

कृषि, शिक्षा र उद्यमशिलतामा

उत्कृष्टका कथाहरु

Agriculture, Education and Entrepreneurship

Stories of Excellence



प्रकाशक

क्रियटिड पोसिबिलिटिज नेपाल

क्रियटिड पोसिबिलिटिज नेपाल

कार्यसमितिको नामावली



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अध्यक्ष



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उत्कृष्टका कथाहरु

प्रकाशक



क्रियटिड पोसिबिलिटिज नेपाल

धुम्बराहि, काठमाडौं नेपाल

फोन नं. : ९८५११२१५११

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Schoonderwolf Foundation

Integrated Support to Vulnerable

Group 2 Project-ISVG2

सहकार्य



गढवा गाउँपालिका

राप्ती गाउँपालिका

राजपुर गाउँपालिका

देउखुरी दाङ

Agriculture, Education and Entrepreneurship

Stories of उत्कृष्टका

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यस पुस्तकमा राखिएका उद्यमीका कथाहरु उनीहरुका निजी अनुभव र जीवन भोगाइका सङ्कलन हुन् । यस सङ्कलनमा प्रस्तुत विचारहरु सम्बद्ध व्यक्तिहरूसँग गरिएको कुराकानीमा आधारित छन् । कथालाई छिटो र छरितो रूपमा प्रस्तुत गर्नु पर्ने भएकाले प्रस्तुत सफलताका कथाहरुको भाव केहि अपूर्ण हुन सक्छ त्यसका लागि हामी क्षमा प्रार्थी छौ ।

सर्वाधिकार

प्रतिलिपी अधिकार © क्रियटिड पोसिबिलिटिज नेपालमा यस उत्कृष्टका कथाहरुको पुस्तिका सर्वाधिकार सुरक्षित छ । संस्थाको अनुमति बिना यस पुस्तिकामा रहेका सामग्रीहरु कहि कतै प्रकाशन गर्न पाईने छैन ।

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The stories featured in this book are collections of personal experiences and life journeys of various entrepreneurs. The insights presented in this compilation are based on conversations held with the individuals concerned. As the stories had to be presented in a concise and simplified format, some aspects of their success journeys may appear incomplete. We sincerely apologize for any such shortcomings.

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राजपुर गाउँपालिका

०८२-५९०६४०

प.सं. २०८१/०८२

च.नं.



गंगदी, दाङ

लुम्बिनी प्रदेश, नेपाल

मिति: २०८२/०१/३०

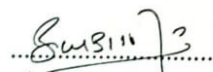
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शुभकामना सन्देश

वि.सं. २०६४ सालदेखि देउखुरी क्षेत्रका गाउँपालिकामा शिक्षा, स्वास्थ्य, सामाजिक न्याय, महिला सशक्तिकरण र बालअधिकारजस्ता क्षेत्रमा सक्रिय रही उल्लेखनीय योगदान दिँदै आइरहेको क्रियटिङ पोसिविलिटीज नेपालद्वारा “सहकार्य र उत्कृष्टता” कार्यक्रमअन्तर्गत प्रकाशित हुन लागेको सफलताको कथाहरूको सङ्ग्रह पुस्तक अत्यन्त सराहनीय पहल हो।

उत्कृष्ट किसान, शिक्षक, विद्यार्थी र महिला उद्यमीहरूको प्रेरणादायी यात्रा उजागर गर्दै समुदायमा सकारात्मक परिवर्तनको भावनालाई सशक्त बनाउने यो प्रयास सफल रहोस् भन्ने हार्दिक शुभकामना व्यक्त गर्दछौं। यस पुस्तकले नयाँ सोच, हौसला र अनुकरणीय प्रेरणा बोकी अरूलाई पनि योगदान र उत्कृष्टताप्रति अग्रसर गराउने विधास लिएको छ।

आगामी दिनमा पनि स्थानीय आवश्यकता पहिचान गर्दै प्रभावशाली कार्यक्रमहरू सञ्चालन गर्न निरन्तर सहकार्य र साथ रहने अपेक्षा व्यक्त गर्दछौं।



रमन्त बहादुर डाँगी
प्रमुख प्रशासकीय अधिकृत



धनपति देवि यादव
उपाध्यक्ष



शरद कुमार बुढाथोकी
अध्यक्ष





गढवा गाउँपालिका
Gadhawa Rural Municipality

०८२-४१००६४

गाउँकार्यपालिकाको कार्यालय
Office of The Rural Municipal Executive

गढवा डाँड
Gadhawa, Dang

लुम्बिनी प्रदेश, नेपाल
Lumbini Province Nepal

पत्र संख्या २०८१/०८२
च.न.

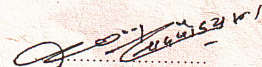
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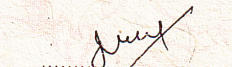
शुभकामना सन्देश ।

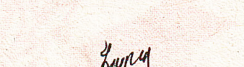
क्रिएटिड पोसिबिलिटीज नेपाल ,सि.पी नेपाल द्वारा “सहकार्य र उत्कृष्टता” कार्यक्रम अन्तर्गत उत्कृष्ट किसान, उत्कृष्ट शिक्षक, उत्कृष्ट विद्यार्थी र उत्कृष्ट उद्यमी महिलाहरुको सफलताका कथाहरु समेटि “उत्कृष्ट कथाहरु” नामक पाठ्यपुस्तक तयार गरी प्रकाशन गर्न लागेकोमा खुशी लागेको छ । गाउँपालिकामा कृषि, शिक्षा, विद्यार्थी र महिला उद्यमशीलताको क्षेत्रमा उत्कृष्ट योगदान पुऱ्याउने व्यक्तिहरुको कथाहरु समेटिएर प्रकाशन हुन लागेको यो पाठ्यपुस्तकले नयाँ सोच, हौसला र प्रेरणाको स्रोत बनि अरुलाई पनि योगदान र उत्कृष्टताप्रति अग्रसर बनाउन अत्यन्त उपयोगी हुने विश्वास लिएको छौं ।

सन् २००८ देखि यस संस्थाले देउखुरी क्षेत्रका पालिकामा महिला, बालबालिका, युवा, पूर्व कमलरी तथा तिनीहरुका परिवारहरुको शिक्षा, स्वास्थ्य, आर्थिक आयआर्जन तथा भवन निर्माणका क्षेत्रमा निरन्तर रुपमा सक्रिय भई उल्लेखनीय योगदान पुऱ्याउँदै आएको छ । उत्कृष्ट किसान, उत्कृष्ट शिक्षक, उत्कृष्ट विद्यार्थी र उत्कृष्ट उद्यमी महिलाहरुको सफलताका कथा समेटिएको यस पुस्तकले समुदायमा सकारात्मक परिवर्तनको भावनालाई सशक्त बनाउन सफल होस् भनि हार्दिक शुभकामना व्यक्त गर्दछौं ।



अन्तमा भविष्यमा यस संस्थाले देशका कुना कुनामा रहेका विपन्न परिवार तथा समुदायमा पुगी एवं प्रभावकारी कार्यक्रम संचालन गरि आफुलाई पारदर्शी तथा नमुनायोग्य संस्था बनाउन सफल होस् भन्ने शुभकामना व्यक्त गर्दै “उत्कृष्ट कथाहरु” नामक पाठ्यपुस्तक प्रकाशनको लागि क्रिएटिड पोसिबिलिटीज नेपाल ,सि.पी नेपाललाई धन्यवाद सहित शुभकामना दिन चाहन्छौं ।


कृष्ण प्रसाद पौड्याल
प्रमुख प्रशासकीय अधिकृत
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प्रमुख प्रशासकीय अधिकृत


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उपाध्यक्ष
शारदा कुमारी चौधरी
उपाध्यक्ष


यश नारायण शर्मा पोखेल
अध्यक्ष
यश नारायण शर्मा पोखेल
अध्यक्ष

“शिक्षा, स्वास्थ्य, कृषि र रोजगार समृद्ध गढवा गाउँपालिकाको आधार”

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राप्ती गाउँपालिका गाउँ कार्यपालिकाको कार्यालय



मसुरिया, देउखुरी, दाङ



प. सं. २०८१/८२ चलानी नं.

शुभकामना मन्तव्य

राप्ती गाउँपालिकालाई समावेशी, सशक्त र दिगो बनाउने यात्रामा सक्रिय रूपमा सहभागी हुँदै आएको यस क्रियटिड पोसिबिलिटीज नेपाल संस्था प्रति म गाउँपालिकाको तर्फबाट हार्दिक आभार प्रकट गर्न चाहन्छु। महिलाको सशक्तिकरण, बालबालिकाको संरक्षण, गुणस्तरीय शिक्षा, स्वास्थ्यमा पहुँच, महिला उद्यमशिलता तथा उत्कृष्ट कृषक सम्मानजस्ता बहुआयामिक क्षेत्रमा संस्थाले पुऱ्याएको योगदान अतुलनीय छ।

समुदायभित्र व्याप्त संघर्ष, आत्मबल र परिवर्तनका कथाहरूलाई उजागर गर्दै संस्था ले “उत्कृष्टताका कथाहरू” प्रकाशन गर्न लामु अत्यन्तै स्वागतयोग्य र दूरगामी महत्वको कार्य हो। यी कथाहरू केवल शब्दका संग्रह होइनन्-यी जीवन परिवर्तन गर्ने अनुभवहरूको दस्तावेज हुन्, जसले समाजभित्र असलको प्रेरणा र सम्भावनाको उज्यालो फैलाउनेछन्।

यस सन्दर्भमा, संस्थाका निर्देशक श्री दिनेशराज सापकोटा, महिला सशक्तिकरण संयोजक सरिता चौधरी, कार्यक्रम अधिकृत श्री हेमराज शर्मा, विद्यार्थी सशक्तिकरण संयोजक दिपा चौधरी लगायत सम्पूर्ण टिम र सम्पादक मण्डललाई विशेष धन्यवाद ज्ञापन गर्दै, यो प्रयासले अरूलाई पनि सेवा, समर्पण र सिर्जनशीलतामा लामु थप प्रेरणा दिने विश्वास व्यक्त गर्दछु।

यस्ता उत्कृष्टतम कार्यहरू स्थानीय सरकारका लागि पनि मार्गदर्शक बन्न सक्छन्, जहाँ हामी नीति निर्माणको तहमा पुगेर यिनै वास्तविक कथाहरूबाट शिक्षा लिने अवसर प्राप्त गर्दछौं। हामी सबै मिलेर समृद्ध, न्यायपूर्ण र आत्मनिर्भर राप्ती गाउँपालिकाको निर्माणमा हातेमालो गरौं भन्ने अपिल पनि यसै मार्फत गर्न चाहन्छु।

अन्त्यमा, यो प्रकाशनले स्थानीय तहमा सकारात्मक परिवर्तन ल्याउने सोच, दृष्टिकोण र अभियानलाई नयाँ गति दिनेछ भन्ने पूर्ण विश्वासका साथ पुनः एकपटक संस्थाप्रति हार्दिक शुभकामना व्यक्त गर्दछु।

प्रकाश बिष्ट

अध्यक्ष

राप्ती गाउँपालिका, दाङ

प्रकाश बिष्ट

अध्यक्ष

“उत्कृष्टता, सीप, शिक्षा र उद्यमशीलता : एक प्रेरणादायी यात्रा...”

Creating Possibilities Nepal को यो रूपान्तरणकारी यात्राले हामीलाई एक आधारभूत सत्य सिकाएको छ: आवश्यकता भएका समुदायमा गरिने अर्थपूर्ण विकास छोटो समयका प्रयासले मात्र सम्भव हुँदैन। यसका लागि समग्र र दीर्घकालीन योजना तथा निरन्तर कार्यान्वयन आवश्यक पर्छ। जसरी भविष्यमा राम्रो फल प्राप्त गर्नका लागि वर्तमानमा राम्रो बीउ रोप्नु पर्छ, त्यसरी नै दिगो सामुदायिक विकासका लागि धैर्य, समर्पण, लचकता, समन्वय र समग्र दृष्टिकोणको आवश्यक पर्छ।

दाङ जिल्लाको गढवा, राजपुर र राप्ती गाउँपालिकाहरूमा हामीले पछिल्ला ५ देखि १० वर्ष सम्म गरेको निरन्तर प्रयासको परिणाम अहिले बिस्तारै देखिन थालेको छ। यसले प्रमाणित गर्छ कि अर्थपूर्ण र दिगो परिवर्तन तत्कालै र एकैपटक सम्भव हुँदैन। हाम्रा उतारचढाव मार्फत हामीले सिकेका छौं कि वास्तविक परिवर्तन निरन्तर प्रतिबद्धताका साथ सबैको साझा प्रयासबाट मात्र बिस्तारै सम्भव हुन्छ।

यस पुस्तकमा हामीले सफल उद्यमी महिलाहरू, विद्यार्थी शिक्षक र अन्यलाई गाउँपालिका स्तरीय छनोट गर्ने Integrated Support to Vulnerable Groups- ISVG2 को विभिन्न कार्यक्रमहरू मध्ये सहकार्य र उत्कृष्टता एउटा मुख्य कार्यक्रम हो। यस कार्यक्रमलाई तिनवटै गाउँपालिकाले निरन्तरता दिने उत्साहका साथ प्रतिबद्धता जनाएका छन्। ISVG कार्यक्रम भाग १ सन् २०१८ देखि २०२२ सम्म सफलताका साथ कार्यान्वयन गरिएको थियो। यसको सफलता पश्चात सन् २०२४ देखि ५ वर्षका लागि ISVG भाग २ कार्यक्रम सञ्चालन भैरहेको छ।

ISVG2 कार्यक्रम Liesbeth Nagelkerke-Mulder को पहल र Schoonderwolf Foundation, Netherlands को सहयोगमा सफल उद्यमी महिलाहरू, विद्यार्थी शिक्षक र अन्यलाई गाउँपालिका स्तरमा छनोट गरी वार्षिक मेलाको रूपमा सञ्चालन गर्ने र यसको मुख्य उद्देश्य अरूलाई उत्प्रेरणा र मार्गदर्शन प्रदान गर्नु हो।

यसका लागि Liesbeth Nagelkerke-Mulder को निरन्तर सहयोग र

Statement for

"Stories of Excellence-Skills, Education & Entrepreneurship: The Journey..."

Working with Creating Possibilities Nepal has been a transformative journey that has reinforced our belief that development work in needy communities should not be treated as short-term projects, but as comprehensive, long-term programs. Just as you cannot expect better fruit without planting good seeds, sustainable community development requires patience, dedication, resilience, coordination and a holistic approach.

Our work in Gadhawa, Rajpur, and Rapti of Dang district has slowly begun yielding results after 5 to 10 years of consistent effort. This timeline reflects the reality that meaningful change takes time. Through our ups and downs, we have learned that genuine transformation happens gradually, with sustained commitment.

We are delighted that Creating Possibilities Nepal, under our "Collaboration and Excellence" program and in partnership with rural municipalities, is preparing and publishing this textbook titled "Stories of Excellence." This collection features the success stories of outstanding farmers, teachers, students, and women entrepreneurs who have made exceptional contributions in agriculture, education, student achievement, and women's entrepreneurship within their municipalities.

These stories are one major activities of the Integrated Support to Vulnerable Groups (ISVG2) program. This program has been supporting areas of Education, Livelihood, and Motivating entrepreneurship of the local area. ISVG Part 1 was implemented from 2018 to 2022, and ISVG 2 is currently running for another 4 years.

We are deeply grateful for the unwavering support and guidance of Mrs. Liesbeth Nagelkerke-Mulder, an active social worker whose

मार्गदर्शनका लागि हामी अत्यन्तै आभारी छौं । उहाँको एक सक्रिय समाजसेविकाको रूपमा परोपकारी भावना र विज्ञताले हामीलाई अन्य सहयोगी संस्थाहरू संग जोड्न र हाम्रो संस्थाको लक्ष्य निर्धारण गर्न महत्वपूर्ण भूमिका खेलेको छ ।

Creating Possibilities Nepal को सहकार्य र उत्कृष्टता कार्यक्रम अन्तर्गत स्थानीय गाउँपालिकाहरूको समन्वयमा “उत्कृष्टता कथाहरू” शीर्षकको यो पाठ्यपुस्तक प्रकाशन गर्न पाउँदा हामी अत्यन्तै खुशी छौं । यस संग्रहमा ती उत्कृष्ट किसान, शिक्षक, विद्यार्थी र उद्यमी महिलाहरूको संघर्ष र सफलताका कथाहरू समावेश गरिएको छ, जसले आफ्नो स्थानीय गाउँपालिका भित्र कृषि, शिक्षा र उद्यमशीलताका क्षेत्रमा प्रेरणादायी र उल्लेखनीय योगदान पुऱ्याएका छन् ।

यो पुस्तक केवल सफलताका कथाहरूको संग्रह मात्र नभएर नयाँ विचार, प्रेरणा, प्रोत्साहन र सकारात्मक कार्यका लागि ऊर्जा प्रदान गर्ने स्रोत हो । हामीलाई पूर्ण विश्वास छ, यसले अरूलाई पनि उत्कृष्टताको लक्ष्य राख्न, समुदायमा सकारात्मक परिवर्तन ल्याउन र प्रेरणादायी कार्यहरू गर्न उत्प्रेरित गर्नेछ । यी कथाहरू जीवन परिवर्तन गर्ने अनुभवहरूको अभिलेख हुन् जसले समाजमा प्रेरणा र सम्भावनाहरूको सकारात्मक ऊर्जा प्रवाह गर्नेछन् ।

यस संस्था सन् २००८ देखि नै दाङ जिल्लाको देउखुरी क्षेत्रका विभिन्न स्थानीय गाउँपालिकाहरूमा शिक्षा, स्वास्थ्य, आर्थिक सशक्तिकरण र पूर्वाधार विकासका क्षेत्रमा निरन्तर सक्रिय रहँदै आएको छ । हामी विशेषगरी महिला, युवा, पूर्वकमलरी र तिनीहरूको परिवारलाई लक्षित गर्दै आवश्यक सीप विकास तालिममार्फत सीमान्तकृत तथा आर्थिक रूपले विपन्न समुदायको जीवनमा तिनीहरूकै सक्रिय सहभागितामा महत्वपूर्ण रूपान्तरण ल्याउन सफल भएका छौं । साना भएता पनि ती परिवर्तनहरू अत्यन्तै अर्थपूर्ण रहेका छन् ।

दिनेश राज सापकोटा

निर्देशक

हेम राज शर्मा

कार्यक्रम अधिकृत

philanthropic expertise has been instrumental in connecting us with the Schoonderwolf Foundation, Netherlands, and other supportive foundations, and in helping establish our organizational mission.

This textbook serves as more than just a collection of stories – it is a valuable source of new ideas, encouragement, and inspiration. We believe it will motivate others to strive for excellence and contribute positively to their communities. These narratives are records of life-changing experiences that will spread the light of inspiration and possibilities throughout society.

Since 2008, our organization has been consistently active in the municipalities of the Deukhuri region, making significant contributions in education, health, economic empowerment, and infrastructure development for women, youth, former Kamlaris, and their families. Our targeted support to girls, boys, and mothers through essential skills training has transformed lives, albeit in small but meaningful numbers.

We extend our heartfelt gratitude to the Schoonderwolf Foundation of the Netherlands, whose generous support has made this work possible. Special thanks to Liesbeth, whose confidence in our cause helped secure the foundation's support and guidance.

We extend our heartfelt best wishes that this book, which includes the inspiring stories of outstanding individuals, will help strengthen the spirit of positive transformation in our communities and serve as a beacon of hope for future generations.

Dinesh Raj Sapkota

Executive Director

Hem Raj Sharma

Program Officer



शुभकामना

क्रियटिड पोसिबिलिटिज नेपाल (सीपी) देउखुरी क्षेत्रका गढवा, राप्ती, र राजपुर गाउँपालिका उत्कृष्ट किसान, शिक्षक, विद्यार्थी र महिला उद्यमीहरूलाई पहिचान गरी सार्वजनिक रूपमा सम्मान गर्ने र उनीहरूका प्रेरणादायी सफलताका कथाहरूलाई उजागर गर्ने अनुष्ठानमा सहभागी हुनपाउँदा हर्षगर्वित छु। यस पुस्तिकाको प्रकाशनमा संलग्न सबैलाई हार्दिक साधुवाद !

यसमा सङ्कलन गरिएका प्रेरणादायी सफलताका कथाहरूबाटै थाहा हुन्छ क्रियटिड पोसिबिलिटिज (सीपी) समुदायको निर्णायकसहभागितामा नै स्थानीय जनताको जीवनस्तरमा सकारात्मक परिवर्तन ल्याउने विकास सम्भव हुन्छ भन्नेमा विश्वास गर्छु। यही विश्वास चरितार्थ गर्न दाङको देउखुरी क्षेत्रका गढवा, राप्ती र राजपुर गाउँपालिकामा सीपीले विसं २०६४ सालदेखि शिक्षा, स्वास्थ्य, सामाजिक न्याय, महिला सशक्तीकरण र बाल अधिकारका क्षेत्रमा स्थानीय समुदायसँग सहकार्य गर्दैआएको हो।

गाउँपालिकाहरूसँग प्रत्यक्ष समन्वय, सहमति र रेखदेखमा सञ्चालित यी कार्यक्रमहरूले पारदर्शिता, उत्तरदायित्व र स्थानीय स्वामित्वको भावनालाई थप सुदृढ बनाएको छ। सीपीसँग सहकार्य गर्ने स्थानीय गाउँपालिकाहरूसहित हाम्रा सहकर्मी र साभेदार सबै यो सफलताका श्रेयभागी छन्।

यस पुस्तिकाले थोरै भए पनि समाजमा लुकेका प्रतिभाहरूलाई प्रकाशमा ल्याई अरूलाई पनि उत्कृष्ट बन्न प्रेरित गर्नेछ भन्ने हाम्रो विश्वास छ। यस्तै यो पुस्तिका केही पौरखीहरूको सफलताको दस्तावेज त हो नै साथै दिगो विकास, सामाजिक समावेशीकरण र साभ्ना उत्तरदायित्वको भावना विकास गर्न मार्गदर्शक पनि हुने अपेक्षा छ।

अन्त्यमा “उत्कृष्टका कथाहरू” सार्वजनिक गर्ने यस प्रयासको लागि सीपीका सहकर्मीलगायत संलग्न सबैलाई हार्दिक बधाई छ। आगामी दिनहरूमा पनि यस्तै उल्लेखनीय प्रेरणादायी कार्य गर्दै अगाडि बढ्ने शुभकामना !

गोविन्दप्रसाद अधिकारी
अध्यक्ष
क्रियटिड पोसिबिलिटिज नेपाल



Best Wishes

It is a matter of great pride and joy to participate in this meaningful event organized by Creating Possibilities Nepal (CPN) in the Deukhuri region, honoring outstanding farmers, teachers, students, and women entrepreneurs from Gadhawa, Rapti, and Rajpur Rural Municipalities, and celebrating their inspiring stories of success. Heartfelt appreciation goes to all those involved in the publication of this booklet!

The stories of success compiled in this booklet reflect CPN's core belief: that transformative development is possible when the community plays an active and decisive role in shaping it. Guided by this belief, CPN has been working in close partnership with the local communities of Gadhawa, Rapti, and Rajpur since 2007 (2064 BS), focusing on education, health, social justice, women's empowerment, and child rights.

The initiatives run in close coordination, consensus, and oversight with local governments have further strengthened transparency, accountability, and a sense of local ownership. Credit for these achievements goes to our local partners, collaborating rural municipalities, and our dedicated team members and stakeholders.

We believe that this book, even if in a small way, will bring to light the hidden talents within our society and inspire others to strive for excellence. Beyond being a record of the success of a few determined individuals, this booklet is also expected to serve as a guide for promoting sustainable development, social inclusion, and shared responsibility.

Finally, sincere congratulations to all the CPN team members and contributors involved in sharing these stories of success. Wishing you continued motivation and remarkable achievements in the days to come!

Govinda Prasad Adhikari
Chairperson
Creating Possibilities Nepal



शुभकामना

यस “Stories of Excellence: Skills, Education & Entrepreneurship” पुस्तकका लागि पूर्वकथन लेखन पाउनु मेरो लागि विशेष गर्वको विषय हो । यो पुस्तक हाम्रो मूल्यवान साझेदार Creating Possibilities Nepal द्वारा तयार पारिएको हो । यस संग्रहले समुदायहरूलाई धैर्य, गहिरो सम्मान र साँचो सहकार्यमा साथ दिँदा कस्तो वास्तविक परिवर्तन सम्भव हुन्छ भन्ने कुराको शक्तिशाली प्रमाण प्रस्तुत गर्दछ ।

धेरै वर्षदेखि म दाङ जिल्लाका परियोजना क्षेत्रहरूको प्रगति नियाल्दै आएको छु । पटक-पटक मैले देखेको छु कि महिलाहरूले परियोजनामा सहभागी भएपछि आफूले जमिन किनेर आफ्नै आमदानी र आत्मनिर्भरता उल्लेखनीय रूपमा बढाएका छन् । त्यसैगरी, धेरैजसो बालबालिकाहरूले प्राथमिक तह-र प्रायः माध्यमिक तह समेत-सफलतापूर्वक पूरा गरी प्राविधिक तालिममा सामेल भएको पनि देखेको छु । यी परिवर्तनहरू केवल तथ्यांक होइनन्; यी व्यक्तिगत तथा पारिवारिक उपलब्धिहरू हुन्, जसले सम्पूर्ण समुदायको उज्यालो भविष्य निर्माण गर्छन् ।

यी उपलब्धिहरूको पछाडि एउटा समग्र दृष्टिकोण रहेको छ-Integrated Support to Vulnerable Groups (ISVG) कार्यक्रम, जुन अहिले Schoonderwolf Foundation को सहयोगमा दोस्रो चरणमा चलि रहेको छ । यो कार्यक्रम छोटो अवधिको सहयोगमा सीमित छैन; यसले दीर्घकालीन लगानी गर्दै मानिसहरूको गरिमा र सशक्तीकरणलाई प्राथमिकता दिन्छ-जसमा पूर्व कमलरी, दलित, आदिवासी समूहहरू तथा आर्थिक रूपमा संघर्षरत परिवारहरू सामेल छन् । जीविकोपार्जनको भर पर्ने अवस्थाबाट दिगो उद्यमशीलतामा देखिएको रूपान्तरण, विशेषगरी महिलाहरूमा, यस कार्यक्रमको गुणात्मक प्रभावलाई प्रमाणित गर्छ ।

यस यात्रामा स्थानीय पालिकासँगको उत्कृष्ट सहकार्यले उल्लेखनीय सफलताहरूको पहिचान र अरूलाई पनि उत्कृष्टताको लागि प्रेरित गर्ने काममा महत्त्वपूर्ण भूमिका खेलेको छ । यी समुदायहरूमा देखिएको प्रगति स्पष्ट र दिगो छ, र यसमा Creating Possibilities Nepal को समर्पणपूर्ण कामको ठूलो योगदान रहेको छ ।

Schoonderwolf Foundation मार्फत यस कार्यक्रमलाई समर्थन गर्न पाउँदा म अत्यन्त सन्तुष्ट छु । मलाई विश्वास छ, यी कथाहरूले पाठकहरूलाई शिक्षा, व्यवहारिक तालिम र सामुदायिक एकताको शक्तिमा विश्वास गर्न प्रेरित गर्नेछ ।

यस पुस्तकले व्यक्तिगत तथा सामूहिक उपलब्धिको उत्सव मात्र होइन, सकारात्मक परिवर्तनतर्फ लाग्न चाहनेहरूका लागि प्रेरणा र व्यावहारिक मार्गदर्शन पनि बनेको भन्ने मेरो कामना छ ।

सादर,
लिजबेथ नागेलकेरके
परोपकारी सल्लाहकार
नेदरल्याण्ड्स



Best Wishes

It is a privilege to write this foreword for "Stories of Excellence: Skills, Education & Entrepreneurship" a book created by our valued partner, Creating Possibilities Nepal. This collection stands as powerful testimony to the real change that is possible when communities are supported with patience, deep respect, and genuine collaboration.

For many years, I have followed the progress of the project areas in the Dang District. Time and again, I have witnessed women who, after joining the project, have managed to purchase their own land, thereby substantially increasing their income and independence. Likewise, I see more and more children successfully finish primary—and often even secondary—school, and then move on to vocational training. These changes are not merely numbers; they represent personal and family milestones that build a stronger future for the whole community.

Behind these achievements lies a comprehensive vision: the Integrated Support to Vulnerable Groups (ISVG) program, now in its second phase with support from the Schoonderwolf Foundation. Far beyond short-term support, this approach invests in people over many years, prioritizing dignity and empowerment for those who need it most—former Kamlaris, Dalits, Indigenous groups, and families struggling economically. The transformation from subsistence living to sustainable enterprises, especially among women, demonstrates the program's multiplier effect.

An essential part of this journey has been the excellent partnership with local municipalities, ensuring the recognition of remarkable accomplishments and inspiring others to strive for excellence. Progress in these communities is visible and lasting, with the entire project area developing steadily, thanks in large part to the dedication of Creating Possibilities Nepal.

It has been immensely rewarding to support this program through the Schoonderwolf Foundation. I am convinced these stories will inspire readers to believe in the power of education, practical training, and community solidarity to create a better future for all. May this book serve not only as a celebration of individual and collective achievement, but also as a practical guide and motivation for others working toward positive change.

With kind regards,
Met hartelijke groet,
Liesbeth Nagelkerke
Philanthropic Advisor
The Netherlands

हाम्रो बारेमा

क्रियटिड पोसिबिलिटिज नेपाल (सीपी) एक गैरनाफामूलक, धर्मनिरपेक्ष र गैरराजनीतिक संस्था हो । विसं २०६४ मा जिल्ला प्रशासन कार्यालय, काठमाडौंमा दर्ता भएको यो संस्था समाज कल्याण परिषदमा आबद्ध भएर क्रियाशील रहेको छ । स्थापना कालदेखि नै यस संस्थाले पूर्व कम्लहरी, तिनका बहिनीहरू तथा अन्य असहाय र विपन्न बालबालिकाको शैक्षिक, सामाजिक एवं आर्थिक उत्थानका लागि दाङ जिल्लाका गढवा, राजपुर र राप्ती गाउँपालिकामा विभिन्न स्थानमा कार्यक्रमहरू सञ्चालन गर्दै आएको छ ।

आर्थिकरूपले विपन्न, असहाय र टुहुरा बालबालिका तथा युवालाई शैक्षिकरूपमा सक्षम बनाउँदै बालश्रम र बालविवाह न्यूनीकरण गरी आत्मनिर्भर बनाउनु यस संस्थाको मुख्य लक्ष्य हो । साथै, आर्थिक सामाजिकरूपमा पछाडि परेका महिलाहरूलाई महिला समूहमार्फत व्यवसायमा जोडी आर्थिक तथा सामाजिकरूपमा सशक्त बनाउने र बालबालिका एवं महिला अधिकारको रक्षा तथा प्रवर्द्धनमा योगदान पुऱ्याउनु सीपी नेपालको उद्देश्य हो ।

संस्थाले पूर्व कम्लहरी तथा विपन्न बालबालिकालाई शैक्षिक, सामाजिक र भावनात्मकरूपमा सक्षम बनाउनका साथै तिनका परिवारलाई आर्थिकरूपमा आत्मनिर्भर बनाउन सहयोग गरिरहेको छ । यस संस्थाले मुख्यतः शिक्षा, आर्थिक सशक्तीकरण, सिकलसेल रोगसम्बन्धी जनचेतनामूलक स्वास्थ्य कार्यक्रमहरू तथा महिलाहरूको आयआर्जनमा सहयोग पुऱ्याउने कार्य गर्दैआएको छ ।

आर्थिकरूपमा विपन्न, असहाय र सीमान्तकृत समुदायका बालबालिकालाई शिक्षामा समान पहुँच पुऱ्याउनु यस संस्थाको प्रमुख उद्देश्य भएकोले विद्यालय स्वस्थ, सबल र बालमैत्री नहुँदासम्म बालबालिकाले गुणस्तरीय शिक्षा प्राप्त गर्न सक्दैनन् भन्ने मान्यताका साथ संस्थाले स्थानीय निकायहरूसँग सहकार्य गर्दै विभिन्न स्वास्थ्य चौकीहरूमा प्रयोगशाला सञ्चालनका लागि उपकरण सहयोग, सरकारी विद्यालयहरूमा कक्षाकोठा निर्माण, शुद्ध खानेपानीको व्यवस्था, बाल विकास कक्षाको सुधार तथा सिकलसेल रोग परीक्षणजस्ता कार्यक्रमहरू सञ्चालन गर्दैआएको छ ।

About CP Nepal

Creating Possibilities Nepal (CP Nepal) is a non-profit, secular organization established in 2007 and registered with the District Administration Office, Kathmandu. Affiliated with the Social Welfare Council, CP Nepal operates primarily in Kathmandu and Gadhwara, Rajpur, and Rapti Rural Municipalities of Dang District.

