



सर्बोदय विकासका लागि अभियान नेपाल
Sarbodaya Nepal, Jumla
"Everybody Shine for Dignity"

2025

ANNUAL REPORT



Sarbodaya Development For Campaign Nepal Jumla

SARBODAYA Nepal, Jumla

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MESSAGE FROM THE BOARD AND THE EXECUTIVE DIRECTOR

SARBODAYA Development for Campaign Nepal (SARBODAYA Nepal) is a women-led feminist social organization dedicated to the empowerment and development of women and girls. For more than two decades, it has played a crucial role in advancing gender equality and improving the lives of marginalized communities, particularly women, across Nepal. SARBODAYA Nepal implements various programs in collaboration with national and international governmental and non-governmental organizations. Its core focus areas include gender equality and social inclusion, combating gender-based violence, promoting sexual and reproductive health and rights, and enhancing food security and nutrition on climate change resilience, and strengthens institutional capacity to drive sustainable development. Currently, SARBODAYA Nepal has established a presence in several provinces, including Karnali, Lumbini, Gandaki, Koshi, and Sudurpaschim, operating in districts such as Jumla, Kalikot, Dailekh, Achham, Lamjung, Rupandehi, and Terthum. At local, provincial, and national levels, it advocates for women's and girls' issues, consistently

contributing to their empowerment and livelihood improvement. To guide its work for the next five years, SARBODAYA Nepal has developed a sustainable strategy for 2025–2030. This plan focuses on raising awareness, promoting justice, and expanding the organization's impact among women and girls in Karnali and other targeted provinces. SARBODAYA Nepal has successfully implemented numerous projects through strong partnerships and coordination with local governments and non-government stakeholders. This collaborative approach has helped establish the organization as a trusted partner in community and regional development. The organization extends heartfelt thanks to its donors and partners, including the Italian Foundation, UN Women Nepal, Femi Netherlands, UNDP Nepal, Tewa Nepal, Caritas Italy, Buddhist Union Italy, and local rural municipalities such as Tatopani, Tila, and Patarashi.

Finally, SARBODAYA Nepal profoundly appreciates the dedication of its members, activists, social workers, employees, community elders, and all supporters who have contributed to its mission, providing invaluable support both directly and indirectly.



Name Kamalraj Khatri
Executive Director



Narayani Chaulagain
Chairperson

ABBREVIATIONS AND ACRONYMS

SNJ	- Sarbodaya Development for Campaign Nepal (Sarbodaya Nepal)
NGOs	- Non-Government Organizations
GBV	- Gender Based Violence
UN Women	- United Nation Women
WROs	- women's rights organizations
Ama Samuha	- Mother Groups
HHs	- Households
GF	- Gender Facilitators
ED	- Executive Director
EC	- Executive Committee
FEMI	- Foundation to Earth, Mankind through Inspiration and Initiative
FCHVs	- Community Health Volunteers (FCHVs)
GECs	- Gender Equality Champions (GECs)
SMCs	- School management committees (SMCs)
GESI	- Gender Equality and Social Inclusion
GEC	- Gender Equality Champions (GEC)
DADO	- District Agricultural Development office (DADO)
RMs	- Rural Municipalities.
UNDP	- United Nations Development Programme
SEPLS	- Socio-Ecological Production Landscapes and Seascapes
IPLCs	- Indigenous Peoples and Local Communities
CSOs	- civil society organizations (CSOs)
GBF	- Global Biodiversity Framework (GBF)
K-MGBF	- Kunming-Montreal Global Biodiversity Framework (K-MGBF),
MoTFE	- Ministry of Tourism, Forests, and Environment
NTFPs	- Non-Timber Forest Products

INTRODUCTION

Sarbodaya Development for Campaign Nepal (Sarbodaya Nepal) Jumla is a Non-partisan, Non-profit, independent, non-government organization Women lead Feminist (NGO). Sarbodaya Nepal Jumla is registered as an NGO in the District Administration Office in Jumla (non-government registration act 2034 of the Government of Nepal) and is affiliated with the Social Welfare Council Nepal. It was founded by a group of non-political, academic, and professional people in 2006 with a great motivation to work for democracy, peace, human rights, and community development in local regions, especially in the Mid-West and Far Western parts of Nepal. Since then, it has been working on a rights-based approach for social justice, peace, human rights, democratic development, environment conservation, and community development. It has been working with a bottom-up approach to achieve peace, development, and justice through people's participation.

Sarbodaya Nepal Jumla demonstrated proven quality and strength in building more excellent public advocacy for women's

rights, democracy, gender Equality and social inclusion and community development.

