



# **Women Empowerment Project Report**

## **Women Empowerment Project Survey 2009**

**Bakanje VDC, Solukhumbu**

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**By Ambika Maharjan**

### **Introduction**

Women Empower Project is new project of HIPRON. I took part in the Survey conducted by HIPRON on Nov.2009. At that time I was representing WEP meeting as HIPRON secretary. But now I am writing on WEP as WEP coordinator. I know that coordinator means fully responsible person for whole Project. So, having gone through the survey and studied it well and I came to know that there is many obstacle in Bakanje women's life, they are living with difficulties and facing many problems in their daily life. After that I realized that I should write the report to give more information to Charlottes and Royal Danish Embassy about the situation of women living in most beautiful place of Nepal Solukhumbu with most difficulties in many aspects like health, Education, communication, poverty and many hidden story. I am writing this report to concentrate to women of Bakanje VDC and try to find some solutions and support them to overcome from these difficulties by providing training, knowledge and awareness through WEP.

WEP Survey was represent by Namgel J. Sherpa and handled the meeting at Bakanje VDC and make fact report on this survey. My report is much related to his in the sense that he found out the problems and their necessities, and I am trying to apply their necessity in the WEP and seeking the way to provide it by oral and practical training and knowledge. Namgel's report is fact report and this report is analytical report.

### **Engagements in HIPRON**

It was in oct.2007, I had known that a NGO named Himalayan Project Nepal (HIPRON) had announced vacancy for the post of Administrative Officer and I applied for the post on the date of 15<sup>th</sup> oct.2007. Few days later I was summoned and interviewed by Mr. Namgel J. Sherpa, Manager of HIPRON and Mr. Kurt Lomborg, Chairman of HP-DK. During the interview I found myself quite nerves as it was first time I was giving an interview. Moreover I had less knowledge in the administrative field so my hope was slim. However, I could convince and impressed them through my interview and I got official appointment letter from the organization along with briefing about my job. The jobs I have to carry out in the Office are:

Processing new application for scholarship

Scholarship Application update

Scholarship distribution

Book keeping

Corresponding and communicating

Updating progress and situation of scholarship receiver and reporting to the donor

Consultation for scholarship receiver

And other office related work

### **Personal Definition and view on the work which HIPRON/HP does**

HIPRON is a nonprofit and HP-DK's Nepal based organization which has liaisons office in Lazimpat-2 Kathmandu that gives service of Social welfare and wellbeing of the people of Upper Solu of Nepal. It was established in 27. March 2007. Since it was established, it is giving service to different field of health and education and updating their educational and living standard by supervising and field visit every 3 months by HIPRON Manager Namgel J. Sherpa and once a year by Chairman of HP-DK, Kurt Lomborg and me.

The Students studying in Solukhumbu are provided Scholarship every 3 months and that is administrated by Namgel J. Sherpa and students from Solu studying in Kathmandu are provided Scholarship every month at its office HIPRON which I have been administrating.

HIPRON is doing very honorable job in the Upper Solu of Nepal, because people from this locality are very poor and couldn't offer for educational expenses, but it had running Scholarship program for those student who want to study but banded due to their poor economical condition, socially backward and orphans and physically handicap. Along with Scholarship program, HIPRON has reconstructed several School buildings, constructed community Clinic and other infrastructure in this particular area.

Its main objective is to develop the Educational standard of the people of this locality making positive changing in Society and improving the health situation and increase the economic status of this area.

To achieve its goal HIPRON has been working hard and now it wants to extend its area in different field of the same society.

This is very essential phase of HIPRON because it has decided to enlarge its activities in practical direction targeted to Women Empowerment as well as School Empowerment. I am concerning to women empowerment project because I found it is a very new and important project of HIPRON, which is fully dedicated to women for their betterment. This project targeted to cover Bakanje VDC.

### **Personal Vision in HIPRON**

Working in HIPRON for more than 2 years as an administrative officer I am quite familiar with it activities and their areas. Moreover, I have visited the Upper Solu twice and spent more than one and half months and carried out different task of the Project. During my stay at Bakanje VDC, I had lot of interaction with local community as well as I got opportunity to absorb their society very closely and experienced a lot. I have seen Bakanje VDC communities are very backward and inside the same community women status is rather low compare to their male counterpart. The education, knowledge of health hygiene and nutrition among the women are very low which has caused lots of trouble in the family and entire the society. HIPRON has been supporting in health and education by constructing and reconstructing the structure as well providing scholarships to the children of backward community. To my experience that is not enough to uplift the society.