The organization addresses child labor and marriage through comprehensive support for former Kamlaris (indentured girls), their families, and vulnerable children. CP Nepal's mission focuses on empowering marginalized communities through educational, economic, and social development.

Core Initiatives

Education & Child Welfare

CP Nepal strengthens educational infrastructure by constructing classrooms, establishing safe water access, and enhancing early childhood development centers. The organization conducts specialized health programs, including sickle cell disease testing and awareness campaigns.

Economic Empowerment

Through microfinance programs and skills training, CP Nepal enables women to generate sustainable income. These initiatives create pathways to self-reliance while strengthening family structures.

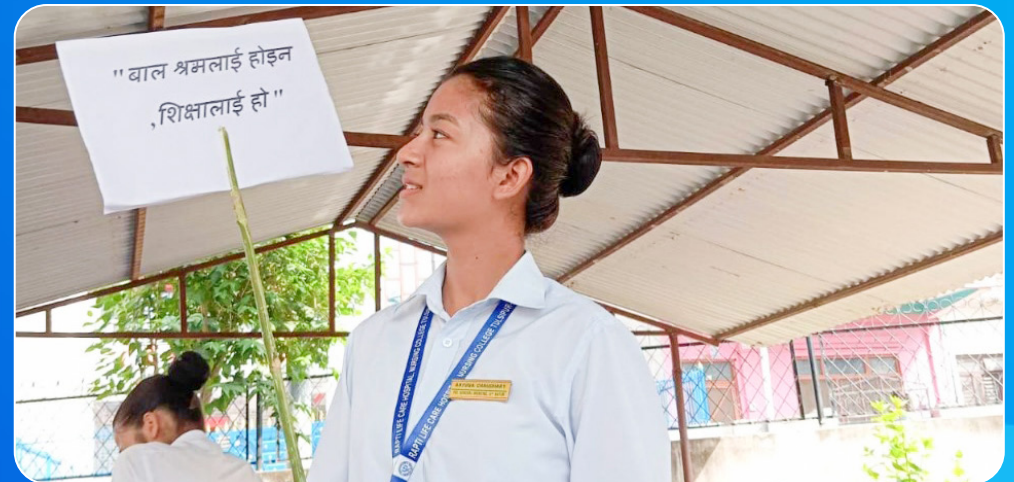
Community Development

The organization collaborates with local authorities to improve

सीपी नेपालमार्फत् शैक्षिक सहयोग प्राप्त गर्ने बालबालिकाका आमाबाबु तथा समुदायका अन्य महिलालाई समूहमार्फत लघुवित्त कार्यक्रममा सहभागी गराई आयमूलक तालिमहरू एवं महिला सशक्तीकरण कार्यक्रममा संलग्न गराई आर्थिक तथा सामाजिकरूपमा सशक्त बनाउने प्रयास गरिएको छ । संस्थाले महिला सशक्त भएमात्र परिवार सशक्त बन्छ र सशक्त परिवार नै गरिबीको चक्रबाट बाहिर निस्कने आधार हो भन्ने मान्यतालाई आत्मसात् गर्दै समुदाय स्तरमा विभिन्न कार्य गर्दैआएको छ । सशक्तीकरणका यस्ता प्रयासबाट परिवारहरू आफ्ना बालबालिकाको स्वास्थ्य, शिक्षा तथा अन्य आवश्यक कार्यमा स्वावलम्बी बन्न सक्छन् भन्ने क्रियाटिड पोसिबिलिटिज नेपालको ध्येय हो ।

health post facilities and promote child-friendly environments. This holistic approach ensures that educational and economic gains are sustainable within strengthened community systems.

CP Nepal operates on the principle that empowered women create resilient families, which form the foundation for breaking cycles of poverty. Through integrated programming, the organization works toward communities where families can independently ensure their children's health, education, and well-being.



कार्यक्रमको बारेमा

क्रियटिड पोसिबिलिटीज नेपाल सन् २००९ देखि दाङ जिल्लाको देउखुरी क्षेत्रमा क्रियाशील रहेको छ। संस्थाको उद्देश्य गरिबी, बेरोजगारी, निरक्षरता, शिक्षामा पहुँचको अभाव, राज्य तथा शासनका योजना तथा गतिविधिहरूमा न्यून सहभागीताजस्ता विभिन्न चुनौतीहरू सामना गरिरहेका कार्यक्रममा सहभागी परिवारको आर्थिक सामाजिक अवस्था र जीवनस्तरमा सुधार गर्नु हो।

सामाजिक उद्यमशीलता (Social Entrepreneurship) ले सीमान्तकृत समुदायलाई आर्थिकरूपमा सशक्त बनाउन महत्वपूर्ण भूमिका खेल्न सक्छ भन्ने मान्यताका साथ पहिलो चरणको सफलता पश्चात Schoonderwolf Foundation को सहयोगमा अप्रिल २०२४ देखि मार्च २०२९ सम्म यो सीमान्तकृत समुदायलाई एकीकृत सहयोग कार्यक्रम २ (Integrated Support to Vulnerable Group 2 Project-ISVG2) दाङको ३ वटा पालिका गढवा, राजपुर र राप्तीमा दोस्रो चरणमा संचालन भैरहेको छ। यस परियोजनाको प्रत्यक्ष लाभ कार्यक्रममा सहभागी महिला र तिनको परिवारलाई त हुनेछ नै समुदायको समग्र विकासमा पनि यसबाट योगदान पुग्नेछ। परियोजनाको लक्ष्य सीमान्तकृत समुदाय, तिनका बालबालिका, युवा तथा महिलाको क्षमता अभिवृद्धि गर्नु र अवसरहरू सिर्जना गर्नु हो।

यस परियोजनाले लाभान्वितहरूको आवश्यकता र समस्याहरूलाई प्रभावकारीरूपमा सम्बोधन गर्न Theory of Change / Appreciative Inquiry का आधारमा काम गरिरहेका छ। परियोजनाका क्रियाकलापहरू देउखुरीका सीमान्तकृत समुदायहरूको आवश्यकताअनुरूप तयार गरिएका छन्। यसमा समुदायलाई निर्णय, निर्माण र कार्यान्वयन प्रक्रियामा संलग्न गराइएको छ भने यसले समुदायको जीवनमा सकारात्मक प्रभाव पार्ने विश्वास लिइएको छ।

यस परियोजनाले सीमान्तकृत र पिछडिएका समुदायका बालबालिका तथा महिलाहरूलाई समग्ररूपमा सशक्त बनाउन शिक्षा, व्यावसायिक तालिम, वित्तीय साक्षरता कक्षा तथा समुदायसँगको संलग्नतामूलक गतिविधिहरू गरिरहेका छ। परियोजनाको उद्देश्य ती समुदायहरूलाई सशक्त बनाउँदै उनीहरूलाई विकास प्रक्रियामा पूर्ण रूपमा समावेश

About Program

Creating Possibilities Nepal has been actively working in the Deukhuri region of Dang District since 2009. The organization aims to improve the economic and social status, as well as the overall living conditions, of families facing challenges such as poverty, unemployment, illiteracy, lack of access to education, and limited participation in state plans and governance activities.

With the belief that social entrepreneurship can play a vital role in economically empowering marginalized communities, and following the success of its first phase, the organization—supported by Schoonderwolf Foundation—has been implementing the second phase of the Integrated Support to Vulnerable Group 2 Project-ISVG2 from April 2024 to March 2029. This phase is being carried out in three local municipalities of Dang District: Gadhawa, Rajpur, and Rapti.

This project will not only directly benefit the participating women and their families but will also contribute to the overall development of the community. Its core goal is to enhance the capacity of marginalized communities—particularly children, youth, and women—and to create opportunities for them.

The project is being implemented based on the needs and challenges of the target communities, ensuring that all interventions are grounded in a community-based, inclusive, and participatory approach. Activities are designed in alignment with the specific needs of marginalized populations in Deukhuri, involving them directly in decision-making, planning, and implementation processes. It is believed that this inclusive approach will bring about a positive impact in their lives.

To holistically empower marginalized and disadvantaged children and women, the project includes education support, vocational training, financial literacy classes, and community engagement activities. The primary objective is to empower these communities, ensure their full inclusion in the development process, bring about sustainable change, and improve their overall quality of life.

During the project period, a comprehensive strategy has been

गराउनु, दिगो परिवर्तन ल्याउनु र उनीहरूको जीवनस्तरमा सुधार गर्नु हो ।

परियोजनाले कार्यक्रम अवधिमा दाङ देउखुरी क्षेत्रको गरिबीको चक्रलाई तोड्ने र बालबालिका तथा तिनको परिवारका लागि उज्यालो भविष्य निर्माण गर्ने रूपरेखा तयार गरेको छ । सोका लागि दलित, आदिवासी जनजाति, मधेसी, अल्पसंख्यक, साना किसान, तथा आर्थिकरूपले विपन्न परिवारहरूका महिला र बालबालिका लक्षित समूहका रूपमा रहेका छन् ।

परियोजनाको मुख्य ध्यान बालबालिकाको शिक्षा र उद्यमशीलताको विकासमा केन्द्रित रहेको छ । यसमा बालबालिकालाई कुनै आर्थिक अवरोध बिना शिक्षामा पहुँच, महिलाको सीप र ज्ञान अभिवृद्धिका साथै कृषि र व्यावसायिक क्षेत्रमा आकर्षण तथा प्रोत्साहन गर्ने र महिलाको स्रोतमा पहुँच, प्रारम्भिक लगानीको लागि बीउ पुँजी (स्टार्टअप कोष) उपलब्ध गराउने जस्ता क्रियाकलाप समावेश छन् । यसरी महिलाहरूको आय आर्जन गतिविधिलाई जीविकोपार्जनको चरणबाट सशक्त र दिगो व्यवसायमा रूपान्तरण गर्ने यस परियोजनाको प्रयास रहनेछ ।

developed to break the cycle of poverty in the Deukhuri region of Dang and to build a brighter future for children and their families. The target groups include Dalits, Indigenous nationalities, Madhesi communities, minorities, smallholder farmers, and economically disadvantaged families.

The project places special emphasis on children's education and the development of entrepreneurship. Activities are designed to ensure that children have uninterrupted access to education, free from economic barriers. Women's skills and knowledge are enhanced, and they are encouraged to participate in agriculture and business ventures. The project also focuses on improving women's access to resources and provides seed funding (startup capital) to help them initiate income-generating activities.

Through these efforts, the project aims to transform women's income-generating initiatives from subsistence levels into empowered and sustainable enterprises.



पुस्तकको बारेमा

क्रियेटिड पोसिबिलिटीज नेपालले वि.सं. २०६४ सालदेखि देउखुरी क्षेत्रका गढवा, राप्ती, र राजपुर गाउँपालिकाहरूमा शिक्षा, स्वास्थ्य सेवा, सामाजिक न्याय, महिला सशक्तीकरण, र बाल अधिकारजस्ता क्षेत्रमा सामाजिक विकासका विभिन्न कार्यक्रमहरू सञ्चालन गर्दै आइरहेको छ। संस्था स्थापना भएदेखि नै यसले समुदायमै आधारित भएर ग्रामीण जनताको आवश्यकता पहिचान गर्दै उनीहरूकै सहभागितामा तिनकै सीपको पहिचान गरी त्यसको दिगो सदुपयोगका लागि कार्यक्रमहरू सञ्चालन पनि गर्दै आएको छ।

हालसम्म संस्थाले विद्यालयमा विद्यार्थीहरूको शैक्षिक सुधारका लागि छात्रवृत्ति, अतिरिक्त कक्षा, शिक्षक अभिमुखीकरण तालिम, विद्यालयमा बालमैत्री वातावरण निर्माण तथा शिक्षण सिकाइ सुधार कार्यक्रम, स्वास्थ्य क्षेत्रमा सिकलसेलजस्ता रोगका बारेमा जनचेतना अभिवृद्धि गर्ने स्वास्थ्य शिविर, महिलाहरूको लागि वित्तीय साक्षरता, उद्यमशीलता तालिम, जीवन उपयोगी सीप विकास तालिमहरू सञ्चालन गर्दै आएको छ।

यी कार्यक्रमहरू सम्बन्धित गाउँपालिकाहरूको प्रत्यक्ष समन्वय, सहमति र रेखदेखमा सञ्चालन हुँदै आएका छन्। फलस्वरूप कार्यक्रमहरूमा पारदर्शिता, उत्तरदायित्व र स्थानीय स्वामित्वको भावना मजबुत भएको छ। स्थानीय जनताको सक्रिय सहभागिताविना कुनै पनि विकास कार्य दीगो बन्न सक्दैन भन्नेमा संस्थाको विश्वास छ।

संस्थाका विभिन्न कार्यक्रमहरूमध्ये **सीमान्तकृत समुदायलाई एकीकृत सहयोग कार्यक्रम** र पनि एउटा हो। यस कार्यक्रमअन्तर्गत हाल सञ्चालनमा रहेको क्रियाकलापहरूमध्ये “सहकार्य र उत्कृष्टता : कृषि, शिक्षा र उद्यमशीलतामा सम्मान कार्यक्रम” ले समुदायका विभिन्न क्षेत्रका योगदानकर्तालाई चिनाउने एवं सम्मान गर्ने उद्देश्य राखेको छ।

यो कार्यक्रम विशेषगरी सम्बन्धित गाउँपालिकाको समन्वयमा स्थानीय स्तरमा रहेका उत्कृष्ट किसान, उत्कृष्ट शिक्षक, उत्कृष्ट विद्यार्थी, र उत्कृष्ट महिला उद्यमी पहिचान गरी सार्वजनिकरूपमा सम्मान तथा उनीहरूको प्रेरणादायी सफलता उजागर गर्ने कार्य पनि रहेको छ। उत्कृष्टताका प्रेरणास्पद कथाहरू यस पुस्तकमा समेटिएका छन्।

स्थानीय स्तरमा कृषि उत्पादनमा नवप्रवर्तन र प्रविधिको प्रयोगलाई प्रोत्साहन गर्नु, शिक्षा क्षेत्रमा उल्लेखनीय योगदान दिने शिक्षक तथा उत्कृष्ट उपलब्धि हासिल गर्ने

About the Book

This publication emerges from the "Integrated Support to Vulnerable Groups – Phase 2" (ISVG 2) program, specifically the initiative "Collaboration and Excellence: Honoring Agriculture, Education, and Entrepreneurship." Developed in partnership with local governments, this program celebrates exceptional individuals whose contributions have transformed their communities.

The Stories Within

The narratives presented here document the achievements of outstanding farmers, distinguished teachers, accomplished students, and successful women entrepreneurs from the rural municipalities of Gadhawa, Rapti, and Rajpur. These stories showcase resilience, innovation, and leadership that exemplify the transformative power of dedication and hard work.

Each featured individual represents excellence that exists throughout our communities yet often remains unrecognized. Through their experiences, this collection illuminates the profound impact of local expertise and community-driven success.

A Vision for Recognition

This initiative establishes a foundation for annual recognition programs led by local municipalities. Moving forward, these communities will independently identify and honor their most motivational and

विद्यार्थीहरूको हौसला बढाउनु, ग्रामीण महिलाहरूलाई उद्यमशीलताको बाटोमा अघि बढ्न प्रेरणा दिनु, गाउँपालिका र संस्थाबीच सहकार्यको बलियो नमुना प्रस्तुत गर्नु, स्थानीय नेतृत्व, उदाहरणीय प्रयास र सफलता कथाहरूलाई उजागर गर्दै अन्य समुदायलाई पनि त्यसको अनुकरण गर्न उत्प्रेरित गर्नु यस क्रियाकलापको मुख्य उद्देश्य हो ।

समाजको हरेक तहमा उत्कृष्टता जन्मिन्छ तर प्रायः ती प्रयासहरू प्रकाशमा आउँदैनन् । यस सम्मान कार्यक्रम र पुस्तक प्रकाशनले यस्ता लुकेका योगदानहरू पहिचान गरी प्रेरक व्यक्तित्वलाई सार्वजनिक रूपमा सम्मान गर्न र प्रेरणा प्रदान गर्न यस पुस्तकको भूमिका हुने विश्वास लिइएको छ । आशा गरौं, यो पुस्तक एउटा दस्तावेजमात्र नभएर दिगो विकास, सामाजिक समावेशीकरण र साझा उत्तरदायित्वको भावना विकास गर्न सहयोगी पनि हुनेछ ।

hardworking citizens—farmers who innovate, teachers who inspire, students who excel, and entrepreneurs who create opportunities.

This annual celebration will become a locally-owned tradition, ensuring that exceptional contributions continue to be acknowledged and that community champions inspire others toward excellence. Through sustained recognition of local talent, these programs foster collective pride and drive meaningful change from within communities.



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सिलाइबाट सफलता

दाङको गढवा गाउँपालिका-६, हासिपुरकी ३९ वर्षीया मीना चौधरी बिहानैदेखि सिलाइकटाइको काममा व्यस्त हुन्छिन्। ग्राहकका कपडा सिलाउनेदेखि आफूजस्तै दिदीबहिनीलाई सिकाउने कामले उनलाई भ्याइ नभ्याइ छ। उनी गढवा बजारकी स्थापित सिलाइ मास्टर भइसकेकी छन्।

Meena's Tailoring Journey

In Gadhawa Rural Municipality-6 of Dang district, 38-year-old Mrs. Mina Chaudhary has been busy with tailoring work since early morning. From sewing garments for customers to mentoring fellow sisters, she has kept very busy with her work. She has established herself as a renowned tailoring master in the Gadhawa market.



यस कथाले ग्रामीण महिलाहरूलाई सीप विकास र आर्थिक सहयोगका अवसरहरू प्रदान गरिँदा कस्तो परिवर्तन आउँछ भनेर देखाउँछ। कमलरीबाट सफल उद्यमी बन्ने मीनाको यात्राले लक्षित कार्यक्रमहरूले गरिबीको चक्र तोड्न र ग्रामीण नेपालको सम्पूर्ण परिवारलाई सशक्त बनाउन मद्दत गर्दछ भन्ने देखाउँदछ।

This story highlights the transformation that occurs when rural women receive opportunities for skill development and financial support. Meena's journey from domestic worker to successful entrepreneur exemplifies how targeted interventions can break the cycle of poverty and empower entire families in rural Nepal.

सबैजसो थारू समुदायका छोरीहरूजस्तै उनको बाल्यकाल पनि घरधन्दा र अरूको काम गर्दैमा बित्यो । थारू समुदायमा छोरीलाई पढाउने चलन थिएन । छोरी अरूको घरमा काम गर्न बस्ने चलन थियो । काम गरेर कमाउने सोच पनि हुँदैन थियो । उनी पनि त्यही सोचको सिकार बनिन् । पढ्नलेख्न पाइनन् । अरूको घरमा काम गर्ने कुरालाई नै महत्त्व दिने चलन थियो त्यति बेला । उनी घोराही, विराटनगर र काठमाडौं गरी पाँच वर्षसम्म कमलरीका रूपमा अरूको घरमा बसिन् ।

खानबस्नलाई मात्रै अरूको घरमा काम गर्ने चलन थियो । व्यवसाय गरेर कमाउने सोच त थारू समुदायमा थिएन भन्दा पनि भयो । व्यापार-व्यवसाय गर्ने कुरा अलि चुनौतीपूर्ण मानिन्थ्यो । त्यही चुनौतीपूर्ण काम सम्हालेकी छन् मीनाले । “अहिले म व्यवसाय गरिरहेकी छु । यो हाम्रो लागि नयाँ काम हो । थारू समुदायमा व्यवसाय गर्ने काम कठिन मानिन्थ्यो,” उनले भनिन्, “बिहान उठेदेखि मेरो काम सुरु हुन्छ । बिहानै उठेर घरको काम गर्ने, त्यसपछि टेलरिङ पसल खोलेर काम सुरु गर्ने । घरधन्दा सकेर व्यवसाय सुरु हुन्छ, फेरि बेलुका सबेरै घर पुगेर घरधन्दा सम्हाल्नुपर्छ ।”

मीनाले पाँच वर्षअघि छ महिना लेडिज र तीन महिना जेन्ट्सको सिलाइ तालिम लिएपछि सिलाइ व्यवसाय सुरु गरेकी हुन् । क्रियटिड पोसिबिलिटिज नेपाल (सीपी) ले सिलाइकटाइ तालिम दिएपछि उनको जीवनले नयाँ मोड लिएको हो । सीपी नेपाल नभएको भए आफ्नो जीवन अहिलेको जस्तो नहुने उनको बुझाइ छ । “मलाई त सीपी नेपालले नै बनाएको हो । नत्र म कुन अवस्थामा हुन्थेँ, भन्न सकिँदैन,” उनले भनिन्, “मलाई सीप सिकायो, समूह र सहकारीमा आबद्ध गरायो । ऋण पाउने व्यवस्था गरिदियो । मेरो जीवन बदल्ने माध्यम नै सीपी बन्यो ।”

उनले सिलाइकटाइ सिकाउने गुरुकै सेकेन्ड ह्यान्ड मेसिन किनेर व्यवसाय सुरु गरेकी हुन् । उनीसँगै गाउँका आठजनाले तालिम लिएका थिए, तर उनले मात्रै व्यवसाय गरेकी छन् । “व्यवसायमा लाग्ने आँट गर्न पनि गाह्रो नै छ । जोखिम मोलेर व्यवसाय गर्नुपर्छ,” उनले भनिन् “आँट गरेर काम थालेपछि थप प्रगति हुँदै जान्छ ।”

सिलाइ व्यवसायबाट चाडपर्वमा दैनिक एक हजार र अन्य समयमा ६०० रुपैयाँसम्म कमाइ हुन्छ । त्यसमध्ये दैनिक १०० रुपैयाँ पसलको सटर भाडा तिर्न खुत्रुकेमा राखिन्छ । सहकारीमा दैनिक १०० बचत गरिन्छ । कहिलेकाहीँ राम्रो कमाइ गर्दा ५०० सम्म बचत गरिन्छ । अन्य रकम नुनतेल, तरकारी, छोराछोरीका निमित्त खर्च हुन्छ ।

Like all daughters of the Tharu community, Mina's childhood was spent working in other people's homes instead of her own. At that time, there was no tradition of educating daughters in the Tharu community. Girls were sent to work as domestic help as part of the Kamlari system in other households. There wasn't even the thought of earning money through work. She too became a victim of this mindset and tradition. She couldn't read or write. The prevailing practice was to prioritize sending girls to work in other people's homes. She worked as a domestic helper in Ghorahi, Biratanagar, and Kathmandu for five years as part of bonded slavery, which was a kind of tradition at that time.

The custom was to work only for food and shelter in other people's homes. The concept of earning money through business didn't exist in the Tharu community - or rather, it was feared. Business and trade were considered quite challenging. Mina has taken on this very daunting work. "Now I am doing business. This is new work for us. In the Tharu community, doing business was considered difficult," she says. "My work starts from the moment I wake up in the morning. I wake up early, do household chores, then open the tailoring shop and start work. After finishing home duties, business begins, and then in the evening I have to return home and manage household tasks."

Five years ago, Mina launched her tailoring business after completing six months of ladies' tailoring training and three months of gents' tailoring training. Her life transformed when she received tailoring education from Creating Possibilities Nepal (CP Nepal). She asserts that without CP Nepal, her life would be vastly different. "CP Nepal shaped who I am. I can't imagine where I would be otherwise," she states. "It provided me with skills, introduced me to groups and cooperatives, and helped me secure loans. CP was the catalyst for my transformation."

She started her business by buying a second-hand sewing machine from her tailoring instructor. Eight people from her village had taken the training together, but only she pursued the business. "It takes courage to get into business. You have to take risks to do business," she says. "Once you gather courage and start working, progress continues to happen."

From her tailoring business, she earns up to one thousand rupees

* The Kamlari system was a bonded labor practice in Nepal's western Terai, where young Tharu girls worked as domestic servants to repay family debts. Rooted in poverty and land dispossession, it involved harsh conditions and abuse. Outlawed in 2006 and abolished in 2013, efforts continue to rehabilitate former Kamlaris through education and training.



२२ मैले केही न केही आयआर्जनको काम गर्नुपर्छ भनेर धेरै उपायहरू खोजें । मेरो पाठेघर र किड्नीको समस्या भएर चारवटा अपरेसन भएको छ । शरीर कमजोर भएकाले बढी बल पर्ने काम गर्न सकिँदैन ।

२२

व्यवसाय गरेपछि दिनदिनै नगद हात पर्छ । यसैले उनलाई खुसी दिएको छ । चिनेका मानिसहरू टाढाटाढाबाट पनि सिलाउन आउँछन् । कतिपयले सिलाइकटाइ सिकाइदिनुपथ्यो भन्छन् । अहिलेसम्म सिकेका मध्ये दुईजनाले उनकै पसलमा काम गरिरहेका छन् । उनीहरूले आफूले सिलाएको पैसा आधा मीनालाई दिन्छन् भने आधा आफैं लिन्छन् । अहिले चारवटा सिलाइ मेसिन छन् । त्यसैमा साथीहरूले मिलेर सिलाइकटाइको काम गरिरहेका छन् । यो पेसा गर्नुका पछाडि उनको स्वास्थ्यको कारण छ ।

“मैले केही न केही आयआर्जनको काम गर्नुपर्छ भनेर धेरै उपायहरू खोजें । मेरो पाठेघर र किड्नीको समस्या भएर चारवटा अपरेसन भएको छ । शरीर कमजोर भएकाले

daily during festival seasons and up to six hundred rupees on other days. Out of this, she sets aside 100 rupees daily to pay the shop rent. She saves 100 rupees daily in the cooperative. Sometimes when she earns well, she saves up to 500 rupees. The remaining money goes toward oil, vegetables, and expenses for her children.

After starting the business, she has daily cash in hand, which makes her happy. People she knows come from far and wide to have their clothes stitched. Some ask her to teach them tailoring. So far, two of those she has trained are working in her shop. They give half of what they earn to Mina and keep half for themselves. Currently, there are four sewing machines where friends work together on tailoring projects. Her health condition is the reason for choosing this profession.

“I searched for many ways to earn some income. I have kidney and

२२ I searched for many ways to earn some income. I have kidney and bladder problems and have had four operations. Since my body has become weak, I cannot do work that requires much physical strength.

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बढी बल पर्ने काम गर्न सकिँदैन,” उनले भनिन्, “त्यसकारण स्वास्थ्यले साथ दिने खालको काम गर्न लागेकी हुँ । सुरुमा सीपी नेपालकै सहयोगमा एक साताको बाख्रापालन तालिम लिएर बाख्रापालन सुरु गरें । बाख्राको संख्या बढाउँदै लैजाने योजनामा थिएँ । १७ वटा बाख्रा पालें, तर घाँस काट्न गाह्रो भयो ।”

अपरेसन गरेको शरीरले गह्रौँ भारी बोक्न र रुख चढ्न समस्या भयो । शरीरले साथ दिएन । त्यसपछि बाख्रा बेचेर सिलाइकटाइतिर लागिन् । “सिलाइकटाइ व्यवसायमा बसेर पनि काम गर्न सकिने भएकाले यतातिर लागें । के गर्नु ? केही न केही पेसा त गर्नेपन्यो, नत्र घरखर्च चल्दैन,” उनले भनिन् “यो कामले मलाई धेरै सजिलो बनायो । मैले राम्रो आमदानी गर्ने पेसा गरें ।”

उनको आफ्नो दुई कट्टा मात्रै खेत छ । त्यसले खान पुग्दैन । श्रीमान् रामबहादुर मजदुरी गर्छन् । सधैं मजदुरी गर्ने काम पाइँदैन । मीनाको कमाइकै भर हो । छोरी आशिका २१ वर्षकी भइन् । उनी देखुरी बहुमुखी क्याम्पसमा बीकम पढ्दापढ्दै नेपालगन्ज गएर बसेकी छन् । उतै केही काम गर्दै पढ्दै छिन् । छोरा अभिषेक १२ कक्षामा पढ्दै छन् ।

कमाएको पैसा घरखर्च धानेर छोराछोरीको पढाइमा लगाउँछिन् । बास बस्ने ठाउँ नभएकाले सानोतिनो घर बनाउनुपर्ने भयो । घर बनाउन सीपी नेपालले सञ्चालन गरेको सहकारीबाट दुईपटक गरी दुई लाख ५० हजार रुपैयाँ ऋण लिइन् । उक्त ऋणको किस्ता तिरेर सकिन थालेको छ । छोराछोरीले ‘आमा, अब हजुरले काम गर्नु पर्दैन’ नभन्दासम्म यही काम गरिरहने सोचमा रहेको उनले बताइन् ।

५० हजार रुपैयाँ लगानी गरेर उनले व्यवसाय सुरु गरेकी थिइन् । व्यवसाय सुरु गरेकै वर्ष सीपी नेपालले एउटा साइकल उपहार दियो । अहिले पनि उनका श्रीमान्-श्रीमतीले त्यही साइकल प्रयोग गरिरहेका छन् । यस वर्ष मीना गढवा गाउँपालिका र सीपी नेपालबाट उत्कृष्ट उद्यमी महिलाका रूपमा सम्मानित भइन् । पुरस्कारबापत १२ हजार ५०० रुपैयाँ नगद पाइन् । पुरस्कारले उनलाई थप हौसला दिएको छ । अबै व्यवसायमा प्रगति गर्ने जाँगर बढेको उनले बताइन् । “पुरस्कार पाएपछि अबै काम गर्नुपर्छ भन्ने हौसला मिलेको छ,” उनले भनिन् “यो पुरस्कारको इज्जत राख्ने गरी अबै प्रगति गर्ने रहर छु ।”



bladder problems and have had four operations. Since my body has become weak, I cannot do work that requires much physical strength,” she says. “That’s why I started doing work that my health could support. Initially, with the help of CP Nepal, I underwent a week of training in goat farming and began rearing goats. I planned to increase the number of goats gradually. I raised 17 goats, but cutting grass became difficult.”

