

CASE STORIES



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Technology: A boon for production



Bipin Danuwar is 39 years old and lives in Battar, Bhimtar of Sindhupalchowk. He lost his home to the destruction brought about by the 2015 earthquakes and their aftershocks. Bipin and his brother used to work as laborers to meet the economic needs of their seven-member family. Altogether, they have got four ropanis of land, 2 ropanis are irrigated and 2 ropanis are non-irrigated. The produce of the subsistence farming fed the family for 9 months. The other three months of the year, the family relied on the consuming through purchases from the market, which was made possible through hard labor income. The pressure to provide for the daily needs of the family meant that despite harboring ambitions of engaging in commercial businesses, to uplift the standard of living of his family, Bipin was unable to do so.

The situation changed dramatically after the earthquake. During their desperate predicament following the earthquake, SAPPROS Nepal in partnership with CAFOD & Trocaire, arrived at the village with the intention of implementing the

“WASH Integrated Livelihood” project, aiming to rehabilitate those most severely affected. A self-help group (SHG)- Nageswori SHG- was formed. Trainings on high value vegetable farming, using affordable technologies such as poly house and tunnels, and simple irrigation techniques such as drip irrigation, were provided to the SHG. Bipin was a member of the SHG and applied the lessons from the trainings into practice, with monitoring and guidance from SAPPROS-Nepal.

In a single season of project implementation, Bipin was successful to earn a total of NRs. 100,020 from the tunnel and the open farming. He often expresses his satisfaction over present earning for being able to meet household expenses. Besides, he has started a good saving in a cooperative as well. He says, “It will be better if youths like us, start stay and work effectively in Nepal rather than enjoy being a slave in someone else’s country. Youths like me, used to feel embarrassed to take up any work considering their education level, but the truth provokes none of the work is regarded as small. If we work hard in our own country, we can harvest gold in our own fields. I can proudly say that our livelihood has improved since SAPPROS Nepal came into the picture and all the thanks go to SAPPROS Nepal.”

Initially, he was involved in cereal crops only but started high value vegetable farming using the kitchen garden approach. He says, “The organization taught us every minute detail ranging from nursery establishment, cultivation practices of vegetables through necessary training.” The results can be seen spectacular and that’s why he was provided with a poly house. He expresses, “Now, I am very much happy as tomatoes are growing effectively under the poly house. The productivity is many folds than that of cereal crops.” The results encouraged him to multiply another poly house. This time, he has invested his own income. He says, “I am looking forward to expand my business. I do not have more land however I started working with the effective poly house technology for vegetable farming. I am satisfied with production and its income.”



A journey towards prosperity!



Dambar Singh Tamang is 47. He is responsible for the economic and social wellbeing of his wife and their three children. He is the bread earner of the family. Hailing from Salme of Kispang Municipality-4, Nuwakot, Dambar used to earn liquid assets, i.e cash, through labor work and fed his family through subsistence farming. While these were already not sufficient to even maintain a dignified standard of living, the earthquakes of 2015, took away from the family every ounce of respectability they had left. Their home of meagre means and agricultural land were completely destroyed and they were left to live a desolated life.

Dambar claims that he feels blessed and lucky that before his family and him had given up on continuing live in the village, SAPPROS-Nepal arrived to implement Samaritan's Purse's livelihood project. The project provided training on polyhouse construction, seed distribution, green house management training, IPM training, and construction of irrigation canal, through the self-help group (SHG) Kibut Hop. After the training SAPPROS-Nepal

assisted the members of the group to put into action the ideas of the training, and monitored and guided them during the process. Dambar Singh was a member of the SHG.

He started his family and his own economic and social remedial process by constructing a polyhouse. It was the first time, despite years of subsistence farming prior to the earthquake, that he was conducting farming using a scientific approach. To add to the polyhouse, he constructed and installed, with support from SAPPROS-Nepal, a drip irrigation system on his farm. He planted 110 seedlings inside polyhouse, which delivered results within 3 months. He cultivated approximately 90 kg of tomato for the season. He sold it for NRs 50 per kg in the village itself, earning him a total of NRs. 4500/-. The next season, he sold his tomato produce in the district market, in addition to selling in his own village. This time he sold a total of 180 kgs of tomatoes.

