



"Prosperous and just society for future generations"

## Group of Helping Hands (SAHAS) Nepal

NEWSLETTER (JULY TO SEPTEMBER 2018)

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### Study tour to Srilanka



Eight staff members from SAHAS Nepal central office set out on a study tour to Sri Lanka on the invitation of Rosie May Foundation (RMF), a funding partner of SAHAS Nepal. In Sri Lanka, RMF has been implementing Project HOPE. Through this project, single mothers have received life skills training. As an example, single mothers are taught how to make

incense sticks, which has become a good source of income for them. Through learning useful life skills, they become empowered, financially independent and enabled to provide better care for their children.

In some cases, children of single mothers are put in orphanages due to different reasons. HOPE has played an important role in preventing the occurrence of these cases. On the 10th of July 2018, we went to visit the project in Hikkaduwa, where we were welcomed by Project Manager, Rumani, and given a brief overview of what the foundation is doing in Sri Lanka. We spent the day interacting with the kids at (name of school), a school for children of single mothers. We also visited Project Hope after-school English club for single mothers and their children, where we assisted the English teacher.

Project manager, Rumani, made arrangements so that we could see how incense sticks are made. The making and marketing of incense sticks could be one potential income generating activity to diversify the income source of people in Nepal as well. We witnessed how SAHAS Nepal as a development organisation has been engaging communities in different farm income generating activities for their livelihood. After visiting project HOPE and interacting with the project staff, we feel that there are many takeaways for our similar natured projects and programmes being implemented in Nepal. We wish to extend our sincere thanks to Rosie May Foundation for providing this wonderful opportunity of interacting with single mothers and project personnel in Sri Lanka.

### Case study: Preparing for Change



Pyauli of Salyantar-2 of Tripurasundari Rural Municipality, is happy with the completion of construction of her house. With the

destruction of her house due to earthquake, she had to face many hurdles while searching help. After years of earthquake, SAHAS Nepal has constructed the foundation of her house while training the masons. She continued living in temporary house after her husband who has been living with another woman snatched away the money provided by the government as first installment for house reconstruction. Among the two sons of Pyauli, elder son is mentally ill. Her 15 year old elder son drop out from school due



to weak financial condition. Her younger son who is 11 year old is studying in 4th standard in

Ranipauwa school nearby. "What should I do, fulfill my child's expenses or feed ourselves with the amount of NRs 300 which I often earn doing some work in others farm? I could not feed and bear his study expenses at the same time, what will he do in future?" says Pyauli showing her son. "It has been four years since my husband left. In those four years he has visited home for twice, once to get information about donation and the other time to receive government subsidy. He took all the money telling me and villagers about starting to build a house for which he pretended to have map of the foundation of house. He bought some rebar rod,

sand and stones and then escaped. From then I have never seen him around" says Pyauli sister in distress. "Today SAHAS Nepal have supported me. My younger son says, "Now we will have our own home, mother we all should live in our new house" Pyauli explains with a charming face.

During the refresher training for masons in Salyantar and other Rural Municipality by Care Nepal in coordination with SAHAS Nepal, everyone felt that it would be better if the things used in training could be used to build a house of underprivileged family. While selecting family among Salyantar

most underprivileged ward, Ward 2 Community Reconstruction Committee selected Pyauli Lamichhane's family. With the completion of foundation of house, Engineer of National Reconstruction Authority assigned in Salyantar Mr Sunil Kumar Shah has recommended for the 2nd installment of subsidy. At this point the construction of her house is completed and also as a part of Livelihood Improvement Plan (LIP) support she received the goat support which will have helped in the livelihood improvement. More good days are awaiting for her in the future.

## Best Practices

### Macchan :



For the promotion of the local innovation, SAHAS Nepal has been promoting the concept of Macchan in the working areas. Macchan, being the very simple technique and cost effective where all the washed utensils are kept for the process of solarisation. During the process all the harmful micro organisms are killed and occurrences of water borne diseases are reduced in significant numbers. Numbers of positive feedbacks were forwarded in regard to Macchan by the community people are themselves are motivating and influencing for the further use.