The body that had undergone operations had problems carrying heavy loads and climbing trees. Her body couldn’t support her. After that, she sold the goats and turned to tailoring. “Since the tailoring business can be done while sitting, I went in that direction. What to do? I had to pursue some profession, otherwise household expenses wouldn’t be met,” she says. “This work made things much easier for me. I found a profession with good income.”

She has only two katthas (7290 sq. feet) of her farmland, which doesn’t provide enough food. Her husband, Rambahadur, works as a laborer but often struggles to find daily wage work. The household depends on Mina’s earnings. Her daughter, Ashika, 21, studies BBS at Deukhuri Multiple Campus while living in Nepalgunj, where she also works part-time. Her son, Abhishek, is in the 12th grade.

She spends her earnings on household expenses and her children’s education. Since they didn’t have a proper place to live, they had to build a small house. To construct the house, she took out two loans totaling 250,000 (1,823.34 USD) rupees from the Unako Saving and Credit Cooperative Ltd, supported and guided by CP Nepal. She has started to pay back the installments of this loan. She says she plans to continue this work until her children tell her, “Mother, now you don’t need to work.”

She started her business with an investment of 50,000 rupees (approximately \$364.67). In the first year of operation, CP Nepal gifted her a bicycle. Even now, her husband and wife still use that same bike. This year, Mina was recognized as an outstanding entrepreneurial woman by Gadhawa Rural Municipality and CP Nepal. She received 12,500 rupees in cash as part of the award. This recognition has provided her with additional encouragement. She says her enthusiasm to advance further in her business has grown. “After receiving the award, I got the encouragement that I need to work even more,” she says. “I have the spirit to progress further in a way that honors this award.”





तरकारी खेतीले बढायो उचाइ

A Rural Woman's Journey To Agricultural Success

दाङको गढवा गाउँपालिका-७, घोराहाकी ४६ वर्षीया भुवनेश्वरी चौधरीलाई भेट्न खेतमै पुग्नुपर्छ। उनी जति बेला पनि खेतमा तरकारी खेती गरिरहेकी भेटिन्छिन्। ५० वर्षीय श्रीमान् हेमनारायण र उनी बिहानदेखि बेलुका अबेरसम्म खेतमा व्यस्त हुन्छन्।

उनले १० कट्ठा आफ्नो र १५ कट्ठा भाडामा लिएर २५ कट्ठा जग्गामा तरकारी खेती गरिरहेकी छन्। आलु, लौका, भन्टा, करेला, काउली, तरबुजा, प्याज, लसुन लगायत सिजनअनुसारका तरकारी खेती गर्छिन्। उनले व्यावसायिक तरकारी खेती गर्न थालेको १५ वर्ष भइसक्यो। पाँच कट्ठा जग्गाबाट खेती सुरु गरेकी चौधरीले क्षेत्रफल बढाउँदै लगिन्। आफ्नोले नपुगेपछि उनले वार्षिक प्रतिकट्ठा एक हजार ५०० रुपैयाँ भाडामा जग्गा लिएकी हुन्।

उनी वार्षिक छ लाख रुपैयाँको तरकारी बिक्री गर्छिन्। खेतीमा दुईजना नियमित खटिनुपर्छ। खेती लगाउँदा र तरकारी टिप्दा छ/सातजना थप मानिस काममा लगाउने गर्छिन्। “हामीले आफू मात्रै होइन, अरूलाई पनि रोजगारी दिएका छौं,” उनले भनिन्, “तरकारी खेतीबाट आत्मनिर्भर बन्ने र बनाउने काम गरिरहेका छौं।”

To meet 46-year-old Mrs. Bhuwaneshwari Chaudhary of Gadhawa Rural Municipality-7, Ghoraha, one has to go to her fields. She can be found tending to her fields of vegetables at any time. Her 50-year-old husband, Hemnarayan, and she are busy in the fields from morning till late evening.

She is cultivating vegetables on 25 kattha (91,125 sq ft) of land—10 kattha (36,450 sq ft) of her own and 15 kattha (54,675 sq ft) rented. She grows seasonal vegetables, including potatoes, bottle gourd, eggplant, bitter gourd, cauliflower, watermelon, onions, and garlic, according to the season. It has been 15 years since she started commercial vegetable farming. Chaudhary, who started farming on five kattha (18,225 sq ft) of land, has been gradually expanding her area. When her land wasn't sufficient, she rented land at one thousand five hundred rupees (\$11 USD) per kattha annually.

She sells vegetables worth 5 lakh rupees (\$3,660 USD) annually. Two people work in the fields regularly. During planting and harvesting, she employs 6-7 additional workers. "We have not only provided

उनले यस वर्ष उत्कृष्ट किसानका रूपमा गढवा गाउँपालिका र सीपी नेपालबाट १२ हजार ५०० रुपैयाँ पुरस्कार पाइन् । उनले पुरस्कारलाई तरकारी खेतीकै विकासमा लगाएकी छन् । तरकारी स्टोर गर्ने ठाउँको अभाव भएकाले खेतको छेउमा गोठ बनाइरहेकी छन् । “पुरस्कार पाएको पैसा त्यत्तिकै खर्च गर्न मन लागेन । तरकारी खेतीबाट पाएको पुरस्कार यसैमा लगाएकी छु,” उनले भनिन् “यसले खेतीलाई अभ्र राम्रो गर्न मद्दत पुगेछ ।”

उनी सीपी नेपालले गठन गरेको आमा समूहमा ११ वर्षदेखि आबद्ध छिन् । त्यही समूहमार्फत उनी उनको बचत तथा ऋण सहकारीमा आबद्ध भइन् । सोही सहकारीबाट १० हजार ऋण लिएर उनले तरकारी खेती सुरु गरेकी थिइन् । अहिले ऋण बढाउँदै एक लाख ५० हजार लिएकी छन् । सीपीबाटै सिँचाई सामग्री पनि पाइन् । यसले उनलाई तरकारी खेती गर्न सहज बनायो । “सहकारीबाट चाहिएको बेला ऋण लिन पाइन्छ,” उनले भनिन्, “कमाउँदै तिर्दै गर्दा ऋण चुक्ता गर्न पनि सजिलो भएको छ ।”

उनले छोराछोरीलाई पनि कृषि र पशुविज्ञान पढाएकी छन् । जेठो छोरा रञ्जित पशुविज्ञान र छोरी समीक्षाले बालीविज्ञानमा डिप्लोमा गरेका छन् । रञ्जित स्कुलमा पढाउने काम गर्छन् । छोरीले खेतीपातीमा सघाइरहेकी छन् । कान्छो छोरा निखिलले इलेक्ट्रिक एन्ड इलेक्ट्रोनिक्समा डिप्लोमा गरेका छन् । “छोराछोरीले पनि कृषि र पशुपालन गरून् भनेर त्यही विषय पढाएका छौं । हामीले



* Unako Saving and Credit Cooperative Ltd, established as a registered cooperative in Gadhwara Rural Municipality in 2014, operates under the support and facilitation of Creating Possibilities Nepal. The cooperative serves as a vital financial institution where mothers in the community can participate as members, build their savings, and access credit facilities to support their families and entrepreneurial endeavors.

employment for ourselves but also given jobs to others,” she says. “We are working to become self-reliant and help others become self-reliant through vegetable farming.”

“She has been honored with a prize of Rs. 12,500 (\$91 USD) by Gadhwara Rural Municipality and CP Nepal as an outstanding farmer. She has invested the prize money in the development of vegetable farming. Due to the lack of a place to store vegetables, she is building a shed near the field. ‘I didn’t feel like spending the prize money just like that. I have invested the prize money received from vegetable farming back into it,’ she said, ‘This will help to make the farming even better.’”

She has been associated with the mother’s group formed by CP Nepal for 11 years. Through the same group, she became involved in Unako Coop. She began vegetable farming by taking out a loan of 10,000 rupees (USD 73) from the cooperative. Now she has increased her loan to 1 lakh 50 thousand rupees (\$1,098 USD). She also received irrigation materials from CP Nepal. This made it easier for her to do vegetable farming. “We can get loans from the cooperative when needed,” she says. “It has become easier to repay loans as we earn and pay simultaneously.”

She has educated her children in agriculture and animal science. Her

बाखा, बंगुरसुँगुर पनि पालेका छौं,” उनले भनिन्, “पढेको ज्ञान यसमा काम लागेको छ । छोराछोरी पनि आत्मनिर्भर बन्न सकून् भनेर नै प्राविधिक विषय पढाएका हौं ।”

सीपी नेपालले संगठित गरेको आमा समूहबाट उद्यम गर्ने ज्ञान लिएर व्यावसायिक यात्रा थालेकी भुवनेश्वरी आफ्नो जीवनमा आएको परिवर्तन देखेर दंग छन् । पहिले घरधन्दाको काम मात्रै गर्ने भुवनेश्वरी अहिले गाउँपालिकाकै नमुना कृषक बनेकी छन् । “पहिले त घरबाट बाहिर निस्कन मिल्दैनथ्यो । हामीलाई बाहिरको कुरा केही पनि थाहा थिएन,” उनले भनिन् “अहिले कमाइसँगै नाम पनि भएको छ । स्थानीय सरकारले पनि चिनेको छ । यसले मनमा सन्तुष्टि हुन्छ ।”

तरकारी बिक्री गर्न पनि समस्या छैन । खेतबाटै बिक्री हुन्छ । “खेतबारीमै व्यापारी आउँछन् । यहीँबाट तरकारी बिक्री भइहाल्छ,” उनले भनिन्, “बजारको समस्या नभएकाले उत्पादन गर्न सक्थ्यो भने राम्रो फाइदा छ ।” छोराछोरी पढाउने, घरखर्चलगायत सबै बन्दोबस्त तरकारी खेतीबाटै गरेकाले उनलाई यसैबाट आत्मनिर्भर बन्न सकिन्छ भन्ने आत्मविश्वास छ ।



ग्रामीण महिलाहरूलाई सीप सिक्ने अवसर र आर्थिक सहयोग प्राप्त हुँदा उनीहरूको जीवनमा ठूलो परिवर्तन आउन सक्छ भन्ने यस कथाले देखाउँछ । भुवनेश्वरीको यात्रा सुरुमा घरभित्रै सीमित जीवनबाट सुरु भएको थियो, तर अहिले उनी हरेक वर्ष रु. ५ लाखसम्म बराबरको तरकारी व्यवसाय चलाइरहेकी छन् । उनको यस परिवर्तनले सही सहयोग र तालिमले गरिबीको चक्र तोड्न सकिन्छ भन्ने प्रमाणित गर्दछ । पहिले “घरबाहिर निस्कन पनि नसक्ने” भुवनेश्वरी आज अन्य महिलालाई काम दिने हैसियतमा पुगेकी छन् । सूक्ष्म ऋण, कृषि तालिम र साथीहरूको साथले उनको जीवनमा परिवर्तन ल्याएको छ । उनी आर्थिक रूपमा आत्मनिर्भर भएकी छन् , आफ्ना छोराछोरीलाई पढाएकी छन् र अन्यलाई रोजगारीको अवसर समेत दिएकी छन् । यो उदाहरणले एकजना ग्रामीण महिलालाई सशक्त बनाउँदा, केवल उनको जीवन होइन, सम्पूर्ण परिवार र समुदाय पनि परिवर्तन हुन सक्छ भन्ने देखाउँछ ।



eldest son, Ranjit, has a diploma in animal science, and her daughter, Samiksha, has a diploma in crop science. Ranjit works as a teacher in school. The daughter is helping with farming. The youngest son, Nikhil, holds a certificate in electrical and electronics engineering. "I educated my children in agriculture and animal husbandry so they too would do farming and livestock. We have also raised goats and pigs," she says. "The knowledge they gained from education is being used in this work. We educated them in technical subjects so that our children could also become self-reliant."

Bhuwaneshwari, who began her entrepreneurial journey by learning business skills from a mother's group organized by CP Nepal, is amazed to see the changes that have come into her life. Bhuwaneshwari, who previously worked only in household chores, has now become a model farmer for the rural municipality. "Earlier, I couldn't even step out of the house. We didn't know anything about the outside world," she says. "Now, along with income, I have also gained recognition. The local government has also recognized me. This brings satisfaction to the heart."

There is no problem in selling vegetables either. Sales happen right from the fields. "Traders come to the fields themselves. Vegetables are sold right here," she says. "Since there's no market problem, if we can produce, there's good profit." Since she manages everything from educating her children to household expenses through vegetable farming, she has the confidence that she can become self-reliant through this alone.



This story highlights the transformation that occurs when rural women receive opportunities for skill development and financial support. Bhuwaneshwari's journey from household confinement to managing a \$3,660 annual vegetable business demonstrates how targeted interventions can break the cycle of poverty. Her evolution from someone who "couldn't even step out of the house" to employing others showcases the profound impact of combining microfinance, agricultural training, and peer support. Through her success, she has achieved financial independence, educated her children, and created employment opportunities, illustrating how empowering one rural woman can transform entire families and communities.



कृषिमा व्यावसायिकता

घरमा तरकारी मात्रै होइन धान, तोरी, मकै लगायत सबै बालीको थुप्रो हुन्छ । दाङको गढवा गाउँपालिका-७, भारबैराकी ४० वर्षीया रीता चौधरीलाई विभिन्न कृषि उत्पादन स्याहारन भ्याइ नभ्याइ हुन्छ । उनी आफूले खेती गर्नुका साथै अरूले उत्पादन गरेका बाली पनि संकलन गरेर बिक्री गर्छिन् ।

उनले डेढ बिघा जमिन भाडामा लिएर खेती गरिरहेकी छन् । यस वर्ष मात्रै उनले एक लाख १९ हजार रुपैयाँको ४८ क्विन्टल धान, ७६ हजारको मकै र ६५ हजारको पाँच क्विन्टल तोरी बेचिन् । तरकारी बिक्रीको त उनले हिसाब पनि राखेकी छैनन् । १० कट्ठा जग्गामा तरकारी खेती छ । आलु, टमाटर, सिमी, खरबुजा, लौका, करेला र खुर्सानी खेती गरेकी छन् ।

उनी खेतीपाती मात्रै होइन धान काट्ने मेसिन पनि भाडामा दिन्छिन् । मेसिनबाट वर्षमा कम्तीमा एक लाख रुपैयाँ कमाइ हुन्छ । पाँच वर्षदेखि व्यावसायिक खेती सुरु गरेकी रीता अहिले गाउँकी अगुवा कृषक भएकी छन् । न्यून आर्थिक अवस्थाकी रीता आफ्नै मेहनतबाट माथि उठेकी हुन् । गढवा गाउँपालिका र सीपी नेपालबाट उनले १२ हजार ५०० रुपैयाँ नगदसहित उत्कृष्ट कृषकको सम्मान पाएकी छन् ।

उनका एक छोरा र तीन छोरी छन् । छोरा सन्तोषलाई पढाउन नसकेर उनले अध्ययन छुटाउन लागेकी थिइन् । त्यति नै बेला सीपी नेपालले छोरा र जेठी छोरी शान्तिको पढाइमा सहयोग गर्‍यो । त्यसपछि उनीहरूले विद्यालय छोड्नु परेन । अहिले सन्तोष बीकम प्रथम वर्षमा पढ्छन् । उनी स्थानीय स्कूलमा पढाउँछन् । शान्ति बीकम चौथो वर्षमा अध्ययनरत छन् । शान्तिलाई पनि असल विद्यार्थी भन्दै १० हजार रुपैयाँ पुरस्कार प्रदान गरिएको थियो ।

माइली छोरी सविना १० र कान्छी सृष्टि चार कक्षामा पढ्दै छन् । आफूले पढ्न नपाए पनि छोराछोरीलाई शिक्षित बनाउने उनको धोको छ । उनी करिब दुई वर्ष कमलरी बसिन् । १३ वर्षको हुँदा कमलरी बस्न थालेकी थिइन् । कमलरी बसेको बेला कहिल्यै ताजा भात खान पाइन् । “सधैं बासीभात दिन्थे । राम्रो व्यवहार पनि भएन । त्यसपछि म थप बस्न सकिनँ,” उनले भनिन्, “घर फर्केपछि १५ वर्षमा विवाह भयो ।”

Commercialization in Agriculture

At home, there's an abundance not only of vegetables but also rice, mustard, maize, and all crops. For 40-year-old Mrs. Rita Chaudhary of Gadhawa Rural Municipality-7, Jharbaira, storing various agricultural products is no problem. Along with farming herself, she also collects and sells crops produced by others.

She is farming on one and a half bigha (1,09,350 sq ft) of rented land. This year alone, she sold 48 quintals of rice worth 1 lakh 18 thousand rupees (\$863 USD), maize worth 76 thousand (\$556 USD), and 5 quintals of mustard worth 65 thousand (\$475 USD). She hasn't even kept account of vegetable sales. She has vegetable farming on 10 kattha (36,450 sq ft) of land. She has cultivated potatoes, tomatoes, beans, cucumber, bottle gourd, bitter gourd, and green vegetables.

She not only does farming but also rents out rice harvesting machines. She earns at least one lakh rupees annually from the machine. Rita, who started commercial farming five years ago, has now become a leading farmer of the village. Rita, who was in a poor economic condition, has risen through her hard work. She received recognition as an outstanding farmer along with 12,500 rupees (\$91 USD) in cash from Gadhawa Rural Municipality and CP Nepal.

She has one son and three daughters. When she couldn't afford to educate her son Santosh, she had started to give up on his studies. At that very time, CP Nepal helped with the education of her son and eldest daughter, Shanti. After that, they didn't have to leave school. Now Santosh studies in the BCom first year. He teaches at the local school. Shanti is studying in the fourth year of BCom. Shanti has also been given a prize of 10,000 (\$72 USD) rupees for being called a good student.

Younger daughter Sabina is in class 10, and the youngest, Srishti, is in class 4. Even though she couldn't study herself, she determined to educate her children. She worked as a laborer for about two years. She began working as a laborer at the age of 13. While working as a laborer, she never got to eat fresh rice. "They always gave stale rice. The treatment wasn't good either. After that, I couldn't continue working,"

सुरुमा उनका निकै दुःखद दिनहरू बिते । सानो भुप्रो घर थियो । पानी चुहिने, किराफट्यांग्राको त्यत्तिकै डर । उनले सीपी नेपालबाट साक्षरता कक्षा, वित्तीय साक्षरता र तरकारी खेतीको तालिम लिइन् । साक्षरता कक्षाबाट अक्षर लेख्न र हिसाब गर्न सिक्किन् । तरकारी खेतीबाट व्यावसायिक कृषक बन्न सिक्किन् । त्यसपछि मात्रै उनको जिन्दगी परिवर्तन भएको हो ।

उनले व्यावसायिक खेती गर्न थालेको पाँच वर्ष भयो । यसबाट कमाएर उनले दुई तलाको पक्की घर बनाएकी छन् । धान काट्ने मेसिन किनिन् । ४१ वर्षीय श्रीमान् दानबहादुर चौधरीले पनि उनलाई पूर्ण साथ दिएका छन् । खेतीपातीमा श्रीमान्-श्रीमती खटेर काम गर्छन् । इलेक्ट्रोनिक काम गर्ने दानबहादुर अहिले सबै छोडेर खेतीपातीमै लागेका छन् ।

पहिलो थोरै तरकारी उत्पादन गरेर रीता टाउकोमा बोकेर बेच्न जान्थिन् । अहिले श्रीमान्ले मोटरसाइकलमा र छोराले साइकलमा तरकारी बेच्न लैजान्छन् । रीता घरको काम सम्हालिन्छन् । छोराले चलाउने साइकल पनि सीपी नेपालले दिएको हो । सीपी नेपालको सहयोगमा अघि बढ्न सहज भएको उनले बताइन् । “म अप्ठेरोमा पर्दा सहयोग गर्ने, निराश हुँदा हौसला दिने सीपी नेपाल नै भयो । सीपीकै आडभरोसामा यहाँसम्म आएकी हुँ,” उनले भनिन्, “नत्र मेरो आँट कसरी आउनु ? छोराछोरी पढाइदियो, मलाई शिक्षित बनायो, व्यवसायी बनायो ।”



१३ वर्षको उमेरमा कमलरी जीवन व्यतीत गरेकी रीताको दाइमा एक सफल व्यावसायिक कृषकको रूपमा भएको रूपान्तरण अत्यन्त प्रेरणादायी रहेको छ । विपन्नता, अप्ठ्यारो परिस्थिति र औपचारिक शिक्षा नहुँदा पनि उनी आफ्नो दृढता र परिश्रमद्वारा एक सफल कृषि व्यवसायमा संलग्न रहेकी छिन् । जसबाट यस वर्ष मात्रै उनले २ लाख ६० हजार रुपैयाँभन्दा बढी आमदानी गर्न सफल भइन् । उनको जीवनकथाले लक्षित सहयोग र व्यक्तिगत प्रतिबद्धता मार्फत गरिबीको चक्र तोड्न सकिन्छ भन्ने देखाउँछ । उत्कृष्ट कृषकको सम्मान प्राप्त गरेकी रीता एक सम्मानित सामुदायिक नेतृको रूपमा चिनिएकी छिन् र उनका सन्तानहरू पनि अध्ययनमा उत्कृष्ट प्रदर्शन गर्दै भविष्यप्रति आशावादी छन् ।

she says. "After returning home, I got married at 15."

Initially, her days were tough. There was a small thatched house. There was constant fear of water leakage and fire from the kitchen. She took literacy classes, financial literacy, and vegetable farming training from CP Nepal. From literacy classes, she learned to write letters and do calculations. From vegetable farming, she learned to become a commercial farmer. Only after that did her life undergo a significant change.

It has been five years since she started commercial farming. With earnings from this, she has built a two-story concrete house. She bought a rice harvesting machine. Her 41-year-old husband, Danbahadur Chaudhary, has also given her full support. Husband and wife work together in farming. Danbahadur, who used to work in electronics, has now left everything behind and is now engaged solely in agriculture.

Earlier, Rita used to produce a small amount of vegetables and carry them in baskets to sell in the head. Now her husband takes vegetables to sell on a motorcycle, and her son on a bicycle, which CP Nepal provided. Rita manages the household work. She says it became easier to move forward with their help. "CP Nepal became the one to help when I was in trouble, to encourage when I was discouraged. I have come this far under their shelter," she says. "Otherwise, how could my story have come this far? It educated my children, made me educated, and made me an entrepreneur."



Rita Chaudhary's transformation from a 13-year-old Kamlari (a bonded laborer) to a successful commercial farmer in Dang is genuinely remarkable. Despite facing extreme hardship and having no formal education herself, she has built a thriving agricultural business that earned over 260,000 rupees this year. Her story demonstrates how targeted support, combined with determination, can break the cycle of poverty, as she's now a respected community leader who was honored as Best Farmer, while her children excel in their studies.

होटेलबाट उठ्यो हाइट

राप्ती नदी किनारको बास, वर्षा लाग्यो कि सुत्न नपाइने । कति बेला बाढी पस्छ र बगाउँछ या डुबाउँछ भन्ने चिन्ता । लक्ष्मी चौधरीका धेरै वर्ष यस्तै त्रास र तनावमा बिते । खेतीपाती गर्ने र जेनतेन जीविका चलाउनेबाहेक अरु केही उपाय थिएन । त्यसो त उनी दुई वर्ष काठमाडौँमा कमलरी पनि बसेकी थिइन् ।

खेतीपाती र राप्ती किनारको बसाइले जीवनमा प्रगति नहुने देखेपछि लक्ष्मी होटेल चलाउने योजनामा पुगिन् । कुनै तालिम नलिएकी लक्ष्मीले आफ्नै ज्ञान र सीपले गढवा गाउँपालिका-५, बाँकीचोकमा बबिता एन्ड सुनिल होटेल खोल्नि । सीपी नेपालको आमा समूहबाट एक हजार ५०० रुपैयाँ ऋण लिएर एउटा सुँगुरको पाठो किनिन् । त्यसबाट ४० हजार रुपैयाँ कमाएपछि उनले होटेल सुरु गरिन् । पकाउने भाँडाकुँडा र सामान किनेपछि एउटा कुर्सीका भरमा होटेल सुरु गरेकी थिइन् ।

होटेल सुरु गरेको १० वर्षमा उनको व्यावसायिक जीवनमा ठूलो परिवर्तन आयो । अहिले उनले



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त्यही पढाइबाट व्यवसाय गर्नसक्ने भएँ । नत्र पढाइलेखाइ नभएको मान्छेले कसरी व्यवसाय गर्नु ? हिसाव जानेपछि धेरै सहज भयो । कमाउन र बचत गर्न सिकेँ ।

A Mother's

ENTREPRENEURIAL JOURNEY

Living on the banks of the Rapti River, sleep becomes impossible when it rains, haunted by the constant worry of floods that could sweep away or submerge everything. Mrs. Lakshmi Chaudhary spent many years in such fear and tension. Besides farming and barely making ends meet, there seemed to be no other option. She even worked as a laborer in Kathmandu for two years.

After seeing no progress in life through farming and living by the Rapti riverbank, Lakshmi decided to venture into the hotel business.

Without any formal training, she opened "Babita and Sunil Hotel" in Bakichok, Gadhawa Rural Municipality-5, using only her knowledge and skills. She borrowed 1,500 rupees (\$10.94) from CP Nepal's mothers' group and bought a piglet. After earning 40,000 rupees (\$291.77) from that venture, she started her hotel business. After purchasing cooking utensils and supplies, she began the hotel in a single room.

That education enabled me to do business. Otherwise, how can an illiterate person run a business?

After learning calculations, everything became much easier. I learned to earn and save.

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होटेलबाट दैनिक तीनदेखि पाँच हजार रुपैयाँ कमाउँछिन् । यही कमाइबाट उनले गढवा गाउँपालिका-५, लोखरपुरमा पाँच लाख कट्टाका दरले एक कट्टा सात धुर जग्गा किनिन् । त्यही जग्गामा घर बनाइन् । अब उनले राप्ती नदीको चिन्ताबाट मुक्ति पाएकी छन् । “रातभर सुत्न सकिँदैनथ्यो । अब त ढुक्क भएको छ,” उनले भनिन्, “व्यवसाय गरेपछि धेरै राम्रो भयो । कमाइ राम्रो भयो । घरजग्गा जोड्न पाइयो । सुरक्षित ठाउँमा सर्न सकियो ।”

उनी होटेलमा बिहान ४ देखि राति ९ बजेसम्म काम गर्छिन् । दैनिक चारवटा समूहमा बचत गर्छिन् । एउटामा १०० का दरले बचत गर्दा पनि दैनिक ४०० बढी बचत हुन्छ । सीपी नेपालबाट नौ महिना प्रौढशिक्षा पढेपछि उनले पैसा चिन्न र हिसाब गर्न जानेकी हुन् । “त्यही पढाइबाट व्यवसाय गर्न सक्ने भएँ । नत्र पढाइलेखाइ नभएको मान्छेले कसरी व्यवसाय गर्नु?” उनले भनिन्, “हिसाब जानेपछि धेरै सहज भयो । कमाउन र बचत गर्न सिकें ।”

उनको आफ्नो सात कट्टा जग्गा छ । अरूको जग्गा ठेक्कामा लिएर खेतीपाती पनि गरेकी छन् । त्यसबाट उत्पादन गरेर यस वर्ष ३५ क्विन्टल धान बेचिन् । घरमा खाने र होटेलमा चाहिने तरकारी आफ्नै बारीको उत्पादनले धान्छ । “खेतीपातीको बेला होटेल नै बन्द गरेर काम गर्छु । होटेलमा चाहिने धेरै सामान आफ्नै घरको उत्पादनबाट पूरा हुन्छ,” उनले भनिन्, “नपुगेको मात्रै किन्छु । खेतीपाती र होटेल मिल्ने पेसा भएका छन् । आफ्नै बारीको उब्जनीलाई पकाएर बेच्न पाइएको छ ।”

सुरुमा साँघुरो ठाउँमा होटेल गरेकामा अहिले कोठाको मासिक तीन हजार भाडा तिर्छिन् । सीपी नेपालले सञ्चालन गरेको समूहबाट एक लाख ५० हजार ऋण लिएकी छन् । त्यसबाट व्यवसायमा लगानी बढाएकी छन् । “आफ्नै समूहबाट ऋण लिन सजिलो छ । जति बेला पनि लिन र तिर्न पाइन्छ,” उनले भनिन्, “चाहिँएको बेला लिन्छु, कमाएको बेला तिरिहाल्छु ।”

उनकी जेठी छोरी सुमित्राले आँखा प्राविधिक पढेकी छन् । कान्छी दीप्ति १२ कक्षामा पढिरहेकी छन् । छोरा सुनिल १० कक्षामा पढिरहेका छन् । छोरीहरूको पढाइ खर्च सीपी नेपालले व्यहोरेको छ । श्रीमान् सुवर्णमान मजदुरी गर्छन् । श्रीमान्-श्रीमतीको कमाइबाट घरखर्च चलाएर बचत गर्न सजिलो भएको छ । “छोराछोरी पढाउने खर्च सीपीले दिएपछि हामीलाई धेरै राहत भएको छ,” उनले भनिन्, “नत्र पहिले त बच्चा पढाउन सक्ने अवस्था थिएन । बच्चा पढाउने खर्च बचेपछि हामीलाई बचत गरेर अरू काम गर्न सजिलो भयो ।”



Ten years after starting the hotel, a major transformation occurred in her business life. Now she earns three to five thousand rupees (\$21.88 to \$36.47) daily from the hotel. With this income, she bought One Kattha and Seven Dhur of land (approximately 4,095 square feet) in Lokharpur, Gadhawa Rural Municipality-5, at a rate of Five Lakh Rupees (\$3,647.56) per kattha (3,645 square feet). She built a house on that same land. Now she is free from the anxiety of the Rapti River. "I couldn't sleep peacefully at night before. Now I feel secure," she says. "After starting the business, everything became much better. The income improved. I was able to acquire a house and land. I can sleep in a safe place."

She works in the hotel from 4 AM to 8 PM daily. She saves money in four different groups daily. Even saving at a rate of 100 rupees (\$0.73) in one group, her daily savings exceed 400 rupees (\$2.92). After studying for nine months of adult education from CP Nepal, she learned to recognize money and do calculations. "That education enabled me to do business. Otherwise, how can an illiterate person run a business?" she says. "After learning calculations, everything became much easier. I learned to earn and save."

She owns Seven Kattha (25,515 square feet) of her land. She also engages in farming by leasing others' land on a contract basis. This year, she produced and sold 35 quintals of rice. She fulfills the vegetable needs for home consumption and the hotel from her own garden's production. "During farming season, I close the hotel and work in the fields. Most of the supplies needed for the hotel come from my own home's production," she says. "I only buy what's insufficient. Farming and the hotel business complement each other perfectly. I can cook and sell the produce from my fields."

