



"Prosperous and just society for future generations"

## GROUP OF HELPING HANDS (SAHAS) NEPAL

NEWSLETTER (JANAURY TO MARCH 2018)

### Events

#### Programme and Project Review Meeting

Programme and Project Review Meeting was conducted on 7th and 8th January, 2018 in Kathmandu Coffee, Bhaishapati where all project coordinators from respective projects shared their project updates, learning, challenges and the way forward for the better performances in upcoming days. Meeting started with the opening and welcoming note by Dr. Surendra Kumar Shrestha, Executive Director. Project Coordinator's presented overall annual progress of 2017 with the series of discussion on challenges and opportunities in the project level. Participatory discussion was conducted being based on the new federal structure of government, its challenges and opportunities along with a presentation and discussion on the possible province for future developmental works and similarly, proposals will be developed. This type of senior level meeting is a platform to share ideas and to innovate new possibilities for development.



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### Case Study

#### Breaking Social Taboos

Nandulal Dhama and Lal Bahadur Rokaya, aged 32 and 48 years respectively, are resident of Gaumul Rural Municipality Bajura district. Both are from Khas/Chettri background and have come forward breaking the social norms by adopting the profession that are still considered as the job of Dalit or lower caste in our society. There are no Dalits and Janjatis people living in or nearby those communities and there is nobody who could make iron tools and equipment's required for farming and sewing cloth nearby the communities. Therefore, peoples had to walk 1-2 days to reach Martadi, only nearby market, to purchase and repair agriculture tools, iron item and for tailoring clothes. Besides that, both are small

holder farmer with little farm production and no alternatives source of livelihood. When SAHAS Nepal facilitated the group formation and started to mobilize them by providing right based approach training, caste and gender discrimination, Nandulal Dhama and Lal B. Rokaya came forward asking support for their plan of running their own business of tailoring and blacksmith in their own communities. They explained there is potential to flourish their business if they could provide the services in their own communities for which people has to travel 1-2 days which is both time consuming and expensive for them. After the groups' recommendation to run the business for long period of time, SAHAS Nepal supported blacksmith tools and equipment to Lal Bahadur Rokaya and sewing machine to Nandulal Dhama. After some informal training, both started their

business and are providing their services to the communities. Now, community people do not have to walk for days just to repair or to make new iron tools. Similarly, they are now able to sew their cloth in their own community saving both time and money for travelling. This has also benefitted to both service provides, Nandulal and Lal Bahadur as they are now able to earn more money than they used to earn and fulfilling their family needs. Nandulal is earning easily NRs. 5,000-8,000 monthly whereas Lal Bahadur is able to earn NRs. 2,000-3,000 monthly in cash and kinds. There have also been changes in societal perception that the tailoring and blacksmith jobs are only for lower caste people and they only should not be involved in those professions. People have started to respect the dignity of labor by welcoming the changes and supporting their profession.



Lal Bahadur Rokaya at his blacksmith store



Nandulal Dhama working in his tailoring shop

## Best Practices

### Riverbed Farming:



Riverbed farming is the general practice of cultivating vegetables in banks of the river during the dry season. The purpose of riverbed farming is to increase access of landless and land-poor farmer to land for agricultural production and to increase their incomes. The practice has evolved from being a subsistence livelihood approach to a commercial enterprises among the marginalized and land poor farmers of Rautahat district. A total of 16 HHs cultivated 1.25 ha of land. Vegetables cultivated were cucumber, water melon, bitter guard etc.

The beauty of this technology is that crop vegetation and mulching cover the sand of riverbeds therefore there is a minimal chance of occurring wind erosion and subsequently there will be less accumulation of dust practices in the air which contributes to the improvement of the local micro-climate. In addition to vegetable farming, the farmers groups involved in river bank protection activities together to reduce the effects of potential floods induced disaster. In the wake of climate change and unemployment, River bed farming can provide alternative source of income as well as could be effective measure for adaptation against climate change by utilizing available resources.