Dambar told us that now he can easily handle his family. He is also engaged in potato farming now and hopeful that his income will keep increasing. His ambitions have increased. In addition to commercial farming on a larger plot of land, he is engaged in kitchen vegetable gardening, where he cultivates different vegetables such as cauliflower, cabbage, okra, peas, onion, garlic and potatoes.

He plans to multiply at least three more polyhouses to expand his commercial activities.

He says that if we could apply all knowledge in our lives that we receive from trainings, then there will neither need labor works nor need to go abroad in search of foreign employment. We can prove this soil is most fertile and provides adequate earning opportunities for the family and all.



Undeclared wishes



Ms. Harina Balayar, 65 years old is active group member of Lata Farmer Group of Latamandu-8. There are 5 members in her family. She, alone, does all the domestic chores. She has 3 ropanis of land which used to be used for seasonal crop cultivation. Before the implementation of the Anukulan/BRACED project in her area, Harina used to only cultivate rice, wheat, maize, and millet on her land. This was not sufficient nutrition and food security for her and her family members for 12 months. Like many other farmers in the country, Harina depended on the monsoon rain for agricultural production and like many of the other similarly dependent farmers, the dependency was an obstacle for her to conduct vegetable farming. Her and her family's living standard was below the level of poverty. In case she did garner the guts to practice agriculture at any other time than monsoon, she needed to collect water from Tusyani Khola, which was 4-5 hours way from her house.

The newly installed MUS has now brought water directly to her farmland. Hence, the time she would

have spent collecting water from the khola or not even conducting any cultivation is now utilized conducting vegetable farming. Prior to this version of farming being implemented, the family used to buy vegetables from local market but the options were limited. Now after starting vegetable farming her garden, after receiving training for the Anukulan/BRACED project the family's

choices of vegetables are aplenty. She says that nutrition class motivated her to have fresh vegetable for good health, which was only possible if produced in own land.

After her training Harina started utilizing 0.5 ropanis of her total land for vegetable cultivation. She was the first farmer to use polyhouse in her community for off season tomato production. Now the same polyhouse acts as a cocoon for tomato, leafy vegetable, onion, radish, potato on her farm. She has started earning money by selling vegetables and has admitted her grandson into nearby boarding school. Fresh vegetables produced in her own land has helped her to maintain her health and to increase her income. She plans to move towards full-fledged commercial production, from the present state of kitchen vegetable garden. She plans to increase the number of polyhouses she has to two and use other climate smart technology.



A hunger for success



Fikuri is one of the most rural areas of Nuwakot. The VDC is located in ward no 2 of Kispang Rural Municipality. Santumaya Tamang is a representative rural farmer and an inhabitant of Aambotey cluster. She has been producing vegetable 3 farming and the sales of the produce are her main source of income, which help her run her livelihood and meet all financial problems of family. She lives with his husband, who is also a farmer, and three sons.

The present state of Santumaya and her family is a far removed picture of a peaceful family compared to the financial troubles they faced prior to the arrival of SAPPROS-Nepal with funding partner Samaritan's Purse and CBM. There was a time when to meet the financial needs of the family her husband worked hard labor in foreign countries, risking his life and his family's mental health especially because he has a physical disability of his hearing senses.

On January 9, 2017, a self-help group was formed in Fikuri, with the name of Laganshil SHG. Santumaya became a member and one of beneficiaries of the project. She was interested in conducting vegetable

farming and the project supported her for the vegetable farming with tunnels, seeds and agricultural tools and she initiated commercial vegetable farming on her land.