Initially operating the hotel in a cramped space, she now pays a monthly rent of Three Thousand Rupees (\$21.88) for a bigger room. She has taken a loan of 1.5 Lakh Rupees (\$1,094.32) from a group run by CP Nepal. She has invested the money in her business. "It's easy to take loans from the group. I can borrow and repay anytime," she says. "I take when needed, repay when I earn."

Her elder daughter, Sumitra, has studied to become an eye technician. Her younger daughter, Dipti, is studying in class 12. Her son, Sunil, is in class 10. CP Nepal has covered the children's education expenses. Her husband, Suvarnaman, works as a laborer. With the couple's combined





income, managing household expenses and saving money has become easier. "We got great relief after CP Nepal covered our children's education expenses," she says. "Earlier, we weren't in a condition to educate our children. After the education expenses were taken care of, it became easier for us to save and do other work."



Today, Lakshmi Chaudhary stands as a testament to the power of determination and community support. From sleepless nights plagued by flood fears to peaceful slumber in her own secure home, her journey embodies the transformation that occurs when opportunity meets unwavering resolve. Her story inspires countless women in rural communities, demonstrating that with the proper support, education, and entrepreneurial spirit, even the most challenging circumstances can be overcome. The woman who once worried about the rising waters of the Rapti River now sees her fortunes rise, creating not just financial stability for her family but a legacy of empowerment for future generations.

आज लक्ष्मी चौधरी दृढ संकल्प र सामुदायिक सहयोगको उदाहरणीय पात्र बनेकी छन् । राप्ती नदीको बाढीले सताउने रातहरूबाट सुरु भएको उनको यात्रा आज सुरक्षित घरको शान्त निद्रासम्म आइपुगेको छ । यो परिवर्तनले देखाउँछ—जब अवसरसँगै दृढ इच्छाशक्ति हुन्छ, तब असम्भव जस्तै देखिने लक्ष्यहरू पनि प्राप्त गर्न सकिन्छ । उनको कथाले गाउँका अनगिन्ती महिलाहरूलाई प्रेरित गरेको छ, साथै उचित समर्थन, शिक्षा, र उद्यमशीलताको भावना भए जुनसुकै चुनौतीलाई पनि पार गर्न सकिन्छ भन्ने सन्देश पनि प्रवाह गरेको छ । कहिल्यै बाढीको डरमा बाँच्ने लक्ष्मी, आज आफ्नै हातले परिवारको आर्थिक स्थायित्व मात्र होइन, भावी पुस्ताका लागि आत्मनिर्भरता र सशक्तीकरणको यात्रा निर्माण गरिरहेकी छन् ।

भैंसीपालन र खेतीमा केवलापती

गढवा गाउँपालिका-५, पर्सियाकी ४६ वर्षीया केवलापती चौधरी १७ जनाको संयुक्त परिवारमा बस्छिन् । प्रायः थारू समुदायमा संयुक्त परिवारमा बस्ने चलन हुन्छ । पछिल्लो समय बिस्तारै यो चलन हराउँदै गएको छ । परिवार छिट्टै छुट्टिने क्रम बढ्दै छ, तैपनि उनको परिवारमा तीन दाजुभाइका परिवार सँगै बस्छन् । यसले गर्दा उनलाई भान्सादेखि खेतीपाती र भैंसीपालनमा भ्याइ नभ्याइ छ ।

How Cooperative Support Transformed a Former Kamalari into a Successful Farmer-Entrepreneur

Mrs. Keulapati Chaudhary, a 46-year-old woman from Gadhwara Rural Municipality-5, Parsiya, lives with her joint family of 16 members. Joint families are traditionally ordinary in the Tharu community, though this practice has been gradually declining in recent times. While families are increasingly separating, her household still includes the families of three brothers living together. This arrangement enables them to manage everything from cooking to farming and buffalo rearing with relative ease.





उनका सात भैंसी र सात बाख्रा छन् । चार बिघा जग्गामा धान खेती, १८ कठ्ठामा तोरी र सात कठ्ठामा तरकारी खेती छ । एकै वर्षमा उनले प्रतिक्विन्टल तीन हजार ५० रुपैयाँका दरले ९५ क्विन्टल धान बेचिन् । “खेती ठूलो छ, परिवार पनि ठूलो छ । ठूलो परिवार पालेर पनि धान बेच्ने गर्छौं,” उनले भनिन्, “खेतीपातीले परिवार पाल्दै नगद पनि आम्दानी भइरहेको छ ।”

उनी दैनिक बिहानै १० लिटर दूध लिएर गढवा बजारसम्म पुगिन्छन् । दूध बेचेर फर्केपछि घरका बाँकी काम गर्छिन् । खेतीपाती र पशुपालनको कामले उनलाई दैनिक नगद दिइरहेको छ । सीपी नेपालको पहलमा गठन भएको सहकारीबाट उनले दुई लाख रुपैयाँ ऋण लिएकी थिइन् । अहिले खेतीपाती र पशुपालनको कमाइबाट ऋण तिरिसकिन् । “सहकारीले आपत् विपत्तमा धेरै सहयोग गरेको छ । अष्टेरो परेको बेला भन्नेबित्तिकै ऋण पाइन्छ,” उनले

She owns seven buffalo and seven goats. They cultivate rice on four bighas of land (approximately 58,320 square feet), mustard on 18 kattha (approximately 65,610 square feet), and vegetables on seven kattha (approximately 25,515 square feet). In a single year, she sold 95 quintals of rice at 3,550 rupees per quintal (roughly \$25.90 per quintal). "The farming is extensive, and the family is large. Even after feeding the large family, we still have rice to sell," she says. "Farming not only sustains the family but also generates cash income."

Every morning, she takes 10 liters of milk to the Gadhawa market. After selling the milk and returning home, she tends to other household tasks. Agriculture and livestock farming provide her with a daily cash flow. She had taken a loan of 200,000 rupees (approximately \$1,459) from a cooperative formed under the leadership of CP Nepal. Now she is repaying the loan through earnings from farming and livestock. "The cooperative has been very helpful during crises. Whenever there's an emergency, loans are available immediately," she says. "We can repay



भनिन्, “बिस्तारै कमाएर तिर्न पाइन्छ । भएको पैसा बचत गर्ने र चाहिएको बेला ऋण लिने कामका लागि सहकारी भरोसा भएको छ ।”

उनका श्रीमान् जीवन चौधरी पनि कृषि र पशुपालनमै छन् । श्रीमान्-श्रीमतीले पूर्णकालीन कृषकका रूपमा नै जीवन बिताइरहेका छन् । उनीहरूका चार छोरी छन् । जेठी छोरी गोमाले १० कक्षासम्म पढेर विवाह गरिन् । माइली मेनुका स्नातक चौथो वर्षमा अध्ययनरत छन् । मेनुकाले सीपी नेपालको सहयोगमा पढेकी हुन् । पढेर उनले अहिले सहकारीमा काम गरिरहेकी छन् । माइली कल्पनाले १२ कक्षा पास गरिसकेकी छन् भने कान्छी पुष्पा १२ कक्षामा पढिरहेकी छन् ।

सीपी नेपालले सहयोग गरेपछि छोरीहरू पढाउन धेरै सजिलो भएको केवलापतीले बताइन् । “हाम्रो घरको अवस्थाले सबैलाई पढाउन सक्ने स्थिति थिएन । ठूलो परिवार ज्यान पाल्नै ठिक्क । थारू समुदायमा छोरीलाई पढ्न भनै गाह्रो,” उनले भनिन्, “सीपी नेपालले पढ्न सहयोग गरेपछि छोरीहरूले स्कूल छोड्न परेन ।”

केवलापतीले बाल्यकालमा कमलरी जीवन बिताइन् । विवाहपछि समेत उनी तीन वर्ष कमलरी बसिन् । “हाम्रो पालामा छोरीहरू कमलरी बस्नुपर्ने बाध्यता थियो । पढ्न पाउँदैनथ्यो । खान लाउनकै लागि कमलरी बस्नुपर्ने अवस्था थियो,” उनले भनिन्, “त्यही सम्भेर पनि अहिले आफूले दुःख गर्दै छोरीहरूलाई पढाइरहेकी छु ।”



केवलापती चौधरीको यात्रा नेपालको ग्रामीण समुदायमा दृढताको अद्वितीय उदाहरण हो, विशेषतः थारू महिलालाई कमलरी प्रथाबाट मुक्त गराउनमा सहकारीको साथ र विविध कृषि प्रणालीमार्फत, उनले धान खेती र दुग्ध उत्पादनबाट बाट वार्षिक करिब रु. २ लाख ८० हजार सम्म आमदानी गर्दै आइरहेकी छन् । कमलरीको अवस्थाबाट किसान र आफ्नी छोरीहरूको शिक्षाका लागि वकालत गर्ने अभियन्तासम्मको उनको परिवर्तनले ठूलो सामाजिक रूपान्तरणलाई संकेत गर्दछ । परम्परागत पारिवारिक संरचना र सहकारी बैकिङजस्ता आधुनिक अवसरबीच सन्तुलन कायम गर्दै, केवलापतीले रणनीतिक पहलमार्फत कसरी प्रगति सम्भव हुन्छ भन्ने उदाहरण प्रस्तुत गरेकी छन्—जसको प्रतिफल उनकी छोरी मेनुकाले सहकारीमा सक्रिय भूमिका निर्वाह गर्नुबाट देखिन्छ । उनको कथाले कर्जा, शिक्षा र समुदायको सहयोगले सीमान्तकृत महिलाहरूलाई गरिबी र विभेदको जन्जिर तोड्न मद्दत पुऱ्याउँछ । साथै सांस्कृतिक अभ्यासको संरक्षण पनि सम्भव हुन्छ भन्ने प्रमाणित गर्दछ ।

gradually as we earn. The cooperative has become reliable for saving money and borrowing when needed.”

Her husband, Jiwan Chaudhary, is also engaged in agriculture and livestock farming. The couple has dedicated their lives to full-time farming. They have four daughters. The eldest daughter, Goma, got married after completing 10th grade. The second daughter, Menuka, is studying in her fourth year of a bachelor's degree. Menuka studied with support from CP Nepal and now works at the cooperative after completing her education. The third daughter, Kalpana, has passed the 12th grade, while the youngest, Pushpa, is currently in the 12th grade.

Keulapati explains that educating her daughters became much easier after CP Nepal's support. "Our household situation wasn't capable of educating everyone. Managing such a large family was already a significant challenge. In the Tharu community, educating daughters is particularly difficult," she says. "After CP Nepal provided educational support, the daughters didn't have to drop out of school."

Keulapati spent her childhood as a bonded laborer (Kamalari). Even after marriage, she worked as a bonded laborer for three years. "In our time, daughters were forced to work as bonded laborers. We couldn't study. The situation was such that we had to work as bonded laborers just for food and clothing," she says. "Remembering that experience, I'm now struggling to educate my daughters despite the hardships."



Mrs. Keulapati Chaudhary's journey exemplifies resilience in Nepal's rural communities, particularly in emancipating Tharu women from the Kamalari system. Through cooperative support and diversified agriculture, she established a sustainable livelihood, earning approximately \$2,074 annually from rice and additional income from dairy. Her transformation from a bonded laborer to a farmer and advocate for her daughters' education marks a significant social shift. By balancing traditional family structures with modern opportunities like cooperative banking, Keulapati demonstrates how strategic interventions can drive progress, as seen with her daughter Menuka's involvement in the cooperative. Her story highlights how access to credit, education, and community support can empower marginalized women to overcome poverty and discrimination while preserving cultural practices.



परौलीको प्रगति

Former Kamalari into a Successful
FARMER-ENTREPRENEUR

कृषि, भैंसीपालन, बाख्रापालन र किराना पसल । गढवा गाउँपालिका-५, लोखरपुरकी ५३ वर्षीया परौली चौधरीलाई धेरैथरी कामको चाप छ । धेरै कामबाट प्रगति गरेपछि उनी गढवा गाउँपालिका र सीपी नेपालबाट उत्कृष्ट कृषक-२०८१ का रूपमा पुरस्कृत भइन् ।

बाल्यकालमा पाँच वर्ष कमलरी बसेकी परौली अहिले एक सफल किसान र उद्यमी भएकी छन् । उनी गाउँपालिकाका थोरै नमुना कृषकमा पर्न सफल भएकी छन् । “जीवनमा पहिलोपटक पुरस्कार पाउँदा धेरै नै खुसी लाग्यो । मैले राम्रै काम गरेको रै’छु भन्ने लाग्यो,” उनले भनिन्, “पुरस्कारले थप जाँगर लाग्ने भएको छ । कृषि, पशुपालन र उद्यममा अभै प्रगति गर्ने रहिरहू छ ।”

उनले यसरी कमाएको पैसाबाट १० कट्ठा पाँच धुर जग्गा किनिसकेकी छन् । सुरुमा सहकारीबाट ५० हजार रुपैयाँ ऋण लिएर किराना पसल थालेकी परौलीले त्यसपछि दुई लाख ऋण लिइन् । त्यसबाट खेतीका लागि च्याम्फा किनिन् । अहिले सबै ऋण तिरिसकिन् । सुरुमा समूहमा बस्दा उनले मासिक पाँच रुपैयाँ बचत गर्थिन् । अहिले मासिक २०० रुपैयाँ बचत गर्ने गर्छिन् ।

सीपी नेपालको सहयोगमा साक्षरता कक्षा पढिरहेकी छन् । कक्षा लिएपछि उनलाई हिसाब गर्न पनि सहज भएको छ । “पहिले अक्षर नजान्ने भएकाले हिसाब गर्न अप्ठेरो हुन्थ्यो । पैसाको हिसाब गर्न सकिँदैनथ्यो,” उनले भनिन्, “साक्षरता कक्षा पढ्न थालेपछि व्यापार-व्यवसायको हिसाब राख्न सजिलो भएको छ ।”

उनको जेठो छोरा अन्तराम अढाई वर्षदेखि मलेसियामा छन् । माइलो राजकुमार पोखरामा बसेर ग्रील व्यवसाय गर्छन् । कान्छो राजकुमार नौ वर्षदेखि नेपाली सेनामा कार्यरत छन् । एक मात्र छोरी शान्तिको विवाह भइसकेको छ । श्रीमान् कालीचरण पनि कृषि र पशुपालनमा उनलाई सहयोग गरिरहेका छन् । उनले १५ वर्षदेखि पसल र व्यावसायिक कृषि तथा पशुपालन गरिरहेकी छन् । यही कमाइबाट उनले पक्की घर समेत बनाइन् ।

“खेतीपाती र गाईभैंसी पाल्ने चलन पहिलेदेखि नै थियो । पहिले एक/दुईवटा भैंसी पाल्ने र घरमा खान पुग्ने मात्र खेती गरिन्थ्यो,” उनले भनिन्, “अहिले बिक्री गर्ने गरी व्यावसायिक रूपमा कृषि र पशुपालन गरिरहेका छौं । यसबाट राम्रै आमदानी भएको छ ।”

उनले एक सिजनमा मात्रै एक लाख २० हजारको धान बेच्छिन् । मकै, तरकारी, बाख्रा र भैंसीबाट नियमित आमदानी हुँदा उनको सम्पत्ति निरन्तर बढिरहेको छ । “पहिले

Mrs. Parauli Chaudhary, a 53-year-old woman from Lokharpur in Ward No. 5 of Gadhawa Rural Municipality, residing in Lokharpur, has been burdened with numerous responsibilities throughout her life. After achieving progress through hard work, she was honored as an exemplary farmer by Gadhawa Rural Municipality and CP Nepal in 2081 BS (2025).

Having worked as a bonded laborer during her childhood, Parauli has become a successful farmer and entrepreneur. She has established herself as one of the few model farmers in her municipality. "I felt pleased receiving an award for the first time in my life. I felt that I had done good work," she says. "The award has motivated me further. I have plans to make even more progress in agriculture, livestock, and business."

With the money she earned, she has purchased 10 katthas and 5 dhur (approximately 36,450 sq feet) of land. Initially, Parauli started a small grocery shop by taking out a loan of 50,000 rupees (\$365 USD) from a cooperative. Later, she took another loan of two lakhs rupees (\$1,458 USD) to buy a tractor for farming. She has now paid off all her debts. Initially, when she was part of a group, she would save only five rupees (\$0.04 USD) per month. Now she saves 200 rupees (\$1.46 USD) monthly.

With support from CP Nepal, she is attending literacy classes. After taking these classes, it has become easier for her to do calculations. "Earlier, not knowing how to read and write made it difficult to do accounts. I couldn't manage money calculations," she says. "After starting literacy classes, it has become easier to maintain business accounts."

Her eldest son, Antaram, has been in Malaysia for eight years. Her middle son, Rajkumar, lives in Pokhara and runs a grill business. Her youngest son, Sivkumar, has been working in the Nepal Army for nine years. Her only daughter, Shanti, is married. Her husband, Kalicharan, also helps her in agriculture and livestock. She has been operating a shop and engaging in commercial agriculture and livestock farming for 15 years. With the income from these activities, she has even constructed a concrete house.

The practice of farming and raising cattle and buffalo existed before. Earlier, we used to keep one or two buffalo and farm just enough for household consumption," she says. "Now we are doing commercial agriculture and livestock farming for sale. This has generated good income."



ऋण माग्दा पनि पाइँदैनथ्यो । पाइए पनि मासिक सयकडा पाँच प्रतिशतमा पाइन्थ्यो," उनले भनिन्, "अहिले त आफ्नै सहकारी छ । ऋण लिएर काम चलायो, कमाएपछि फेरि तिर्‍यो । धेरै सजिलो भएको छ ।"

कुनै बेला खान लाउनकै दुःखले कमलरी बसेकी परौली अहिले समाजकै उदाहरणीय सफल किसान बनेकी छन् । "थारू समुदायमा धेरै नै दुःख थियो । हामीले पढ्नलेख्न पाएँनौं । पैसा त कहिल्यै देख्नै पाइँनौं," उनले भनिन्, "अहिले आफ्नै हातमा पैसा छ । कमाउने भएपछि दुःख घटेका छन् ।"



परौली चौधरीको संघर्षशील मजदुरबाट पुरस्कृत उद्यमीसम्मको प्रेरणादायी यात्रा ग्रामीण परिवेशको दृढ संकल्प र सामुदायिक समर्थनको उत्कृष्ट उदाहरण हो । पचास हजार रुपैयाँ सापटी लिएर सुरु भएको उनको यात्रा आज एक पक्की घर र आर्थिक आत्मनिर्भरता सम्म पुगेको छ । यो यात्रा शिक्षा, परिश्रम र स्रोतहरूको पहुँचले पुस्तौंको गरिबीको चक्र तोड्न सक्ने सशक्त प्रमाण हो । कृषि तथा पशुपालनमा हासिल सफलतामार्फत उनले आफ्नो परिवारको अवस्था मात्र सुधार गरेकी छैनन्, आफ्नै समुदायका अन्य महिलाहरूका लागि पनि आशाको दियो बनेकी छिन् ।



She sells rice worth one lakh twenty thousand rupees (\$875 USD) in just one season. With regular income from corn, vegetables, goats, and buffalo, her wealth continues to grow. "Earlier, even when we asked for loans, we couldn't get them. Even if we got them, they came at monthly interest rates of five percent," she says. "Now we have our cooperative. We take loans, do our work, and repay after earning. It has become much easier."

Parauli, who once had to work as a laborer due to the hardship of not having enough to eat, has now become an exemplary, successful farmer in society. "There was a lot of suffering in the Tharu community. We couldn't get the chance to study and write. We never even got to see money," she says. "Now I have money in my own hands. After being able to earn, the sufferings have reduced."



Parauli Chaudhary's remarkable transformation from a struggling laborer to an award-winning entrepreneur exemplifies the power of determination and community support in rural Nepal. Her journey from borrowing 50,000 rupees to building a concrete house and achieving financial independence demonstrates how education, hard work, and access to resources can break generational cycles of poverty. Through her success in agriculture and livestock farming, she has not only improved her family's circumstances but also become a beacon of hope for other women in her community.

तरकारीबाटै
मालामाल

From Domestic
Worker to
Successful
Entrepreneur

कुनै समय थियो, सिर्जना चौधरीले जीवनका बारेमा धेरै योजना नै बनाउँदैन थिइन् । जीवन कसरी अघि बढ्छ केही थाहा थिएन । बाल्यकाल अरूका घरमा कमलरी बसेर बित्यो । नौ वर्ष उनी कमलरी बसिन् । विवाहपछि पनि कमलरी जीवनले छोडेन । उनले विवाह गरेको घरमा पनि सासूससुरा कमैया/कमलरी बसेका थिए । बुहारी भएर भित्रै पनि परिवारको सदस्यभन्दा कमलरी नै थपिएभन्ने भयो । उनले कमलरी जीवनलाई नै नयाँ ठाउँमा निरन्तरता दिइन् ।

समय सधैं एकनासले कहाँ चल्छ र ? १६ वर्षयता उनको जीवनशैली बदलिएको छ । उनले व्यावसायिक तरकारी खेतीबाट जीवनमा ठूलो परिवर्तन गरेकी छन् । उनले दैनिक खर्चदेखि, छोराछोरी पढाउने, जग्गा किन्ने र घर निर्माण गर्ने रकम समेत तरकारी खेतीबाट जुटाएकी छन् । उनले अहिले गढवा गाउँपालिका-५, धर्मपुरमा एक कट्टा जग्गा किनेर पक्की घर निर्माण गरेकी छन् ।

सुरुमा सीपी नेपालले सञ्चालन गरेको बचत समूहमा आबद्ध भएर ५० हजार ऋण लिइन् । त्यसबाट थालेको तरकारी खेती उनले बढाउँदै लगिन् । उनले सुरुमा राप्ती नदी किनारको बगरमा तरकारी खेती गरिन् । पछि जग्गा भाडामा लिएर खेती गरिन् । अहिले १० कट्टा बगर खेती र सात कट्टा जग्गा भाडामा लिएर खेती गरेकी छन् ।

उनले एक सिजनमा तरकारी खेतीबाट तीन लाख बढी आमदानी गछिन् । आफूले गरेको खेतीका साथै गाउँभरिको तरकारी जम्मा गरेर घोराही बजार लगेर बेच्छिन् । उनले कोरोना महामारीको लकडाउनमा समेत घोराही बजार पुगेर घरघरमा तरकारी बेचिन् । “मानिसहरूलाई ताजा तरकारी अभाव थियो । म घरघरमा पुगेर तरकारी बेच्छेँ,” उनले भनिन्, “तरकारी मेरो जीवनको रहरको क्षेत्र भइसक्यो । जस्तो अप्ठेरो



It was a different time then, when Mrs. Sirjana Chaudhary never really made many plans about life. She had no idea how life would move forward. Her childhood was spent working as a domestic worker in other people's houses. She started working as a domestic helper at the age of nine. Even after marriage, domestic work life didn't leave her. The house she married into also had in-laws who worked as domestic helpers. Even after becoming a daughter-in-law, she seemed to be added as a domestic worker rather than a family member. She maintained continuity in domestic work life at the new place as well.

Time never moves at the same pace, does it? Her lifestyle has undergone significant changes over the past 16 years. She has made a notable transformation in her life through commercial vegetable farming. She has been able to save money from vegetable farming for daily expenses, her children's education, purchasing land, and even building a house. She has now acquired one kattha (3,645 sq ft) of land in Gadhwara Municipality-5, Dharmapur, and constructed a concrete home.

Initially, she joined a savings group run by CP Nepal and took out a loan of NPR 50,000 (approximately USD 375). She gradually expanded the vegetable farming she started with this money. She initially farmed vegetables in the garden by the Rapti River bank. Later, she rented land for farming. Currently, she is farming on 10 kattha (36,450 sq ft) of garden land and seven kattha (25,515 sq ft) of rented land.

She earns more than NPR 300,000 (USD 2,250) per season from vegetable farming. Along with her farming, she collects vegetables from throughout the village and takes them to Ghorahi market to sell. Even during the COVID-19 lockdown, she reached Ghorahi market and sold vegetables door-to-door. "People lacked fresh vegetables. I went house to house selling vegetables," she says, "Vegetables have become the mainstay of my life. I go to sell

परिस्थितिमा पनि तरकारी बेच्न हिँड्छु ।”

आफ्नो मात्रै होइन गाउँका अन्य किसानहरूको समेत तरकारी संकलन गरेर बेचिदिने भएकाले उनी तरकारी खेतीमा गाउँकी अगुवा भएकी छन् । तरकारी खेतीमा राम्रो प्रगति गरेपछि सीपी नेपालले आठ वर्षअघि उनलाई तरकारी बेच्न सजिलो होस् भनेर साइकल उपहार दियो । उनी त्यही साइकलमा तरकारी बोकेर गढवा बजारसम्म पुग्छिन् ।

उनको श्रीमान् खिमबहादुर काठको मिस्त्री हुन् । खेतीपातीको बेला घरको काममा सहयोग गर्छन् । अन्य समयमा मिस्त्री काममा जान्छन् । छोरा शुभम सात कक्षामा पढ्छन् । छोरी सृष्टि काठमाडौँ बसेर स्नातक अध्ययनरत छिन् । उनले सुरुमा अरूको जग्गा अधियाँ लगाएर पनि जीविका चलाइन् । पछि कमलरी र अधियाँ खेती छोडेर व्यावसायिक तरकारी खेतीमा लागेकी हुन् ।

उनले व्यावसायिक खेतीका क्रममा हिसाब गर्न गाह्रो भएपछि सीपी नेपालले सञ्चालन गरेको तीनमहिने प्रौढशिक्षा पढिन् । त्यसपछि उनलाई व्यवसाय गर्न भनै सजिलो भयो । “पहिले अक्षर नचिन्ने, अंक नजान्ने, हिसाब गर्न गाह्रो थियो,” उनले भनिन्, “पढेपछि हिसाब गर्न सजिलो भयो । व्यवसायको हिसाब लेखेर राख्न सकिने भयो ।”

उनले सीपी नेपालले सञ्चालन गरेको उनको बचत तथा ऋण सहकारीमा नियमित बचत गर्ने र चाहिँदा ऋण लिने गर्छिन् । जग्गा किन्दा एक लाख ५० हजार ऋण लिइन् । “आफूसँग धितो राख्ने धेरै जग्गाजमिन पनि नभएको । चाहिँनेबित्तिकै ऋण पाउन अप्ठेरो थियो,” उनले भनिन्, “सहकारीमा सदस्य भएपछि बचत गर्न र ऋण लिन सजिलो भयो । ऋण लिने, तिर्ने गरिरहेका छौँ ।” उनी तरकारी खेतीबाटै सफल कृषक र उद्यमी भइसकेकी छन् ।



एक समयको कुरा हो, सिर्जना चौधरी नौ वर्षको उमेरमा कमलरी भएर जीवन गुजारिरहेकी थिइन् – न सपना, न आशा, केवल संघर्ष । तर, भाग्यले उनको लागि ठूलो योजना बनाइरहेको थियो । एक सफल कृषि उद्यमी बनेकी सिर्जना, आफ्नै जमिनमा उत्पादन गर्दै प्रति सिजन रु. ३ लाख १० हजार भन्दा बढी आमदानी गरि, आफ्ना सन्तानलाई शिक्षा प्रदान गर्दै आईरहेकी छिन् । तरकारी खेतीमा गाउँको नेतृत्व सम्हालेकी उनको यात्राले – जब आत्मविश्वास, समुदायको साथ, र अवसर भेटिन्छ, तब जो कोहीको पनि भाग्य फेरिन सक्छ भन्ने उदाहरण प्रस्तुत गरेको छ । आज सिर्जना गढवाका गल्लीहरूमा साइकल कुदाउँदै आफ्ना तरकारीहरू बेच्ने सिर्जनाको यात्राले सबल योजनाहरू हाम्रो साहस र निरन्तरताबाट जन्मिन्छन् भन्ने प्रामाणित गर्दछ । उनको कथा नेपाली ग्रामीण महिलाहरूका लागि आशाको प्रकाश हो – जहाँ सम्भावना छैन जस्तो लाग्छ, त्यहीँ परिवर्तनको बीउ रोपेर जीवन बदल्न सकिन्छ भन्ने प्रमाण हो ।

vegetables even in the most challenging circumstances.

Since she collects and sells vegetables not only from her farm but also from other farmers in the village, she has become a leader in vegetable farming in the town. After making good progress in vegetable farming, CP Nepal gave her a bicycle eight years ago to help her sell vegetables more easily. She carries vegetables on that same bicycle and reaches the Gadhawa market.

Her husband, Khim Bahadur, is a carpenter. He helps with household chores during the farming season. At other times, he works as a carpenter. Her son Shubham studies in class seven. Her daughter Srishti lives in Kathmandu and is pursuing undergraduate studies. She initially made a living by sharecropping on others' land. Later, she left domestic work and sharecropping to engage in commercial vegetable farming.

When she found it challenging to keep accounts during commercial farming, she studied in a three-month adult education program run by CP Nepal. After that, it became even easier for her to do business. "Earlier, I couldn't read letters, didn't know numbers, it was difficult to keep accounts," she says, "After studying, it became easier to keep accounts. I became able to write and keep business accounts."

She regularly saves in the Unako Savings and Credit Cooperative, supported and guided by CP Nepal, and takes loans when needed. She took out a loan of NPR 150,000 (USD 1,125) when purchasing the land. "I didn't have much land to keep as collateral. It was difficult to obtain loans as needed," she says, "but after becoming a member of the cooperative, it became easier to save and take out loans. I keep taking and repaying loans." She has already become a successful farmer and entrepreneur through her endeavors in vegetable farming.



In a different time, Sirjana Chaudhary started as a nine-year-old domestic worker (Kamlahari), surviving day to day with no dreams. However, destiny had greater plans for her. She transformed into a thriving agricultural entrepreneur, earning over \$2,250 per season, owning land, and educating her children. Her rise to a village leader in vegetable farming shows that with determination, community support, and opportunity, anyone can change their fate. Today, Sirjana cycles through Gadhawa with her vegetables, embodying the idea that the best plans often emerge from our courage to persist. Her story is a beacon of hope for rural women in Nepal, proving that transformation is possible by planting seeds of change in unlikely places.

होटेलमा जमेकी लक्ष्मी

**Lakshmi Settled in Hotel Business:
From Village Shop to
Market Success**



गढवा गाउँपालिका-६, आँटीपाकरकी लक्ष्मी चौधरी होटेल व्यवसायमा जमेकी छन् । उनी आठ वर्षदेखि होटेल व्यवसायमा छिन् । २०५७ सालमा गाउँमा किराना पसल स्थापना गरेर उनले व्यावसायिक यात्रा सुरु गरेकी हुन् ।

किराना पसल गरेको १६ वर्षपछि उनले होटेल व्यवसायमा हात हालिन् । सुरुमा गाउँमै होटेल थालिन् । होटेलमा राम्रो सम्भावना देखेपछि उनले गढवा बजारमा घर भाडामा लिएर होटेल सञ्चालन गरिन् । “किराना पसलबाट व्यवसायको अनुभव भयो । गाउँमै पनि राम्रो चल्यो,” उनले भनिन्, “त्यसपछि होटेलमा हात हाल्यौँ । यसमा पनि राम्रो सम्भावना देखियो, अनि बजारमै होटेल सुरु गर्‍यो ।”

मासिक छ हजार रुपैयाँ भाडा तिरेर उनले होटेल सञ्चालन गरिरहेकी छन् । खाजा र खानामा उनको होटेल बजारमा स्थापित भएको छ । व्यवसायमा उनलाई श्रीमान्

Mrs. Lakshmi Chaudhary of Gadhawa Municipality-6, Aatipakar, has established herself in the hotel business. She has been in the hotel business for eight years. In 2057 BS (2000 AD), she started her business journey by establishing a grocery shop in the village.