In the meantime, the organization has stood in front-line with other like-minded organizations in opposing the non-democratic rule and rampant problem of impunity. It has worked under harsh circumstances in the remotest hilly regions of Nepal to improve women's rights and help attain peace, democracy, and Sustainable development for the community.

Sarbodaya Nepal Jumla collaborates with women networks, human rights defenders, lawyers, gender experts, peace educators, social leaders, and trainers to protect women and human rights, promote women's empowerment, livelihoods, biodiversity conservation, and children's rights through education, research, and advocacy.

Sarbodaya Nepal Jumla has implemented development projects in the Karnali region, in the Jumla (Patarasi, Tila, Tatopani, Gothichaur RMs), Achham, Kalikot, and Dailekha districts. Currently, it is working on women's and children's empowerment, reproductive health justice, education, additional women and child rights, food and livelihood security, climate change and disaster risk reduction Nutrition and health promotion and intuitional development of community based organization.



OUR VISION

A just, inclusive, gender-equal, and resilient society in Jumla and Karnali Province, where marginalized women, girls, and gender-diverse people fully realize their rights and lead transformative change.

OUR MISSION

A just, inclusive, gender-equal, and resilient society in Jumla and Karnali Province, where marginalized women, girls, and gender-diverse people fully realize their rights and lead transformative change.






OUR GOAL

SNJ strives to eliminate all forms of discrimination against women within the community by fostering an equitable environment where violence is firmly addressed and prevented. The organization is committed to ensuring that women and marginalized groups enjoy equal rights, including unhindered access to and control over natural resources essential for their livelihoods and well-being. Through participatory social facilitation and awareness-raising campaigns, SNJ empowers communities to recognize and challenge social norms and structures that perpetuate inequality and violence. The organization's efforts focus on strengthening women's socio-economic status by enhancing their capacities and opportunities to sustainably manage natural resources and improve livelihoods. By integrating gender equality with environmental sustainability and community mobilization, SNJ promotes inclusive development that uplifts women's roles as active agents of change, contributing to resilient, healthy, and just communities in Jumla and the broader Karnali Province.