She recalls "I am very glad to be a part of this organization; I was really frustrated with my life. I have a husband who can't hear, I have a son who is mentally disturbed. And one son is in school. One day SAPPROS staffs came and told me about the project activities and I was really happy. I made a decision to be a member of the SHG and work as a farmer. Then I made one polyhouse with guidance of SAPPROS staffs, and started to plant off-seasonal vegetables. I also got good varieties of tomato. SAPPROS provided materials for the poly house construction, seeds and other some of the agricultural equipment. I also contributed about 10,000/- rupees towards my polyhouse. We, husband and wife, are now involving in vegetable farming. Annually, we produce around 1,500 kg of tomato and sell in the market. SAPPROS-Nepal provided me with 8 kgs of good variety of pea seeds. I cultivated them in my field and from there we have harvested good income. The production is increasing every day and also receiving the better market rate."



Santumaya is cultivating high value vegetables on 2 ropanis of land and in one green house. With the income from the vegetable farming, she manages the day to day household expenses and educational cost of her younger son. Santumaya says "I will construct more polyhouses and transform my present farming into a large scale and good agricultural business. I will also produce seeds of peas to supply to agro vets and others in the village. I will practice organic farming. Subsistence farming will not improve our life; we should do commercial farming. I am ready to be the example so that remaining all will follow us."

Strong mindset establishes the dignity



Sukra Bahadur Tamang, 30, lives in Gaurighar, Tinpute-7 in Sidhupalchowk district with his three-year-old daughter and wife. At the tender age of two, Tamang lost his four toes when he fell down from field that affected his ability to stand and walk independently. His parents took him for checkup but all in vain. The geographical boundaries and fragile economic conditions brought a lot of woes in Tamang's life aftermath the injury.

Tamang lives in the top of the Sindhupalchowk district, one of the worst affected districts of 25th April earthquake that occurred two years ago. People still live in makeshift tin sacks that they call home and gradually moving towards recovery. But, the scars still remain.

Recalling back those dreadful days, Tamang says, "It took only 15 minutes for person without a disability to reach the school but for me it was more than two hours of difficult walk. My sister took me to school until I was in fourth grade,". Unable to buy crutches, he then started walking by his hands and feet. "It was the toughest journey of my life,"

Tamang adds. After years of struggle, his happiness knew no bounds when Tamang's father brought a pair of crutches. His mobility improved and he decided to continue study. However, Tamang failed in his tenth standard and decided to leave school. After few years, Tamang lost his mother and father. Misery added when his house was completely damaged by April earthquake that occurred two years ago. The family had pooled their earning to build a two-story house. But, their house was damaged when the quake hit and they were left with nothing.

The life of Tamang has changed now. He is a part of CBM's disability inclusive livelihood program being implemented in the district by CBM partner, SAPPROS Nepal. A week-long training on integrated nursey and a poly house in the village has helped Tamang to upgrade his living standard and be productive at the same time.

Tamang now grows thousands of saplings and produces vegetables. "I sell saplings and vegetables within my community and local shops and earn Rs. 76,000 annually." he smiles.

He adds that that the road that leads to his house has been made accessible by removing the barriers and making him easier to walk. He now leads 'Paurakhi Krishak Samuha' a self-help group that comprises a member of 11 people and helps the local community people in agro based farming and livelihood activities.

Tamang is the first person with disability in his community who is challenging the mindset of people that if given an opportunity can set an example. He now wants to continue the job and says being able to eke out his daily life and economic empowerment has been the biggest change in his life.

"I have used my own land to grow vegetables and this make me happy," he adds. Since he started the nursery, Tamang has been a source of inspiration and the villagers appreciate his hard work. "Thanks to SAPPROS Nepal and CBM. I now live a dignified life and feel respected. The negative attitude towards persons with disabilities has been changed," he adds.

CBM works with SAPPROS Nepal by providing livelihood opportunities and believes that access to livelihood support is fundamental in ending the cycle of poverty. CBM now aims in increasing market access and enchanting technical knowledge and skills of locals on farming.