Sixteen years after running the grocery shop, she ventured into the hotel business. Initially, she started the hotel in the village itself. After seeing good prospects in the hotel business, she rented a house in Gadhawa market and began operating a hotel there. "I gained business experience from the grocery shop. It ran well in the village, too," she says, "Then I tried my hand at the hotel business. This also showed good potential, so I started the hotel in the market."

She is currently operating the hotel by paying a monthly rent of NPR 5,000 (USD 37.50). Her hotel has established itself as a market leader



द्वारिकाप्रसादले साथ दिएका छन् । श्रीमान् पनि श्रीमतीको मेहनत देखेर खुसी छन् । “हामीलाई पहिले व्यवसायबाट कस्तो होला भन्ने लागेको थियो । गर्दै जाँदा राम्रो भयो,” उनले भने, “दुवैजना काममा खटेपछि व्यवसायबाट राम्रै भएको छ । श्रीमतीको खटनपटन राम्रो छ । म साथमा रहेर सहयोग गरिरहेको छु ।”

श्रीमान्-श्रीमती दिनभर होटेलमा खट्छन् । दैनिक पाँच हजार बढी कारोबार हुने गरेको लक्ष्मीले बताइन् । उनले गाउँमा कुखुरा फार्म, बंगुरपालन र तरकारी खेती पनि गरेकी छन् । अहिले पनि उनले एउटा कुखुरा फार्म सञ्चालन गर्नुका साथै सातवटा बंगुरपालन गरेकी छन् । चार कट्ठा जमिनमा तरकारी खेती भइरहेको छ ।

हालसम्मको कमाइबाट उनले बजारमा जग्गा किनेर तीन तलाको घर निर्माण गरिसकेकी छन् । उनकी जेठी छोरी करुणा बुटवलमा बसेर स्नातक अध्ययनरत छिन् । माइली दीक्षा पनि बुटवलमै ११ कक्षामा पढिरहेकी छन् । कान्छी दीपिका आठ कक्षामा पढ्छिन् । दीक्षाले गत वर्ष सीपी नेपालबाट साइकल उपहार पाइन् । उनी त्यसैमा विद्यालय जान्छिन् ।

उनी उनको बचत तथा ऋण सहकारी संस्थामा सदस्य छिन् । बेलाबेला ऋण लिँदै तिर्दै गर्छिन् । सहकारी पनि उनको आर्थिक स्रोत बनेको छ । आवश्यक पर्दा तुरुन्त ऋण लिन सकिन्छ । “सीपी नेपालले छोरीलाई पढाइमा सहयोग गरेपछि हामीलाई धेरै राहत मिल्यो,” उनले भनिन्, “सहकारीबाट पनि चाहिएको बेला बचत गर्न र ऋण निकाल्न सजिलो भएको छ ।” आफ्नो मेहनत र सहयोगी संस्थाको साथ पाएपछि काम गर्ने हौसला बढेको उनले बताइन् । अब व्यवसायमै अघि बढ्ने सोच बनाएको उनले सुनाइन् ।



२४ वर्षअघि लक्ष्मी चौधरीले आफ्नो गाउँमा सानो किराना पसलबाट व्यवसायिक यात्रा सुरु गरेकी थिइन् । समयसँगै उनले त्यो सानो प्रयासलाई ठूलो सफलता बनाउँदै, अहिले उनले सञ्चालन गरेको होटल व्यवसायबाट दैनिकरूपमा पाँच हजार रुपैयाँभन्दा बढी आमदानी गरिरहेकी छिन् । यही सफलताले उनलाई तीन तले घर निर्माण गर्न र आफ्नी तीन छोरीलाई गुणस्तरीय शिक्षा दिन सक्षम बनाएको छ । उनको यात्रा ग्रामीण महिलाहरूका लागि आफ्नो उद्यमशील सोच र समुदायको सहयोगद्वारा दीगो जीविकोपार्जन गर्न कसरी सम्भव छ भन्ने कुराको प्रेरणादायी उदाहरण हो । उनले पतिसँगै साभेदार बनेर, सीपी नेपालजस्ता संस्थाहरूको सहयोगबाट ग्रामीण महिलाहरूले पनि परम्परागत सीमाहरू तोड्दै उद्यमशिल बन्न सक्छन् भन्ने उदाहरण देखाएकी छिन् । लक्ष्मीको यस कथाले ठुठ इच्छाशक्ति, सही सहयोग र साथले, एउटा सानो गाउँको पसलले पुस्तागत परिवर्तन र समृद्धिको ढोका खोल्न सक्छ भन्ने ज्वलन्त उदाहरण देखाउँदछ ।

in snacks and meals. Her husband, Dwarikaprasad, supports her in the business. The husband is also happy to see his wife's hard work. "We used to wonder what would happen with the business initially. It turned out well as we continued," he says, "After both of us worked hard, the business has done well. My wife's dedication is good. I am supporting her by staying alongside."

The husband and wife work in the hotel throughout the day. Chaudhary mentions that they have a daily turnover of more than NPR 5,000 (USD 37.50). She has also engaged in poultry farming, pig farming, and vegetable cultivation in the village. Currently, she operates a poultry farm and raises seven pigs. Vegetable farming is being done on four kattha (14,580 sq ft) of land.

From her earnings so far, she has bought land in the market and built a three-story house. Her eldest daughter, Karuna, lives in Butwal and is pursuing undergraduate studies. The younger daughter, Dikshya, is also studying in class 11 in Butwal—the youngest, Dipika, studies in class eight. Dikshya received a bicycle gift from CP Nepal last year. She goes to school on that bicycle.

She is a member of a Unako Savings and Credit Cooperative. She frequently takes out and repays loans. The cooperative has also become her financial resource. She can get loans immediately when needed. "After CP Nepal helped our daughter with education, we got great relief," she says, "It has also become easier to save and withdraw loans from the cooperative when needed." She mentions that after receiving support for her hard work from supporting organizations, her confidence in her work has increased. She shares that she has now made plans to move forward only in business.



Lakshmi Chaudhary started with a small grocery shop in her village 24 years ago and has since built a successful hotel business, generating over NPR 5,000 (\$37.50 USD) daily. This success has enabled her to build a three-story house and provide her three daughters with a quality education. Her journey highlights how rural women can harness their entrepreneurial spirit and community support for sustainable livelihoods. With her husband as a partner and educational support from organizations like CP Nepal, Lakshmi exemplifies the potential for rural women to break traditional boundaries. Her story illustrates that with determination and the proper support, a small village shop can lead to generational change and prosperity.

सुँगुर बेचेको पैसा नपाएपछि
होटेल नै किन्ने मानमती

The Woman Who Bought a Hotel
After Not Getting Money from Pig Sales

गढवा गाउँपालिका-५, प्रनाहकी ३५ वर्षीया मानमती चौधरी अहिले स्थापित होटेल व्यवसायी भएकी छन् । उनी गढवाकी चल्तापुर्जा व्यवसायी हुन् । उनको होटेल व्यवसायको कथा निकै रोचक छ । उनी पहिले घर बनाउने ठाउँमा मजदुरी गर्थिन् । त्यही क्रममा सीपी नेपालको महिला समूहको सदस्य भइन् ।

समूहमा बचत गर्ने र चाहिएको बेला ऋण लिन पाउने भएकाले महिलाहरूका लागि महिला समूह जीवन बदल्ने माध्यम बनिरहेको थियो । मजदुरी गर्दा गर्दा मानमतीलाई पनि वाक्क लागिसकेको थियो । अरू कुनै काम गर्न पाए हुन्थ्यो भन्ने भइरहेको थियो । त्यही सोचका साथ उनले समूहबाट ५०० रुपैयाँ ऋण लिएर एउटा बंगुरको पाठो किनिन् ।

पाठो ठूलो भएपछि गढवा बजारकै एक होटेल व्यवसायीले किने । मासु बिक्री भएपछि पैसा दिने भन्दै उनले उधारोमा बंगुर किनेका थिए । पैसा माग्न जाँदाजाँदा मानमती हैरान भइन्, तर पैसा पाउन सकिनन् । पछिपछि त होटेल सञ्चालकले पैसा दिन नसक्ने बरु होटेल नै लैजाने भए दिने भन्न थाले । उनले पाउनुपर्ने थियो पाँच हजार, होटेलको मूल्य गरे ८२ हजार ।

मजदुरीसँगै कुनै व्यवसाय गर्न पाए हुन्थ्यो भन्ने सोचिरहेको बेला होटेल सञ्चालकले होटेल नै किन्न चुनौती दिएपछि मानमतीको मनमा पनि केही नयाँ गर्ने सोच भन्नभन्न बलियो बन्दै गयो । उनले गाउँबाट ४० हजार सापटी लिइन् । अरू पैसा घरका बंगुर र अन्य सामान गरेर जुटाइन् । त्यसपछि उनले बंगुरको पैसा नदिने साहुको होटेल नै किनिदिइन् ।

होटेल त किनिन्, तर उनलाई यसबारे केही पनि थाहा थिएन । “के कस्ता सामान चाहिन्छन्, खानेकुरा केके बनाएर बेच्ने केही थाहा थिएन,” उनले भनिन्, “रक्सीसम्बन्धी त कुनै ज्ञान थिएन । कुन रक्सी बेच्ने, कसरी बेच्ने केही थाहा थिएन । बिस्तारै सबै सिक्दै गएँ ।” यसरी सुरु गरेको मानमतीको ‘न्यु राप्ती होटेल’ अहिले गढवा बजारमा धेरै चल्ने होटेलमा पर्छ ।

उनले होटेल स्थापित गर्दै जाँदा महिला समूहबाट एक लाख ५० हजारसम्म ऋण लिइन् । दुई छोरीमध्ये जेठी वर्षालाई सीपी नेपालले पढाइदियो । कान्छी बिनुलाई उनी आफैँले पढाउने आँट गरिन् । वर्षा अहिले सीपी नेपालकै सहयोगमा राप्ती प्राविधिक शिक्षालयमा भेटेरिनरी डिप्लोमा अध्ययनरत छिन् । बिनु १० कक्षामा पढिरहेकी छन् ।

उनको श्रीमान् कल्टु अहिले पनि घर बनाउने मिस्त्रीको काम गर्छन् । मानमतीलाई

Gadhawa Rural Municipality, Ward 5, Parnaha— Thirty-five-year-old Mrs. Manmati Chaudhary has established herself as a successful hotel businesswoman. She is a well-known entrepreneur from the area of Gadhawa. The story of her hotel business is fascinating. She previously worked as a laborer in the construction industry. During that time, she joined a women's group affiliated with CP Nepal.

Women's groups had become a life-changing medium for women, as they could save money and take out loans when needed. While working as a laborer, Manmati had also grown weary of the work. She was wondering if she could take on another job. With this thought, she took a loan of NPR 500 (\$3.75 USD) from the group and bought a piglet.

After the piglet grew big, a hotel businessman from Gadhawa market bought it. He had bought the pig on credit, saying he would pay after selling the meat. When Manmati repeatedly asked for money, she was disappointed but couldn't receive the payment. Later, the hotel operator started saying that instead of not being able to pay the money, he would rather give away the hotel itself. She was supposed to receive NPR 5,000 (\$37.50 USD), but the hotel was valued at NPR 82,000 (\$615 USD).

While she was considering doing some business alongside her labor work, after the hotel operator challenged her to buy the hotel itself when she couldn't pay, the thought of doing something new became increasingly stronger in Manmati's mind. She borrowed NPR 40,000 (\$300 USD) as collateral from the village. She arranged the rest of the money by selling pigs and other household items. After that, she bought the hotel from the businessman who had refused to pay for the pig.

She bought the hotel, but she knew nothing about it. "I didn't know what kind of items were needed, what food to make and sell," she said, "I had no knowledge about alcohol. I didn't know what alcohol to sell, how to sell it. I learned everything gradually." Manmati's 'New Rapti Hotel,' which began in this manner, is now among the most popular hotels in Gadhawa market.

While establishing the hotel, she took loans up to NPR 150,000 (\$1,125 USD) from women's groups. Of her two daughters, CP Nepal educated the elder, Barsha. She made arrangements to inform the younger daughter, Binu, herself. Barsha is currently studying for a veterinary diploma at Rapti Technical Institute with the help of CP Nepal. Binu is learning in class 10.



९९

के कस्ता सामान चाहिन्छन् । खानेकुरा के के बनाएर बेच्ने, केही थाहा थिएन । रक्सीसम्बन्धीत कुनै ज्ञान थिएन । कुन रक्सी बेच्ने, कसरी बेच्ने केही थाहा थिएन । बिस्तारै सबै सिक्दै गएँ ।

I didn't know what kind of items were needed, what food to make and sell. I had no knowledge about alcohol. I didn't know what alcohol to sell, how to sell it. I learned everything gradually.

”

देवरले काममा सघाइहेका छन् । उनलाई होटेल बेच्ने साहुजी कहिलेकाहीँ चियाखाजा खान होटेलमा आउँछन् । उनी अहिले मजदुरी गर्छन् । समय उल्टिएको छ । पहिले मजदुरी गर्ने मानमती होटेलको साहुनी बनेकी छन् भने होटेलका साहु अहिले मजदुर भएका छन् ।

मानमतीले दैनिक १० देखि १५ हजारको कारोबार गर्छिन् । मासिक १० हजार होटेलको घरभाडा छ । बाँकी पैसा उनले मासिक रूपमा तीनवटा समूहमा बचत गर्छिन् । पैसा कमाएर उनले १० कट्ठा जग्गा किनिन् । दुई तलाको पक्की घर बनाइन् । “कमाइबाट जीवन धेरै बदलिएको छ । व्यवसायले मेरो अवस्था फेरियो,” उनले भनिन्, “ख्यालख्यालमे किनेको होटेलले राम्रै आमदानी दियो । अब होटेलको बारेमा धेरै जान्ने भइसकेँ ।”

उनको बाल्यकाल कमलरी बसेर बित्यो । उनी दाड र काठमाडौँ गरेर १५ वर्ष कमलरी बसिन् । काठमाडौँमा मात्रै छ वर्ष कमलरी बसिन् । विवाहपछि पनि उनले गाउँमा अरूको घरमा काम गरिन् । उनले स्कुलमा पाइला पनि टेक्न पाइनन् । गाउँमा प्रौढकक्षमा समेत जान पाइनन् । “पढ्न मन लाग्थ्यो, तर घरपरिवारले जान दिएनन् । पढाइ रातिमा हुन्थ्यो,” उनले भनिन्, “अरू घर आउँदा तिमी घरबाहिर जाने ? हुँदैन भनेर पढ्न जान दिएनन् ।”

आर्थिक अभाव, पढाइको कमी र दुःखद बाल्यकालका बाबजुद पनि जीवन परिवर्तन गर्न सकेकोमा उनलाई गर्व लाग्छ । “कहिलेकाहीँ आफ्नै जीवन अचम्मको लाग्छ । केके हन्डर, ठक्कर खाएर अन्तमा व्यवसायी बन्न पुगेँ,” उनले भनिन्, “व्यवसाय हाम्रो घरपरिवारले कहिल्यै नगरेको नयाँ काम हो । मेहनत र काममा निरन्तर लागेपछि जुन काममा पनि सफलता मिल्ने रहेछ ।”



मानमती चौधरीको प्रेरणादायी यात्रा कमलरीबाट सफल होटल व्यवसायीसम्म ग्रामीण नेपालको आत्मबलको अद्भुत उदाहरण हो । एउटा सुँगुरको उधारो ऋणबाट सुरु गरिएको उनको संघर्षले कठिनाइलाई अवसरमा रूपान्तरण गर्दै आफ्नै मात्र होइन, ऋण दिने व्यक्तिको भाग्य समेत फेरेको छ । उनको कथाले— दृढ संकल्प र समुदायको साथ भए, दुःखको दायरालाई तोड्न सकिन्छ भन्ने उदाहरण प्रस्तुत गरेको छ । अहिले मानमतीले आफ्ना छोरीहरूलाई शिक्षित बनाउँदै र व्यवसाय विस्तार गर्दै गर्दा, मानमतीले प्रतिकूल परिस्थितिहरूले पनि असाधारण परिवर्तनको बाटो खोल्न सक्छ भन्ने प्रमाणित गरेकी छिन् । उनको सफलताले देखाउँछ — नेपालको ग्रामीण भेगमा साहसको उज्यालो पर्खेर बसेको अपार सम्भावना लुकेको छ भन्ने कुरा देखाउँछ ।

Her husband, Kaltu, still works as a house-building mason. Brother-in-law is helping Manmati with her work. The businessman who sold her the hotel sometimes comes to eat snacks at the hotel out of curiosity. He now works as a laborer. Time has reversed. Previously, Manmati, who worked as a laborer, became a hotel owner, while the hotel owner has now become a laborer.

Manmati conducts business worth NPR 10,000 to 15,000 (\$75-\$112.50 USD) daily. The monthly rent for the hotel is NPR 10,000 (\$75 USD). She saves the remaining money each month in three separate groups. With the money she earned, she purchased 10 kattha (approximately 36,450 sq ft) of land. She built a two-story concrete house. "Life has changed a lot since earning. Business changed my situation," she said. "The hotel I bought reluctantly has given me a good income. Now I know a lot about hotels."

Her childhood was spent working as a domestic servant (Kamlahari). She worked as a domestic servant in Dang and Kathmandu for 15 years. She worked as a domestic servant in Kathmandu alone for 6 years. Even after her marriage, she continued to work in other people's houses in the village. She couldn't even set foot in school. She couldn't even go to primary school in the town. "I wanted to study, but the family didn't let me go. Classes were held at night," she said, "When others came home, would you go out of the house? It's not allowed, so they didn't let me go to study."

Despite facing financial hardship, a lack of education, and a difficult childhood, she is proud that she was able to transform her life. "Sometimes my own life seems amazing. After going through various struggles and obstacles, I finally became a businesswoman," she said, "Business is a new job that our family has never done. If you work continuously with hard work and dedication, you will be successful in any work."



Manmati Chaudhary's remarkable journey from an exploited domestic worker to a thriving hotel businesswoman exemplifies resilience in rural Nepal. Starting with an unpaid debt for a pig, she turned adversity into an entrepreneurial opportunity, transforming both her fortunes and those of her creditor. Her story highlights how determination and community support can break the cycle. Now, as she educates her daughters and expands her business, Manmati demonstrates that even unfavorable circumstances can lead to extraordinary change. Her success reveals the untapped potential within Nepal's rural communities waiting for the courage to flourish.

अप्ठेरो काममा हात हाल्ने रामबहादुर

दाङको राजपुर गाउँपालिका-३, वसन्तापुरका ६३ वर्षीय रामबहादुर अहिर प्रायः अप्ठेरो काममा हात हाल्न रुचाउँछन् । उनी अरूले नगरेको काममा नै सम्भावना देख्छन् । त्यसैले उनले सबैभन्दा पहिले ढुंगा बनाएर राप्ती नदीमा चलाउन सुरु गरे । १२ वर्षसम्म ढुंगा चलाए । दाङदेखि बाँकेसम्म पुगेर उनले १०० बढी ढुंगा बनाएका छन् ।

पुल बनेपछि उनको ढुंगा बनाउने पेसा ओभेलमा पयो । उनले ढुंगा बनाउँदा सुरुमा एक हात लम्बाइको ७५ रुपैयाँका दरले पारिश्रमिक लिन्थे ।

अहिले एक हातको दुई हजारका दरले लिन्छन् । विभिन्न तालहरूमा ढुंगा बनाउन उनलाई बोलाइन्छ । भारतको घाघ्रा नदीमा ढुंगा चलाउने भारत, बहराइचका एकजना गुरुले उनलाई ढुंगा बनाउन सिकाएका थिए ।

उनले रिहार मेलाका अवसरमा राप्ती नदीमा ढुंगा चलाउँथे । माघे संक्रान्तिमा रिहारमा ठूलो मेला लाग्छ ।

त्यस अवसरमा भारतका विभिन्न ठाउँबाट भक्तजनहरू आउँछन् । उनले आठ दिनसम्म ढुंगा चलाउँदा तीन बोरा पैसा ल्याउँथे । “त्यति बेला ढुंगा चलाउने मानिसहरू थिएनन् । मलाई पैसा राख्न भ्याइ नभ्याइ हुन्थ्यो,” उनले भने, “जता हेर्दा पनि पैसा नै पैसा हुन्थ्यो ।”

उनले ढुंगा चलाउँदै गर्दा भैंसी पनि पालेका थिए । २२ वटासम्म भैंसी थिए । छोराहरू भैंसी र ढुंगाको पछि लाग्न थाले । त्यसपछि उनलाई छोराहरूको भविष्य बिग्रन्छ जस्तो लाग्यो । अनि, भैंसीपालन र ढुंगा चलाउने काम

Rambahadur Who Ventures into Difficult Work: From Boatman to Celebrated Farmer

Mr. Rambahadur Ahir, a 63-year-old from Rajpur Rural Municipality-3, Basantapur, in Dang district, prefers to undertake challenging work. He sees potential in work that others don't do. That's why he first made boats and started operating them on the Rapti River. He operated boats for 12 years. From Dang to Banke, he has made more than 100 boats.

After bridges were built, his boat-making profession became obsolete. Initially, when he made boats, he used to charge NPR 75 (approximately USD 0.56) per hand's length. Now he charges NPR 2,000 (\$15 USD) per hand. He is called to make boats for various lakes. A teacher from India's Ghaghra River, who operated boats in India and Bahrain, had taught him to make boats.

He used to operate boats on the Rapti River during the Rihar fair. A big fair takes place during the Maghi Sankranti in Rihar. During that occasion, devotees come from various locations in India. When he operated boats for eight days, he would bring three sacks of money. "At that time, there were no people operating boats. I used to get scared whether to keep the money or not," he says, "Wherever I looked, there was money everywhere."

While operating boats, he also raised buffalo. He had up to 22 buffalo. His sons started getting reluctant about buffaloes and vessels. After that, he felt his sons' future might get spoiled. Then, he quit buffalo farming and boat operating. "I quit these professions to save my sons. I also sold the buffaloes so that my children could study," he says, "I searched for new work to build my sons' future."

One day, he had gone to Jangrahawa Market in Rajpur. He saw a Yadav selling tomatoes at NPR 20 (USD 0.15) per kilogram. After that, he thought he could also earn by selling vegetables. Then, 20 years ago, he planted saplings in six small plots and started vegetable farming.





छोडिदिए । “छोराहरूलाई बचाउन मैले यी पेसा छोडिदिँ । छोराछोरीले पढ्न पाऊन् भनेर भैंसी पनि बेचिदिँ,” उनले भने, “छोराहरूको भविष्य बनाउन मैले थप नयाँ कामहरू खोजी गर्ने ।”

उनी एक दिन राजपुरको जङ्ग्रहवा बजार गएका थिए । एकजना यादवले २० रुपैयाँ किलोका दरले टमाटर बेचिरहेको देखे । त्यसपछि उनलाई लाग्यो कि म पनि तरकारी बेचेर कमाउन सक्छु । अनि, २० वर्षअघि उनले छवटा बोडीका बिरुवा लगाएर तरकारी खेती सुरु गरे । तरकारी खेती बढाउँदै लगेर उनी अहिले गाउँपालिकाकै उत्कृष्ट कृषक भएका छन् । उनलाई सीपी नेपाल र राजपुर गाउँपालिकाले उत्कृष्ट कृषकका रूपमा २५ हजार रुपैयाँ नगदसहित पुरस्कृत गरेको छ ।

सुरुमा उनको छ कट्टा जग्गा थियो । अहिले नौ बिघा जग्गा छ । लमही बजारमा तीनतले पक्की घर बनाएका छन् । उनी वार्षिक दुई लाख बढीको तरकारी बिक्री गर्छन् । एक लाख बढीको धान र गहुँ बेच्छन् । उनले १० जना कामदारलाई कृषिमा रोजगारी दिइरहेका छन् । “अब मेरो सम्पूर्ण समय कृषिमा बितिरहेको छ । म कृषिमै काम गर्न

Gradually expanding vegetable farming, he has now become an excellent farmer of the municipality. CP Nepal and Rajpur Rural Municipality have honored him as an outstanding farmer with a cash prize of NPR 25,000 (approximately USD 187.50).

Initially, he had five kattha (18,225 sq ft) of land. Now he has Nine Bighas (approximately 388,620 sq ft) of land. He has built a three-story concrete house in Lamahi market. He sells vegetables worth more than NPR 200,000 (USD 1,500) annually. He sells rice and wheat worth more than NPR 100,000 (USD 750). He is employing 10 workers in agriculture. "Now my entire time is spent in agriculture. I want to work only in agriculture," he says, "I have done many new works. Now I plan to enjoy only agriculture."

He was also a carpenter earlier. He worked as a carpenter for about nine years. After that, he transitioned into agriculture through boat-making, boat operation, and buffalo raising. He used to sustain life by working on others' farms when he was small. His father died when he was 11 years old, and his mother died when he was 12 years old due to

चाहन्छु,” उनले भने, “मैले धेरै नयाँ कामहरू गरिसकेँ । अब कृषिमै रमाउने विचार छ ।”

उनी पहिले काठको मिस्त्री पनि भए । नौ वर्षजति मिस्त्रीको काम गरे । त्यसपछि ढुंगा बनाउने, ढुंगा चलाउने, भैंसी पाल्ने काम गर्दै अन्तमा कृषिमा आएका हुन् । उनले सानोमा अरूको खेती गरेर ज्यान पाल्थे । उनी ११ वर्षको हुँदा बुवा र १२ वर्षको हुँदा बिरामी भएर आमाको मृत्यु भएको थियो । त्यसकारण उनले सानैदेखि मेहनत गर्न सिके ।

६३ वर्षीया श्रीमती इमृत यादव पनि उनलाई काममा सघाउँछिन् । उनले छोराहरू सबैलाई जागिरे बनाए । चार भाइमध्ये तीन भाइ प्रहरी छन् । जेठो छोरा हिरालाल १२ वर्षदेखि रोजगारीका क्रममा दुबईमा छन् । माइलो हरिलाल नेपाली सेनाको हवलदारबाट अवकाश भए । साइलो इपकान्तले जनपद प्रहरीमा जागिर खाएर बीचमै छोडे । कान्छो त्रिभुवन सशस्त्र प्रहरीको हवलदार छन् ।

जेठो छोराको छोरा बर्मा नेपाल प्रहरीको प्रहरी निरीक्षक भएका छन् । छोरी सीताको जेठो छोरा गंगाधर डाक्टर भएका छन् । माइलो छोरा विशाल नेपाल प्रहरीमा छन् । अहिले रामबहादुरलाई पूर्ण सन्तुष्टि छ । छोराछोरी र नातिनातिना सबै आ-आफ्नो क्षेत्रमा स्थापित भएपछि उनलाई जीवनमा प्रगति भएको महसुस भएको छ । “मैले अरूले गर्न नचाहेका अठेरा काममा हात हालेँ । छोराछोरी बनाएँ,” उनले भने, “मलाई यसैमा सन्तुष्टि छ ।”



६३ वर्षका रामबहादुर अहिले परम्परागत बाटोहरू त्यागेर परिवर्तनलाई आत्मसात् गर्दा प्राप्त हुने बलियो सफलता प्रस्तुत गरेका छन् । राप्ती नदीको धार पार गर्दै, उनले आफ्नै व्यावसायिक खेतीको यात्रा सुरु गरे, जसले उनलाई हरेक वर्ष रु. २ लाख ५० हजार भन्दा बढीको तरकारी बिक्री गर्ने सफल कृषक बनायो । उनको सक्रिय सोच र निरन्तर प्रयासले व्यक्तिगत मात्र होइन, पुस्तौँदेखि पुस्तासम्म समृद्धिको ढोका खोलेको छ । कसरी एक जना व्यक्ति ढुंगा निर्माण र काठको कामबाट कृषि क्षेत्रमा परिवर्तन भएर सफल जीवनयापन व्यतित गर्न सक्छन् भन्ने उदाहरण बनेका छन् रामबहादुर । उनका तीन छोराहरू सुरक्षाकर्मीकै क्षेत्रमा कार्यरत छन् भने नाति-नातिनीहरू विभिन्न पेशामा आबद्ध छन् । कठिन बाटोहरूले नै प्रायः सबैभन्दा गहिरो फल दिने गर्दछन् भन्ने उनले देखाएका छन् । उनको जीवनयात्राले नेपालमा हिम्मत र दृष्टिकोण भएका व्यक्तिहरूले नजरअन्दाज गरिएका अवसरहरूमा समृद्धि फेला पार्न सक्ने कुरालाई पुष्टि गर्छ । रामबहादुरको कथा भनेको साहस, परिश्रम र परिवर्तनलाई अँगाल्दा कसरी सामान्य गाउँले मानिसले असाधारण सफलता हासिल गर्न सक्छ भन्ने प्रेरणादायी गाथा हो ।



illness. Therefore, he learned to work hard from a young age.

His 63-year-old wife, Emrit Yadav, also assists him with his work. He has employed all his sons. Among the four brothers, three are police officers. The eldest son, Hiralal, has been working in Dubai for 12 years. The second son, Harilal, retired from his position as a Hawaldar in the Nepal Army. The third son, Epkant, got a job with the People's Police but left midway. The youngest, Tribhuvan, is a Hawaldar in the Armed Police Force.

Barma, the eldest grandson, has risen to the rank of Police Inspector in the Nepal Police. Gangadhar, the eldest son of Sita, has become a doctor. Additionally, the second son, Bishal, is also serving in the Nepal Police. Rambahadur now feels a profound sense of satisfaction. Witnessing his sons, daughters, and grandchildren succeed in their various professions, he believes he has achieved meaningful progress in life. "I took on challenging tasks that others avoided. I supported my children," he says, "and I find fulfillment in this."



At 63, Rambahadur Ahir exemplifies the strength of taking unconventional paths and adapting to change. From navigating the Rapti River to becoming an award-winning farmer with annual vegetable sales over \$1,500, his proactive approach has generated personal and generational prosperity. His career transitions—from carpentry and boat-making to agriculture—show how rural entrepreneurs can build sustainable livelihoods while ensuring their children's futures. With three sons in law enforcement and grandchildren in various professions, Rambahadur's life illustrates that the toughest paths often lead to the most significant rewards. His journey highlights that in rural Nepal, success favors those who courageously pursue overlooked opportunities.