My vision is that HIPRON should work to uplift the livelihood of people in the society through empowerment program along with constructing the structure. Especially women empowerment is very necessary in all

backward community because women are socially attached with household activities and mostly depend on husband if she is married and father or brothers if she is not married. They have to wait for husband or father and should get permission to do any activities among society or community and involved in any developing activities. I am also practicing the same and I have seen in my Society as well. Female have to let know small and small things and get permission of father and family members. Even though, female are educated and have knowledge on society, we are not allowed to practice our knowledge and thoughts in the society because we are female. Due to this restriction, we couldn't not able to cooperate with society, if this is making us harass, then what will happen to those who are not educated and back warded. So, I want to change this concept in the family and society through WEP and want to aware women to applied their knowledge and skill and make them strong with knowledge, education and income, so that they can equally participate in each field of society.

It is quite important to make women self dependent in the society and involve them in every development activities equally. Without their involvement no development can be sustainable. For that reason also HIPRON should work in the women empowerment field.

More than 80 percent people living at rural areas of Nepal and the half of the population is women in every society in Nepalese context. Most of people are not educated. Among them women position is very miserable. They are not educated in comprising with male. Even thought, it is the truth that women are the main core of the family and they are the one who deal with daily household matter and childcare. But the society is not giving priority to women and their role. The concept, Women always come after men and cannot feel secure without man and no right to lead the society should be changed. So, for a developed and better society all necessities of women should be addressed, and should women engaged in all developing activating equally.

If the women are not aware about family health and childcare, it is most probable that every member of the family can be suffered by many diseases.

For instance, most of mother of Chhimbu village got unmanaged kitchen and thick smoke circle around the room, and more, they do not prepared hygienic and nutritious food, rather they drink alcohol and smoke a Bidi (Local Cigarette made by leaf and nicotine) or cheap cigarette which contain more harmful chemicals than expenses one. Due to this habit, they are making their child and other family member un-healthy. When they suffer by various diseases they consult to the witchdoctor instead of visiting hospital. Moreover, no woman has a habit of visiting health post. If they go to health post there is no service is available nearby. So, It is very rare that pregnant women visiting health post or delivering in clean place under midwife supervision. It is very common to drink alcohol, smoking and not having timely food due to their lack of knowledge. When child is born the hardly get time to take care for long time. So, some mother feed alcohol to child to make silent so that mother can work in field. So, all these horrible practice should be vanished from their daily habit by providing knowledge and awareness.

Agriculture system, they have been practicing for long back, is solely depend on traditional method that produce less food with lot of labor. So to introduce modern agriculture system through knowledge is very necessary. In my view to give skills develop training, raising awareness concerning the health and hygiene, and giving opportunity of income generation is a must for the women and by which the entire society can be uplifted.

### Participants in the WEP-program

Bakanje VDC is mixed caste village of the higher caste people like Sherpa, Brahmins Chhetri and lower caste people like Thami and Bishokarma which is regarded as Dalit. They have different religions and beliefs according to their caste. And they are practicing them for their living accordingly. The condition of women is not good. Among them Dalit caste women is economically poor and backward compare to the other higher caste women in the same society. They send their son to learn Education, but less aware to send girls to school in past time, but now it seems their thinking is being changed and sending both Son and daughter to School



together. It seems that they are being aware with the importance of Education but they need more awareness on many field like, Health, sanitation, Nutrition, good income source, engage in indoor and outdoor activities.

The role of HIPRON to WEP will be; to guide and suggest on WEP activities and will monitor and supervise its activities. HIPRON

furthermore, have potential capacity to support practically by providing physical facilities and credit for WEP through different source and funds like donors, institute, organisations and clubs. HIPRON is responsible towards the Donor side in the economy of WEP.

WEP will run with the financial support of Royal Danish Embassy. It will run under responsibility of HIPRON and supervised and guided by HP-DK and Charlotte Mathiasen. (She is leading this WEP)

The Danish embassy was applied for the project in 2008 but the application wasn't approved. Therefore in autumn 2009, HIPRON conducted a survey in the project target area to know their interest and cooperation on WEP, to gain more ideas and knowledge about their problems and to identify the status of Bakanje women.



HP Have Completed several different kind of Projects; many projects are ongoing and among them WEP is the most important and best project. Being a female I know the difficulties of women life in family and society. But women from this locality is not empowered and without knowledge and opportunities for their personal and social development so WEP will work for the empowerment of the women which may give an opportunity to built confident in them to perform any development activities actively.

HIPRON/Hp is one organization which is conducting many projects, for upper Solu of many villages, but in Bakanje VDC, HIPRON concentrated more than other village because this VDC is socially and economically back and have no other work and source of income except its traditional agro-product, the health condition as well as living condition is very poor compare to the other neighboring VDC. So, it has built Emergency clinic at ChhiringKharka, and many other projects with the support of Danish people and organization. I haven't seen any other organizations working in Bakanje VDC except Hillary foundation built many Schools long back which is already in poor condition and HP is trying to reconstruct all those School buildings and add more necessary buildings for School area and also built Chhimbu primary School at Chhimbu with the help of Rotary Club of Denmark. Now HP is working on School Empowerment (SEP) and Women Empowerment (WEP) at Bakanje VDC to upgrade the condition of School and situation of women.