OUR OBJECTIVES

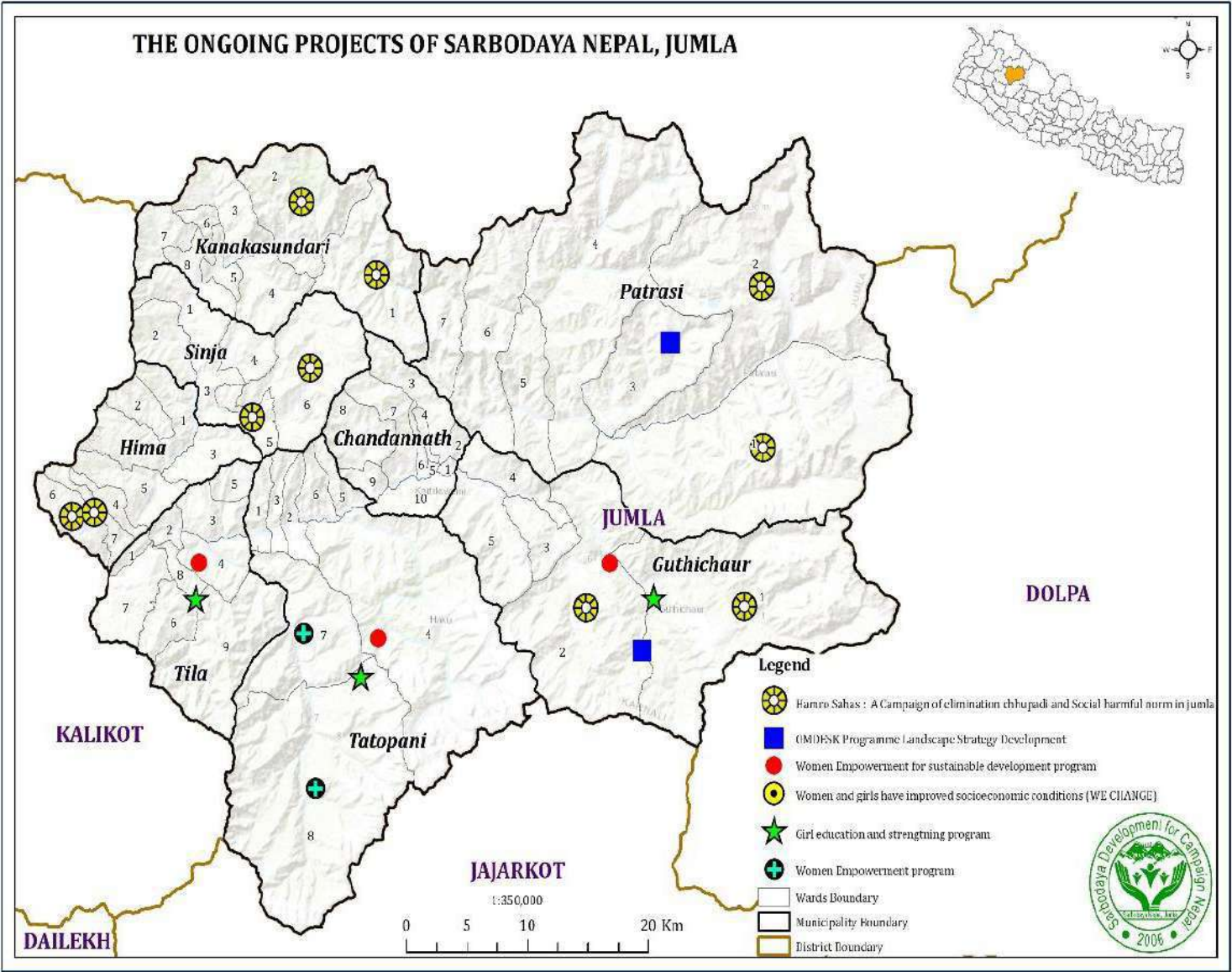
- ✂ To promote gender equality, eliminate GBV, ensure social inclusion, empower women, and safeguard child rights, thereby contributing to the broader promotion and protection of human rights.
- ✂ To strengthen food security and sustainable livelihoods by supporting vulnerable and marginalized communities, enhancing resilience, improving agricultural practices, and reducing hunger and poverty.
- ✂ To prioritize disaster risk reduction, address climate change impacts, and promote environmental and biodiversity conservation through community awareness, adaptation initiatives, and sustainable natural resource management.
- ✂ To facilitate accessible, inclusive, and effective service systems in education, health, nutrition, sanitation, and hygiene, ensuring improved well-being and quality of life for communities.
- ✂ To conduct thematic research, publish findings, and implement awareness campaigns, thereby generating evidence, influencing policies, and raising public consciousness on critical social development issues.
- ✂ To advocate for the promotion of good governance through accountability, transparency, participation, and rights-based approaches that strengthen institutions, ensure equity, and foster democratic values.

OUR STRATEGIES

Gender Equality and Social Inclusion/GBV	Strengthen Economic Empowerment and Livelihoods	Promote Resilient and Inclusive Public Services	Climate Action and Gender-Just Resilience	Institutional Strengthening and Partnerships
				
<p>Promote legal rights, women's leadership, and menstrual dignity while preventing GBV, ensuring justice, and fostering equitable participation in decision-making processes.</p>	<p>Enhance women-led climate-smart enterprises, skills development, and inclusive finance to ensure sustainable livelihoods, rural transformation, and economic independence for marginalized groups.</p>	<p>Expand access to gender-responsive education, health, WASH, nutrition, and climate-smart agriculture services that improve community resilience, equity, and human development outcomes.</p>	<p>Foster women-led adaptation, integrate indigenous knowledge, and strengthen inclusive climate governance for sustainable resource use, disaster preparedness, and gender-just climate resilience.</p>	<p>Build feminist leadership, generate evidence for advocacy, and forge partnerships with government, networks, and development actors to amplify collective impact and resource mobilization.</p>