गाउँपालिकाका एकला एसईई उत्तीर्ण गेहेन्द्र

२०८० सालको एसईईको नतिजामा राजपुर गाउँपालिकाबाट एकजना मात्रै विद्यार्थी उत्तीर्ण भए। जिल्लाभर उनको चर्चा भयो। उनी थिए साधारण नमुना माविका गेहेन्द्रकुमार यादव। विद्यालयका साधारणतर्फका ५६ र प्राविधिक धारतर्फ पशुविज्ञानका ३० गरी ८६ जनाले एसईई परीक्षा दिएका थिए। उनको विद्यालय मात्रै होइन गाउँपालिकाका आठवटा माविबाट २२५ जनाले परीक्षा दिएकामा उनी मात्र एकलै उत्तीर्ण भए।

३.०६ जीपीएका साथ 'बी प्लस' अंक प्राप्त गरी उनी गाउँपालिकाका उत्कृष्ट विद्यार्थी साबित भए। गाउँपालिकाले माविसम्म निःशुल्क शिक्षाको व्यवस्था गरेको छ, तर नतिजा उपलब्धिपूर्ण हुन सकेको छैन। विद्यालयमा हुने विवाद, हडताल र लापर्वाहीले विद्यार्थीहरू उत्तीर्ण हुन नसकेको यादवको बुझाइ छ।



The Lone Star: Gehendra's Triumph Against All Odds

In 2079 (2022), amidst the release of SLC (School Leaving Certificate) results from Rajpur Municipality, only one student passed the examination. His name resonated throughout the district - he was Mr. Gehendra Kumar Yadav, an ordinary rural boy who had achieved the extraordinary. Of the 86 students who appeared for the SEE examination from his school, 56 from general subjects and 30 from technical animal science, only he succeeded. Not just from his school, but among the 225 students from eight different schools across the municipality who took the exam, Gehendra stood alone in his success.

With a GPA of 3.06 and earning a "B+" grade, he became the outstanding student of the municipality. While the Rural Municipality provided free education up to higher secondary level, the results remained disappointingly poor. Gehendra attributes this failure to disputes, strikes, and negligence that plagued the schools, preventing students from achieving their full potential.

His school was paralyzed for three months due to a dispute over the appointment of the principal, leaving no classes to attend. When regular schooling stopped, he turned to private tuition. "Even when we went to the municipality demanding regular classes, no one listened," he recalls. "Politics in education destroyed our studies." Without completing the whole course in any subject, students were forced to rely on sample question papers to prepare for their examinations.

Despite these overwhelming challenges, Gehendra passed the SEE through his own determination and hard work. He has been honored and felicitated by the CP Nepal organization and Rajpur Municipality for his outstanding academic achievements. Currently, he is studying science in Class 11 at Aadarsh Model Higher Secondary School in Deupur. He plans to complete Class 12 and then prepare for the civil service examination.

His father, Gangaram, who studied up to Class 12, and his illiterate mother, Savitri, are proud of their son's educational achievements. "Even

उनको विद्यालयमा पनि प्रधानाध्यापक को बन्ने भन्ने विवादले तीन महिनासम्म पढाइ भएन । पढाइ नभएपछि उनले ट्युसन पढे । “गाउँपालिकामा पुगेर पढाइ नियमित गर्न माग गर्दा पनि सुनुवाइ भएन,” उनले भने, “शिक्षामा राजनीति हुँदा पढाइ बिग्रियो ।” कुनै पनि विषयको कोर्स पूरा नहुँदा विद्यार्थी नमुना प्रश्नपत्र हेरेर परीक्षा दिन बाध्य भएको उनले बताए ।

त्यसका बाबजुद पनि उनले आफ्नै मेहनतले एसईई उत्तीर्ण गरे । उनी उत्कृष्ट विद्यार्थीका रूपमा सीपी नेपाल संस्था र राजपुर गाउँपालिकाबाट पुरस्कृत तथा सम्मानित भएका छन् ।

though we couldn't study much ourselves, we created an environment for our son to learn. He has studied with dedication,” says father Gangaram. “Hope has awakened that our son will protect our honor.”

Gehendra has a brother, Akalesh Kumar, who is studying in Class 6, and two sisters: Pramila, in Class 7, and Sujita, in Class 2. Mother Savitri dreams of educating all her children. Though she cannot read or write herself, she wishes for all her children to be educated.

Gehendra believes that negligence on the part of students, parents, schools, and the municipality contributed to poor SLC results. “Politics



उनी अहिले आदर्श नमुना मावि देउपुरमा ११ कक्षामा विज्ञान पढिरहेका छन् । १२ कक्षा उत्तीर्ण गरेर लोकसेवा परीक्षाको तयारी गर्ने उनको योजना छ ।

१२ कक्षासम्म पढेका बुवा गंगाराम र केही नपढेकी आमा सावित्री छोराको पढाइदेखि हार्थिन्छन् । “हामीले धेरै पढ्न नपाए पनि छोरालाई पढ्ने वातावरण बनाइदिएका छौं । मेहनत गरेर पढेको छ,” बुवा गंगारामले भने, “छोराले हाम्रो इज्जत राख्छ भन्ने आशा जागेको छ ।”

गेहेन्द्रको भाइ अकलेशकुमार छ कक्षामा पढ्छन् । बहिनी प्रमिला सात र सुजिता दुई कक्षामा पढिरहेका छन् । सबै सन्तानलाई शिक्षित बनाउने आमा सावित्रीको धोको छ । आफूले अक्षर चिन्न नपाए पनि सबै सन्तान शिक्षित होऊन् भन्ने उनको चाहना छ ।

विद्यार्थी, अभिभावक, विद्यालय र गाउँपालिकाको लापर्बाहीले एसईईमा राम्रो नतिजा आउन नसकेको गेहेन्द्रको बुझाइ छ । “गाउँपालिकामा सबैभन्दा बढी खेलिने खेल नै राजनीति भइसकेको छ,” उनले भने, “शिक्षक, विद्यार्थी र अभिभावकबीच पनि सुमधुर सम्बन्ध छैन । यसमा सुधार गर्नुपर्छ ।”

गाउँपालिकाले १२ कक्षासम्म निःशुल्क शिक्षाको व्यवस्था गर्दा पनि राम्रो नतिजा नआउनु दुर्भाग्य भएको उनले बताए । “निःशुल्क शिक्षा भएका कारण पनि बढी लापर्बाही भएको देखिन्छ,” उनले भने, “विद्यार्थी र अभिभावकले निःशुल्क शिक्षालाई महत्त्व दिन सकेनन् ।”

राजपुरका यादव समुदाय पशुपालन र कृषिमा निर्भर छन् । गेहेन्द्रको घरमा पनि १३ वटा भैंसी छन् । उनी घरको काममा पनि सघाउँछन् । काम गर्दै पढ्दा पनि नतिजा राम्रो आएको छ । उनी सानैदेखि कक्षा प्रथम हुँदै आएका थिए ।



गेहेन्द्र कुमार यादवको कथा नेपालको ग्रामीण युवाको मेहनत र संघर्षको प्रतीक हो, जसले प्रणालीगत असफलतालाई हार्न दिएका छैनन् । राजनीतिक हस्तक्षेप र संस्थागत बेवास्ताले अन्य विद्यार्थीको भविष्य धमिल्याएको अवस्थामा, उनको एकल सफलता आशाको दियो बनेको छ । यो उपलब्धि व्यक्तिगत विजय मात्र होइन—यो सामूहिक उदासीनताविरुद्ध व्यक्तिगत संकल्पको सशक्त प्रमाण पनि हो । जब वरपरको व्यवस्था चुँडिँदै गयो, गेहेन्द्रले आफैं आफ्नो सफलताको बाटो बनाउँदै उत्कृष्टता कठोरतम परिस्थितिबाट पनि फुल्न सक्छ भन्ने पनि देखाए । एसईई उत्तीर्ण गर्ने एक्ला विद्यार्थीबाट भविष्यको निजामती सेवक बन्ने उनको यात्राले ती सबै ग्रामीण परिवारको सपना बोकेको छ, जसले शिक्षालाई परिवर्तन र प्रगतिपर्को संवाहक मानेका छन् ।

has become the most played game in the municipality," he observes. "There's no harmonious relationship between teachers, students, and parents. This needs improvement."

He points out the misfortune that despite the municipality providing free education up to Class 12, good results haven't materialized. "Free education seems to have led to more negligence," he notes. "Students and parents fail to value free education."

The Yadav community in Rajpur depends on livestock and agriculture. Gehendra's family also owns 13 buffalo, which occupy approximately 47,385 sq ft (4,402 sq meters) of grazing land, valued at around NPR 36,000 (USD 262). He helps with household chores while studying. Working alongside his studies, he has still achieved excellent results. He had been a consistent first-position holder in his class since childhood.



Gehendra Kumar Yadav's story represents the resilience of Nepal's rural youth who refuse to be defeated by systemic failures. In a landscape where political interference and institutional negligence have failed 224 other students, his solitary success becomes a beacon of hope. His achievement transcends personal triumph—it's a testament to the power of individual determination against collective indifference. While the system around him crumbled, Gehendra built his path to success, proving that excellence can emerge from the most challenging circumstances. His journey from the only SLC graduate to aspiring civil servant embodies the dreams of countless rural families who believe education remains their gateway to dignity and progress.

गाउँपालिकाका उत्कृष्ट शिक्षक महेश

From Migrant Worker to Outstanding Teacher : Mahesh's Journey



बीएड उत्तीर्ण गरेपछि महेश चौधरीले रोजगारीका लागि धेरै प्रयास गरे, तर भनेजस्तो भएन । बल्लबल्ल उनले एक निजी स्कूलमा पढाउन पाए । केही समय पढाए, तर सन्तुष्ट हुन सकेनन् । त्यसपछि उनी वैदेशिक रोजगारीका लागि साउदी अरब गए ।

होटेलमा काम गर्दै १८ महिना बिताए । कोरोना महामारी बढेपछि उनको काम बन्द भयो । कोरोना संक्रमित भए । खाने पैसा नभएको बेला उपचार कसरी गर्ने भन्ने समस्या भयो । भाग्यले बाँचे । त्यसपछि नेपाल फर्कन उनलाई घरबाट पैसा पठाउनुप्यो । घरबाट पठाएको भाडा रकमले उनी काठमाडौं ओर्ले, तर थप नौ दिन क्वारेन्टाइन बस्नुप्यो ।

अनेक संघर्षका बाबजुत घर फर्केपछि उनी थप निराश भए । केही समय तरकारी खेती गरेर जीविका चलाए । केही न केही रोजगारी नगरी बस्ने कुरा भएन । एउटा गैरसरकारी संस्थामा काम गरे । त्यसपछि फेरि खाली बसे । त्यति नै बेला उनले आफैँले पाँच कक्षासम्म पढेको राजपुर गाउँपालिका-४, दुलैयास्थित मावि दुलैयामा शिक्षक आवश्यक भएको सूचना पाए । अनि, संघीय अनुदान कोटामा उनी २०७८ असोज ४ मा अंग्रेजी विषयको निमावि शिक्षक नियुक्त भए ।

उनले निमावि तहमा दुई वर्ष पढाइसकेपछि मावि तहका अंग्रेजी शिक्षकले राजीनामा दिए । नेपाल-भारत सीमा क्षेत्रको विद्यालयमा सुरुवा भएपछि उनले बीचमै राजीनामा दिएका थिए । एकाएक कक्षा खाली भएपछि १० कक्षाको अंग्रेजी विषय सम्हाल्ने जिम्मेवारी चौधरीले पाए । निमावि तहको नयाँ शिक्षकले मावि तह सम्हाल्नु चुनौतीपूर्ण थियो ।

विद्यालयमा आठजना त आफैँलाई पढाएका शिक्षकहरू थिए । उनलाई ठूलो जिम्मेवारी सम्हाल्नु चुनौतीपूर्ण थियो, तैपनि उनले आँट गरे । अनि, २०८० को एसईईमा उनको विषयमा उत्कृष्ट नतिजा आयो । गाउँपालिकाभरि विद्यार्थी फेल भइरहेको बेला उनको विद्यालयबाट नौजनाले परीक्षा दिएकोमा अंग्रेजीमा आठजना पास भए ।

आफ्नो विषयमा गाउँपालिकामै उत्कृष्ट नतिजा ल्याउन सफल भएको भन्दै उनलाई सीपी नेपाल र गाउँपालिकाबाट पुरस्कृत तथा सम्मानित गरियो । त्यसपछि गाउँपालिकाभरि सबैको नजर महेशतिर प्यो । उनले राम्रो नतिजा ल्याउन धेरै समय दिएर विद्यार्थी पढाए । घरमा गएको बेला पनि कुनै समस्या भए सोध्न सहज होस् भनेर उनले मेसेन्जर ग्रुप बनाए । त्यसमा उनले विद्यार्थीका समस्या समाधान गरिदिन्थे ।

“मलाई राम्रो गर्नुपर्ने चुनौती थियो । त्यसकारण मेरो तर्फबाट पूर्ण मेहनत गरें,” उनले भने, “साथीजस्तो वातावरणमा पढाउँ । विद्यार्थीले पनि मेहनत गरे । सोचेजस्तो नतिजा

After completing his B.Ed. Degree, Mr. Mahesh Chaudhary desperately searched for employment opportunities, but despite his qualifications, doors remained closed. He taught there for some time, but couldn't find satisfaction in his work. Subsequently, he went to Saudi Arabia in search of foreign employment opportunities.

He spent 18 months working at a hotel. When the COVID-19 pandemic intensified, he lost his job and contracted the virus. During this challenging time, he faced the dilemma of how to afford treatment while barely having enough money for food. Fortunately, he survived. To return to Nepal, his family had to send him money from home. With the travel fare provided by his family, he reached Kathmandu but was required to quarantine for an additional nine days.

Despite numerous struggles, he became even more disheartened after returning home. For some time, he sustained himself through vegetable farming. It became impossible for him to remain idle without some form of employment. He worked with a non-governmental organization for a while, but then became unemployed again. At that very moment, he learned that teachers were needed at a school in Dulaiya, Rajpur Municipality-4, where he had studied up to the fifth grade. Subsequently, on Asoj 4, 2078 (September 20, 2021), he was appointed as a lower secondary English teacher under the federal grant quota.

After teaching at the lower secondary level for two years, the secondary-level English teacher resigned. The school, located in the Nepal-India border region, had experienced teacher turnover mid-session. When a position became vacant, Mahesh was given the responsibility of handling English for Class 10. For a new teacher at the lower secondary level, managing the secondary level was challenging.

Seven teachers in the school had once taught him. Taking on such a significant responsibility was challenging for him, yet he persevered. Then, in the 2080 SEE examinations, his subject produced excellent results. While students were failing throughout the municipality, nine students from his school who appeared for the examination passed in English.

His success in bringing outstanding results in his subject throughout the municipality led to his recognition and felicitation by CP Nepal and the city. After this achievement, everyone in the municipality turned

पनि आयो ।”

विद्यालयमा अरूले विश्वास नगरिरहेको बेला राम्रो नतिजा ल्याउनु ठूलो उपलब्धि भएको उनले बताए । “सम्मानित भएपछि अब राम्रो गर्ने हौसला बढेको छ,” उनले भने, “शिक्षा क्षेत्रमा थप राम्रो गर्ने उत्साह थपिएको छ ।”

उनकी श्रीमती मनकुमारी पनि राजपुरकै मावि सिक्कामा निमावि शिक्षक छिन् । बुवा गिरबहादुर र आमा बसनी कृषि गर्छन् । माइलो भाइ दीपेन्द्रको दुर्घटनामा परेर मृत्यु भयो । कान्छो भाइ राजेन्द्र वैदेशिक रोजगारीका क्रममा दुबईमा छन् ।

अहिले उनी शिक्षक सेवा आयोगको परीक्षाको पनि तयारी गरिरहेका छन् । विद्यालयमा स्रोतसाधन पर्याप्त नहुँदा पठनपाठन कमजोर भइरहेको उनको अनुभव छ । अभिभावकले चासो नदिनु पनि समस्या भएको उनले बताए । “अभिभावकले चासो नदिएपछि विद्यार्थी पनि लापर्बाही गर्छन् । निःशुल्क शिक्षा भएकाले भनै महत्त्व दिँदैनन्,” उनले भने, “पटकपटक ताकेता गर्दा पनि कोचिङ कक्षामा विद्यार्थी आउँदैनन् । १०१ जना विद्यार्थीमा कोचिङ पढ्ने २० जना पनि आउँदैनन् ।” शैक्षिक गुणस्तर सुधार्ने शिक्षक, अभिभावक र विद्यार्थीको संयुक्त प्रयास आवश्यक पर्ने उनले बताए ।



महेश चौधरीको यात्रा, साउदी अरबको प्रवासी श्रमिकदेखि राजपुर गाउँपालिकाको सफल शिक्षकसम्म, नेपालको ग्रामीण शिक्षकहरूको संघर्ष र समर्पणको ज्वलन्त उदाहरण हो । अंग्रेजी विषयमा १००% उत्तीर्ण दर हासिल गर्नु, चुनौतीपूर्ण परिस्थितिमा पनि उत्कृष्टता सम्भव छ भन्ने प्रमाण हो । उनको कथाले कठोर परिश्रम र सिकाइप्रतिको माया भए असम्भव जस्तो लक्ष्य पनि सम्भव हुन्छ भन्ने शिक्षक र विद्यार्थी दुवैलाई प्रेरणा दिन्छ । महेशको समर्पण कक्षाकोठासम्म सीमित नभइ, उहाँको उद्देश्य अनुरूप शिक्षामार्फत जीवन रूपान्तरण गर्नु हो, जुन प्रेरणादायी मात्र होइन, परिवर्तनको सन्देश पनि हो ।



their attention to Mahesh. He devoted considerable time to teaching students to achieve good results. Even when he went home, he created a messenger group to make it easier for students to ask about any problems they might have. Through this platform, he would help students with their problems.

"I had the challenge of performing well. Therefore, I put in complete effort from my side," he says. "I taught in a friendly atmosphere. The students also worked hard. The results were as expected."

When others in the school had lost faith, bringing good results became a significant achievement, he notes. "After being honored, my determination to do even better has increased," he says. "My enthusiasm to excel further in the education sector has grown."

His wife, Mankumari, is also a lower secondary teacher at a Secondary School, in Rajpur's Sikta area. His father, Girbahadur, and mother, Basani, are engaged in agriculture. His younger brother Dipendra died in an accident. His youngest brother, Rajendra, is in Dubai for foreign employment.

Currently, he is also preparing for the Teacher Service Commission examination. He has experienced that teaching and learning are becoming weaker due to insufficient resources in schools. He mentioned that a lack of interest from parents is also a problem. "When parents don't show interest, students also become negligent. Since education is free, they don't value it," he says. "Even when I repeatedly call for coaching classes, out of 101 students, not even 20 come for coaching." He states that joint efforts from teachers, parents, and students are necessary to improve educational quality.



Mahesh Chaudhary's journey from a migrant worker in Saudi Arabia to a successful teacher in Rajpur Municipality exemplifies the resilience of Nepal's rural educators.

Achieving a 100% pass rate in English in a municipality plagued by failing students shows that excellence is attainable under challenging circumstances. His story inspires both teachers and students, demonstrating that dedication and care for learning can yield remarkable outcomes even in challenging educational environments. Mahesh's commitment extends beyond the classroom, reflecting a mission to transform lives through education.

उत्कृष्ट स्कूलका उत्कृष्ट शिक्षक

Excellence in Rural Education: The Outstanding Teacher of Gadhawa

कक्षा: १०

विषय: नेपाली

पाठ: सत्यमेव जयते

“

अरु विषयमा विद्यार्थीले राम्रै गर्छन् । गणित र बिज्ञान राम्रो गरेपछि नतिजा राम्रो देखिन्छ । त्यसकारण हामी यी विषयमा अतिरिक्त कक्षाहरु नियमित चलाउँछौं ।

”

“

Students perform well in other subjects. When they do well in Mathematics and Science, the results look good. That's why we regularly run additional classes in these subjects.

”

गढवा गाउँपालिका-१, कालाकाटेस्थित जनता मावि जिल्लाकै राम्रो स्कुलमा पर्छ । गाउँपालिकामा त उत्कृष्ट स्कुलका रूपमा पुरस्कृत समेत भइसकेको छ । कार्यसम्पादन मूल्यांकन र एसईईको नतिजाका आधारमा स्कुलले गाउँपालिकाबाट तीन लाख पुरस्कारसहित सम्मान प्राप्त गर्‍यो ।

२०५५ सालदेखि एसएलसी सुरु गरेको यो स्कुल पहिलो वर्ष नै ८९ प्रतिशत विद्यार्थी उत्तीर्ण गराई जिल्लामै उत्कृष्ट भएको हो । २०८० को एसईईको नतिजाका आधारमा यही विद्यालयका नेपाली शिक्षक भानुबहादुर घर्तीमगर गाउँपालिकाकै उत्कृष्ट शिक्षक भए । उनी सीपी नेपाल र गाउँपालिकाबाट पुरस्कृत र सम्मानित भएका छन् ।

७४ जना विद्यार्थीले एसईई दिएकोमा उनले नेपाली विषयमा ८९ प्रतिशत विद्यार्थी उत्तीर्ण गराएका थिए । २०६३ सालदेखि मावि तहमा शिक्षण गर्न थालेका घर्तीमगर २०७२ देखि विद्यालयका सहायक प्रधानाध्यापक छन् । उनले हालसम्म तीनजना प्रधानाध्यापकसँग काम गरिसकेका छन् ।

प्रधानाध्यापक परिवर्तन भए पनि उनी निरन्तर उही भूमिकामा छन् । विद्यालयको समग्र शैक्षिक व्यवस्थापनको योजना उनले नै तयार गर्छन् । विद्यार्थीलाई बालमैत्री वातावरणमा शिक्षण गर्ने र नियमित मूल्यांकन गर्ने परिपाटीले नतिजा राम्रो आउने उनको अनुभव छ । “शिक्षक डर तथा हाउगुजी बन्ने होइन । हामीले साथीजस्तो व्यवहार गरेर पढाउने हो,” उनले भने, “विद्यार्थीको सहयोगी र सहजकर्ता बन्ने हो । यसले पढाइको गुणस्तर बढाउन सहयोग गर्छ ।”

विद्यालयमा मुख्य पाँच विषयमा मांसिदेखि नै कोचिङ कक्षाहरू सञ्चालन गरिन्छ । १० कक्षामा पढ्ने विद्यार्थीहरूलाई त छात्रावासमै राखेर पढाउने गरिएको उनले बताए । बिहान ५ बजे नै उठाएर विद्यार्थीलाई समयतालिकाअनुसार पढाउने गरिएको छ । ७ बजेसम्म नित्यकर्म र व्यायाम गरेपछि ७ देखि ९:३० बजेसम्म कोचिङ कक्षा सञ्चालन हुन्छ ।

१० देखि ४ बजेसम्म नियमित कक्षाहरू नै सञ्चालन हुन्छन् । ४ देखि ६ बजेसम्म खाजा र आरामको समय हुन्छ । ६ देखि ९ बजेसम्म गणित, अंग्रेजी र विज्ञान विषयमा कोचिङ कक्षा सञ्चालन गरिन्छ । गत वर्ष नेपाली विषयमा समेत कोचिङ कक्षा चलाइएको उनले बताए ।

“अरू विषयमा विद्यार्थीले राम्रै गर्छन् । गणित र विज्ञान राम्रो गरेपछि नतिजा राम्रो देखिन्छ,” उनले भने, “त्यसकारण हामी यी विषयमा अतिरिक्त कक्षाहरू नियमित चलाउँछौं ।”

Janata Secondary School, located in Kalakate of Gadhawa Municipality-1, stands as one of the finest schools in the district. The municipality has already recognized and awarded it as an outstanding school. Based on performance evaluation and SEE results, the school received recognition, along with a cash prize of NPR 300,000 (approximately USD 2,190), from the municipality.

This school, which began SLC programs in 2055 BS (1998), achieved excellence in the district from its first year by ensuring that 89% of its students passed their examinations. Based on the 2080 SEE results, Nepali teacher Mr. Bhanbahadur Gharti Magar from this very school became the outstanding teacher of the municipality. He has been honored and felicitated by CP Nepal and the Gadhawa Rural Municipality.

Out of 74 students who appeared for the SEE examination, he achieved an 89% pass rate in the Nepali subject. Bhanbahadur, who started teaching at the secondary level in 2063 BS (2006), has been serving as Assistant Headmaster of the school since 2072 BS (2015). He has worked with three different headmasters so far.

Despite changes in headmasters, he has consistently maintained his role. He prepares the entire educational management plan for the school. His experience demonstrates that teaching students in a child-friendly environment and conducting regular assessments yields positive results. "Teachers should not become sources of fear or intimidation. We should teach by behaving like friends," he says. "We should become supporters and facilitators of students. This helps improve the quality of education."

The school runs coaching classes in five main subjects from Mangsir (November-December) onwards. He mentioned that Class 10 students are kept in hostels and taught there. Students are woken up at 5 AM and taught according to a timetable. After completing daily routines and exercise by 6 AM, coaching classes are conducted from 6:00 to 8:30 AM.

Regular classes run from 10 AM to 4 PM. From 4 to 6 PM is meal and rest time. From 6 to 8 PM, coaching classes are conducted in Mathematics, English, and Science subjects. Last year, coaching classes were also conducted in the Nepali subject, he mentioned.

"Students perform well in other subjects. When they do well in Mathematics and Science, the results look good," he says. "That's why we regularly run additional classes in these subjects."



एसईई परीक्षा दिन जाँदा पनि विद्यार्थीलाई छात्रावासबाटै गाडीमा राखेर परीक्षा केन्द्रसम्म लगिन्छ । साथमा हौसला थप्न शिक्षकहरू पनि जान्छन् । अनि, फर्केर विद्यालयमै आउँछन् ।

“यसले विद्यार्थीको मनोबल बढेको देखियो । विद्यार्थी एकलै आफ्नै तरिकाले परीक्षा केन्द्र पुग्दा आत्तिने, डराउने गरेको देखिन्छ,” उनले भने, “त्यसकारण हामीले विद्यार्थीको मनोबल बढ्ने वातावरणमा परीक्षा गराउने गरेका छौं । यसले पनि विद्यार्थीको नतिजामा केही सुधार गरेको छ ।”



भानबहादुर घर्ती मगरको कथा ग्रामीण नेपालको शैक्षिक क्षेत्र रूपान्तरण गर्ने समर्पित शिक्षकहरूको प्रेरणादायी उदाहरण हो । उनी र उनको समूहले एउटा सामान्य गाउँको विद्यालयलाई सम्पूर्ण क्षेत्रमा आकर्षणको केन्द्र बनाउदै शैक्षिक उत्कृष्टताको नमुना प्रस्तुत गरेका छन् । आवासीय कोचिङ र बालमैत्री शिक्षण पद्धतिलाई एकत्रित गर्ने उनको नवप्रवर्तनशील दृष्टिकोणले मात्र असाधारण शैक्षिक उपलब्धि हासिल गरेको छैन, गाउँबाट शहरतिर हुने प्रतिभा पलायनलाई पनि प्रभावकारी रूपमा रोक्न सफल भएको छ । शिक्षालाई सुलभ र किफायती राख्दै ८९% सफलता दर कायम राखेर उनले ग्रामीण विद्यालयहरू पनि योग्य र असल नेतृत्वमा सहर का प्रतिष्ठित विद्यालयहरूसँग प्रतिस्पर्धा गर्न सक्षम छन् भन्ने स्पष्ट सन्देश दिएका छन् । उनले प्रस्तुत गरेको सफलताको कथाले नेपालको ग्रामीण शिक्षा प्रणालीमा लुकेको अपार सम्भावनालाई उजागर गर्दै सहि मार्गदर्शन, समर्पण र समुदायको समर्थन प्राप्त भएमा उत्कृष्टता देशका अति दुर्गम कुनाहरूमा समेत फुल्न सक्छ भन्ने उदाहरण देखाएको छ ।

Even when taking SEE examinations, students are transported from the hostel by vehicle to the examination center. Teachers also accompany them to boost morale. Then they return to the school together.

"This has been seen to boost students' morale. When students reach the examination center alone on their way, they seem to get nervous and scared," he says. "Therefore, we have been conducting examinations in an environment that boosts students' morale. This has also improved students' results to some extent."



Bhanbahadur Gharti Magar's story exemplifies how dedicated educators can transform entire communities in rural Nepal, turning a simple village school into a beacon of educational excellence that attracts students from across the region. His innovative approach of combining residential coaching with child-friendly teaching methods has not only achieved remarkable academic results but also prevented the rural brain drain that typically forces families to migrate to urban centers in search of quality education. By maintaining an 89% pass rate while keeping education affordable and accessible, he has demonstrated that rural schools can compete with the best urban institutions when led by committed professionals who truly understand their students' needs. His success represents the untapped potential within Nepal's rural education system, proving that with proper guidance, dedication, and community support, excellence can flourish even in the most remote corners of the country.



उत्कृष्ट विद्यार्थी राजीव

प्युठानको स्वर्गद्वारी नगरपालिका-४, गोठीबाडका राजीव योगी बुवाको जागिरका क्रममा पछिपछि लाग्दै दाङ आइपुगे । उनको बुवा अनुपम योगी २०७२ सालदेखि राप्ती गाउँपालिका-५, सिसहनीयास्थित सर्वोदय माविमा निमावि शिक्षक भए । त्यसपछि २०७४ देखि राजीव पनि बुवासँगै त्यही स्कूलमा पढ्न थाले ।

बुवाआमासँगै बसेर पढ्न सहज हुने भएकाले उनको परिवार विद्यालयकै छात्रावासमा बस्न थाल्यो । छ कक्षादेखि सर्वोदय माविमा पढ्न थालेका राजीवले आठ कक्षाको परीक्षामा गाउँपालिकामै उत्कृष्ट भएर पुरस्कार पाए । २०८० मा एसईई दिएका राजीव फेरि पनि पालिकामा उत्कृष्ट भए । उनले ३.७९ जीपीए अर्थात् 'ए प्लस' नतिजा ल्याए । सोही कारण उनी सीपी नेपाल र राप्ती गाउँपालिकाबाट उत्कृष्ट विद्यार्थीका रूपमा पुरस्कृत तथा सम्मानित भए ।

उनी अहिले लमहीस्थित रोजी बड्स स्कूलमा ११ कक्षामा विज्ञान पढ्दै छन् । उनले डाक्टर बन्ने लक्ष्य लिएका छन् । उनी समयतालिका बनाएर पढ्छन् । अप्ठेरो लामो विषयलाई बढी समय दिन्छन् । अतिरिक्त क्रियाकलापमा पनि सहभागी हुन्छन् । विद्यालयको पढाइले मात्रै नपुग्ने उनको बुझाइ छ ।

किताबको पढाइले मात्रै पर्याप्त ज्ञान प्राप्त नहुने उनले बताए । “विद्यालयको पढाइमा मात्र भर परेर हुँदैन । नवीनतम प्रविधि प्रयोग गरी घरमा धेरै पढ्नुपर्छ,” उनले भने, “आत्मविश्वास र लगनशीलताले पढाइमा सफलता मिल्छ ।” उनी विद्यालयको छात्रावासमा बस्ने भएकाले दिनभर पढ्ने वातावरण हुँदैन । विद्यार्थीको होहल्लाका कारण पढाइमा डिस्टर्ब हुन्छ । त्यसकारण उनी राति

Excellence in Adversity: A Student's Determination

Mr. Rajiv Yogi, following in his father's footsteps, from Pyuthan to Dang. His father, Anupam Yogi, has been working as a secondary school teacher at Sarbodaya Secondary School in Sisahaniya, Rapti Rural Municipality-5, since 2072 BS (2015 AD). Since 2074 BS (2017 AD), Rajiv has also started studying at the same school as his father.