### **Women Empowerment Project (WEP)**

Basically giving power to the women through different sorts knowledge, skill develop training, raising awareness , involving them in income generating activities and other social development activities to uplift the women status in the society is known as Women Empowerment Project.

Unless it is changed in the attitude of the society, women remain illiterate, under represented and unaware of their rights, family health and welfare and rapid growth of population. Women status should enhanced by providing various service of income generating activities, indoor and outdoor employment, saving and credit, education, agriculture, skill development training and knowledge of health, hygiene and nutrition. If not addressed the need and necessity of the women from the grassroots level, the poverty cannot be eradicated from the society and development and uplift of women can't be possible.

Above stated programs are special and very essential for women of our project area because now it has been realized that without empowerment and development of the women no long term or sustainable development is possible. So, I am planning for the WEP project to materialize my vision through HIPRON. I am quite confident in the "Women Empowerment Project" for my personal objectives to influence women living conditions in Upper Solu. This project is totally new project in Bakanje VDC

Through the effective implementation of WEP we can expect that the women of whole VDC of Bakanje will come out of the traditional beliefs concerning the health, motivated in Indoor/outdoor income generating activities, level of their awareness will be raised to high extend in overall social issues, there will be better childcare by the potential mothers, level of knowledge and idea of the women will be increased in their day to day. And finally they will be able to avoid the day to day problem occurring due to lack of knowledge.

### **WEP-Survey 2009**

WEP-Survey 2009 is a survey conducted by HIPRON in Bakanje VDC in last autumn to know the real fact of the problem facing by Bakanje women and also to get more knowledge for WEP. The survey has covered the whole

VDC and the meeting of the women was held in each village and issues were discussed thoroughly and openly under the supervision of HP Chairman Papa Kurt. In each village the meeting was introduced by HP Chairman and lead by Mr. Namgyal Jangbu Sherpa, the manager of HIPRON. Being part of the survey, my role was a secretary assisting and facilitating the meeting.

Specially, 5 Village; Kinja, Chhimbu, Sagarbakanje, Sagardanda and Chirringkarka were focused for the meeting. But we could include the women of other sub villages Sete, Patale, Lole, Orale, and Marbu. WEP meeting was initiated prior to 2 days advance notice to the women by invitation letter. We had mentioned some issue in invitation letter to discuss in the meeting, so they could come with their ideas. Some of the point of issue is little different from village to village. In most of village, women come at a particular time mentioned in the invitation letter. The meeting was started nice taste of tea and biscuits.

Actually I took part in meeting as a Secretary and taking notes in secretary way but after a time I realized that this meeting is interesting and effective then I made up my mind to seek some extra knowledge on the issue and noted down each point of discussion and even tried to know personal and general problems which was shown and hidden by going deep in a personal way.

### **Discussion on the Survey**

Discussion on the survey was turned out to be very positive. We had expected fewer participants for the meeting but they proved it wrong and numbers of the participants were much higher in each village. Their active participation and cooperation in the meeting encouraged us for the step ahead. They seemed to be excited while opening the meeting, serious while discussing the issues and opened and frank while answering. There was no hesitation or shyness found in the women. But showing all those positive attitudes of the women there was misconception and immediate expectations with high ambitions. It is due to our limited time and short preparation for the meeting their concept of WEP was not clear. It was clearly seen that Namgyal repeating the issue of discussion to get their attention on. In the future there should be well preparation and plenty of time should be allocated before conducting such program. We had forward the issues of the discussion to the women just 2 days prior in advance and we realize that was not enough.

I found that, women were very pleased and excited to attend the meeting. So, they came on time and even some came before the meeting time and we are very surprised and ready to run meeting more willingly rather than our plan. We expect for few women would join in that meeting but it was wrong, they appeared many which really inspired us to make meeting more effective. In the meeting most of all women put their personal and social problems, views, and idea. And only few women stay calm just listening others voice and banding their head to appreciate it, which we can understand that they are also feeling what they says about their problems and lacking things. As we go into the discussion of issue in the very meeting they express more and more about private matters, and their inner problems and difficulties without any hesitation even there is Male coordinator and other male guest participators. They were seemed to be cooperating, helpful and supportive as well as they agree with each other's idea, view and suggestions, which is also the one of good indication to WEP future.

All four villages meeting were performed successfully. But I was little bit disappointed in Sagar-danda. Even though many women attended meeting and many women sharing their lacking facilities, personal problems and

ideas on behalf of all women and village, it seems that they were not supported to each other, but they concentrate on the issues which discussed in the meeting.

