to provide the best education for my children."***



*Photo 20 : Pigs feeding on sty*

Other than education, Kuldhwoj invests his earning for his children to provide them with nutritious food. He also saves some amount of his earning in local cooperatives for future. He is now able to cover health expenditure from his saving. With some money in hand, he now can fulfill small desires of his family and provide stationery and other educational materials in time for his children's education.



Kunta Maya ,37

Toshramkhola, Tinpatan

Kunta Maya aged 37 is a resident of Sindhuli and used to be a representative of hundreds of families who struggled in farming. She was engaged in traditional agriculture but dreamt to provide her children with better education and quality of life but could not due to her financial hardship. The economic gain from agriculture was very low and she was having a hard time for survival. The poor productivity from her agriculture could not ensure her child future. She was not able to provide very basic needs such as quality food, health care and education.

Sindhuli Integrated Development Services Nepal (SIDS Nepal) has been supporting vulnerable family in rural Sindhuli to transform their livelihood, ensuring children's better future. SIDS Nepal supported Kunta Maya with farming equipment such as tunneling sheets, water tank and farming equipment so that she could improvise her farming techniques and boost her productivity.



*Photo 12: Kunta Maya working in her farm till night*

From initial days after the support, she has dedicated all her time in agriculture. She also duly followed training provided by SIDS Nepal. After improvising her agricultural methods, she is now able to generate income by selling her agro products. She now cultivates seasonal

vegetables according to market demand and provides fresh vegetable to the community. She is content spending her earnings on child education, health care and quality food. She also saves some amount of money in local cooperatives incase of any future crisis. She also passes her skills in improved farming to others in the community, helping boost agriculture in the community. She recalls her past where it was hard for her to provide stationery to her child due to her financial hardship. She says, ***"My child was a bright student in school, but due to my financial condition I could not provide him essential stationery in time which was affecting his performance. Now I am able to fulfill every educational need of my son."***



***Photo 21 : Agroproducts (Akabare chillies ) of Kunta Maya farm***

SIDS Nepal has been working in a remote and tough place for holistic development in the community ensuring child protection and development. SIDS Nepal has been supporting farmers in rural Sindhuli, improvising their agricultural practice and creating sustainable small and medium enterprise for community development.





*Photo 3: Kunta Maya observing her farm*

## Laligurans S4T Group

Khurahari , Phikkal



*Photo 22 : Members of S4T groups attending their regular meeting*

Banking services are not easily accessible in some rural areas of Sindhuli which resulted in financial exclusion of majority of the community people living there. Most of the people in community are financially unstable and can only provide very basic needs for children such as food, education and health services. Due to lack of access to banking services, community members could not safely save money, exposing them to risk of poverty in case of any catastrophic event.

Sindhuli Integrated Development Services (SIDS) Nepal understands that financial inclusion is a vital component of social inclusion towards economic empowerment to overcome poverty and income inequality. SIDS Nepal has inducted S4T groups comprising of vulnerable families where people of the community save money on a regular basis. This enables S4T members to provide loan to each other during any financial hardship such as health treatment, children illness or education etc. S4T groups have also improved women empowerment, making them financially self-dependent. Realizing the need of financial inclusion in Khurahari, SIDS Nepal



has inducted Laligurans S4T group resulting in economic empowerment for social justice and women empowerment.

Laligurans S4T group comprises of 23 members who meet and deposit NRs 100 on a weekly basis. The members not only deposit money but also share and discuss new economic opportunities through community engagement. All the members of S4T groups are happy about joining the groups and shares how they were able to save huge sum of money in community. In early phase of S4T groups, S4T facilitator taught its members about importance and basics of financing which was quickly adopted by the S4T groups. Community members recall how they wasted and unnecessarily spent their money for casual use but after involvement in S4T group, they were inspired to save more for future use.

One of the members recalled ***"Recently, my children became very sick and needed medical attention as soon as possible. I immediately shared my problem to S4T group and I received NRs. 5000 loan for medical treatment. Had there been no S4T group, I would have been in debt and pushed back to poverty with uncertain future of my children"***

*"Once I was used to smoke a lot and used to spend my money mostly on cigarettes. After being part of this saving group, I have quit smoking and started to save on regular basis",* adds another member.

Community members are also attracted with S4T groups due to its feature involving regular saving of income along with lending small amounts to each other ensuring its sustainable existence in community. This has encouraged holistic economic development contributing to women's social and economic empowerment, household resilience, and social cohesion. The NRL TP targets approximately 50,000 families and 100,000 children and will work with producer/farmers groups, health mother groups and S4T groups.