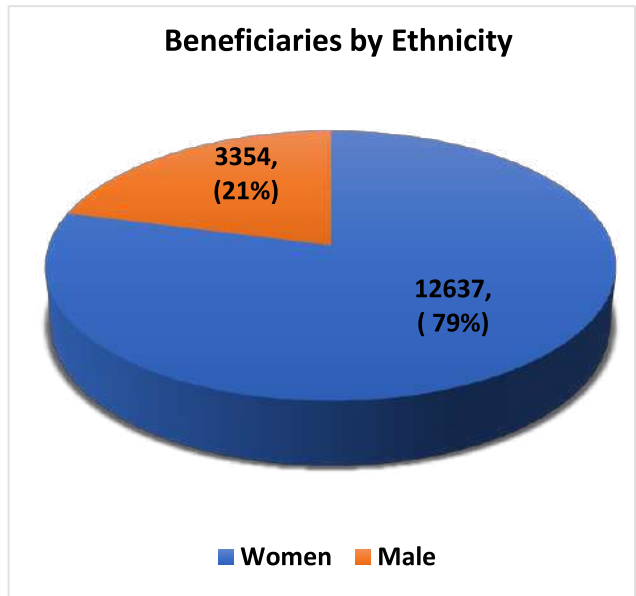
GEOGRAPHICAL COVERAGE

Ongoing Project and Coverage Areas of SNJ



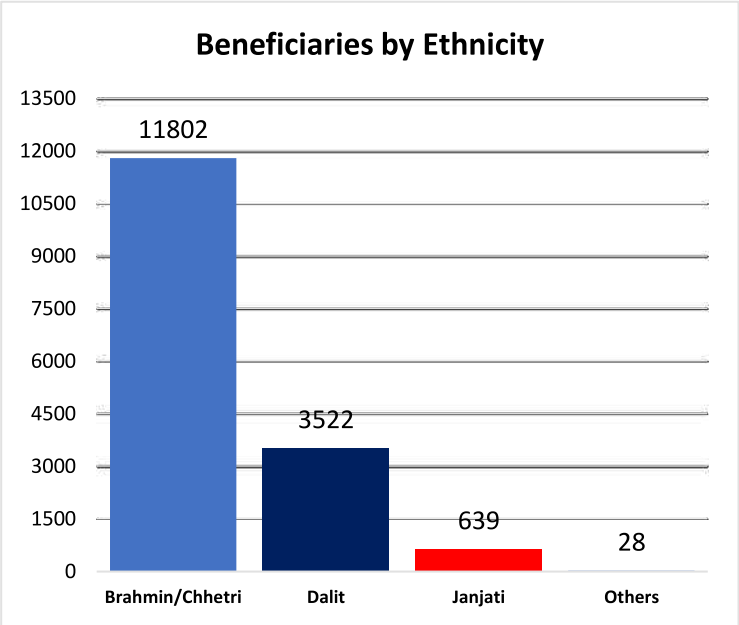
OVERALL PROGRAMME PORTFOLIO

SARBODAYA Development for Campaign Nepal (SARBODAYA Nepal) Jumla has launched its strategic plan for 2025–2030, building on extensive learnings from past projects, stakeholder feedback, and environmental analysis. This strategy prioritizes addressing critical challenges in Gender-Based Violence (GBV), gender-sensitive food security and livelihoods, environment and biodiversity conservation, WASH and nutrition services, and disaster risk reduction with a focus on climate resilience. It aims to strengthen existing networks and create new partnerships, positioning SARBODAYA Nepal as a leader and facilitator in participatory GBV and gender inclusion development, particularly within agriculture, climate change, biodiversity, and natural resource sectors. Promoting diversity, equity, and inclusion through quality program and service delivery remains a core commitment.



SARBODAYA Nepal continued to reinforce its organizational framework by reviewing and updating key policies, including Human Resources, Procurement Procedures (revised 2025), and the Preventing Sexual Exploitation and Abuse (PSEA) Policy of 2025, enhancing its governance and safeguarding measures in the workplace.

Notably, a new collaboration was established with UN Women for the "Hamro Sahas Project," operating across six municipalities in Jumla district, focusing on women’s empowerment and resilience. Additionally, Sarbodaya Nepal expanded its role through a landscape strategy planning study under the UNDP - GEF Small Grants Programme (SGP). This consultative initiative supports sustainable landscape management across provinces such as Lumbini, Gandaki, Koshi, and Sudurpaschim, covering districts including Jumla, Kalikot, Dailekh, Achham, Lamjung, Rupandehi, and Terhathum.



Operationally, Sarbodaya Nepal implemented six key projects during the year, directly benefiting 15,991 households. Of these beneficiaries, 79% were women (12,637) and 21% men (3,354). Demographically, the beneficiaries comprised 74% Brahmin/Chhetri, 22% Dalit and Janajati, 4% other Janajati groups, and 0.2% from other communities. These efforts demonstrate to inclusive development and its impact across diverse social groups.

MAJOR ACHIEVEMENTS

1. Title of Project : Hamro Sahas Fund; in support of feminist movement building for social norm change

The Hamro Sahas Programme, titled ‘Supporting Feminist Movement Building for Social Norm Change,’ is a joint initiative by the UK’s Foreign, Commonwealth and Development Office and UN Women Nepal. This programme is designed as a funding mechanism to empower feminist and women’s rights organizations (WROs), particularly those led by marginalized communities. Its core objective is to strengthen feminist movements by offering flexible multi-year grants, comprehensive capacity-building opportunities, and encouraging innovative strategies that tackle deeply rooted discriminatory social norms and harmful practices. The programme specifically prioritizes inclusivity by funding groups led by women and gender minorities from diverse marginalized identities, including persons with disabilities, Dalit, Madhesi, Indigenous groups, religious minorities, communities, and young feminist organizations. Recognizing the widespread challenges such as gender-based violence (GBV) and the chronic underfunding of WROs, Hamro Sahas provides resources and programming that address these issues directly, while promoting collectivization, movement building, and nurturing cultures of care.