Ignored stone upturned



The Lata farmer group of Latamandu VDC-8, Muthpora is comprised of 23 members. Before any intervention, the members of the group were solely reliant on the Tusyani khola or Seti river, which are four to five kilometres away from the village, for their water supply. In other words, the members of the group would have to walk four to five kilometres every day to fetch water. In addition to there being a problem in supply of drinking water, this meant that there was close to no water for irrigation purposes.

Presently, the majority, physically present at the location, of the population of village, are women. The majority of the men are pursuing employment opportunities in the Gulf States and India. The outflow of men coupled with the lack of efficient water supply meant that even the cultivable land was left barren and their condition was deteriorating. The remittance inflow was being used simply for consumption, thereby increasing demand, which in turn led to increment of prices. The scope for growth, in living standards, through remittance inflow had been nullified, and even regressed because the

rising prices meant the population had to resort to taking loans to maintain their consumption side livelihoods. It is to halt the slide into despair, of the population, through these regressions that the Anukulan/BRACED, with concurrence and acceptance from the population, was implemented in the village.

After a feasibility survey, conducted by a specialist on irrigation, a multiple use water system was constructed, which, through machines, hauled water from Tusyani khola, and supplied it directly to the village, through pipelines. The system included supply lines for drinking and cleaning water, in homes, and irrigation. The system supplied water, for irrigation purposes, to fifty-six ropanis of land.

As part and parcel of the project, an agriculture technician trained members of the Lata farmers group on the methodologies and processes of vegetable production. The training was tailored to teach the participants according to their size of land. Hence, those with smaller plots of land learnt how to grow vegetables in home gardens and be sustainable. Others with larger plots of land learnt how to cultivate off seasonal crops to be sold in the market. For both kinds of beneficiaries, training on post-harvest and irrigation activities were provided. The beneficiaries started cultivating and consuming vegetables such as pumpkin, cucumber, tomato, radish and onions, leading to a massive decrease in demanding and consuming from the market, and instead supplying to it. Six of the members of the group have initiated commercial farming, with the rest engaged in sustenance farming, which they were not engaged in prior to the installation of the MUS and provision of the agriculture training.

In addition to the efforts of the beneficiaries themselves, applause should also be bestowed upon the district agriculture office who ensured the availability and supply of plastic greenhouses some of the beneficiaries, making the process of initiation of commercial agriculture efficient and possible. Barren land has been converted into productive land and the beneficiaries have earned 1-1.50 lakh rupees. They plan to expand the cultivable land by 10 ropanis and increase the number of plastic houses to 12.

Regaining unprecedented history



Forty-year old Hari Danuwar from Peepaltar, Bhimtar VDC is a person with physical disability. He uses wheel chair for his mobility. He lives with his wife and blessed to have a daughter and a son. He has a very supportive family. Till the year 2062, he was living happily with his family. He used to run a food processed mill in his village and was earning a good income to feed his family. One day, while working inside the rice mill and electricity went off suddenly. He tried to fix the transmitter, unfortunately he got electric shock and fell on the ground. He was taken to big hospitals in the capital city including BNB hospital, Spiral, Sahara Care home, Kathmandu for his treatment. "I have no sense of feeling up to 3 years," he recalls. His economic condition started getting worse as there was no one to earn their living. However, his wife supported the family struggling hard whole day in the farms for fulfilling basic necessity of family. As they were struggling with their life, earthquake further devastated life in April, 2015. He says, "We were homeless after earthquake but somehow manage a shelter in a small temporary hut."