Since it was easier for him to study while living with his parents, his family decided to move into the school's hostel. Rajiv, who started studying at Sarbodaya Secondary School from grade 5, became the district topper in grade 8 and received an award. In 2080 (2024 AD), after taking the SEE exam, Rajiv again topped the municipality. He achieved a 3.75 GPA, which is an "A+" result. Due to this achievement, he was honored and awarded as an outstanding student by CP Nepal and Rapti Rural Municipality.

He is currently studying science in grade 11 at Rosy Buds Balbatika English School in Lamahi. He has set a goal to become a doctor. He studies by making a timetable. He gives more time to subjects that seem difficult. He also participates in extracurricular activities. He understands that school education alone is not enough.

* The SEE (Secondary Education Examination) in Nepal is a national-level exam conducted at the end of Grade 10, typically for students aged 15-16. Administered by the National Examinations Board, it assesses students in core subjects like English, Math, Science, and Social Studies, serving as a gateway to higher secondary education (Grade 11 and 12). The exam is held annually, usually in March, and is a critical milestone for academic progression in Nepal.



अबेरसम्म पढ्छन् ।

उनकी आमा सीताले फोटोकपी तथा स्टेसनरी पसल गरेकी छन् । उनी साँझबिहान आमालाई पनि सघाउँछन् । बहिनी प्रिन्सिका चार कक्षामा पढ्दै छिन् । बुवा शिक्षक भएका कारण पनि राजीवलाई उचित मार्गनिर्देश गर्न सहज भएको छ । “पढाइ कस्तो छ भनेर नियमित आफैं हेर्न पाइन्छ । पढाइमा मार्गनिर्देश गर्न पाइन्छ,” बुवा अनुपमले भने, “आफ्नो निगरानीमा पढाउँदा र छोराले मेहनत गर्दा राम्रो नतिजा आएको छ ।”

बसाइको राम्रो व्यवस्था नभएका कारण राजीवलाई पढ्ने छुट्टै कोठा नभएकोमा आमालाई चिन्ता छ । “घर बनाउन सकिएको छैन । यहाँ एउटै कोठामा बस्छौं । पढाइमा डिस्टर्ब भएजस्तो लाग्छ,” उनले भनिन्, “पढ्ने वातावरण अझ राम्रो भए भनै राम्रो गर्न सक्थ्यो कि जस्तो लाग्छ ।” छोराको पढाइप्रतिको लगावले नै राम्रो नतिजा आइरहेको उनले बताइन् ।



नेपालमा एसईई (SEE) -माध्यमिक शिक्षा परीक्षा) राष्ट्रिय स्तरको परीक्षा हो, जुन कक्षा १० को अन्त्यमा, सामान्यतया १५-१६ वर्ष उमेरका विद्यार्थीहरूका लागि सञ्चालन गरिन्छ । राष्ट्रिय परीक्षा बोर्डद्वारा सञ्चालन हुने यो परीक्षाले अंग्रेजी, गणित, विज्ञान र सामाजिक अध्ययन जस्ता मुख्य विषयहरूमा विद्यार्थीहरूको मूल्यांकन गर्छ । यो परीक्षा कक्षा ११ र १२ मा प्रवेशको ढोका हो, जसले उच्च माध्यमिक शिक्षामा पाइला चाल्न मार्ग तयार पार्दछ । वार्षिक रूपमा प्रायः चैत महिनामा सञ्चालन गरिने यो परीक्षा, नेपालमा शैक्षिक उन्नतिका लागि एक अत्यन्तै महत्वपूर्ण मोड हो ।



He explained that book learning alone doesn't provide sufficient knowledge. "You can't rely only on school education. You have to study more at home using the latest technology," he said, "Self-confidence and determination bring success in studies." Since he lives in the school hostel, there isn't a conducive environment for studying throughout the day. Students get disturbed in their studies due to noise. Therefore, he studies until late at night.

His mother Sita, runs a photocopy and stationery shop. She also helps her mother on Sunday mornings. His sister Prinsika is studying in grade 4. Having a father who is a teacher has made it easier to provide proper guidance to Rajiv. "I can regularly check how his studies are going. I can provide guidance in studies," father Anupam said, "Good results have come from studying under my supervision and my son's hard work."

Due to a lack of proper accommodation, Rajiv doesn't have a separate study room, which worries his mother. "We haven't been able to build a house. We live in just one room here. It seems like studies get disturbed," she said, "If the study environment were even better, it seems like he could do even better." She mentioned that her son's dedication to studies has brought good results.



Despite living in a single room and facing numerous challenges, Rajiv's unwavering determination, combined with his family's support, has paved his path to academic excellence. His journey from a rural village school to becoming a district topper exemplifies how passion for education can overcome any obstacle. With dreams of becoming a doctor and a strong foundation built through hard work, Rajiv represents the hopes and aspirations of countless rural students across Nepal.

कृषि कर्मप्रतिको मोह

From Soil to Soul:
The Agricultural Journey



राप्ती गाउँपालिका-५, कालापानीका ५२ वर्षीय दीपक बुढामगरले सानैदेखि सुन्दै आएका थिए, 'हलो जोते खान पाइन्छ।' यही भनाइले उनको मनमा जरा गाडेको थियो। त्यसकारण उनले बाल्यकालदेखि कृषिबाहेक अरु केही गरेनन्।

सुरुमा बंगलाचुली गाउँपालिकाको कोला भन्ने ठाउँमा बस्थे। त्यहाँबाट बसाइँसराइ गरेर उनी २०४५ सालमा कालापानी भरेका हुन्। तराई भरेर पनि खेती नै गरे। "मैले कहिले पनि ज्याला मजदुरीजस्ता कुनै पनि काम गरिनँ," उनले भने, "हलोबाहेक अरुमा विश्वासै लागेन। आफ्नै खेतीपाती गरेर जीवन बिताइयो।"

त्यही कर्मको फलस्वरूप उनी यस वर्ष सीपी नेपाल र राप्ती गाउँपालिकाबाट उत्कृष्ट कृषकका रूपमा पुरस्कृत तथा सम्मानित भए। "यस्तो पुरस्कार पाइएला भनेर खेती गरेको पनि होइन। आफ्नै सुरुमा काम गर्दा पनि मूल्यांकन हुने रहेछ भन्ने महसुस भयो," उनले भने, "कर्म गरेपछि फल पाइन्छ भन्ने उखान पनि सही रहेछ।"

चार कक्षासम्म मात्रै पढेका दीपक अनुभवले परिपक्व छन्। उनी कृषि र नेपालको अर्थतन्त्रबारे केही टिप्पणी गर्न सक्छन्। उनी भन्छन्, "देशको अर्थतन्त्र बलियो बनाउन कृषि नै गर्नुपर्छ। नेपालमा कृषिमै धेरै सम्भावना छ।" कृषि मेहनती मान्छेले गर्ने काम भएको उनको अनुभव छ। "कृषि नजान्ने र अल्छी मान्छेले गर्ने पेसा होइन," उनले भने, "यसमा ज्ञान र मेहनत चाहिन्छ। कुन बेला कस्तो खेती गर्ने भन्ने जानेर मात्र गर्नुपर्छ। निरन्तर काममा पनि लागि रहनुपर्छ।"

काम गर्नभन्दा कामलाई पैसा पार्न कठिन हुने अनुभव उनले गरेका छन्। "काम गर्न मात्रै कुनै गाह्रो छैन, तर त्यसलाई पैसामा बदल्न कठिन हुन्छ," उनले भने, "बाहिरी देशबाट आउने कृषि उत्पादनसँग प्रतिस्पर्धा गर्न हामीलाई गाह्रो भइरहेको छ।"

52-year-old Mr. Dipak Budhamagar of Kalapani, Rapti Rural Municipality-5, had been hearing the age-old wisdom since childhood, "If you plow the field, you will never go hungry." This profound saying had taken root so deeply in his heart that it became his life's guiding principle. Therefore, from his very childhood, he dedicated himself solely to agriculture, never considering any other livelihood.

Initially, he lived in a place called Kola in Bangalachuli Rural Municipality. From there, he migrated and settled in Kalapani in 2045 BS (1988 AD). Even after moving to the Terai plains, he continued with farming. "I have never done any wage labor or daily labor work in my entire life," he said with pride, "I never placed my trust in anything other than the plow. I have spent my whole life sustaining myself through my farming."

As the fruit of his hard work, this year he was honored and awarded as an outstanding farmer by CP Nepal and Rapti Rural Municipality. "It's not that I pursued farming with the expectation of receiving such recognition. I realized that even when you work with genuine passion and dedication, your efforts do get acknowledged and valued," he said with humility, "The age-old proverb that 'hard work always bears fruit' has proven to be true."

Though Dipak studied only up to the fourth grade, he has matured through experience and wisdom. He can offer insightful commentary on agriculture and Nepal's economy. He says, "To strengthen the nation's economy, agriculture is essential. Nepal has tremendous potential in agriculture." His experience tells him that farming is work meant for hardworking, dedicated people. "Agriculture is not a profession for those

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नगद कारोबार हुने, बजारमा बढी माग हुने तरकारीमा नै हुन्छ।
कुन समयमा कुन तरकारीको माग छ भन्ने थाहा पाउनुपर्छ। राम्रो आमदानी गर्न
सकिन्छ।

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Cash crops that have market demand are vegetables. You need to know
which vegetables are in demand at what time. Good income can be made.

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who don't understand farming or for lazy people," he stated firmly, "It requires knowledge and relentless hard work. You must know exactly when to cultivate what crops and when. You must stay continuously engaged in the work."

He has experienced that it's harder to monetize the work than to do the actual labor. "There's nothing difficult about doing the work itself, but converting that labor into money is the real challenge," he said, "We are finding it extremely difficult to compete with agricultural products imported from foreign countries."

He initially did potato farming. Now, he engages in seasonal vegetable farming, including tomatoes, cauliflower, bitter gourd, okra, beans, radishes, and mustard greens. From this, he earns more than Three Lakh rupees (USD 2186) annually. He purchased an additional 1 Kattha 6 Dhur of land (approximately 5,832 sq ft) using earnings from

उनले सुरुमा मुला खेती गरेका थिए । अहिले उनी सिजनअनुसार टमाटर, भेडेखुर्सानी, करेला, भिन्डी, काँक्रा, लौका, सिमीलगायत तरकारी खेती गर्छन् । यसबाट उनी वार्षिक तीन लाख बढी आमदानी गर्छन् । उनले कृषिबाटै कमाएर एक कट्टा छ धुर जग्गा थपे । उनले १२ कट्टा जग्गा भाडामा लिएर खेती गरेका छन् ।

अन्य बालीभन्दा तरकारीबाट बढी फाइदा हुने उनले बताए । “नगद कारोबार हुने, बजारमा बढी माग हुने तरकारीमा नै हुन्छ,” उनले भने, “कुन समयमा कुन तरकारीको माग छ भन्ने थाहा पाउनुपर्छ । राम्रो आमदानी गर्न सकिन्छ ।” उनले तरकारीसँगै तीन भैंसी र छवटा बाख्रा पनि पालेका छन् । दैनिक तीन लिटर दूध बेच्छन् ।

भैंसी पाल्दा तरकारीमा मल पनि हुने, दूध पिउन र बेच्न पाइने भएकाले उनले भैंसी र तरकारी छोडेका छैनन् । उनका तीन छोरीमध्ये जेठी मेनुका र माइली वसन्तीले १२ कक्षा पढेर विवाह गरे । कान्छी अनु डिग्री पढ्दै छिन् । एक मात्र छोरा भानु १२ कक्षा पढेर रोजगारीका लागि मलेसिया गए ।

श्रीमती लालमाया र उनी अन्य मजदुर लगाएर खेती गर्छन् । तीनजना नियमित मजदुर छन् । उनीहरू तरकारी खेतीमा काम गर्छन् । अब पुरस्कार पाएको २५ हजार रुपैयाँले प्लास्टिक टनेल बनाएर थप तरकारीको बीउ तयारी गर्ने उनको योजना छ । “जीवन कृषिमै बितिसक्यो । अब तागतले सक्दासम्म यही नै गर्ने हो,” उनले भने, “कृषिमा नमुना कामहरू गर्न मन छ ।”



दीपकको माटोप्रतिको अटल विश्वास र कृषिप्रतिको समर्पणले न केवल उनको परिवारलाई जिविकोपार्जन मात्र गराएने, बरु उनलाई एक आदर्श कृषकको पहिचान पनि दिलायो । सानो टुक्रा जमिनबाट सुरु गरिएको उनको यात्रा आज १२ कट्टा भूमिमा सफल कृषि व्यावसायमा परिणत भएको छ, जो निरन्तर प्रयास र ज्ञानले खेती गरेमा लाभदायक र आत्मसन्तुष्टिको पथ हुन सक्छ भन्ने देखाउँदछ । पुरस्कारको राशीलाई अब विस्तार मा लगानी गर्ने योजनासँगै, दीपक नेपालका कृषि संस्कृतिको जिउँदो प्रतीक बनेका छन् । उनले फेरि एकपटक माटोमा जोश र निष्ठा मिसिएको छ भने “हलो जोते खान पाइन्छ” भन्ने कथनलाई प्रमाणित गरेका छन् ।

agriculture. He has been farming on 12 Kattha (approximately 43,740 sq ft) of rented land.

He explained that vegetables are more profitable than other crops. "Cash crops that have market demand are vegetables," he said, "You need to know which vegetables are in demand at what time. Good income can be made." Along with vegetables, he also keeps three buffalo and six goats. He sells three liters of milk daily.

Since raising buffaloes provides manure for vegetables and milk can be consumed and sold, he hasn't given up buffaloes and vegetables. Among his three daughters, the eldest, Menuka, and the middle child, Basanti, got married after completing their secondary education up to grade 12. The youngest, Anu, is studying for her degree. His only son, Bhanu, went to Malaysia for employment after completing grade 12.

His wife Lalmaya and he hire other laborers for farming. Three people work regularly. They work in vegetable farming. Now, with the NPR 25,000 (USD 185) prize money, he plans to build a plastic tunnel and prepare more vegetable seeds. "Life has been spent in agriculture. Now I will continue doing the same as long as I can," he said, "I want to do exemplary work in agriculture."



Dipak's unwavering faith in the soil and his dedication to agriculture have not only sustained his family but also earned him recognition as an exemplary farmer. His journey from a small plot to managing 12 bighas of land demonstrates that with persistence and knowledge, farming can be both fulfilling and profitable. As he plans to expand with his prize money, Dipak continues to embody the spirit of Nepal's agricultural heritage, proving that the ancient wisdom "If you plow the field, you will never go hungry." remains true for those who work with passion and dedication.



महिलाहरूको धूप तथा साबुन उद्योग

खेतीपाती र घरधन्दामा सीमित थारू महिलाहरू अहिले उद्यमी भएका छन् । उनीहरूलाई बिहानैदेखि कच्चापदार्थ कसरी जुटाउने भन्ने चिन्ता हुन्छ । घरका नियमित काम भ्याएर पनि उनीहरूले राप्ती लालीगुराँस साबुन तथा धूप उद्योग सञ्चालन गरेका छन् ।

उनीहरूको कामको मूल्यांकन गर्दै सीपी नेपाल र राप्ती गाउँपालिकाबाट यस वर्ष उत्कृष्ट उद्यमीका रूपमा सम्मान गरिएको छ । २०८१ वैशाखमा एक साताको तालिम लिएर उनीहरूले उद्योग सुरु गरेका हुन् । १७ जनाले तालिम लिएकोमा १३ जना मिलेर उद्योग दर्ता गराए । अहिले उद्योगमा छजना मात्रै सदस्य छन् ।

सबैले घरको कामले भ्याउने अवस्था नभएपछि सदस्यहरू घट्टै गएको अध्यक्ष पिङ्कुकुमारी चौधरीले बताइन् । “सबैको खेतीपाती र पशुपालन छ । घरको नियमित काम पनि धेरै हुन्छ,” उनले भनिन्, “सबैले उद्योगमा काम गर्न भ्याउँदैनौं भनेपछि हामी सक्नेजतिले उद्योग सम्हालेका छौं ।”

५० हजार लगानीमा थालेको उद्योग अहिले गाउँपालिकाभरि स्थापित भइसकेको छ । उनीहरू साबुन, धूप र फिनायल तयार गर्छन् । पसल र हाटबजारमा बिक्री गर्ने गरेको उद्योगकी सचिव यमा चौधरीले बताइन् । “गाउँमै लाग्ने हाटबजारमा बेच्छौं । पसलहरूमा पनि राखिदिन्छौं,” उनले भनिन्, “कतिले माग गर्छन् । माग गरेअनुसार पनि सामान तयार गर्छौं ।”

खेतीपातीमा मात्रै पुस्तौं बिताएका थारू समुदायका महिलालाई उद्यमी बनाउन चुनौती भए पनि उनीहरूले नयाँ अभ्यास गरेका छन् । गाउँघरमै उपलब्ध कच्चापदार्थबाट उनीहरूले अर्गानिक धूप बनाइरहेका छन् । पूजाआजामा धूपको माग भइरहेको उद्योगकी कोषाध्यक्ष अनिता चौधरीले बताइन् । “धुपी सल्ला, सयपत्री फूल, सालको खोटो, कपुर, तुलसीको पातजस्ता गाउँमै पाइने वनस्पतिबाट शुद्ध धूप बनाइरहेका छौं,” उनले भनिन्, “चोखो र अर्गानिक भएकाले यो धूपको माग बढेको छ ।”

साबुन र फिनायलको लागि पनि उनीहरू निम, तितेपाती, मेवा, घिउकुमारीजस्ता

From Fields to Factories: Rural Women's Entrepreneurial Journey in Soap & Incense Manufacturing

Rural women, previously limited to agriculture and household work, have now become entrepreneurs. They have the constant worry of arranging raw materials from early morning onwards. Even after managing their regular household tasks, they have been operating Rapti Laligurans Soap and Incense Manufacturing Industry.

Evaluating their work, they have been honored this year as excellent entrepreneurs by CP Nepal and Rapti Rural Municipality. After completing a week-long training in Baishakh 2081 (April-May 2024) organized by Rapti Rural Municipality, they began their careers in the industry. Out of 16 people who took the training, 13 joined together to register in the industry. Currently, only six members remain active in the industry.

Chairperson Pinku Kumari Chaudhary explains that the number of members has been decreasing because not everyone can manage their time due to household responsibilities. Everyone has agriculture and livestock farming. There's also a lot of regular household work," she says, "Since everyone can't manage time for the industry, we who can manage are running the industry as much as possible."

The industry started with an investment of NPR 50,000 (approximately USD 375) and has now established itself within the rural municipality. They produce soap, incense, and phenyl. Secretary of the industry, Yama Chaudhary, says they sell in shops and local markets. "We sell in the local markets within the village. We also keep them in shops," she says, "Some people place orders. We also prepare goods according to demand."

Although it was challenging to transform women from the Tharu community, who had spent generations solely in agriculture, into entrepreneurs, they have embraced new practices. They are producing organic incense from raw materials available in their village homes. Treasurer Anita Chaudhary says there's demand for incense during



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हामी विहानै उठेर कच्चापदार्थ खोज्न जान्छौं । घरको काम भ्याएर पनि सामान जम्मा गर्छौं । त्यसपछि दिनभर सामान तयार गर्छौं ।

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We wake up early in the morning to search for raw materials. Even after finishing household work, we collect materials. Then we prepare goods throughout the day.

”

वनस्पति प्रयोग गर्छन् । आवश्यक मात्रामा मात्र रसायन प्रयोग गर्ने गरेको उपाध्यक्ष माया चौधरीले बताइन् । “हामी बिहानै उठेर कच्चापदार्थ खोज्न जान्छौं । घरको काम भ्याएर पनि सामान जम्मा गर्छौं,” उनले भनिन्, “त्यसपछि दिनभर सामान तयार गर्छौं ।”

नयाँ उद्योग भएका कारण कतिपय रसायनको मात्रामा अभै पनि सिकन बाँकी रहेको सदस्य मञ्जु चौधरीले बताइन् । “सुरुमा लिएको तालिमका भरमा उद्योग चलाइरहेका छौं । हामीलाई थप सीप आवश्यक छ,” उनले भनिन्, “यसका लागि हामीलाई मार्गदर्शन गर्ने मानिसहरू चाहिएको छ ।”

गाउँपालिकाले कार्यालयमा आवश्यक सामग्री यही उद्योगबाट खरिद गर्ने गरेको सदस्य शोभा चौधरीले बताइन् । “गाउँपालिकाले अन्य मानिसहरूलाई पनि स्थानीय उत्पादन प्रयोग गर्न अनुरोध गरिरहेको छ,” उनले भनिन्, “यसले हामीलाई व्यवसाय बढाउन सहज भइरहेको छ ।”



परम्परागत कृषिमा सीमित भूमिकाबाट सफल उद्यमशीलतामा रूपान्तरण भएका यी थारु महिलाहरूको यात्रा ग्रामीण नेपालको एक प्रभावशाली परिवर्तनको प्रतीक हो । समय व्यवस्थापन, सीप अभिवृद्धि, र पारिवारिक जिम्मेवारीहरूबीच सन्तुलन कायम राख्नुपर्ने चुनौतीका बीच, उनीहरूले स्थानीय रूपमा उपलब्ध जैविक सामग्रीको प्रयोग गरेर दिगो र व्यावसायिक उद्यम स्थापना गर्न सफल भएका छन् । स्थानीय सरकारको सहयोग र समुदायको बढ्दो मागले उनीहरूको प्रयासलाई थप मजबुत बनाएको छ । यस प्रकारको पहलले यदि आवश्यक तालिम र संस्थागत सहयोग उपलब्ध गराइएमा महिलाहरूको उद्यमशीलता उल्लेखनीय रूपमा फस्टाउन सक्छ भन्ने देखाउँछ । यस्ता पहलहरूले महिलाहरूलाई आर्थिक आत्मनिर्भरता प्रदान गर्नुका साथै परम्परागत ज्ञानको संरक्षण गर्दै आधुनिक बजारको आवश्यकता अनुसार आफूलाई रूपान्तरण गर्न सक्षम बनाउँछन् ।



worship and festivals. "We are making pure incense from plants found in the village like dhup salla (pine), calendula flowers, sal bark, camphor, tulsi leaves," she says, "Since it's pure and organic, the demand for this incense has increased."

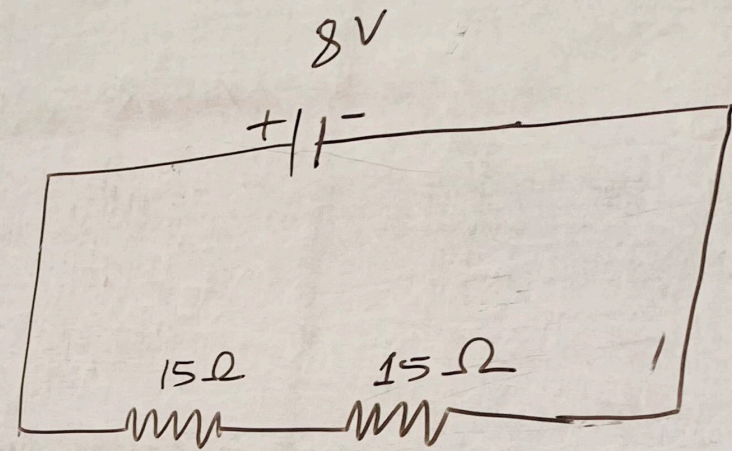
For soap and phenyl, too, they use plants like neem, bitter gourd leaves, marigold, and mint. Vice-chairperson Maya Chaudhary says they use chemicals only in necessary quantities. "We wake up early in the morning to search for raw materials. Even after finishing household work, we collect materials," she says, "Then we prepare goods throughout the day."

Member Manju Chaudhary says that since it's a new industry, they still need to learn about the quantity of some chemicals. "We are running the industry based only on the training we took initially. We need additional skills," she says, "For this, we need people who can guide us."

Member Shova Chaudhary says the rural municipality purchases necessary materials for the office from this very industry. "The rural municipality is also requesting other people to use local products," she says, "This is making it easier for us to expand our business."



The journey of these Tharu women from traditional agricultural roles to successful entrepreneurs represents a quiet revolution in rural Nepal. Despite facing challenges of time management, skill development, and balancing household responsibilities, they have created a sustainable business using locally available organic materials. Their success, supported by local government recognition and community demand, demonstrates how women's entrepreneurship can flourish when given proper training and institutional support. This initiative not only provides economic independence but also preserves traditional knowledge while adapting to modern market demands.



(i) यो करतो किस्मको जडान हो ?

⇒ श्रेणीक्रम जडान

(ii)

उत्कृष्ट हाइड्रोजन सर

विद्यार्थीको हाजिरी गराउँदा हाजिर सर या एस सर होइन 'हाइड्रोजन सर' भन्नुपर्छ । विज्ञान शिक्षक रविन चौधरीले विद्यार्थीलाई विज्ञानका आधारभूत शब्दहरू ख्याल होस् भनेर हाजिरी गर्दा हाइड्रोजन, अक्सिजनजस्ता विभिन्न शब्दहरू भन्न लगाउँछन् ।

राप्ती गाउँपालिका-६, पथरगढवास्थित ज्ञानोदय माविका शिक्षक रविनले यस्तै तरिका अपनाएर आफ्नो विषयमा गाउँपालिकाभरि उत्कृष्ट नतिजा प्राप्त गरेका छन् । २०८० को एसईईमा विज्ञान विषयमा पालिकाभरि सबैभन्दा बढी ७४ प्रतिशत विद्यार्थी उनको विद्यालयबाट उत्तीर्ण भए ।

सोही कारण उनी सीपी नेपाल र राप्ती गाउँपालिकाबाट २५ हजार नगद र प्रमाणसहित पुरस्कृत तथा सम्मानित भएका छन् । विद्यार्थीलाई बढी समय दिने, खाली बस्न नदिने, केही न रचनात्मक काममा लगाउने र दैनिक गृहकार्य दिनेजस्ता कामले विद्यार्थीहरू उत्कृष्ट नतिजा ल्याउन सफल भएको उनले बताए । “विद्यार्थीलाई दैनिक कुनै न कुनै नयाँ विषय जान्नेपर्ने नियम बनाइएको छ । कसले के नयाँ गरे या गरेनन् भन्ने रिपोर्ट क्लास क्याप्टेनले दिन्छन्,” उनले भने, “घरबाट आउँदा पनि हरेक दिन एउटा नयाँ कुरा जानेर कक्षामा भन्नुपर्छ । केही नयाँ लेखेर ल्याउनुपर्छ ।”

२०७१ सालदेखि संघीय अनुदान कोटामा विज्ञान पढाउँदै आएका रविनले विद्यार्थीलाई विज्ञानमा अभ्यस्त बनाउन अनेक उपायहरू अवलम्बन गरेका छन् । उनलाई पढाउने समय नै नपुगेजस्तो लाग्छ । “विज्ञानमा सिकाउनुपर्ने कति धेरै कुराहरू छन् । समय नै नपुगेजस्तो हुन्छ, अनि अतिरिक्त कक्षाहरू चलाउँछु,” उनले भने, “प्रयोगात्मक अभ्यास गराउन पनि समय पुगिरहेको हुँदैन । प्रयोगशालामा सामग्री अभाव छन् ।”

विद्यार्थीलाई राम्रो नतिजा ल्याउने बनाउने मुख्य नेतृत्वकर्ता शिक्षक नै भएको उनले बताए । “विद्यार्थी कस्तो बनाउने मुख्य हात शिक्षककै हो । त्यसपछि विद्यार्थी र अभिभावकको हो,” उनले भने, “धेरैजसो विद्यार्थीको घरमा गाइड गर्ने अभिभावक छैनन् । शिक्षककै भरमा छोडेका हुन्छन् । शिक्षकले पनि राम्रोसँग हेर्न भ्याएन भने विद्यार्थीको नतिजा बिग्रन्छ ।”

Innovation in Education: Excellent Hydrogen, Sir

When taking students' attendance, instead of saying "present, sir" or "yes, sir," one must say "Hydrogen, Sir." Science teacher Mr. Rabin Chaudhary has students recite different words, such as "hydrogen" and "oxygen," during attendance so that they pay attention to basic scientific terms.

Teacher Rabin from Gyanodaya Secondary School located in Rapti Rural Municipality-6, Pathargadhawa, has achieved excellent results in his subject across the rural municipality by adopting such methods. In the 2080 SEE examination, 74 percent of students from his school passed in the science subject—the highest in the rural municipality.

For this reason, he has been rewarded and honored with NPR 25,000 (approximately USD 187) in cash and a certificate by CP Nepal and Rapti Rural Municipality. He says that practices such as giving students more time, not letting them sit idle, engaging them in creative work, and assigning daily homework have helped students achieve excellent results. "A rule has been made that students must learn something new every day. The class captain reports on who did what new or didn't do anything new," he says, "Even when coming from home, they must know one new thing every day to tell in class. They must bring something new, written."

Rabin, who has been teaching science under federal grant quota since 2074 (2017 AD), has adopted many methods to make students proficient in science. He feels like there's not enough time to teach them. "There are so many things to teach in science. Time seems insufficient, so I run extra classes," he says, "There's not enough time for practical exercises either. There's a shortage of materials in the laboratory."

He says that the teacher is the prominent leader in making students achieve good results. "The main hand in shaping students is the teacher's. After that, it's the students' and parents'," he says, "Most students don't have parents at home who can guide them. They leave everything to the teacher. If the teacher also doesn't look after them properly, the

“ विद्यार्थी कस्तो बनाउने मुख्य हात शिक्षककै हो । त्यसपछि विद्यार्थी र अभिभावकको हो । धेरैजसो विद्यार्थीको घरमा गाइड गर्ने अभिभावक छैनन् । शिक्षककै भरोसा छोडेका हुन्छन् । शिक्षकले पनि राम्रोसँग हेर्न भ्याएन भने विद्यार्थीको नतिजा बिग्रन्छ ।

“ The main hand in shaping students is the teacher's. After that, it's the students' and parents," he says, "Most students don't have parents at home who can guide them. They leave everything to the teacher. If the teacher also doesn't look after them properly, the students' results deteriorate.