In the Jumla district of Karnali Province, this programme is implemented with Sarbodaya Nepal serving as the lead partner. Sarbodaya Nepal is dedicated to empowering marginalized women within Karnali and its surrounding areas, focusing on gender equality, women’s rights, and combating harmful social norms. This local approach aligns closely with UN Women’s vision for



Figure 1: Mother Group's Members monthly meeting sharing on their experiences.

the Hamro Sahas Programme, ensuring that interventions are context-specific and address the unique challenges faced by marginalized populations in Jumla. By collaborating closely with communities, Sarbodaya Nepal contributes significantly to the programme's goal of fostering feminist movement building and driving lasting social norm change. SNJ (Sarbodaya Nepal, Jumla), a social organization with a clear vision, complements these efforts in the region. SNJ's vision is to establish a just society free from all forms of discrimination and to foster a healthy environment. Its mission centers on empowering deprived and marginalized communities by increasing their meaningful participation in economic, social, and political activities that ultimately build long-term peace and improve quality of life. SNJ's purpose is to support women and disadvantaged groups by strengthening their economic, social, political, and cultural empowerment. The organization actively advocates against injustice, discrimination, and social taboos that particularly affect women and girls on social and psychological levels. SNJ empowers local women through networking and by organizing campaigns aimed at advocating for their rights. This advocacy and mobilization work strategically aligns with the feminist principles promoted by Hamro Sahas, making SNJ a vital actor in driving grassroots change.

The Hamro Sahas programme in Jumla targets five municipalities, covering 10 wards and engaging 32 women's groups known as Ama Sumuha. This focused outreach allows for deep



Figure 2: Participating Mother Group's members in rally against of Social harmful Practices in the village

engagement with communities and the creation of grassroots feminist movements pushing for social norm transformation at local levels. Building on a proven history of success in promoting women's and girls' rights, social justice, economic empowerment, and participation in local governance, SNJ's involvement is expected to accelerate progress. The programmer's success will be measured through specific indicators that capture changes in feminist

movement building, social norm shifts, and the empowerment of marginalized women and girls. The programme's objectives are comprehensive and transformative. These include achieving gender equality and ensuring women's meaningful participation in household and local decision-making, reducing gender-based violence and harmful practices such as child marriage, child labour, Chhaupadi, and dowry through survivor-centered multi-sectoral responses. It aims to protect and promoting their rights and freeing them from violence, abuse, and exploitation. Additionally, it targets the reduction of discriminatory social and gender norms that limit bodily autonomy and reproductive rights across humanitarian and development settings.



Figure 3: Chain of Project Components of the Hamro Sahas Programme

1.3. OBJECTIVES OF PROJECT

Objective 1. To strengthen and expand community safety nets as a model for economic, political and social empowerment of women and excluded groups.

2. To foster collective voice, leadership and political action of women and excluded groups to address discriminatory social norms and harmful practices.

Objective 3. To promote and harness feminist knowledge building.

Objective 4: To empower marginalized women and girls through skills, education, and income opportunities, promoting gender equality and economic independence.

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Objective 5: To reduce the prevalence and acceptance of harmful social norms and practices, including gender-based violence (GBV) and chhaupadi, in Karnali Province by promoting awareness, advocacy, and support services.

Objective 6: To enhance the representation and participation of women and gender minorities in community and political decision-making platforms, promoting inclusive governance and leadership.

Objective 7: To improve access to property rights and economic resources for women, thereby enhancing their economic empowerment and reducing gender disparities in asset ownership



Figure 4: Showcasing Mother Group members against of GBV through local folk song Deuda