Danuwar was searching for income generation activities that he could also support his wife being confined in the wheelchair. In the meantime, SAPPROS Nepal in partnership with CBM is implementing Disability Inclusive livelihood program in his village. His wife became member of Aapkhola Agriculture Self-Help Group (SHG) and start saving money monthly in SHG. Also, in consultation and decision from the group, he was supported with poultry shed as income generation activities. He had taken loan from a local landlord to purchase 500 chicks. "I am very happy with the support as I can also help my family," he smiles. The shed has been made technically accessible and he can take care of chicks by roaming around the shed being in the wheelchair. "3 days training organized by SAPPROS Nepal on commercial poultry farming provided me enough ideas to rear poultry," he adds. Mr. Danuwar has earned Rs. 60,000 from selling 900 chicks within 6 months' period. Now, he has kept another 600 new chicks in poultry shed. He sells the chickens to the same chick supplier of Kathmandu. He says, "It is easier to tackle problem associated with poultry as I can seek help from veterinary doctor whom I met during the training."



He has used income for running his daily life and also, he is planning to use his income for vegetable cultivation in a plot nearby his home for generating extra income. He adds, "I wish to provide quality education to my children by earning more money."

"I am thankful to SAPPROS Nepal for supporting me in rising again. I am satisfied with my work and I will continue this business with the support of my family in the days ahead," he says.

Turning towards Sustainable Livelihood



Mrs. Kanchhi Tamang-41 lives in Kispang rural municipality-2 (Fikuri VDC), Nuwakot. She has four children and a husband, who works in Qatar. In addition to these immediate family members, Kanchhi also look after her parents.

The earthquakes, and their aftershocks, of 2015 were devastating and extremely disturbing for Kanchhi and her family. The family was brought to the roads, their home destroyed and their source of income- a piece of agricultural land- in ruins. Access to markets and any other services were blocked by destroyed roads. A decrement in occurrence of aftershocks, to the point where it was no longer unnerving, provided Kanchhi and her family with the confidence to construct a temporary shelter. The family has been living in the shelter for two years now.

Around December 2016, staffs from SAPPROS Nepal started implementing, the CBM funded, disability inclusive livelihood project in Kanchhi's VDC. An inclusive Self Help Group (SHG) named Ambote Krishak Samuha was formed with 17

members. Kanchhi Maya and 4 other persons with disabilities participated in the project through the SHG. During discussions, Kanchhi discovered the range of options of activities that she could pursue. She decided to pursue commercial vegetable and livestock farming. She requested assistance to do so and she was provided with tunnel plastic house and improved combined cattle and goat shed.

After receiving training on the methodologies of vegetable farming and commercial livestock rearing, Kanchhi Maya planted tomatoes in two plastic tunnels and potatoes, peas and chillies in open farm land. She is also rearing five goats and two buffaloes.

Within six months of engaging in these activities, Kanchhi produced and sold 600 kgs of tomatoes, 100 kgs cauliflower and 200 kg chilly- totaling an income of NRs. 1 lakh 50 thousand. In addition to the income Kanchhi is helping in climate change and food security by using as little chemical pesticides as possible on her farm. She has also learnt about the production of bio-fertilizer and bio pesticide provided by SAPPROS Nepal, enabling her to utilize the organic substances rather than chemicals. She uses the cattle urine and dung, bio-fertilizer (Jeevatu) and bio pesticide for organic vegetable farming. Recently she has initiated the use of waste decomposer to further increase the organic material used in vegetable production. She has been able to meet the daily household expenses and the education cost of her children through the sale of vegetables in the market. The income is also assisting her to repay the loan she has taken for the construction of her home.

Kanchhi is an active member of the SHG. She does advocacy for the persons with disabilities and their family members, and their rights. She is ready to provide every type of support to persons with disabilities.



Still miles to go...



Sanukanchi Rana Magar, a 50 years old smart and confident lady, is a resident of Nawalpur, Sindhupalchok. She lives with her husband, two sons, one daughter, two daughters-in-law and three grand-children. Like others, she is also a farmer. She, along with her husband, work from dawn to dusk to meet the needs of their family. Uneducated, Sanukanchi only knows how to sign her name but she has enrolled her granddaughters in school, even though it was hard to pay fees. She used to somehow managed it. She used to do farming but did not grow vegetables commercially and was not earning enough profit from it. However, she reared poultry which was the main source of her income. Her family joined hands in her work. Despite involvement of entire family members in the multiple economic activities, it was always difficult to meet essentials of a big family, like her.