In the beginning it was rather difficult to make them understand about issue at the meeting. HIPRON coordinator tried his best explaining the issue, finally they got points and it was clear to all women. So, we should be more aware and should try to make clear vision of these things in near future. I also found somewhere, something is missing in the meeting, and that is, if there is Female coordinator is handling women meeting instead of male and no other male were allowed to participate this kind women meeting, the result may be little different than we practiced now and I believed more and more women open their mouth to speak about their inner problem as well as Secret matter.

### **WEP result**

In the WEP meeting, the women from different cast and background attended and discussed together. They respected each other and shared their feelings and greetings on the spot. But we can see some differences between them; some looked healthy, neat and clean with well dress but other didn't, it happened because of combinations of young and elderly women, of low and high caste, rich and poor, land lord and workers.

As we know that, women from remote area are not allowed to go to School in past and had to handle all household work as a result, most of women attending the meeting were uneducated. Few women can write their name in Nepali script, but now young generation girls are obtaining education up to grade 10 and few does even higher up to higher level Education (10 +2) or Auxiliary nurse Mid-wife (ANM) training by this year. So, we can presume that, their Educational standard is very low.

They don't have proper knowledge about development work, skillful training and income generating activities. They are back in creative activities and don't have idea of their life standard and surrounding environment. They are following and practicing what they inherited. They never got any opportunity to build their personality or society, no one has tried to work for women to make themselves realized their worth of life in the family and society.

### **Main Issue and Sub-Issue**

- Lack of Knowledge of Health,
- Lack of Knowledge of Hygiene
- Lack of Knowledge of Nutrition
- Lack of cooperation
- Lack of opportunity
- Lack of skillful training
- Lack of Education
- Practice of traditional method
- Poverty
- Language
- Male Dominance Society
- Traditional beliefs

All the above issues were broadly discussed through the WEP Survey Meeting following Conclusion are drawn:

### **Lack of knowledge of health**

From the mass meeting and personal talk I learnt that, Bakanje women are not having sound health though apparently they are. Most women have several health problems like headache, joint pain, lungs pain, eye pain, diarrhea, and female related illness. Some women didn't know about health and they ignored it. But some women claimed having health problem due to poor drinking water and open toilet system as well as bad Smoky kitchen and lack of knowledge about nutrition. Some women have got female related diseases but they don't like it to be exposed to anyone and try to keep secret as other simple diseases. Even though, In Bakanje, there is health post but in lack of health worker villagers are not getting proper service and treatment on time. So, they wish for an Auxiliary Nursing Midwife (ANM) in their health post for better health service on time. In Kinja there is a quite nice hospital where health worker Mr. Kumarmani Sherma is trying to provide service to the people. But in lack of good Doctor, many people are facing various kinds of diseases. Chhiringkhadka is now going to open the Emergence Clinic in the middle of the village. Sagardanda itself have established some kind of club and health post but there is not enough medicine. Overall Bakanje VDC is not getting proper service of health.

### **Lack of knowledge of Hygiene**

Along with health, women also don't have proper knowledge about hygiene. They are not keeping sanitation around their surrounding and even not keeping in family. Their child looks somehow dirty and having worse dress, they don't cut their nails and not to clean hands and legs properly for long time. Even the women only take bath for every 1 or 2 months and not willing to wash cloths regularly. They use the same basket for feeding cattle and for own personal use without washing properly. Some women said that, they have some idea to keep hygiene but not able to do because there is not sufficient drinking water, so that, they can store water to have bath and washing clothes. And almost all places women also claim that, they don't have any kind of bathroom or bath place separately for having body bath and it also causing them un-healthy and un-hygiene.

### **Lack of knowledge of Nutrition**

I found the word Nutrition is hard to understand for Bakanje women. They are UN- know about nutrition and nutritious food and don't have knowledge about Vitamins, Minerals, protein and carbohydrate. They eat the food what is available in their field or in surrounding. And they ignore to have varied diet. They don't have daily routine in meals and limitation in how much food they eat at the meals. Some time they don't have food and stay being hungry but they eat more than regular if they get more food. And they even don't care whether the food contains nutrition, minerals and vitamins or not. The women said that their children are not growing as in natural way; so, it also seems that there is a problem of malnutrition. They are not able to give much time for care and rear their children and feed their children and themselves whenever they got free time.

### **Condition of Health**

Even there is health post and few health workers they never tried to teach about health to local women and women also not so much interested to get knowledge from them because health worker are also not trained enough and not practicing what they knew about health in their daily. As far we can see there are no any



institute or organization and other alternative source for women to get knowledge and awareness on health except through WEP. So, I believe WEP will be very fruitful for them to get improve in their health by providing knowledge and awareness effectively. We can keep their interest and make them concentrate on health training by giving examples like lungs cancer, Tuberculosis, heart pain, heart disease, headache, joint pain which cause due to smoke and alcohol. Similarly, Gastric, Stomach pain, Malaria, malnutrition and other severe illness causes due to low sanitation and lack of nutritious food.