*Photo 13: Lalita feeding "Posilo Jaulo" child*

Lalita ,24

Khurahari , Phikkal -03

Lalita aged 26 belongs to a Dalit community representing the marginalized condition of minorities in rural Sindhuli. Having low education status and early marriage, she had no idea about taking care of children and their nutritional needs. She used to engage in agriculture



for survival and provide her child with good food but she did not know the nutritional aspects of food for young children. Unfortunately, her child was identified as malnourished and referred to the PD Hearth group. She was worried about her child's health and wanted to rehabilitate her back to normal.

Sindhuli Integrated Development Services Nepal (SIDS Nepal) has been organizing PD Hearth Health groups in the rural community of Nepal to intervene and nutritionally rehabilitate malnourished children through organized community effort. Lalita was enrolled in PD Hearth health group where she learnt about caring and feeding practices for young children.

Lalita visited PD Hearth Health groups for 12 days regularly, where she got an opportunity to learn and understand about nutritional needs of her child. She also learned to prepare highly nutritious meal from available food in kitchen. She learned about the importance of balanced diet and inclusion of 7 food groups in her child's meal. During her visit to PD Hearth, she regularly fed her malnourished child with healthy and nutritious food. Her child made remarkable progress as his weight increased to 11.7 kg from 11.2 kg in just 12 days. Lalita now recalls her lack of knowledge that led her child to malnourishment. She is happy now that her child is healthy and safe. She has completely rehabilitated her child from malnourishment.



*Photo 14: Lalita feeding her child*



After the lesson she learnt from PD hearth, she now happily shares how it has transformed her life. Now she can confidently communicate feeding practices to new mothers in the community. She added

***"I had no idea of malnourishment and used to feed my child junk food. After attaining PD hearth groups, I understood the meaning of balanced feeding and its importance on my child health. I have avoided giving junk food to my child after knowing its harmful impact on health."***

Lalita is now highly concerned about the health status of her child. She prepares homemade food for her child and also shares the knowledge she gained from PD hearth to new mothers in her community so that there are no cases of malnutrition in her community.

SIDS Nepal is educating preparation of a special, nutrient-dense meal capable of ensuring the rapid rehabilitation of children to caregivers throughout the process of PD Hearth, ensuring utilization of volunteers to conduct the Hearth sessions.





### Going further than imagined: a story of a tailor

Manisha

Tinpatan-5 Majhuwa

Manisha a 25-year-old female living in a Tinpatan- 5 with a daughter and her husband. Manisha started her tailoring business with the support she got from Sindhuli Integrated Development Services (SIDS) Nepal and with the profit she made, she started selling crops where she has made much more money. Before she started tailoring, she was not working except doing household chores. She had a daily routine of waking up in the morning cleaning the house, cooking food, dropping children at school, doing some household chores, taking children from school and feeding them. Her family depended on her husband who worked in a garage that was located nearby home.



*Photo 23 ; Manisha in front of her shop*

Manisha was supported by SIDS Nepal with a stitching machine and an iron. Soon after that her daily activities along with the income in the family changed. She had skills with her but due to lack of money, she was not able to buy stitching machine but after the

support, she can now earn with the skills she has. She does all her household chores and leaves home at 11:00 am for the tailoring shop and returns home by 4:00 pm. Manisha earns a good amount on the daily basis. She earns up to NPR. 15-20 thousand monthly. She is employing two girls in her shop who help her on alternative days and she teaches them stitching skills that she has with the daily running of the business. She says ***“I am very happy and proud of myself to be able to add to the income in the family. I am also teaching what I know to women of our village, I wish everyone in our village is empowered.”***





*Photo 24 : Manisha working in her shop*

She is happy that she can save her money for higher education of her daughter. She has also enrolled her daughter's son in the insurance and has saved some of her earnings in

the cooperative for the higher education of her daughter. Along with that, she has saved monthly NRs. 500 in S4T groups for her future expenses. Manisha, after being helped to start a business by SIDS Nepal, has gradually developed both her skills and business as her capital and stock have increased. Manisha feels proud to be able to help not only her family with everyday expenses but also her community with inexpensive clothes made in her tailoring shop. When she talks about the future of her tailoring group, she has big ambitions in mind. Though the shop might not yet be 'big' in the conventional sense, it has made significant strides in its own right. ***"Over time, I have plans to train more young people"***, she says.



Nisha, 26

Sani , Tinpatan

Nisha with a family of four is from a rural part of Sindhuli making her livelihood out of goat farming. She had dropped out of education due to financial hardship and was struggling to provide very basic needs to her child. Even though she had reared goats for the last decade, she was not earning enough profit to make her financially stable. Poor farming practice, improper shed style, and inadequate treatment were other pre-disposing factors that never let her farm to foster. Many of her goat used to die due to various infections, causing her huge loss of money pushing her towards poverty. She had no alternative income sources to earn a decent income to enroll her child to school. She had potential and dedication for goat farming but was unable due to her financial hardship.