Life was chugging along, one way or another, when the despair was added to by the earthquake which shook Sanu Kanchi's house in April, 2015. The earthquake took away her father-in-law, two houses, two buffaloes, and all poultry. Their economic situation aggravated more. To cope with the situation her family constructed a temporary shed in a fellow villager's land and lived there for a year and then settled back on their own land in a temporary shelter.

After a year of the earthquake, SAPPROS Nepal implemented the Livelihood and WASH integrated Recovery Project in Sindhupalchok district funded by CAFOD & Trocaire. SanuKanchi became an active member of the program and used to talk with neighbours and social mobilizers about the program. She became a member of Bimire Krishak Samuha (an SHG formed by SAPPROS Nepal). She had always been eager to conduct commercial vegetable farming but due to lack of fertile land she had not been able to do so. Later, she rented 3 ropanis land on lease for the agriculture purpose. The project provided plastic tunnel support for vegetable cultivation. She also received a water drum, crates, covers and organic medicines for her crops. Through the SHG, and SAPPROS, SanuKanchi gained skills on vegetable cultivation and marketing through various training.

She also constructed another poultry shed by taking loan from local cooperatives. She says, "I have to pay NPR. 30,000 annually for the land taken on lease. So, I think of earning money through both poultry and commercial vegetable cultivation."

SanuKanchi is rearing chickens in her poultry shed and has been growing different types of seasonal and off seasonal vegetables in her farm. "I have earned NPR. 40,000 from vegetable cultivation in one season and hope to earn more in next season." Between the time of the initiation of the project and the time of this interview, she had sold 600 chickens and earned NPR. 50,000. On this she said "When I receive money from my hard work, I feel happy." She smiles. She had tried pisciculture too but had failed, but she is enthusiastic about starting it again if she receives support in the form of resources, including finance.

Today, Sanukanchi is able to enhance quality of life, of her family, by fulfilling necessity of her family with the income she earns. She says, "I am paying loan in instalments, also I have paid money to land owner for the 1st year, saved somemoney in the SHG and remaining I spent for my grandchildren's education and home." This is just the beginning. Sanukanchi aspires to continue farming. She has been doing well until now, making a handsome profit from her business. She plans to expand her commercial activities after clearing the debt. She wishes to construct a new home for her family.

She expresses her happiness, "I am thankful to SAPPROS Nepal for supporting us during a difficult time and making us capable to settle happily again". She dreams of her grandchildren to have a good education and become successful person in the days to come.

Project Brings Social Harmony



A dalit community resides in the eastern hillside of Pipal VDC, Rukum district. A total of 49 HH's is deprived of many facilities including safe drinking water, irrigation, electricity and community schools. The community is total reliant on a nearby river for drinking and other household purposes. Level of risk increases as the level of water rises during monsoon. There's always high risk of drowning and sweep away the children while bathing. Lack of water treatment facilities exhibit the threats of epidemic most of the time. Entire community was dependent on rain water for irrigation. The agricultural production was limited to subsistence level. When

PAHAL project was introduced to the area, the community raised all in a single voice for the implementation of multi-use water system (MUS) as their first and foremost priority.

The installation of MUS largely reduced the drudgery of workload of especially women for fetching water for household and other chores. Now, the community is also receiving water for productive agriculture. Majority of people are now engaged in cultivation of fresh vegetables that helps to improve nutritional intake and ultimately improving their health. This has opened opportunities to sell their produce in the market. The income is being utilized to meet their household expenses, education for children and other socio-economic needs. The easy access to water has also improved the household and environmental sanitation than ever before.