## Programme and Project Review Meeting

Programme and Project Review Meeting was conducted on 28th July, 2018 in Kathmandu Coffee, Bhaisepati. The meeting started with the welcome note by Dr. Surendra Kumar Shrestha, Executive Director and sharing of the objectives of the meeting. A discussion and group work was done in risk register matrix of the organisation, organisational strategic planning follow up and the personal development plan of the staffs. This meeting has helped in the coordination with all the staffs and for the further planning and making necessary action plan for the smooth implementation of the programme and projects. The meeting was closed by the closing remark by Dr. Surendra Kumar Shrestha.



## Farewell Program for Rosie May Foundation's Volunteers'

SAHAS NEPAL on 24<sup>th</sup> July, 2018 welcomed three research volunteers i.e. Sarah Lazar, Sasha Roberts and Paige Tugby of Rosie May foundation, UK. One of the major objectives of the volunteers was, to analyse the situation of women in rural community. They worked with Chitwan Female Farmer's Corporative in Devghat, Chitwan, to assess and gather the data to meet their objectives. They also analysed the socio-economic impact and influence of Chitwan Female Farmer's Corporative in the community. With the completion of the volunteering period, on 23<sup>rd</sup> August 2018, the organisation conducted a farewell program with a sharing session, where volunteers shared experiences and learning during their stay in the community.



## Professional Group Meetings (Admin and Finance, Infrastructure and Organisational Development)

Group of Helping Hands (SAHAS) Nepal conducted 5th Admin and Finance Professional Group Meeting/ Capacity Building Training on the 29th and 30th July, 2018, in Kathmandu Coffee, Bhaisepati. The main objectives of this meeting was to develop uniformity in different policies and working guidelines, to develop effective team building, capacity building of financial staffs and learning and sharing session. The meeting started with the welcome note by Mr. Ramesh Lama Moktan, Senior Admin and Finance Officer followed by sharing objectives of the meeting and introduction session of all the participants. In order to build capacity of the financial staffs training on Excel was facilitated by NACA, SPSS data entry training by Ms. Rumi Maharjan and Money works refresher training by Sustainable Solutions. New updates on tax, other compliances and audit findings were shared by representatives from PPPradhan

and Cooperation.. Closing remark was made by Mr. Ramesh Lama Moktan followed by feedback collection.

Infrastructure Professional Group Meeting and Capacity Building Training from 3rd September to 5th September, 2018 was organised in Godavari Ashram. The main objectives of PGM was to capacitate and enrich knowledge of infra technicians in Autocad software and use software in future rendering of infrastructural designs and drawings. The meeting started with the welcome and objective sharing by Mr. Saban Kumar Shrestha, Human Resource Manager. Thereafter, training on Autocad was facilitated by Mr. Sajan Tamarakar, consultant for training.

Similarly, Organisational Professional Group Meeting was organised on 28th and 29th September, 2018 in Hotel Tulsi, Pokhara. The major

objectives of the meeting were to share experiences about the CBNOs, exchange ideas for the sustainability of CBNOs. Meeting started with the welcome note by Dr. Surendra Kumar Shrestha, Executive Director following with introduction of all participants and sharing words by Dr. Pratap Kumar Shrestha, Chairperson. The meeting started with progress presentation from all the participants which reflected the progress and sustainability of CBNOs in the future. Professional Group Meeting is the platform where all the participants exchange their knowledge, learning and challenges with each other which has helped in the coordination and developing the sound relation with each other. In addition, capacity building of the staffs is also one of the major aim of the professional group meetings with the formulation of the necessary action plan for the smooth implementation of the activities.



## Semi Annual Review Meeting of Nutrition and Food Security Improvement Project (NFSIP), Post Earthquake Recovery Initiatives Project (PERIP), Local Initiatives for Food Security Transformation Project (LIFT) and Enhancing Livelihood Through Local Efforts Project (ELLEP)