### Funding Partner visit to CEFALS (Community Empowerment for Food and Livelihood Security), Kalikot

Franziska Hoffmann, Bread for the world (BfdW) along with Executive Director of SAHAS Dr. Surendra Kumar Shrestha, Saban Kumar Shrestha and Manoj Pun visited Kalikot district to monitor the CEFALS project activities from 3rd to 9th March 2018. During the visit, interaction with remote and marginalized communities was done in Baratu, Rangil and Raku where community member

discussed about changes brought by the CEFALS project and their future planning where she was really impressed with the changes seen in the lives of people. Further different project activities were monitored and participated in the group meeting along with interaction was done with executive members CBNOs (Community Based Network Organizations). Afterwards in staff meeting Project Officer of Kalikot presented the update of CEFALS project and its achievements. Monitoring field visit has helped to motivate staffs as well as beneficiaries to work harder in coming days.





## Annual Review Meeting of LIFT (Local Initiatives for Food Security)



SAHAS Nepal organized a 2-day Annual Review and Planning Meeting of Local Initiative for Food Security Transformation (LIFT) Project on 28th and 29th January, 2018 in Okhaldhunga district. The main objectives of this meeting were to review the progress, discuss about challenges faced in 2017 and formulate annual implementation plan for 2018. The meeting began with the welcome note from Mr. Tanka Gautam (Capacity Building Manager) followed with the introduction of all participants. The participants were oriented on the concept of Climate resilient agriculture & related technologies by Mr. Dipesh Neupane (Technical Coordinator). Each project district presented their progress, challenges, lessons learnt

along with financial report. In addition, there was a session on Effective monitoring and report writing by Mr. Sujan Lal Shrestha (Knowledge Management, Monitoring and Evaluation Coordinator). Later, each district worked on the detailed implementation plan for 2018 and the meeting concluded with closing remarks from Dr. Surendra Kumar Shrestha (Executive Director).

## Farewell to ELIDIS (Eco-Development Initiatives and Agro-Biodiversity for Livelihood Security) Project Staffs

SAHAS Nepal farewelled ELIDIS project staff on 15th March, 2018 which was implemented in Dailekh District with the funding partner of SODI Germany since November 2014, with the aim of improving the livelihood and food security of poor and marginalized communities. All of the staffs of the project were

appreciated with token of love for their valuable contribution for the remarkable implementation of project and being able to bring changes in the lives of people. In addition to this, SAHAS Nepal is funding Swablambi Ekata Samaj (SES) and Panchakoshi Ekata Samaj (PRAYAS) CBNOs in different community awareness and developmental works in Dailekh district. Furthermore, proposal development is on the process for the continuation of the project in the working area and will be submitted to SODI Germany.



## Youth Exchange Program:

SAHAS Nepal has been giving high priority for youth leadership development therefore SAHAS Nepal with partnership with Stromme Foundation is organizing Act Now Programme in which youths of Norway and Nepal are interchanged for seven and nine months where they experience difference in culture, development pattern, lifestyle and organizational activities of their assigned organization. Four youth participants, Anna, Helene, Miriam and Serine from Norway had volunteered in Nepal from October 2017 to March 2018. They were posted to Makwanpur district of SAHAS and have resided in village for four months. They were involved in SEEDS program activities such as teaching English and Math's in both Early Child Education Development Center (ECD) and Community Managed Coaching Center (CMCC) and attending the SAMVAD group meeting and interact with adolescent. Especially, both ECD and CMCC students were very excited to learn English and math from the Act Now Programme exchange students and opportunity to talk with them in English, which has motivated for their learning attitudes and improved their confidence level. They shared their culture, life style, education system and food etc. to their counterparts and also learning Nepali culture, life style of rural people, education system and food.



## Family Day Celebration

### "Blood makes you related, Loyalty makes you Family"

SAHAS Nepal LIFT (Local Initiatives for Food Security Transformation) celebrated its Family Day on 30th January, 2018 with breath taking view of Mt. Everest in Patale, Solukhumbu and ELLEP (Enhancing Livelihood through Local Efforts) (Dhading, Gorkha and Tanahun) on 21st February, 2018 in Tanahun. The major aim of family day was to share the happiness of being together as a one big family, bonding not only with staffs but also with their family members, team building, and building staff's family-family relation. Apart from this, family day is also a platform where staff's children, spouse, in-laws get to know about organization working approach, project activities and share their learnings and experiences which has also helped to strength moral support from the family members to work in community development works and bring the change in the community.



## GROUP OF HELPING HANDS (SAHAS) NEPAL

P.O. Box 8975, EPC: 1590, Lalitpur, Nepal.  
 Tel: 00977-1-5523776, Fax: 00977-1-5523303  
 E-mail: info@sahasnepal.org.np  
 Website: www.sahasnepal.org.np