*Photo 25 : Newly constructed improved shed*

Local Social Mobilizer from her area identified her need and recommended the support for improvising goat farming. Sindhuli Integrated Development Services Nepal, after extensive analysis of her condition, supported her with improvised shed for goat rearing. The improved design of the shed allows goats to avoid contact with soil, separation of manure and urine, and other feature boosting goat production along with preventing premature death.



Photo 26

The support from SIDS Nepal has positively impacted the goat farming of Nisha. She expressed that through modern improvised shed, she can now rear more number of goats in a batch. Also, the death of goats have drastically reduced due to adequate sanitary spaces. She can now yield high quality of manure that be used in agriculture. After selling the first batch of goats from modern shed, she is able to support her family, providing essential needs. She regularly saves small amount for future and spends happily on child needs and health care. She is no longer worried about her child's education that used to be a major fear in the past. Along with increase in productivity and profit, she also shares her learning from past mistakes to her peers. She recalls, ***"I wasn't aware about the importance of shed in goat farming. On an average 4-5 goat died per batch causing me huge economic loss. Now that I have learned about farming techniques, I pass no my knowledge in community to prevent loss due to premature death."***





*Photo 27: Nisha's children studying*

SIDS Nepal's support has helped her to transform living standard and continue her child's education and health care. She also plans to extend her goat farming to meet the market demand. SIDS Nepal has been working in rural Sindhuli to establish small and medium sized Enterprises's in community for sustainable income sources .Till date, SIDS has supported improved sheds to 78 families like Nisha's.



*Photo 1 : Om Kumari in her renovated house.*

### **Renovated a dream house.**

Om Kumari

Tinpatan – 5, Majhuwa

Om Kumari started work as a laborer, earning a few bucks a day. Today, at 33, her piggery business has made a turnover of NRs. 50,000 in a batch. Om Kumari's story is a testimony of how not giving up on yourself always pays in the end. Growing up, life was hard for Om Kumari. Om's family was hard-pressed to find two meals a day.

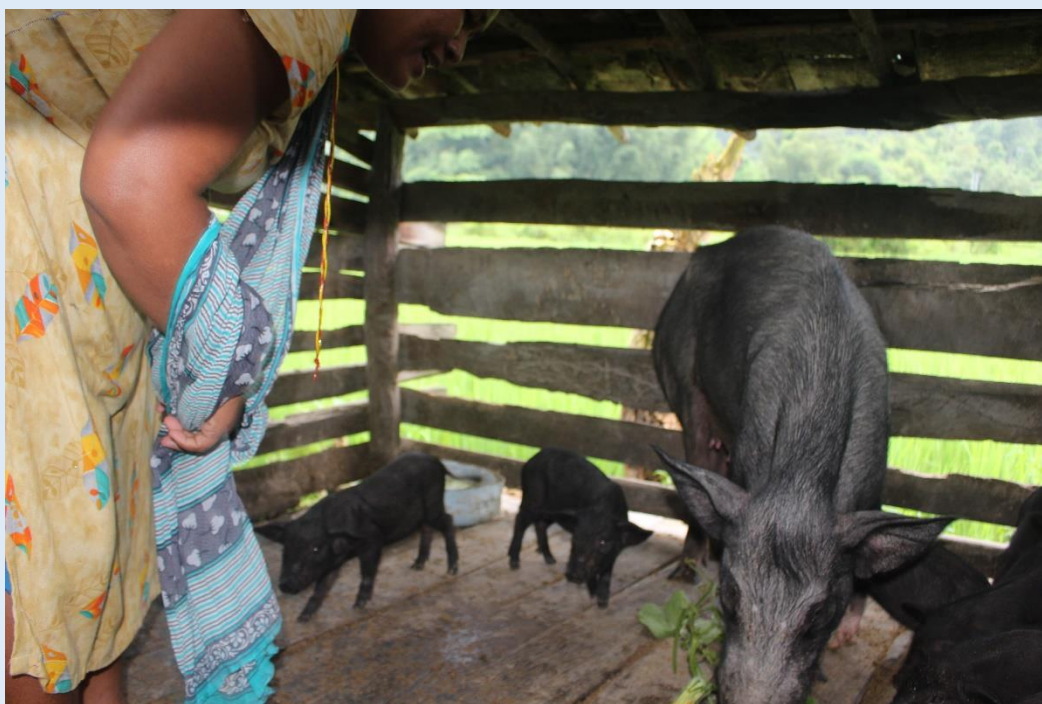
She received support from Sindhuli Integrated Development Services (SIDS) Nepal with 6 piglets along with the equipment needed to construct a shed, like- cement and tin plate a year ago in 2021, which changed her financial status. Having a husband and two daughters in the family, it was difficult for both of them to look after the children and their education. Before, they used to do labor work which led to less amount or even no income on some days. She says ***“Labor work was very hard and all the money earned would be spent on the day itself. Saving money was impossible”.***