As we know that these three word Health Hygiene and Nutrition is inter-related to each other and can't be complete without each other. But this knowledge is really lacking in them. They can see that their children are not growing well and having many problems in their health, but they are not taking any protection and suggestions of any physicians. It is due to lack of knowledge on them and lack of health service available in the Village. They even hide the female related illness of private part of the body which is very common on them. According to Health Worker Kumarmani Sharma at least 50-80 women in Bakanje VDC is suffering from uterine prolapsed. The major reason of prolapsed is due to lack of care and rest during maternity period. But it can be prevented by providing proper knowledge and awareness about postnatal behavior like deliver a baby at hospital or with the help of health worker at very neat and clean place, Women should take rest after baby born and emphasize to take proper food and avoid cold. They said that, they take body bath once a month and having problems during monthly period time which defined that, they don't get chance to well clean their private parts during period and other time regularly. I need to know their secret matters of these hidden parts of them and have to make confirm that either they are having problem or not. For that I need to interview them personally once more time, but I am sure that, they don't have idea and knowledge about health how to keep sanitation and how to get nutritious food. It shows that, they are backward in health, this is very necessary to make clear them about healthier life of their child, family and themselves, to make improve in their health situation, WEP can organized health camp regularly according to their health condition until they get relief and provide knowledge on health to the Bakanje women in each village of project site.

They will be very pleased to get health training and programs related to health curious to get knowledge on health and its related matters of hygiene and nutrition. When Namgel explain some minor knowledge about the issues, they really want to be healthier in coming future and also want to keep sanitation and want to have nutritious food in their daily life. They also want to have some knowledge of green house to grow green vegetables' even in off season for Nutritious food and they are exciting to have training related to variety of food crops.

Overall, to uplift their health condition, only the way is awareness and knowledge should be provided among all people of Bakanje VDC. But it is not sufficient, some time, people might be catches by any diseases at any time even people are aware on health. So, there must be proper facilities available regarding health on time. In this case, WEP also can help them to prevent these diseases providing specific training to women on basic health and Auxiliary nurse mid-wife (ANM) according to their capacity and interest through well Nurse or in the Phaplu Hospital. WEP could input the slogans" Prevention is better than cure" "No health no wealth" "Healthy life is happy life" " well health is precious wealth" which might be effective and understandable to aware women soon. After providing these trainings and awareness, if it is realize that, their health condition became normal in practical life, then women will be more attracted and motivated towards WEP as well as its activities.

### **Lack of cooperation**

Cooperative attitude is good in some place in Chhiringkarka, Kinja and in Chhimbu but not in Sagarbakanje, and in Sagardanda village. In the Bakanje Village, most of women were engaged in Mother group which is formed some time ago but not running smoothly in lack of cooperation and proper guidance. Similarly, while a woman is talking on one issue other women didn't listen to her an murmur that, she don't know anything, this is not our problem, she is making issue for herself only, and even if some Dalit women wants to talk, other women interrupted her and speak instead of her, it seems that, they don't have equality on caste they don't like Dalit women in their community and dislike to cooperate with each other in the society. But some how, they shows their interest is to work together in community for better income and living. So, I believed that, if WEP can organized program of frame work and networking income activities like goat keeping, cow keeping, chicken farming and community shop among community and called all women according to their interest not through their caste, train them to make united work to get common goal with equal profit and make realized them that, if they are not being cooperative to each other they may have many disturbances in their life like, they can't organized any social programs which is very importance for them to develop.

### **Lack of opportunity**

The population of Bakanje is not having proper infra-structure like proper transportation, communication and health facilities, even they produce some cash crops like Cheese, Ghee, Honey, and Butter etc. they don't have any proper way to reach proper market. They have limited means of technology in agriculture, even they realized for new and modern tools and techniques. They are out of reach of facilities of health, education, communication and transportation. Most of village school of Bakanje there is rare in number of Thami and BK teachers and no educated persons up to secondary level from this low caste except one BK lady from nearest village of sagar Bakanje, only some high caste like Sherpa, Chhetri and Brahmins are educated and having job in education and health sector as well as have high post job and in business in urban place. For example, we can see that, In Chhimbu primary School (which was established in chhimbu with the financial support of Rotary club of DK), The principal is Basnet, Vice-principal is Sherpa, and lady teacher is Thapa, only School guard sarkini Thami is low caste, Similarly in Bakanje school most of all teachers are Sherpa, Chhetri and Brahmins. Not only in Education also in health post in Bakanje, there is sherpa women is health assistant, in kinja, there is man from chhetri caste. It shows that, most of low caste is not getting opportunity of good education, health and high post job. All Dalit caste people are living in the cottage with congested area; they don't have their own land and no other good income source. Women who have house and land also are not getting chance to develop their skill. They wish to uplift their living with good income but lack of opportunity and knowledge they are not forward. So, WEP can support women by providing financial support through micro credit, give knowledge and training of good income generating activities like, keeping large number of Cattle for milk, butter ghee and meat, chicken farming if women have no land and tea farming who got land.