Mrs. Sumita Kami, one of the beneficiaries, says, "Both dalit and non-dalit households are sharing the same tap these days. This has established the social harmony by constricting the untouchability or caste discrimination prevalent in the society. Everyone has equal access to quality tested drinking water facility. Water is considered to be safe from harmful pathogens so that I can spend quality time with the family. I can equally contribute time on vegetable cultivation. Children get nutritious supplement at every meal. After completing household responsibilities, I can easily earn about Rs 5,000 per month from vegetable selling. This seems to be a small scheme but it has indeed saved our tremendous time for fetching water. Also, it hugely supported us in productive activities to make our livelihood better ever."

Similarly, Mr. Harke Kami, the chairperson of the water user's committee, expresses, "This was like a dream to me, I never thought of having easy water facilities in my entire lifetime. PAHAL has helped us to change our livelihood and health status. Each beneficiary household seems to be engaged in agricultural activities using drip irrigation these days. We can ensure a balance diet now and some are also making income out of this"

Uphill flows: A myth!



34 years old Hum Kumari Thapa is a housewife and a farmer. She lives with her two daughters of 11 and 7 years, mother-in-law and spouse. Her husband works in a local restaurant at Waling, Syangja. Primary source of income was solely dependent on her husband's remuneration which was never reliable, as he tends to switch over jobs quite often. Secondary source of income used to be from livestock; a few of pigs, goats and chickens. The family owns about 2 ropani upland nearby her house that used to be remained barren except in the monsoon. She was impatient to grow vegetables; however, it was never possible. Saving money for children's better education was a mere dream.

Backflow of water to up-hill was simply out of mind for most of community people. Actually, it was by no means imagined so far, so close. Solar MUS-ll project has helped community to install Magare SMUS system to lift water about 80 m vertical height. Since the installation of Solar water system in the village, an easy access to water at courtyard, has made it possible to live a better half of their life.

She has now opportunity to grow variety of cash crops, both for home consumption and income. She is delighted to get twin benefits of the produce; the expenses for buying vegetables is dramatically reduced meantime nutritional intake and family income is increased on the other. She has been practising the knowledge and skills gained in the training. She is one among the beneficiary of the agriculture cultivation training. The increase in production is also the result of time saved from fetching the water. She used to spend not less than 2-3 hours in a day. Occasionally, children used to miss the school classes in order to fetch water. This has also impacted badly in household sanitation. Her life was simply limited to such meaningless household chores, always a rush for nothing.

Hum Kumari expresses joyfully that access to water for drinking and irrigation has brought a radical change in her life. Most importantly, she can spend a quality time with the family and children, supporting in their studies. Following access to water, the health, hygiene situation of the family and environmental sanitation are also improved. Truly, water means quite a lot. Sometimes, she acknowledges and admires to live a bonus life hereafter.



Hard Work Pays Off



Mrs Tikamaya Pandit, 41, represents a lower middle family in the community. She has a family of five, a husband and three kids. They live at Bagalephant, Purkot VDC-6, Tanahun district, located approximately 42 km North-East of Damauli, district headquarter and about 3 km from Baaisjangar, along the Dumre-Bensisahar Highway. Their survival was reliant mostly on daily labor and conventional farming. Living was indeed harsh to meet their basic needs including education of the kids. This was further aggravated by the devastating earthquake of April and May 2015. This has cost them house, ccattle shed damaged and killing one lactating buffalo. The life was never so terrible before.

With the intervention of UKAID funded SAMARTH-NMDP's 'Construction of Livestock Sheds for Earthquake Affected Households for their Early Livelihood Recovery Project, she's carefully chosen one among the victim of earthquake for construction of an improved cow shed. This support has provided them a huge encouragement to buy two improved cows. Apparently, she sales milk out for a minimum

of Rs 15,000 each month in the local market besides home consumption.