*Photo 15 :Piglets inside the shed*

After receiving support from SIDS Nepal she has sold a total of 3 pigs in the timeframe of 1 year which earned her a profit of NRs. 40,000 – 45,000. She, along with her family is very happy with the support and the financial growth. The money that she earned by selling the pigs was spent to renovate her house. The pig has given birth to 9 piglets which she plans to sell after they grow up and she said that she will save the money for her daughter's education. She says, ***"I am happy that I got to renovate my house. Our house was very old and I always had a wish of living in a proper house. I never thought my wish would come true."*** She is happy with the income and the result which motivates her to take this further. Everyone in the family are very supportive. Her elder daughter, after taking the skills development training by SIDS Nepal, has now enrolled herself in tailoring.



*Photo 16: Om Kumari feeding the piglets inside the shed.*

She shares her experience as a laborer when they had financial hardship in the house. They had very limited food and no money for the education of their daughters. She now shares with a smile, ***“We had a very hard time earlier. We even struggled when the piglets were growing. Taking care of them, and buying them medicine was a hard phase for a family like us. But today, we are very happy and satisfied and I can now educate my daughters and take care of them. I have also saved money for their further education”.***

SIDS Nepal is working to empower women and enhance livelihood of rural youth, women and marginalized target groups to access market and financial improvement. SIDS Nepal closely looks the income potential in vulnerable households and enables them to a pathway out of malnutrition and poverty through empowerment and local ownership. SIDS has supported 23 households with piglets benefiting them with increased income for education and nutrition of children.





*Photo 1 : Sunkoshi S4T*

### **One for many, many for one**

#### **Sunkoshi S4T Group**

Sunkoshi savings for transformation Group is one of the S4T groups inducted by Sindhuli Integrated Development Services (SIDS) Nepal. There are a total of 29 members in Sunkoshi S4T. S4T group contributes to women's social and economic empowerment, household resilience, and social cohesion. Before the establishment of S4T groups, the community people had no access to banking services. No habits of regular saving were found in community members. As a result, people had to suffer huge financial hardship during medical or any crisis. They had to take out a loan at huge interest, driving them towards poverty. Due to the lack of banking services, the income generated by the community was not sustainable as they could not save. All money was eventually spent on household expenses.

With the aim of financial inclusion for all, SIDS Nepal has supported the establishment of S4T groups. For sustainable financing, S4T groups have played vital roles in financial inclusion in the community. SIDS has supported S4T groups with passbooks, stationery, S4T facilitator, etc.

Sunkoshi S4T groups is actively functioning since day 1. All the members save weekly and the S4T group members happily share how this has established regular saving habits. Every week, all members meet on the riverside and save and buy shares of S4T groups. Each share costs Rs 10 and a member can take a loan 3 times the number of shares they have bought. One S4T member said ***"I am happy to be part of the S4T group. A few days back, I had taken a loan from my S4T group for treatment of my daughter. I needed money and the money that I have been saving for weeks came in handy during the crisis."***

Many community people were hesitant at first to join S4T groups. Now, many community people are willing to join S4T groups because of its benefits. Existing members of S4T groups are determined to continue these saving groups for future. They are thankful to SIDS Nepal for induction of S4T groups and making easy access to finance in community.



***Photo 28 : Member of S4T group attending meeting with her child***





*Photo18 Padam Kumari and her pigs*

### 3 piglets for success

Padam Kumari

*Phikkal-4, Salleni*

Padam Kumari, a farmer from Phikkal is making profits from pig farming. Age is just a number to Padam. At 54, Padam serves as an example to the people she leads by engaging in profitable pig farming. She is a grandmother to 2 of her grandchild. She along with her son and daughter-in-law have a wish to educate their children and secure their future. She started her pig farming with 3 piglets and construction materials for sty supported by Sindhuli Integrated Development Services Nepal (SIDS Nepal).

Padam Kumari rears pigs for breeding as well as meat production. While a live pig can be sold at NRs. 500 – NRs. 600 per kg, the packaged meat can fetch up to NRs. 900 per kg. The merchants purchase live pigs from her. A pig weighing 30 kg can be sold at NRs. 20,000-30,000. She has sold 1 of her pig in NRs. 33,000 from which she bought 2 piglets worth NRs. 10,000 and saved the remaining amount for her children. She says ***“We are very satisfied with the income that has been generated. I can now spend some of the money on the education of my grandchild and save the remaining in the cooperatives for the future need.”***



*Photo 19 Padam Kumari outside of the pig shed*

“Earlier, pig farming was a taboo in society and people were reluctant to adopt it. Now, I feel the profession is noble as a hard-working farmer can earn much more than in traditional farming. My son also assists me in this now,” says Padam.