1.4. MAJOR ACTIVITIES PROGRESS (MARCH – AUGUST 2025)

Table 1: Beneficiaries by Gender and Ethnicity wise

SN	Activities	Unit	By Gender		Total	By Ethnicity				Remarks
			Women	Male		B/Chhatri	Dalit	Janjati	Others	
1	Form/orient new 32 Ama Samuha, in jumla district (1 group =30 Members, in total 960 HH women included in the project)	Members	960	0	960	774	177	9	0	
2	Develop/selection/orientation 32 GF	Participants	32	0	32	28	4	0	0	
3	Coordination with local government & common consensus	Participants	35	43	78	67	7	4	0	
4	Baseline Survey (preparatory Activities)	Participants	898	53	951	768	175	8	0	
5	promote and implement strategies for advocacy and self-care for positive social norms change - Establish counselling room and learning centre	Center								Established counselling 1 room
6	Monitoring and Evaluation by board /ED	RMs								5 RMs @ 2 times
8	Capacity building of local leaders/EC Members	Persons	1	2	3	3	0	0	0	
9	Inception workshop (preparatory Activities)	Persons	15	18	33	24	7	2		
10	Against of GBV discriminatory social norms and harmful practices - mural wall art	Persons	74	66	140	125	3	0	12	
11	Against of GBV discriminatory social norms and harmful practices – Story telling	Person	70	39	109	76	29	4	0	3 school
12	Against of GBV discriminatory social norms and harmful practices - Host local folk song Deuda	Persons	420	57	477	340	125	12	0	Indirect 1732 persons
13	School-based gender sensitization - quiz competition programs	Persons	272	153	424	379	23	6	17	7 School
14	Capacity Development of EC members and staff report writing and monitoring and evaluation	Person	8	8	16	13	1	2	0	1 Events
15	Bylaws and policies instruments update and formulation (Consultation workshop for EC members)	Persons	9	11	20	16	1	3	0	
Total			2794	450	3243	2613	552	50	29	

1.5. KEY RESULT AND SUCCESS

2. Strengthened Community Platforms - 32 mother groups with 960 women members (177 Dalit, 9 Janajati, and 774 Brahmin/Chhetri) were actively engaged across 10 wards of 5 rural municipalities, regular monthly meetings creating safe and inclusive platforms for collective dialogue on GBV, harmful practices and gender equality.
3. Effective Facilitation by Gender Champions - 32 trained gender facilitators led structured monthly sessions on menstrual hygiene, child marriage, and harmful social norms, resulting in five GBV cases being formally referred to judicial committees and counseling centers for redress.
4. Behavioral Change in Menstrual Practices - Evidence of tangible behavior change was observed 33 women across four municipalities abandoned harmful chhaupadi practices and affirmed menstruation as a natural process, demonstrating progress towards reducing discriminatory traditions.
5. Youth Empowerment through Creative Education - 140 students (74 girls, 66 boys) participated in school-based mural wall art training, gaining both gender awareness and creative skills, with potential for future income generation opportunities as well as message wider areas.
6. School-Based Inspiration Campaigns - 109 adolescents (70 girls, 39 boys) engaged in motivational storytelling and audio-visual sessions on gender equality and harmful practice prevention, which inspired critical reflection and positive attitude shifts among participants.



Figure 5: Mural Art painting onsite in public places and messaging the GBV.

7. Culturally Rooted Advocacy - A Deuda folk song competition reached 477 direct participants and 1,732 community members, effectively spreading anti-discrimination messages through traditional art forms while promoting ownership of change within communities.
8. Enhanced Student Knowledge and Peer Learning - A gender-sensitization quiz competition reached 424 students (272 girls, 153 boys), strengthening inter-school collaboration and building an enabling environment for interactive learning on GBV, SRHR, and harmful practices
9. Improved Staff and Board Competency in Monitoring & Evaluation - 8 executive board members and 8 staffs of Sarbodaya Nepal Jumla (SNJ) enhanced their monitoring, evaluation, and reporting skills through targeted RBM training, reflected in measurable improvements in post-training assessment.
10. Strategic Policy and Governance Reforms -SNJ reviewed 10 policies, developed 2 new policies (HR and Procurement), and finalized a 5 year strategic plan (2025–2030), reinforcing governance, accountability, and organizational sustainability.
11. Advocacy and Service Provision through Counseling Centers - Establishment of a district-level counseling and learning center enabled SNJ to provide safe spaces for survivors, refer two GBV cases for legal action, and formalize collaboration with safe houses (Dima House) for victim support.



Figure 6: Onsite School Students training about Mural Arts Painting at school.

Title of Project: Women and girls improved on socio economic condition in Jumla (WE Change) Project

2.1. Project Introduction

With the support of the FEMI Foundation, Sarbodaya Nepal is implementing the project "Women and Girls Have Improved Socio-Economic Conditions (WE Change) project in Ward numbers 1 and 2 of Patarasi Municipality of Jumla. The project aims to enhance the socio-economic status and health of women and girls, improve, gender Equality, food and nutrition security, and strengthen livelihoods by increasing access to resources, technology, awareness-raising, skill development, and market linkages at the local level. To achieve food security through an integrated approach, the project carries out multiple activities simultaneously, including income generation, infrastructure improvement, organizational skill development, and education on gender equality and reproductive health.