Group of Helping Hands (SAHAS NEPAL) Nepal organised semiannual review of Nutrition and Food Security Improvement Project (NFSIP) and Post-Earthquake Recovery Initiatives Project (PERI) on 1st August, 2018 in Okhaldhunga. The meeting was inaugurated by

opening remark by Dr. Surendra Kumar Shrestha, Executive Director followed by the introduction of all participants and objectives sharing. During the meeting, seven Community Based Network Organisation (CBNOs) working in Okhaldhunga shared their organisational and progress presentation which included learnings, challenges and requested support for overall development along with the financial expenditures. Afterwards, Mr. Khusal Bhatta, Project Coordinator of PERI project presented progress presentation and discussion along with

formulation of action plan on issues related to project implementation. Meeting was accompanied by Mr. Durga Bahadur Sinchuri, Programme Coordinator and Mr. Avash Karki, ESPO from Mennonite Central Committee (MCC) Nepal, Dr. Surendra Kumar Shrestha, Executive Director, Mr. Saban Kumar Shrestha, Human Resource Manager, Mr. Narayan Ojha, Livelihood Programme Manager, Mr. Tanka Gautam, Capacity Building Manager and Ms. Rumi Maharjan, Knowledge Management Officer from SAHAS Nepal.

Similarly, semiannual review meeting of Local Initiatives for Food Security Transformation was organised on 3rd August, 2018 in Okhaldhunga. The meeting was inaugurated by opening remarks by Dr. Surendra Kumar Shrestha, Executive Director followed by the introduction of all participants and objectives sharing of the meeting.

During the meeting project officers from three working districts i.e. Okhaldhunga, Udayapur and Lalitpur along with the finance staffs shared the progress and financial expenditures, learnings, challenges and case studies. The meeting was concluded with the closing remarks and rewarding the best presentation by Dr. Surendra Kumar Shrestha.

Semi Annual Review Meeting of Enhancing Livelihood Through Local Efforts Project (ELLEP) was organised

on 13th and 14th August, 2018 in Hotel Tulsi Pokhara. The major objectives of this meeting was to share achievements and learning of a half year, orient staff about the result matrix and reporting format and develop personal development plan of staffs. The meeting started with the welcome note by Mr. Saban Kumar Shrestha (Project Coordinator and Human Resource Manager) followed with the introduction of all participants. District project officers including staffs from three CBNOs (Trishuli Development Society-Dhading, Chuli Samudayik Samaj-Gorkha and Chimkeswori Melmilap Kisan Samaj-Tanahu) presented project wise achievements, progress made by project on outcome level, learnings and challenges, details about resource sharing in respective districts. Afterwards, participants were oriented about

the reporting format and its requirement followed by detailed explanation about project result matrix by Ms. Rumi Maharjan and Mr. Manoj Kumar Pun respectively. Thereafter, discussion on the personal development plan for every staff was conducted and meeting was concluded with closing remark by Mr. Saban Kumar Shrestha. This type of meeting is really helpful to know about the progress of projects and make the necessary action plan for the future in order to achieve project goals and objectives.



## Inauguration of the Reforestation Project in Udayapur



Afforestation program was organised by Kopila Community Forest Club and Coordinated by SAHAS Nepal on July 19th, 2018 with the objective of creating awareness among user groups of forest and community about the importance of afforestation; one of the mitigation measures to combat climate change. It was held on Kopila Community Forest on Katari, Udayapur. Representatives from different local governments, NGOs and local people were presented in the program. Different varieties of saplings such as Bar, Pepal, Sisau, etc were used to avoid landslides in coming days. An instruction for not grazing domestic animal was given in order to protect those saplings.

## Farewell to the Home Garden Project Staffs

SAHAS NEPAL Nepal along with support of SDC, LIBIRD and government of Nepal organised the Farewell program for the staffs of Home Garden Project which was implemented on Sindhuli, Okhaldhunga and Dhanusha. on July 18th, 2018 on Sindhuli Gadi Mai peripheri, Sindhuli in the form of picnic and sharing session. The objective of the program was to reflect about the Home Garden Phase IV project and farewell for the staffs associated with this project. According to staffs of Home Garden Project, this project has a positive impact on society through knowledge and techniques sharing on fruits and vegetable farming. This project has empowered community as they knew more about different fruits and vegetable cultivation techniques especially mushroom farming and has helped to bring the diversity in the food consumption among the community people.

Special thanks to Kristin Gilje and Sigri Olive Kjølén for the editing of the document.



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