*Photo 20 Padam kumari along with her family members*

**“Now we can spend some of the money in the treatment of children if they fall sick. They can now have nutritious food. We are also planning to sell one pig in the coming Dashain festival so that we can have some money for the festival”, says Padam.**





*Photo 21 Pandav in his tailoring shop*

### **Sewing his success**

Pandav,38

Phikkal-5, Panchankanya

In Feb 2022, Pandav established his tailoring shop with the help of Sindhuli Integrated Development Services (SIDS) Nepal, which is located in Phikkal-5. He had sewing skills but did not have a sewing machine. He was supported by SIDS Nepal with one sewing machine, motor, scissors, and an iron. Raised in a family with financial hardship and no higher education, he used to spend his days at home doing household chores and taking care of cattle. But after the support, he is generating income for his family.

He earns an average of 500-1000 daily. He is very proud of himself and says **“I had skills with me but I did not have enough money to buy a machine. I used to think I can never fulfill my daughter’s dream and used to feel guilty about being unemployed”**.



*Photo 22 Pandav measuring the clothes in his shop*

He has also saved his earnings for further education of his daughter. Some of the money has been saved in S4T groups for future expenses, and he has been saving a few of his earning in a corporative. The fact that he is now employed and can spend money on his daughter in their education has made him a very proud father.





*Photo 23 Pandav ironing the clothes*

He usually works alone in his tailoring shop but seeks support from his wife during busy days. He says ***“Whenever my daughter asked me money for stationary, I could not provide it at that time but I can now. I have admitted my daughter to a renowned school wish that my daughter gets enough education so that they would not suffer like me in the future.”***



*Photo 1: Supported Pig out for grazing*

Bhim Bahadur ,32

Khangsang , Phikkal

Bhim Bahadur, aged 32 has five members in his family. Being a farmer, he used to spend all his time and effort in agriculture. However, the productivity was low which was just enough to feed his family. With no sufficient income, he was being slowly trapped in debt. Although he realized the importance of education, he couldn't enroll his children in school due to his financial hardship. Even though he was engaged in agriculture for a long period, his traditional approach limited his earning. Despite his hard effort, he was unable to uplift his status of living. He doubted his ability to provide his children with good education and health.

Sindhuli Integrated Development Services (SIDS) Nepal is actively supporting in rural area of Sindhuli for promoting education and sustainable small enterprises. SIDS Nepal also supported Bhim Bahadur with 3 piglets and necessary construction materials for improvised sty.

The support from SIDS Nepal helped him earn around NRs. 20,000 per season which is enough to take care of his household expenditure. Initially he started his pig farm with 3 piglets and



he now has increased the number of pigs to five. His typical day starts in morning around 5 am where he cooks feeds for pigs. After feeding his pig, he finishes his household chores and cleans sty. He also feeds them on a diet and promptly treats any illness in pig. He has dedicated his full time in pig farming. He plans to expand his pig farming as he is aware of huge market potential for pork products.



He happily shares how the support from SIDS Nepal has radically uplifted his livelihood. With new found stable income, he happily spends it in his children's education and other basic needs. He also saves money in a regular basis.

SIDS Nepal ensures building secured livelihoods in most vulnerable families through technical guidance and support. SIDS Nepal has supported piglets to 23 families in need and encourages the production of organic produce as a source of income.



Photo 29





Photo 30

Figure 24 Rashmila with her cattle.

**Some people dream of success, while others wake up and work hard for it.**

*Rashmila, 34.*

Golanjor – 6, Baleni

For many years, 35-year-old Rashmila who lives in Golanjor of Sinduli tried farming goats but could not succeed. She lives in family with a husband and three sons. Her husband could not pursue higher education with no job prospects which left them struggling with financial hardship. All of her children go to school and the couple are busy taking care of the goats. She hoped to educate her children in a renowned school but struggled with fulfilling their basic needs.