With the extension of Post implementation Technical Assistance (TA) Services program, she was actively involved in various training events conducted by SAPPROS viz: a) shed management, b) compost manure preparation and urine application and c) organic vegetable cultivation and kitchen gardening etc. These training have further helped to enhance her inherent capacity and wide opened the areas of income generating from fresh vegetable production by using animal wastes. Due to engagement in a registered Kalika Agriculture Self Help Group, she was also benefitted with a plastic greenhouse support provided by Agriculture Service Centre, Purkot. SAPPROS agriculture technicians together with field facilitators have facilitated to correctly install the system as well as appropriate techniques for producing fresh vegetable in an organic way. This has enabled her to earn more than Rs 15,000 through selling of tomato and cabbage in one season. Meantime, multi variety crops can be seen under her farm areas including cucumber, bitter gourd, sponge gourd, Juccini etc. Recently, they have added two more improved cows and expected to earn even more in the days to come. These days, she speaks more confidently and says, "With these earnings, I am now capable to pursue higher education to my kids, a son is studying Overseer level (Diploma in Civil Engineering) while a daughter will be studying in the college from this year on. In addition to this, I have also paid some loan that I have taken to initiate this entrepreneurship. I would like to thank the UKAID funded SAMARTH-NMDP for their unlatching funding support and SAPPROS Nepal for providing technical assistance support. Similarly, would like to thank District Livestock Office and District Agriculture Development Office for their opportunity to uplift the livelihood of poor and earthquake affected people like us. Life was never easier before".



Anonymous Destiny



Aash Bahadur Gurung, 38, is an inhabitant of Simle, Kolki VDC 6, Lamjung district. In Nepali, the word 'Aash' means 'Expectation' in English. As name suggests, he was attracted with the growing trends of incoming remittance in the village henceforth left country in 2001 in a search for better income and prosperity. He spent almost 8 years out in Malaysia and Saudi Arab, yet he could never satisfy his basic needs despite surpassing a chunk of early active years abroad. He returned back to home country in 2014 and tried his earnings through daily labor, but failed to achieve a reliable income that he wanted for. This led him to frustration and become alcoholic most of the time for doing nothing. His situation worsened even badly when the April and May 2015 earthquake hit hard the area. Together with many others, his dwellings and cow shed were not the exceptions. He became one among the cruel victim of nature, he never expected for.

SAMARTH – NMDP (UKAID funded Program) project assistance in building the improved goat shed, has shown a ray of hope in the dark. In the beginning, he

started to raise with four goats and the number increased to 11 so quickly. Acknowledging his efforts, he was also provided an improved female goat from DLSO in early January 2017. He was very excited and encouraged to earn Rs 32,000 out of selling 4 goats during last Dashain. He was more benefitted with the program extension. In coordination with local livestock service centre, the project helped him to enhance his skills through various training events including shed management; compost manure preparation and urine application and organic vegetable cultivation and kitchen gardening. Janachetana, a local NGO, provided him plastic green house similarly SAPPROS Nepal helped him in installing it. Additionally, the organization has supported the seed and required technical backup to produce high value crops. He is using the goat wastages as fertile manure that also improved the production. He has already accumulated more than Rs 50,000 from selling tomato and cabbage.



The goat shed support has become like a 'seed support' for his reliable income. Without any hesitation, he proudly speaks that he expects to earn about Rs 200,000 from the selling of vegetable under plastic tunnels. Seeing his hard days, once nobody wanted to provide him a loan in the village, but the days turned out now. He has his own savings in local cooperative. He says, "We are planning to expand plastic tunnels to produce more vegetables. We are very happy from the earnings which was never possible even from 8 years of hard work abroad."

Recently, Kolki VDC council has nominated him as a model farmer in the community and allocated Rs. 25,000 to establish demo nursery plots at his farm plots. There was a time, nobody listens to or believe him doing such productive livelihood activities. His lost status was regained with his behaviour changes. Now, he is capable of managing household needs and buy education of the kids with his own income. Not only that, he is happy enough to improve nutrition intake and take care of the children closely. People started copying him. The case has been an illustrative example in the community who is roaming abroad for brighter future.



Support Activities for Poor Producers of Nepal

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