### **Lack of skillful training**

In Chhimbu there is "Chhimbu Progressive Women Group" which formed 2 years ago. This group is formed to give service to School Children by sewing School dress in reasonable price but they are also not getting progress they are not having enough skilled training of tailoring and new design of sewing other kind of cloths for local

villagers. Bakanje women seem that, they have not sufficient training of their skill and interest. Most of women from all villages willing to engage them in sewing and weaving, chicken farm and goat farm beside their traditional agriculture, but it feel that they have no any knowledge and training of these matters. Kinja women know about cooperative but have no idea to form it. They also will to run some cooperative activities but again no idea. Chhimbu women also will to run "Chhimbu Progressive Women Group" which was established 2 years before but they also need more training on sewing. Bakanje women also knows about green house and better agriculture and they have skill but they need training to put them in to the work. Sagardanda women have skill of bee keeping and it is possible to keep bee and they are doing but in traditional way. So, it seems that they need skillful training to do this work properly as their job. Finally Chhiringkharka women also could see the possibility to have tea farming and they have skill to do in traditional way. To have better farm of tea, they really seems to have skillful training.

In overall, we can say that, most of women have skill but no proper idea and knowledge to implement their skill in to action. So, WEP can help women to develop their skill by providing micro credit and credit fund, different training and knowledge according to their interest and capacity.

It is very necessary to trained them on their skill for their betterment and to make them self dependent but it is not being possible to do themselves because poverty is ruling everywhere In all villages, it is growing from ancient time and having deep and networking root inside the surface. As a result we can see all villagers are struggling with poverty and trying to face it anyhow.

### **Lack of Education**

Education is lacking in most of women of this VDC. Education is the key of consciousness. It is very important but they are not having it, in Kinja there are few women who are capable to write their name in Nepali language, in Chhimbu some women can write some notes and can keep small accounts. Few women of Sagar-Bakanje are also able to write names and some small notes. But a woman Susma Sherpa is educated up to School leaving certificate and can give first aid health service to villagers. Some women from Brahmins and Chhetri of Sagardanda are doing volunteer to make aware of having vitamin and drop of polio in village. But they are not educated and only have basic health training. Sherpa women from Chhiringkharka seem to be little forwarded and active including few Thami women from Patale and Lole. But they are not educated. So, WEP can give only knowledge to women and also possible to open primary School for women where women can gain some educational knowledge and can know some letters and alphabets as well as some small accounts which is importance in their daily life.

### **Practice of traditional method in agriculture**

Bakanje VDC is still practicing traditional method of agriculture. Beside this, it seems they know something about modern technology and tools but they are not sure that it can be used in their agriculture sector, due to this conflict on new means applied in their agriculture, they are not confident and not ready to accept it. This kind of machinery is quite expenses and they don't believe in it that it could applicable for their land. They are following only same tools, same seeds which is not very fertile, same food crops and producing same each year. According to says of women at meeting, most of Bakanje villages are small in area, which is not having many land, they only producing potato, barley, wheat. I believe that, if WEP can provide them well technician to train them and

give knowledge regarding agriculture, there is possibility of tea farming, they can produce seasonal and non seasonal vegetables, fruits and they can rise in crops. Most of women in meeting said that, they can produce food only for half a year, if modernizing agriculture system is applied in and avoid traditional method, According to them I am sure, they may produce sufficient food and can produce variety of crops as per the environment of this place. In this way they could uplift their society, family and themselves, and will motivated and push them in to agriculture and can meet more requirement and interest on farming.

### **Poverty**

I am standing as eye witness for this issue of poverty that, except some Sherpa, Chhettri, and Brahmins family, most of all Bakanje VDC is facing economical problems. They don't have skill and proper income, their living is based on agriculture which is not sufficient for them and no other alternatives are there. Their economic condition is very bad, and it is one of issues which is playing vital role in the society and influence other issues of health and education. They have to ignore hygiene and nutrition in lack of income. They couldn't offer for good quality of food, couldn't build proper kitchen and bathroom. They can't offer good cloths for them and for their children. Then they will have many kind of diseases but lack of money they couldn't go for expensive treatment, even treatment is free they need transportation cost, food cost and lodging cost is needed. And it is very difficult for them to send their children to school and instead of sending them to school they take them in to work for some income.

Due to this, WEP can help them to exile their poverty by giving them knowledge, awareness and skill training for better income. They have to motivated and make them engaged to indoor and outdoor income generating activities like, sewing, weaving, and farming, keeping cattle in community or personally through micro credit.