Under Nutrition and Resilient Livelihood Technical Program (NRL TP) project, Rashmila was supported by SIDS Nepal with 1 goat of Boer breed along with essentials needed to build a shed which includes, cement and tin plate. Apart from that, Rashmila and her husband were also participated in a training program by SIDS Nepal related to animal husbandry. She was able to gain knowledge of modern animal husbandry through the training. Before that, she had a shed that was built on a traditional method. She says: **“Before the training I had no idea of modern animal husbandry. I used to keep my goats under the shed but on the floor due to which, I had to lose many of them.”** Rashmila has been using the boer goat for breeding. Along with the training and the boer-goat, she has been earning a satisfactory amount. In a timespan of 1 year, she has sold 4 goats which earned her a profit amount of

NRs 80,000. She says, ***“I am very satisfied with the result and the income. I can fulfill my children’s basic needs and educate them.”***



***Photo 31 : Rashmila with her sons***



***Photo 32 ; Rashmila youngest son with Boer-goat***

Now it is easier for her to spend on daily expenses. Along with that, she is happy that she can now fulfill needs of her family. After earning, Rashmila has bought insurance plan for her elder son. She has also saved some of her earnings in the cooperative for the further education of her children. Rashmila has a vision of earning more from the goats and saving income while spending some of them on basic needs. Rashmila is a dedicated and passionate worker in animal husbandry.

SIDS Nepal works with the most vulnerable families enabling them with alternative livelihood opportunities. SIDS have supported Rasmila and 78 other families positively impacting their lives ensuring protection of children and access to education and nutrition.





*Photo 33 : Sabina feeding her boer goat*

Sabina ,32

Solphathana-5, Phikkal

Sabina is from a rural part of Sindhul who had been engaging in goat rearing like many farmers in her community. Due to her little knowledge of goat rearing and poor farming practice, she was struggling to generate a decent income from it. With limited income sources, it was hard for her to manage the upbringing of her child and fulfill the family's basic needs. She could barely continue her goat rearing due to increasing loss. She spent most of her time in goat farming but the results were not in her favor. In every batch of goats, a few goats died prematurely due to sickness. She was very much worried about her children's future and was uncertain due to her financial hardships.

Sindhuli Integrated Development Services Nepal (SIDS Nepal) have supported Sabina with a boer he-goat. Boer goat are the exotic species of goat that are characterized by rapid weight gain, carcass quality, hardiness, and docility compared to local breed. They yield high meat quality and income to the farmers.



*Photo 26; Sabina with boer goat*

After support of SIDS Nepal, Sabina has transformed her livelihood and her life style. She also received training about taking care of goats and improve her goat farming. She has constructed goat shed by herself and started to rear goats on improvised style. She now dedicates all her time in taking care of her goats. A typical day of her starts with feeding goats and cleaning shed. She is impressed and happy with the growth of boer goat. There is a market for mutton meat and so lies ahuge opportunity to Sabina for income generation. She feels like her effort has paid off as she could generate decent income out of it. With some funds in hands, she now has enrolled her son in school. She also regularly saves in S4T saving groups to be ready for any unforeseen expenses.

The goat rearing training that she received also helped her to protect her goats from improper feeding techniques and illness. She is determined to expand her goat farm and provide fresh products in community.

SIDS Nepal continues to identify vulnerable women like Sabina and hopes to empower women through income generation activities and sources. Till date, 78 families have received similar support of boer goat to transform and uplift their livelihood.





*Photo 27: Goat shed*

Sahara S4T Group

Sani , Tinpatan 5

Sahara S4T group was formed among the families of registered children in Sani Area. Due to the lack of banking services in the area, people didn't have saving habit and were financially excluded. They could not save money to provide the very basic needs for children such as food, health care, and education. During the catastrophic events and crisis, people used to take loan at higher interest, further hardening their financial status. Many people were in debt and it further worsened the status of living. The financial hardship made the availability of basic health needs uncertain.



SIDS Nepal have inducted Saving for transformation groups (S4T) to develop financial self-dependence and economic empowerment to overcome poverty and income inequality to the vulnerable families. Community people set up their own groups which enable them to save money together in small amounts and lend to each other when needs arise, such as family members’ illness, children’s education, and falling income.

Sahara S4T group consists of 24 groups where every member deposit their money in weekly basis. On an average, a member deposits Rs 50 buying 5 share worth. As part of economic inclusion, the needy ones can lend money in case of emergency.

***“My child was sick and was in big need of money. Luckily, I was able to take out loan immediately from my S4T groups and treat my child promptly. If there was no S4T group, I could have been in huge debt by now”, shares a member.***

Every members of this group are positive about S4T and are determined to continue this saving group for future. Sahara S4T groups has led development interventions, contributing



to women's social and economic empowerment, household resilience, and social cohesion. Community members are attracted towards the S4T groups and are adopting the concept of micro financing and regular saving. The members are motivated in continuing second cycle of saving groups.

### Srijanshil Health Mother Support Group

Limited access to health services and education has become a serious issue in rural Sindhuli. Common diseases and illness have become life threatening without the knowledge of minor diseases and preventive measure. It was a huge problem since new mother and small children were more vulnerable because they lacked the knowledge for proper child feeding and caring techniques. This resulted in increasing number of malnutrition cases in the community which concerned community members, mothers, health worker and stakeholders.