सानो कक्षामा त्यक्तिकै पास गराइदिने प्रचलनले पनि विद्यार्थीलाई माथिल्लो कक्षामा समस्या भइरहेको उनले बताए । “सानो कक्षामा सजिलै पास हुन्छन्, अनि माथिल्लो कक्षामा धेरै मेहनत गर्नुपर्ने हुन्छ,” उनले भने, “धेरैजसो विद्यार्थी त घरको कामले गर्दा पनि पढ्न भ्याउँदैनन् । उनीहरूलाई विद्यालयमा बढी समय दिएर सिकाउनुपर्ने हुन्छ ।”

रविन २०७४ सालमा पनि गाउँपालिकाबाट उत्कृष्ट विज्ञान शिक्षकका रूपमा सम्मानित भएका थिए । लमही नगरपालिका-१, नर्ती घर भएका रविनका बुवा कृष्ण चौधरी पनि सूर्यविनायक मावि नर्तीका शिक्षक छन् । आमाको बोनम्यारो क्यान्सरका कारण २०७५ मा निधन भएको थियो । उनकी एक बहिनी छन् । अब शिक्षामा समर्पित भएर लाग्ने सोच रहेको उनले बताए । “शिक्षणमै रमाइरहेको छु, यसैमा समर्पित भएर लाग्ने योजना छ,” उनले भने, “शिक्षामा योगदान गर्न चाहन्छु ।”



रविन चौधरीका नवीन शिक्षण विधिहरूले सिर्जनशीलता र समर्पणले झोट अभाव भएको ग्रामीण परिवेशमा समेत शैक्षिक नतिजाहरूमा उल्लेखनीय रूपान्तरण ल्याउन सक्छ भन्ने देखाउँछ । कक्षाको दैनिक क्रियाकलापमा वैज्ञानिक शब्दावली समावेश गर्ने र विद्यार्थीहरूलाई व्यक्तिगत ध्यान दिने उनको पद्धतिले विज्ञान बिषयहरूमा प्रभावशाली उपलब्धि हासिल गरेको छ । प्रयोगशालाको अपर्याप्त सुविधा र अध्ययनसँगै घरेलु काममा विद्यार्थीहरूको ध्यान विभाजित हुने जस्ता चुनौतीहरूका बाबजुद, शिक्षामा उत्कृष्टता हासिल गर्ने उनको प्रतिबद्धताले ग्रामीण शिक्षाका लागि एक उदाहरणीय मानक स्थापना गरेको छ । उनको कथा उत्साही र मेहनती शिक्षकहरू कसरी शैक्षिक रूपान्तरणका प्रेरक शक्ति बन्न सक्छन् भन्ने कुराको ज्वलन्त प्रमाण हो, जसले विद्यार्थीहरू मात्र होइन, सम्पूर्ण समुदायलाई पनि वैज्ञानिक शिक्षाको महत्त्व बुझ्न प्रेरणा दिन्छ ।

students' results deteriorate."

He says that the practice of effortlessly passing students in lower classes is also causing problems for students in higher classes. "They pass easily in lower classes, then have to work much harder in higher classes," he says, "Most students can't manage time to study due to household work. They need to be given more time at school to teach them."

Rabin was also honored as an excellent science teacher by the rural municipality in 2077 (2020). Chaudhary, originally from Lamahi Municipality-1, Narti, has a father, Krishna Chaudhary, who is also a teacher at Suryavinayak Secondary School in Narti. His mother passed away in 2078 (2021) due to bone cancer. He has one sister. He says he plans to continue dedicating himself to education. "I am enjoying teaching, I plan to continue dedicating myself to this," he says, "I want to contribute to education."



Rabin Chaudhary's innovative teaching methods showcase how creativity and dedication can transform educational outcomes even in resource-constrained rural settings.

His approach of integrating scientific terminology into daily classroom routines and providing personalized attention to students has achieved remarkable results in science education. Despite challenges like inadequate laboratory facilities and students' divided attention between studies and household work, his commitment to educational excellence has set a benchmark for rural education. His story exemplifies how passionate teachers can become catalysts for educational transformation, inspiring both students and the broader community to value scientific learning.



ढकिया गुरु कलावती

राजपुर गाउँपालिका-२, मटेरियाकी ५९ वर्षीया कलावती चौधरी ढकिया गुरुका रूपमा परिचित छन्। गाउँपालिकामा उनी मात्रै ढकिया बुन्न सिकाउने प्रशिक्षक हुन्। उनलाई गाउँपालिका मात्रै होइन अन्य जिल्लामा समेत तालिम दिन जानुपर्ने अवस्था छ।

थारू समुदायमा रहेको परम्परागत ढकिया बुन्ने सीपलाई उनले व्यावसायिक रूप दिएकी छन्। विभिन्न डिजाइनका ढकिया बनाएर उनले आफैँ पनि बिक्री गर्छिन्। अरूलाई पनि सिकाउँछिन्। उत्कृष्ट प्रशिक्षकका रूपमा उनी सीपी नेपाल र राजपुर गाउँपालिकाबाट २५ हजार रुपैयाँ नगदसहित पुरस्कृत र सम्मानित भएकी छन्।

उनले २०७२ सालमा दुई चरणमा गरी एक महिनाको ढकिया बुन्ने तालिम लिएकी थिइन्। त्यसपछि ढकिया बुनेर बिक्री गर्न थालिन्। उनले बुनेका ढकिया काठमाडौँ लगायत विभिन्न सहरमा पुग्छन्। उनको घरमा नियमित नौ जना महिलाहरू मिलेर ढकिया बुन्छन् र बिक्री गर्छन्। उनले दुई वर्षअघि लालीगुराँस हस्तकला उद्योग दर्ता गराएर काम गरिरहेकी छन्।

मेला-महोत्सवमा पनि उनका ढकिया बिक्री हुन्छन्। उनी पाँच वर्षदेखि प्रशिक्षणमा व्यस्त छन्। उनले १५ देखि ४५ दिनसम्मका तालिमहरू दिएकी छन्। हालसम्म १५ तालिममा १५० जनालाई ढकिया बुन्न सिकाएको उनले बताइन्। “सिकेका धेरैजसोले बुनेर बिक्री गर्छन्। उद्यमी भइरहेका छन्,” उनले भनिन्, “यो हाम्रो परम्परागत सीप हो। यसमा व्यावसायिकता थपेका छौँ।”

उनी नयाँ-नयाँ डिजाइनहरू युट्युबमा खोज्छिन् र त्यसबाट सिकेर बुन्छिन्। उनी ढकियाका साथै हटकेस, खुत्रुके, पेन होल्डर, क्याप, गमला, पूजादानी र डेल्वा पनि बुन्छिन् र सिकाउँछिन्। उनी आफूले बुनेका सामानबाट मासिक २० हजार कमाउँछिन्। तालिमबाट महिनाको ३० हजारसम्म कमाउँछिन्।

उनले तयार पारेको एउटा ढकिया १० हजार रुपैयाँसम्ममा बिक्री हुन्छ। विभिन्न जिल्लाबाट माग आउने गरेको र सोहीअनुसार बुन्ने गरेको उनले बताइन्। “विवाह,

From Tradition to Enterprise: A Dhakiya Weaving Success Story Dhakiya Guru

Mrs. Kalawati Chaudhary, a 58-year-old resident of Rajpur Rural Municipality, is known as the "Dhakiya Guru" (Dhakiya Master). She is the only trainer in the rural municipality who teaches dhakiya weaving. Her expertise is so valued that she has to travel not only within her municipality but also to other districts to provide training.

She has given a professional dimension to the traditional dhakiya weaving skills that exist in the Tharu community. By creating dhakiya in various designs, she not only sells them herself but also teaches others. As an outstanding trainer, she has been honored and awarded NPR 25,000 (USD 187.50) in cash, along with recognition from CP Nepal and Rajpur Rural Municipality.

She received dhakiya weaving training in two phases, each lasting one month, in 2075 BS (2018 AD). After that, she started weaving dhakiya and selling them. Her woven dhakiya reaches various cities, including Kathmandu. At her home, nine women regularly gather to weave dhakiya and sell them. Two years ago, she registered the Laliguras Handicraft Industry and has been working through it since then.

Her dhakiya is also sold at fairs and festivals. She has been busy training for the past five years. She has conducted training programs ranging from 15 to 45 days in duration. So far, she says she has taught dhakiya weaving to 150 people in 15 training sessions. "Most of those who learned are weaving and earning. They are becoming entrepreneurs," she says, "This is our traditional skill. We have added professionalism to it."

She searches for new designs on YouTube and learns from them, then weaves them. Along with dhakiya, she also weaves and teaches hats, bags, pen holders, caps, flower vases, worship items, and decorative pieces. She earns NPR 20,000 (USD 150) monthly from the items she weaves. From training, she earns up to NPR 30,000 (USD 225) per month.

One dhakiya prepared by her sells for up to NPR 10,000 (USD 75). She

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सिकेका धेरैजसोले बुनेर बिक्री गर्छन् । उद्यमी भैरहेका छन् । यो हाम्रो परम्परागत सीप हो । यसमा व्यवसायीकता थपेका छौं ।

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Most of those who learned are weaving and earning. They are becoming entrepreneurs. This is our traditional skill. We have added professionalism to it.

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उत्सवजस्ता कार्यक्रममा सजाएका ढकिया प्रयोग हुन्छन् । सजिएका ढकियाले राम्रो मूल्य पाउँछन्,” उनले भनिन्, “अन्य सामानको प्रयोग पनि बढ्दै गएको छ ।”

ढकियालगायत सामान बुन्न मुन्ज, पुन्जा, मयूरको प्वाँख, सुतही, मुगा र फूला आवश्यक पर्छ । थारू समुदायका हरेक चाडपर्वमा ढकिया प्रयोग हुन्छ । प्रायः परम्परागत तरिकाले आफ्नो प्रयोगका लागि मात्रै ढकिया बुन्ने थारू महिला अहिले तालिम लिने र आधुनिक ढकिया बुन्ने गर्न थालेका छन् । यसबाट थारू सीपको व्यवसायीकरण भइरहेको उनले बताइन् ।

उनका श्रीमान् खुसिराम कृषि कर्ममा छन् । जेठो छोरा अक्लेश्वर सामाजिक संस्थामा काम गर्छन् । कान्छो छोरा सविन मोबाइल पसल गर्छन् । जेठी छोरी सुष्मा र कान्छी गीताको विवाह भइसकेको छ । कलावती सीपी नेपालले गठन गरेको महिला समूहमा आबद्ध भएर बचत र ऋण लिने गर्छिन् । कमाएको रकम बचत गर्न र आवश्यक पर्दा ऋण लिन सहज भएको उनले बताइन् ।



परम्परागत सीपबाट सफल उद्यमीसम्मको कलावती चौधरीको प्रेरणादायी यात्राले स्वदेशी सीपहरूलाई उचित तालिम र बजारको व्यवस्थापनका साथ सफल व्यवसायमा रूपान्तरण गर्न सकिन्छ भन्ने देखाउँछ । पुरानो थारू कला ‘ढकिया बुन्ने’ परम्परालाई जोगाउँदै आधुनिक बनाउनमा उनको मेहनत र समर्पणले न केवल उहाँको परिवारको आर्थिक स्थायित्व सुनिश्चित गरेको छ, तर १५० अन्य महिलाहरूलाई आत्मनिर्भर उद्यमी बन्न प्रेरित पनि गरेको छ । दर्ता गरिएको हस्तकलाका उद्योग र डिजिटल माध्यममार्फत निरन्तर नवप्रवर्तन गर्दै उनले परम्परागत सीप र आधुनिक बजार आवश्यकताबीचको खाडललाई सफलतापूर्वक पुर्ने कार्य गरेकी छिन् । नेपालको परिवर्तनशील अर्थतन्त्रमा सांस्कृतिक सम्पदा र आधुनिक व्यवसायिक दृष्टिकोणको संयोजनले ग्रामीण महिलाहरूको सम्भावनालाई उजागर गर्ने उदाहरण कलावतीले प्रस्तुत गरेकी छिन् ।



says demands come from various districts, and she weaves accordingly. Decorated dhakiyas are used in programs like weddings and festivals. Decorated dhakiya gets reasonable prices,” she says, “The use of other items is also increasing.”

To weave dhakiya and other items, materials such as thread, cotton, peacock feathers, dried grass, bamboo, and flowers are required. Dhakiya are used in every festival of the Tharu community. Previously, Tharu women traditionally used to weave dhakiya only for their use, but now they are taking training and starting to weave modern dhakiya. She says this is leading to the commercialization of Tharu skills.

Her husband, Khusiram, is engaged in agriculture. Her elder son, Akleshwar, works in a social organization. Her younger son, Sabin, runs a mobile shop. Her elder daughter, Sushma, and younger daughter, Gita, are married. Kalawati is affiliated with a women's group formed by CP Nepal, which offers savings and loan services. She says it has become easy to save the money earned and take loans when needed.



Kalawati Chaudhary's remarkable journey from a traditional craft practitioner to a successful entrepreneur exemplifies how indigenous skills can be transformed into thriving businesses with proper training and market awareness. Her dedication to preserving and modernizing the ancient Tharu art of dhakiya weaving has not only secured her family's economic stability but also empowered 150 other women to become self-reliant entrepreneurs. Through her registered handicraft industry and continuous innovation via digital platforms, she has successfully bridged the gap between traditional craftsmanship and contemporary market demands. Her story stands as an inspiring testament to rural women's potential and the power of combining cultural heritage with modern business acumen in Nepal's evolving economy.



प्राञ्जलको प्रगति

From Gadhawa to Glory: Pranjal's Academic Triumph

गढवा गाउँपालिका-२, पचहीयाका प्राञ्जल चौधरी २०८० को एसईईमा गाउँपालिकाभरि उत्कृष्ट नतिजा ल्याउने विद्यार्थी हुन्। जनता मावि गढवाबाट एसईई दिएर उनी ३.४९ जीपीए अर्थात् 'ए' श्रेणी प्राप्त गरी उत्कृष्ट भए।

सीपी नेपाल र गढवा गाउँपालिकाबाट उनी उत्कृष्ट विद्यार्थीका रूपमा २५ हजार रुपैयाँ नगद र प्रमाणपत्रसहित पुरस्कृत तथा सम्मानित भएका छन्। उनी अहिले डाक्टर बन्ने लक्ष्यका साथ रोजी बड्स स्कूल लमहीमा ११ कक्षामा विज्ञान पढ्दै छन्।

उनले १० कक्षासम्म अंग्रेजी माध्यममा पढेर सधैं प्रथम स्थान हासिल गरे। कक्षाको पढाइमा ध्यान दिने र लेखेर पढ्ने उनको बानी छ। “कक्षामा पढाइ भइरहेको बेला कक्षामै फोकस हुनुपर्छ। नबुझेको कुरा कक्षामै सोध्नुपर्छ,” उनले भने, “पढ्दै लेख्दै गर्दा बुझ्न सजिलो हुन्छ। लेख्ने बानी पनि विकास हुन्छ।”

विद्यालयको पढाइले मात्रै नपुग्ने भएकाले घरमा पनि पाँच/छ घण्टा पढ्न आवश्यक रहेको उनले बताए। “विद्यालयको पढाइले मात्रै राम्रो नतिजा ल्याउन सकिँदैन। घरमा धेरै समय पढ्नुपर्छ,” उनले भने, “पढेर नै उत्कृष्ट हुन सकिन्छ। पढ्ने बानी बसाल्नुपर्छ।”

किताबका साथै बाहिरी ज्ञान पनि हासिल गर्न आवश्यक रहेको उनले बताए। “हामीलाई पढाइमा राम्रो गर्न बाहिरी परिवेश पनि जान्न आवश्यक हुन्छ,” उनले भने, “यसका लागि किताबबाहिरको ज्ञान पनि लिनुपर्छ।”

फुटबलमा रुचि भएकाले उनी समय मिलाएर

Mr. Pranjal Chaudhary, a student from Gadhawa Rural Municipality-2, Dang District, achieved outstanding results in the 2079 SEE (Secondary Education Examination). Initially from Janata Secondary School in Gadhawa, he gained a 3.48 GPA after receiving his Secondary Education Examination (SEE) results, earning recognition as an excellent student.

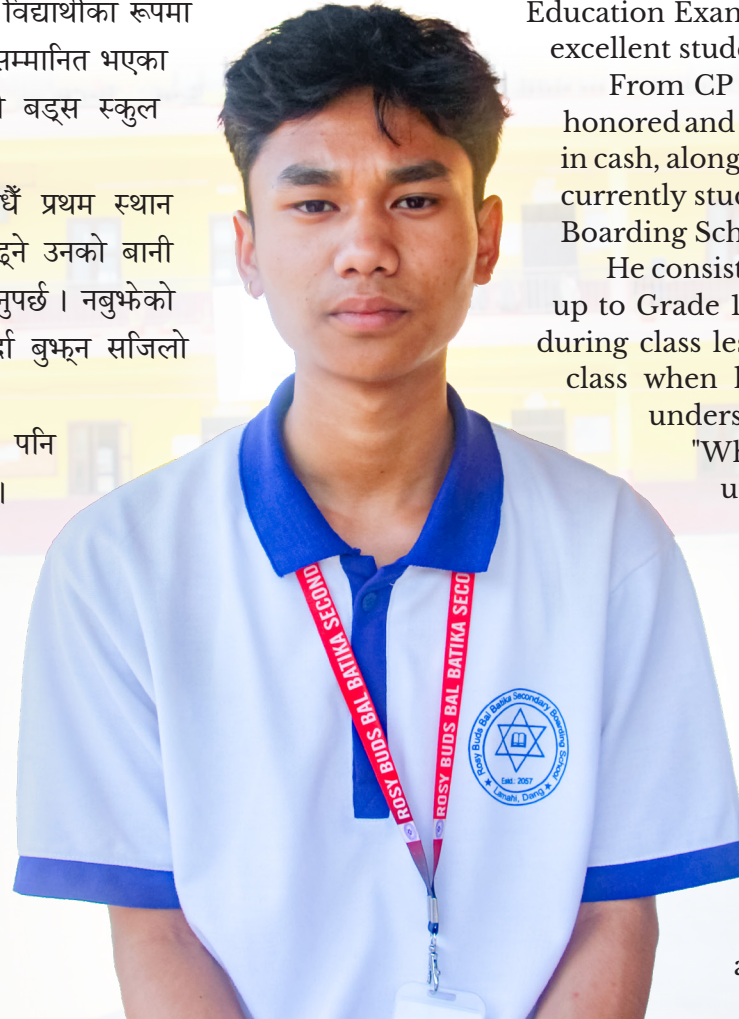
From CP Nepal and Gadhawa Rural Municipality, he was honored and awarded NPR 25,000 (approximately USD 187.50) in cash, along with certificates, as an outstanding student. He is currently studying science in Grade 11 at Rosy Buds Balbatika Boarding School in Lamahi to become a doctor.

He consistently achieved first place throughout his studies, up to Grade 10, in the English medium. His habit is to focus during class lessons and study by writing. "You must focus in class when lessons are being taught. Whatever you don't understand should be asked right there in class," he said.

"When you study while writing, it becomes easier to understand. The habit of writing also develops."

Since school lessons alone are not sufficient, he mentioned that it's necessary to study 5-6 hours at home as well. "School lessons alone cannot bring good results. You have to study a lot at home," he said. "Only by studying can you achieve excellence. You must develop the habit of studying."

He mentioned that, in addition to books, it's also necessary to acquire external knowledge. "For us to do well in studies, we also need to know the external environment," he said. "For this, we must also acquire knowledge beyond books."



फुटबल पनि खेल्छन् । उनको बुवा जितेन्द्रकुमार अवकाश प्राप्त नेपाली सेना हुन् । आमा निशाकुमारी गृहिणी हुन् । उनी घरको एकलो छोरा हुन् । प्राञ्जलको प्रगतिले घरपरिवार, विद्यालय र गाउँपालिकाको नाम चम्केको छ । अभै प्रगति गर्ने हौसला बढेको उनले बताए । “पुरस्कारले मलाई थप प्रगति गर्न हौसला थपेको छ,” उनले भने, “भविष्यमा परिवारको सपना पूरा गर्ने आँट बढेको छ ।”



यो प्रेरणादायी कथा ग्रामीण नेपालको दृढ संकल्पले चुनौतीहरू पार गर्दै शैक्षिक उत्कृष्टता हासिल गर्ने विद्यार्थीको हो । सानो गाउँबाट सुरु भएको प्राञ्जलको यात्रा एक उत्कृष्ट विद्यार्थी बन्ने दिशामा अघि बढेको छ, जुन शिक्षामार्फत उज्यालो भविष्य खोज्ने धेरै नेपाली युवाहरूको सपना हो । कक्षा अध्ययनमा ध्यान, घरमै पढ्ने अभ्यास, र अतिरिक्त गतिविधिहरूको सन्तुलित संयोजनले उनले ग्रामीण क्षेत्रका विद्यार्थीहरूका लागि एक अनुकरणीय उदाहरण प्रस्तुत गरेका छन् । नेपाली रुपैयाँ २५,००० को पुरस्कारले उनको प्रयासको मूल्याङ्कन मात्र होइन, डाक्टर बन्ने सपनामा पनि साथ दिएको छ । सबैभन्दा महत्वपूर्ण कुरा, उनको कथाले सही सोच, मेहनत र परिवारको सहयोग भएमा ग्रामीण विद्यार्थीहरूले पनि असाधारण सफलता हासिल गर्न सक्छन् र आफ्नो समुदायलाई गर्व गराउन सक्छन् भन्ने देखाउँछ ।



Since he has an interest in football, he also plays football whenever he finds time. His father, Jitendra Kumar, is a retired Nepal Army Force. His mother, Nisha Kumari, is a housewife. He is the only son in the family. Pranjal's progress has made his family, school, and rural municipality proud. He mentioned that his determination to progress further has increased. "The award has increased my motivation to progress further," he said. "My confidence to fulfill my family's dreams in the future has grown."



This inspiring story from rural Nepal demonstrates how determination can overcome obstacles to achieve academic excellence. Pranjal's journey from a small village to a top student embodies the aspirations of many young Nepalis seeking brighter futures through education. His balanced approach, which combines classroom focus, home study, and extracurricular activities, serves as a model for rural students. The NPR 25,000 (USD 187.50) reward validates his efforts and supports his dream of becoming a doctor. Most importantly, his story demonstrates that with the right mindset and family support, rural students can achieve remarkable success and bring pride to their communities.

उद्यमी अनारकली

गढवा गाउँपालिका अन्तर्गत गोबरडिहाकी ४६ वर्षीया अनारकली चौधरी आफ्नो श्रीमान्, छोरी र छोरासँग बस्छिन् । गरिबीमा जन्मिएकी अनारकलीले बाल्यकाल कमलरी का रूपमा जमिन्दारको घरमा काम गर्दै बिताइन् । उनका श्रीमान् विद्यालयको सरसफाइ कर्मचारीका रूपमा काम गर्थे । दुवैले दैनिक ज्यालादारी मजदुरी गर्दै परिवारको आधारभूत आवश्यकताहरू खाना, बास, र शिक्षाको जोहो गर्थे । तर, कडा मेहनत गरे पनि उनीहरूका लागि छोराछोरीलाई राम्रो खाना, घर, र पढाइको व्यवस्था गर्नु सधैं चुनौतीपूर्ण रहन्थ्यो ।

२०७८ सालमा क्रियटिड पोसिबिलिटीज नेपाल (सीपी) ले गोबरडिहामा शिक्षा क्षेत्रमा सहयोग गर्न थालेपछि अनारकलीको जीवनमा परिवर्तन आउन थाल्यो । उनको छोरी संजिता पहिलो सहयोग प्राप्त गर्ने विद्यार्थीमध्ये एक थिइन् । २०७० सालमा सीपी नेपाल ले स्थानीय आमासमूह गठन गर्ने समयमा अनारकली बोल्ल लजालु मान्ने स्वभावकी थिइन्, तर बचत, ऋण लिनु, शिक्षाको महत्व, र स-साना व्यवसाय विकाससम्बन्धी छलफलहरूमा उनी नियमित सहभागी हुन्थिन् । समयक्रममा उनीमा ठूला सपना देख्न सक्ने आत्मविश्वास जागृत हुन थाल्यो ।

२०७१ सालमा अनारकलीले आमासमूहमार्फत पहिलो पटक रु ३०,००० ऋण लिइन् । सो रकमबाट उनले एउटा सुँगुरको पाठो किनिन् र श्रीमान्को विदेशीक रोजगारमा सो रकम प्रयोग गरिन् । एक वर्षभित्रै सुँगुर बिक्री गरेर उनले ऋण चुक्ता गरिन् र पुनः अर्को पाठो किन्दै व्यवसाय अगाडि बढाइन् । २०७३ सालमा उनका श्रीमान् विदेशबाट फर्किएपछि, श्रीमान्ले कमाएको रकमबाट ईटाको घर बनाइन् । त्यस सफलताबाट उत्साहित हुँदै, उनीहरूले पुनः रु ५०,००० को ऋण लिएर सानो इलेक्ट्रिक पसल खोल्ने निर्णय गरे । पसलमा श्रीमान् प्राविधिक काम हेर्ने भने अनारकलीले बिक्री र व्यवस्थापनको जिम्मेवारी लिइन्, जसबाट राम्रो आमदानी हुन थाल्यो । साथै, उनले सिलाइको काम पनि सुरु गरिन् । जसले पारिवारिक आमदानीमा थप योगदान दियो ।

२०८० सालसम्म पुढासम्म, उनीहरूको व्यवसाय स्थिर रूपमा बढिरहेको थियो । अनारकलीले उनको बचत तथा ऋण सहकारी संस्थाबाट रु १,५०,००० ऋण लिएर

From Bonded Labor to Independent Entrepreneur

Mrs. Annarkali Chaudhary, a 46-year-old woman from Gobardiha, Gadhawa Rural Municipality, lives with her husband, daughter, and son. Born into poverty, she spent her early years as a bonded laborer (Kamlahari), working for landowners to survive. She and her husband, who worked as a school cleaner, relied on daily labor to meet the family's basic needs. Despite their hard work, they struggled to provide food, shelter, and education for their children.

Everything began to change in 2011 when Creating Possibilities Nepal (CP Nepal) started supporting education in Gobardiha. Her daughter, Sanjita, was among the first students to receive help. In 2012, CP Nepal facilitated the formation of a local Mother's Group. Though



आम्दानीका स्रोतहरू विविधीकरण गरिन् । सो रकम र आफ्नै बचतको प्रयोग गर्दै उनले एक किराना पसल खोल्निन्, जसमा अहिले उनकी छोरी संजिता काम गर्छिन् । श्रीमान् पुरानै इलेक्ट्रिक पसल चलाइरहेका छन् र अब परिवारसँग स्थायी आम्दानीको स्रोत छ । अहिले उनको परिवारलाई कुनै बाह्य सहयोगमा निर्भर रहनु परेको छैन ।

अनारकलीकी छोरी संजिता अहिले स्नातक तहमा अध्ययनरत छिन् । उनका छोरा इलेक्ट्रोनिक इन्जिनियरिङ पढिरहेका छन् । आफ्नो जीवनयात्रा सम्भैँदै अनारकली भन्छिन्, “अब हाम्रो घरमा शान्ति छ, पहिलेजस्तो आर्थिक तनाव छैन । हामी खुशी छौं । छोराछोरी राम्रोसँग पढिरहेका छन् र हामी आत्मनिर्भर भएका छौं ।”



अनारकली चौधरीको कथा ग्रामीण नेपालमा भइरहेको एउटा परिवर्तनको प्रतिनिधित्व गर्छ, जहाँ कहिल्यै नदेखिनेजस्ता लामे महिलाहरू परिवर्तनको अगुवाका रूपमा उदाउँदै छन् । कमलरीको रूपमा काम गर्दै सुरु भएको उनको यात्रा आज एक सफल व्यवसायीका रूपमा परिणत भएको छ । अनारकलीको यो यात्राले वित्तीय साक्षरता, माइक्रोक्रेडिट पहुँच र शैक्षिक सहयोगले परिवारलाई गरिबीबाट माथि उठाउन कति महत्त्वपूर्ण भूमिका खेल्छ भन्ने सहजै देखाउँछ । उनीहरूको संयुक्त व्यवसायबाट वार्षिक करिब रु. ३ लाख ५० हजारसम्म आम्दानी हुन्छ, र यो क्रम निरन्तर बढ्दो छ । आज अनारकली केवल आमा र व्यवसायी मात्र होइनन्, आफ्नो समुदायका महिलाहरूका लागि प्रेरणाको स्रोत पनि बनेकी छन् ।



Annarkali was shy and hesitant to speak during meetings, she regularly participated in sessions focused on saving, taking loans, education, and small-scale business development. Gradually, she gained the confidence to dream of something bigger.

In 2014, Annarkali took her first microloan through the group—NPR 30,000 (approximately \$227)—which she used to buy a piglet and help pay for her husband's foreign employment visa. Within a year, she sold the pig for NPR 30,000, repaid the loan, and reinvested in another piglet. When her husband returned from abroad in 2016, the couple used his earnings to build a brick house. Encouraged by this progress, they took a larger loan of NPR 50,000 (approx. \$379) to open a small electrician shop. While her husband handled the technical work, Annarkali managed the sales and logistics, earning a steady income. In addition, she started sewing clothes, adding to their household income.

By 2023, their business had grown steadily. Annarkali took another loan of NPR 150,000 (approximately \$1,136) from a Unako Cooperative to diversify their livelihood. With these funds and their savings, she opened a grocery shop where her daughter now works. Her husband continues to run the electrician shop, and the family enjoys a stable source of income. They now no longer depend on any external support.

Annarkali's daughter, Sanjita, is studying in the Bachelor of Business Studies (BBS) program. Her son is pursuing electronic engineering. Reflecting on their transformation, Annarkali says that their household is now peaceful, and the financial stress that once caused tension—including her husband's past drinking habits—has faded. “Now we are happy. Our children are studying well, and we are independent,” she says.



Mrs. Annarkali Chaudhary's story reflects the quiet revolution taking place in rural Nepal—where women who were once invisible are becoming agents of change. From working as a bonded laborer to becoming a business owner, Annarkali's journey shows how financial literacy, access to microcredit, and educational support can uplift families from poverty. Her family earns an estimated \$2,500 annually from their combined businesses, and they continue to grow. Today, Annarkali is not only a mother and entrepreneur but also a role model for women in her community.





उत्कृष्ट विद्यार्थी राजिव योगी

Best Student
Mr. Rajiv Yogi



उत्कृष्ट शिक्षक रविन चौधरी

Best Teacher
Mr. Rabin Chaudhary



उत्कृष्ट उद्यमी महिलाहरु
राप्ती लालीगुराँस साबुन तथा घूप उद्योग

Best Entrepreneur Women
Rapti Laligurans Soap and Incense
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उत्कृष्ट कृषक दीपक बुढा मगर

Best Farmer
Mr. Dipak Budha Magar



राप्ती गाउँपालिकाका उत्कृष्टहरु

The Best of Rapti Rural Municipality



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उत्कृष्ट शिक्षक भानुबहादुर घर्तीमगर

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Mr. Bhanbahadur Gharti Magar



उत्कृष्ट उद्यमी महिला परौली चौधरी

Best Entrepreneur Woman
Mrs. Parauli Chaudhary



उत्कृष्ट कृषक रीता चौधरी

Best Farmer
Mrs. Rita Chaudhary



उत्कृष्ट उद्यमी महिला मिना चौधरी

Best Entrepreneur Woman
Mrs. Mina Chaudhary



उत्कृष्ट कृषक भुवनेश्वरी चौधरी

Best Farmer
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गढवा गाउँपालिकाका उत्कृष्टहरु

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Best Entrepreneur Woman
Mrs. Kalawati Chaudhary



उत्कृष्ट शिक्षक मेहेश चौधरी

Best Teacher
Mr. Mahesh Chaudhary



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Best Farmer
Mr. Rambahadur Ahir



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The Best of Rajpur Rural Municipality



लिजबेथ नागेलकेरके-मुल्डर, साइमोन जानसेन र दिनेश राज सापकोटा
आमा समूह सदस्यहरूसँग

Liesbeth Nagelkerke-Mulder, Cyvon Janssen and Dinesh Raj Sapkota
with Mother Group Member



प्रकाशक

क्रियटिड पोसिबिलिटिज नेपाल

धुम्बराहि, काठमाडौं नेपाल

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सहकार्य

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