### **Language**

Bakanje VDC women can speak their mother tong clearly and they give priority to their own caste language, they ignore National Language, they taught and speak their own language inside family and among their own caste people. Due to this reason, they hardly can write and read the Nepali language but can speak, and understand slowly. Beside this language, it seems that most of Women from Bakanje VDC can understand the words of international language like, hello, thank you, welcome and bye-bye. Beside them some women seems to be understand in symbolic way and it is smile.

Language is very important to discuss on the issue on WEP. So, there may be some difficulties for WEP because the WEP coordinator may be Nepali language Speaker and they may not understand her word, So she may be able to understand their language and must be able to make them understand own language. This is only minor problem because WEP can hire local women or lady for WEP assistant who can speak and understand both languages smoothly.

### **Male Dominance Society**

In Bakanje VDC, Some women from Sherpa community can give decisions on behalf of their family, society and for themselves in some respects like, engaged in primary health training, income generating activities like goat keeping, chicken farming, and tea farming and so on with in community or personally.

But most of all women are not in that condition, they have to accept and agree with their husband in all respects. Whatever male ask to do women have to do immediately without any question even they dislike and disagree to do. So women must get ready for any situation and ordered of husband. More women are responsible for feeding cattle, taking yak to the lake, cooking food, caring child. This society gives priority to Son so we can see many couple have single Son with many daughters and again wish for more sons to born, one of Thami women have many daughters and wishing for son to give birth in future, similarly, another Thami women is living with three daughters and being separated with husband because her husband wish for son and harassed her to born a son for him and dislike daughters, which clearly says that this society is male dominance.

In overall Bakanje village is needed to be changed their concepts on importance of son. So, WEP can help them to make change on society by providing positive awareness, knowledge and teach them daughters are also important and can be much better than sons if they get equal rights on basic need of Education and opportunity.

### **Traditional and Religious beliefs**

Bakanje VDC is practicing their life in traditional way. It can be found in their daily life. They have their own culture, social beliefs, norm and values. In the ancient time, if someone gets sick they run for traditional medicine and witch doctor. They strictly follow the instruction given by Dharmi and Jhakri and get ready to donate whatever they offer. Today, also it is believed that illness will be recovered soon if patient take traditional medicine instead of visiting Doctor. They have great religious belief on their own religion. And following the same religion which their parents used to precise and taught them to practice.

Population in Kinja is mostly a caste of Brahmins, Chhetri and few are Sherpa and less of BK, and Thami. Most of Brahmins, Chhetri, BK, and Thami have Hindu religion and worship of Hindu God and goddess. Among them few are following both Hindu and Buddhist religions and Sherpa are following Buddha religion strictly. But they have no religious disputes.

In Chhimbu, Sherpa community is also less in number; they are following Buddha religion and rest of Dalit caste and others beliefs in Hindu religions, its norm and values.

Sagar Bakanje is Sherpa domains society and following their Buddhist religion. They have their own value and belief of their ancient. They celebrate differently of the demise soul and pray for purity of demise soul by many monks. This is following by many years ago and still following with same respect and belief as it was practice in ancient time.

But it is little different religious caste found in Sagardanda. They worship Hindu god and goddess, and they have temple of Lord Shiva, Parveti and Ganesh in the village. And they have great belief on it.

Chhiring kharka is also Sherpa dominate village and follower of Buddhish. Beside this village other village like Patale and Orale is Dalit caste dominance and follower of Buddhist.

In overall, Bakanje VDC is religious village of different religion. They think according to their tradition and follow what their religion ask to do, but they don't know that all religion is one and taught the same lesson to its all follower. So, WEP can give them oral and effective knowledge and aware to make them united for community activities instead of religion disputes.

### **Personal Suggestions**

To represent and coordinate Social welfare projects like WEP is my aim since childhood. But I never expect that I will get opportunity to coordinate WEP. When I am engaging at HIPRON as administrative officer, I have limited responsibility and authority; I don't need to find time for office beside office hour. But now I am fully dedicated towards my responsibility on WEP and doing work day and night. I always have vision and thinking WEP to run smoothly with the support of all well wishers of WEP.

Initially, I am writing this report on WEP on the basis of Bakanje VDC women, I suggest HIPRON, HP-DK and Charlotte to support me to develop my knowledge and skill on WEP and process to applied application on Royal Danish Embassy to approve this project.

After improvement of the project, I am willing to get training on personality development to built speaking and presentation skill, leading community, report writing from British Council for about 8 weeks and training on basic health from health institute. All these training are very essential for WEP coordinator because this project belongs to all these skills and health.