*Photo 34 : Attendees of HMG group*

Sindhuli Integrated Development Services Nepal (SIDS Nepal) identified this problem that was deep rooted in the community and supported the platform led by Female Community Health Volunteer (FCHV) and engaging mothers of the community. HMG is a strategic educational approach to intervene child illness and aware community members about health education. Every month, mothers from the community gather in the presence of FCHV's and discuss health-related information that can improve community health status and prevent illness.

Srijanshil health mother group is the HMG of Khurahari comprising of 23 active members. Led by an FCHV, the mothers meet monthly to discuss and solve the health issue in the community. During regular meeting, FCHV shares health message on various health issues,



teaching members about problem and its effective solution. They actively participate bringing up their doubts and confusion on discussion sessions. Community members duly follow the health message that they learn in health mother group.

***“Few days back, we had discussed how to take care of cold in children. I used the methods on my sick child which helped my child to recover from illness. Being a part of HMG has really helped”, shares a member. ”***



Photo 35

HMG have spread positive impact on the community. Srijansil Health mother group actively participates in community and shares their health learning with community members. Srijansil Health mother group usually discusses about child care, child feeding, maternal care techniques, breast feeding techniques, personal hygiene and more issues. After the induction of Srijanshil health mother group, people are now aware about child health problems and empowered to overcome these problems through organized community effort. The nearest health service center is one hour walk from Khurahari making health service hardly accessible. HMGs have played a huge role to provide community with health knowledge and overcome their health needs through education. Presence of HMGs have significantly reduced the incidence of child diseases in the community ensuring proper child care.

SIDS Nepal is utilizing Health Mother Groups (HMGs) approach where Female Community Health Volunteers (FCHV) are trained and engaged to provide maternal and child nutrition support to pregnant and lactating women in the community ensuring healthy mothers and child in community.



Photo 36

*Figure 28: Kumari back after grazing her goats*

### On the way of becoming self-dependent

Kumari , 32

Dudhbanjyang

Kumari, with a family of six, resembles the typical marginalized family of Sindhuli. She has no regular source of income but has to support 4 children and their needs during their upbringing. With no skill, ancestral land and income opportunities, it was hard for her family to survive. She could not provide basic need such as food, education and clothing to her children. She was worried about her children's future. She was engaged in simple agriculture with very low productivity which was just enough to feed her family.

UnderNutrition and Resilient Livelihood Technical Program( NRL-TP )project, Sindhuli Integrated Development Services Nepal (SIDS Nepal) supported her with 3 baby goat and necessary items for construction of shed such as roofing sheets, cements, etc. Additionally, she also received training for goat rearing for proper guidance for goat farming.





**Photo 29: RC's helping their mother to take care goats**

Right from early morning, she begins to feed her goats in her farm. After finishing her household chores, she takes them for grazing in nearby forest. Meanwhile, she also collects grass and firewood for household use. At evening, she cleans goat shed and ties them accordingly. She has doubled the number of goats that she had received from SIDS Nepal. She has been earning good from goat farming as one goat can be sold up to NRs 10,000- NRs 12,000. With this much income now, she can send both her children to school for education. She also saves money on a regular basis for future use. She says, ***"I was always worried about how I will educate my children. Thankfully after help SIDS Nepal's support, I am no longer worried about it."***

She now has become economically stable and can provide her children with books and pencil in time. She feels blessed and is determined to sustain her goat farming through hard work.

SIDS Nepal has aimed to ensure the empowerment, life improvement of Dalits, ethnic and pro poor groups, particularly women and children in the main stream of development by enabling them to fulfill their basic needs in their own efforts, initiation and participation. SIDS Nepal has been working with poor family like of Kumari to ensure social protection, livelihoods promotion, financial inclusion, and social empowerment at household level.



*Photo 30 Thed Bahadur with his mill machine*

Thed Bahadur,

*Tinpatan-4*

Thed Bahadur is a father of two daughters, a husband, and a son who belongs to a remote village of Sinduli. The districts are surrounded by rural villages. Farming was the primary livelihood of the family and rice is the main crop for them. He had a farm and wished to have a mill so that the money was spent on the hulling. In Sinduli, there were very limited rice mills earlier. People had to walk at least an hour from the village to get paddy and get rice from the factory. Sindhuli Integrated Development Services Nepal (SIDS Nepal), after realizing the needs of villagers, helped the villages with a mill machine. Thed Bahadur was also one of the receivers of the support.