2.2 Objectives:

- Strengthen women's participation in households, communities, and schools while promoting gender equality and social inclusion and reducing Gender Base violence.
- Improve awareness of nutrition, reproductive health, and menstrual hygiene among women and girls.

2.3 Project Components and Target BENEFICIARIES:

During the one-year period from **May 1, 2024, to April 31, 2025**, marking the project has reached to following target beneficiaries. The project has developed frontline community-based workers for the smooth implementation of the project activities, currently working in the field. The project provided capacity development training and coaching support to lead farmers, gender facilitators (GFs), female Community Health Volunteers (FCHVs) and 2 Gender Equality Champions (GECs).

With the support of the FEMI Foundation, Sarbodaya Nepal is implementing the project "Women and Girls Have Improved Socio-Economic Conditions (WE Change) project in Ward numbers 1 and 2 of Patarasi Municipality of Jumla. The project aims to enhance the socio-economic status and health of women and girls, improve food and nutrition security, and strengthen livelihoods by increasing access to resources, technology, awareness-raising, skill development, and market linkages at the local level.



Figure 7: After Training Mother Group's members getting Vegetable seed for Kitchen Garden.

Table 2: Project Components and target Beneficiaries

Project's Key Components	Target Groups	Reached-out beneficiaries	Capacity Development
<ul style="list-style-type: none"> •Empowering women and promoting gender equity. •Enhancing agricultural production for food security and nutrition. •Improving reproductive health and childcare for children under five. •Supporting women's groups for sustainable development. 	<ul style="list-style-type: none"> •Women and adolescent girls in rural communities. •Local government officials and health workers. •School management committees (SMCs), teachers, and students. •Male champions (Gender Empowerment Champions - GECs) 	<ul style="list-style-type: none"> •12 women's groups (360 women) •2 men's groups (16 men) •4 girl club (60 adolescent) •12 lead farmers •2 Eco-clubs (35 members) 	<ul style="list-style-type: none"> •12 lead farmers •12 gender facilitators (GFs) •12 Female Community Health Volunteers (FCHVs) •2 Gender Equality Champions (GECs)

2.4. Collaborative Approach and Sustainability

In previous year, Sarbodaya Nepal Jumla collaborated with 12 groups and 372 families. The current project facilitates the graduation process of these groups by assisting in their registration with local governments. The project team will continue to work with these groups to involve them in Chhaupadi elimination campaigns and gender equality promotion activities. The project operates in 1 Rural Municipality (Patarasi) through a collaborative effort between FEMI and Sarbodaya Nepal. Building on past experiences in women's empowerment and gender equality, this initiative places special emphasis on enhancing the production and marketing capacities of women farmers' groups.



Figure 8: Regular Monthly Meeting of Mother Group's members dress-up Groups.

2.5. Major Activities Progress

Table 3: Completed Major Activities Progress

Activities	Unit	By Gender Beneficiaries			Ethnicity				Remarks
		Female	Male	Total	Dalit	Janjati	B/Chettri	Other s	
Monthly meetings facilitated by FCHVs, 144 meetings at the group level	Persons	360	0	360	95	0	265	0	
2-day refresh Training for FCHVs in 2 wards	Persons	12	0	12	3	0	9	0	
Seed support for the kitchen garden in 2 wards	Persons	180	0	180	58	0	122	0	
Awareness Campaign and raising activities	Persons	373	31	404	181	0	223	0	
Dignify mensuration hygiene awerness	Persons	208	172	380	105	30	245	0	
Renovate the Drinking water system	HHs	120	85	205	0	0	205	0	
Participate in the quiz and essay competition	Students	30	54	84	16	6	62	0	
Improvement in Toilet sanitation and maintenance	Persons	412	498	910	190	98	622	0	
Implement uterine prolapse camps to collaborate with RM and KHAS	Persons	145	0	145	44	23	78	0	
Monthly meeting facilitated by GF	Persons	360	0	360	95	0	265	0	
Male Group meeting facilitated by GEC	Persons	0	32	32	13	0	19	0	
Gender Violence and International Women's Day)	Persons	189	12	201	137	0	54	0	
Day Celebration International Women's Day)	Pearson	201	8	209	84	12	113	0	
Organize cultural programs to raise awareness of women's rights by street Drama.	Persons	180	90	270	54	13	203	0	
Develop Joint GESI Policy to collaborate with Rural municipality	Persons	9	13	22	4	2	16	0	