I am making plan and concepts for myself and for WEP to perform in the project site. As soon WEP start, I think I should conduct a group survey and interview them more about their real life style and health condition, so I could know which training and knowledge should given to whom first. For this survey, I need female volunteer from the same locality, as well as WEP assistant all the way from Kathmandu who is familiar with both Nepali and local language. I have a lady in my mind; she is one of our Scholars, Tashi Sherpa, who is basically from solu and more she is female.

I will prepare some questioner for the interview so that, I could propose you for further support and make change our itinerary as per the needed.

During the 1<sup>st</sup> phase of project, I am planning to catch their interest, to make women conscious, and concentrate on WEP and its objectives. I will give them concepts and ideas to cooperate and make gather them in community to act on WEP actively. Then after their activities I will be able to know them personally, I will get way and idea to motivate them. Then after, I will request you all to support and help me for more activities.

First of all immediately, we should applied WEP application for Royal Danish Embassy with-in mid of January 2010 and prepare all necessary requirements for WEP like, WEP assistant, informed women by telephone to cooperate with WEP coordinator and assistant. Then soon WEP Coordinator and assistant go together in the field for more ideas and make them ready for initial training, programs and activities. In my opinion it will be better to start WEP on last week of February with the issue of health. But it may not be applicable time for them so we will ask them for right time and most needed training and knowledge to conduct first, and will make a plan according to their wish and interest.

Beside this, we should think for replacing new administrative officer in HIPRON in my designation. Because if I engaged fully in WEP, as a coordinator I must visit institutes and meet persons in different place to learn and get ideas and knowledge regarding WEP. I may not have time to present at HIPRON even I am in Kathmandu due to more time consuming on the way. So, I may not be able to serve HIPRON, our Scholars, Donors, visitors and

other guest, which I am doing now. But I always need suggestions, help, guidance from HIPRON side and need Papa Kurt, Charlotte and Namgel's personal and official experience, knowledge ideas and coordination to work out at project side, as you all are doing perfectly. Besides that, I expect you will cooperate, monitor and supervise WEP's activities and provide me Proper time, condition and environment as well as necessary equipment like laptop for recently update the report in the site( which HIPRON already provide me) Camera for taking picture in the site, internet device for communicate from site if it is possible. WEP need Best Trainers on different field of health (Nurse or physician), micro credit, Finance, cooperative, agriculture, specialist in Sewing, knit and tailoring as well trainer on Goat keeping, Chicken keeping etc. regarding WEP.

## **Conclusion**

They are very simple people but they are living with many difficulties, they wish for many things to be changed in their life. But they don't have any idea and knowledge about these things. For these things they seem to have required some training and knowledge.

Through the WEP Meeting at Bakanje VDC, we came to know that, Kinja women know something about cooperative organization and they want to run cooperative chicken farming, cooperative goat keeping, scientific agriculture and cooperative shop and hotel in community. They also wish to have health training and income generating knowledge.

Chhimbu women, through Progressive Women Group, are continuing producing School uniform and they wish to upgrade themselves with advance training in sewing and weaving to be professional, further more they have shown concern in the health and skill development for income generating activities.

Bakanje women wish to have Auxiliary Nurse Mid-wife (ANM) at Bakanje Health post for better service. They also want to have health training and knowledge of good income source.

Sagardanda women also want to have knowledge on health and skillful training like chicken farming, bee keeping for better income. But it seems that they have to practice cooperative attitude.

ChhiringKharka women are quite active and forwarded. They want to have knowledge of health, agriculture and income generating activities. They seem to be more conscious about Sanitation and nutrition.

According to their opinion and wish on WEP, it is clearly seen that they are ready to cooperate with WEP and will accept all programs which WEP conduct for them. So, First of all we can form a women group in each village of Bakanje VDC. Updating LFA and give them proper knowledge and training about skill, make them aware about good health, Environment and sanitation as well as Nutritious food. They also should given income generating activities for better income and engaged more in outdoor income activities. It would be better if women group is active and engaged in the betterment of the group. Then in the initial stage of WEP, the formatted women group will be provided Health training, give awareness about nutrition and keeping Sanitation around the Surrounding Environment. Give knowledge and training of Micro loan so that they can have better income source through Agriculture, and livestock firming. And special training and program conduct for Dalits so that they can meet other high caste women and able to work together in a group. When women group is fully active and awarded about all above aspect then WEP will request and suggest HIPRON, HP-DK and Charlotte to support

and help in conducting various programs like, Establishment of Micro Credit, Cooperative finance and banking to give financial help and loan to women for their hard time and overcome their problems which may occur in their life. Establishing an Agriculture information center, to provide training to women and local people about new technique which is needed in farming, is seen necessary. Not only that, WEP will try to find more way to make uplift their life. And I hope WEP will continuously run in Bakanje VDC for many years to make better life stander of all men and women. And more, it is hope that, WEP will conduct same project in other VDC like Beni, Taksindhu and many more of Solu District after the success in Bakanje VDC.