It was a huge change in Thed Bahadur's life after getting the mills. He says ***“Before, I had to travel for 1 hour for hulling. After receiving the machine, I can save so much of my money and also earn enough for the education of my daughters”***





**Photo 31 Thed bahadur milling maize in the hulling machine**

Earlier he used to earn a very limited amount of money doing farming but today he earns NRs. 5000 – 6000 per month, a portion of which he saves in a corporative for her daughters. He has also enrolled his elder daughter in insurance with a yearly installment of NRs. 15000-2000.



***Photo 32 Mr. Thed Bahadur doing his daily activity in the milling machine.***

He says ***“Last year, I used to earn a very limited amount and when my daughter asked me for school fee, I had to make excuses because I had no money left in my hands after buying some basic stuff for home.”***

He is now able to save money for the further education of his daughter. He wishes that both of his daughters have a higher degree along with a secure future.

SIDS Nepal has helped 78 families to establish combined mill in total to improve family status within come adequacy, security and promoting SME's in community to ensure community ownership and long-term sustainability.





*Photo 1: Two school children reading health messages on Wall Painting*

### Spreading waves of health education

Health education is not well developed and flourished in rural parts of Sindhuli. Due to low literacy in the region, health education and communication are still inaccessible to many people. Human resources for health are the only source of information. Due to limited health workers, health education is not widespread in the community. Though many targeted health awareness campaigns have been running in the past, they couldn't communicate health education messages in the community effectively. Similarly, the burden of malnourishment and maternal health problems were still prevalent in Sindhuli. New mothers were unaware of child feeding and caring practice leading to deteriorated health condition of their newborn.

Sindhuli Integrated Development Services (SIDS) Nepal understood this gap in health communication and has acted to spread waves of health education in the community. SIDS Nepal has painted the wall of various health service centers with positive health messages. Wall painting is a form of effective diagrammatic health education media that can be used to relay the message to the community about health education. Wall paintings are bright and attractive that can grab the attention of anyone passing by.

SIDS Nepal has painted the walls with health education messages promoting proper breastfeeding methods and handwashing techniques. Due to the attractive and appealing

nature of wall paintings, many community people read the health messages and understand the importance of health. New mothers, Pregnant and Lactating Mother, and women visiting Ante Natal Care read and learn the health message from the wall painting and follow proper breastfeeding techniques. One of the women shared **"I was visiting Primary Health Center for my checkup and on my way in, the painting of mother on the wall caught my attention. I read the messages on the wall and learned about the need and importance of breastfeeding."**

Being painted in prime locations, health education has become much more inclusive and accessible to the community. Small children now follow hand washing techniques as demonstrated in wall painting uplifting their WASH standards and personal hygiene. New mothers and small children are much more benefitted from wall painting. New mothers are now aware about importance of breastfeeding technique while other community people learned appropriate hand washing techniques.



Photo 2: Mother visiting health post reading from wall painting



SIDS Nepal focuses on health related intervention promoting healthy lives of child and childhood diseases management in the community.



Photo 33: Wall painting exhibiting proper hand washing message





*Photo 34: Narayan washing face on tap constructed by SIDS NEPAL.*

### Water, a new hope

Narayan,13

Dudhbanjyang , Golanjar

Narayan resembles hundreds of families living in the rural area of Sindhuli who have been facing scarcity of clean drinking water for decades. Families like Narayan depend on the Dudh Khola as their water source for drinking and sanitation. Using water directly from the river was a big health threat to the community due contamination by pathogens, debris, and others reasons. As per WHO, about 80% of the diseases are associated with contamination of water. Narayan shares that his family members and community members often were infected by Typhoid, Cholera and Diarrhea, mainly in monsoon seasons. Narayan used to spend majority of his time to fetch water from river which was also affecting his studies.

In compliance with the Sustainable Development Goal Number 6: Clean Water and Sanitation, Sindhuli Integrated Development Services (SIDS) Nepal has constructed water taps providing access to safe drinking water facilities in the community. Realizing the real need of the



community, SIDS has given water pipes, taps, cement, and other construction equipment to needy families like Narayan's. The tap construction project has shown immediate positive impacts on the community.



*Photo 35: RC's mother collecting water on Taps*

The access and 24-hour availability of clean drinking water has increased cleanliness habit of Narayan and his family. His family now uses water for daily activities such as bathing, washing clothes, drinking, and cooking. Also, there has been less incidence of waterborne diseases since having access to clean and safe water. With 24 hours of uninterrupted water source, his family has been using water for agricultural irrigation too. He is now able to utilize his time for his study and homework that was spent fetching water from the river.

SIDS Nepal is actively working to eliminate water related to poor hygiene practices and lack of access to basic and quality health services including Water, Sanitation and Hygiene (WASH) facilities that is the major cause of frequent diseases in children in Sindhuli.



*Photo 36: RC in his house*