Activities	Unit	By Gender Beneficiaries			Ethnicity				Remarks
		Female	Male	Total	Dalit	Janjati	B/Chettri	Others	
Environment Day celebration in the women's group of ward no. 1 and 2	Persons	123	127	250	52	100	98	0	
Celebration of world child Day (Ganga mavi and Sarswati Mavi School)	Persons	149	105	254	64	23	167	0	
Two days refresh training for GF and GEC in ward 2	Persons	12	2	14	4	0	10	0	
Conduct a labor market study for feasible agricultural and non-agricultural income generating skills and opportunities	Persons	30	15	45	15	0	30	0	
3-Days modular training to the lead farmer.	Persons	12	0	12	2	0	10	0	
Two days sustainable agriculture training to women farmers.	Persons	27	4	31	7	0	24	0	
Support materials for compost and bio-pesticide to the women farmers.	Persons	29	0	29	12	0	17	0	
180 women farmers support seed and poly house by our project	Persons	180	0	180	64	0	116	0	
Two plastic ponds are supported by our project.	Persons	30	0	30	4	0	26		
Promote group Nursery for vegetable crops	Persons	90	0	90	28	0	62		
2 days of training for the group members on the market and the marketing system.	Persons	26	3	29	12	0	17	0	
Support carrying materials such as caret to the farmers (selection but remain distributed)	Persons	90		90	28	0	62	0	
1-day linking meeting with the market stakeholders, cooperatives, and local government.	Persons	12	3	15	3	0	12	0	

Activities	Unit	By Gender Beneficiaries			Ethnicity				Remarks
		Female	Male	Total	Dalit	Janjati	B/Chettri	Others	
Technical assistance support for the mushroom grower	Persons	6	0	6	2	0	4	0	
Conduct 20 monthly meetings in the Girls club.	Persons	60	0	60	23	2	35	0	
Conduct 11 meetings in the eco-club.	Persons	18	12	30	12	7	11	0	
Celebrate a World Child Day.	Persons	236	168	404	99	35	270	0	
Two-day plastic management training.	Persons	18	12	30	12	7	11	0	
Support the dustbin at the school	Persons	412	498	910	190	98	622	0	
Total		4339	1944	6283	1712	456	4105	0	

2.6. Key Result and Success:

- **Women's Empowerment** - 360 women group's members have been gained skills in communication, leadership, and health topics like child marriage prevention and reproductive health.

GESI Policy - A comprehensive gender equality policy was developed and handed to Patarasi Rural Municipality to enhance women's leadership and enhance GBV legal knowledge of 360 women's group members and girls.

- **Kitchen Gardens** - 180 households adopted vegetable gardening, improving family nutrition and dietary habits.



Figure 9: School Students involvement in plantation at school for greenery and environment.

- **Off-Season Vegetable Production** - 180 women

farmers received poly houses (Plastic Poly house) for year-round vegetable cultivation, boosting food security.

- **Hygiene Awareness** - 12 groups (360 households) improved practices in sanitation and menstrual hygiene.
- **Child Nutrition & Maternal Health** - Significant improvements seen in child nutrition and maternal health through better food consumption.
- **Male Engagement** - Increased male support for women's participation in development and decision-making.
- **Youth Engagement** - 60 Kishori club members and 30 Eco-club members gained awareness on education, early marriage prevention, and environmental conservation, empowering youth as change agents.



Figure 10: The Ganga secondary school student planting a Dhupi tree from making a greenery environment and give awareness of conservation of environment.

Protect Title: Women Empowerment for Gender Equality Project (Tatopani RM)

Jumla District, located in one of the most remote and underdeveloped regions of Nepal, is home to communities that face extremely difficult living conditions. Agriculture is the primary occupation, and because livelihoods depend heavily on it, women are more engaged in farming than in education. As a result, most women spend nearly the entire year almost eleven months—occupied with agricultural and household work. The patriarchal structure of Nepal is strongly reflected in Jumla's society, where men are considered decision-makers but contribute little to either household or external labor. Women, on the other hand, shoulder almost all responsibilities, from domestic duties to agricultural tasks. This disproportionate workload has resulted in unbalanced diets, insufficient rest, poor maternal care, and frequent health complications during pregnancy and childbirth. Male dominance also severely limits women's opportunities for education, skills development, and decision-making. Inequalities persist in access to resources, participation in development initiatives, and control over household and community responsibilities, leaving women with few avenues to strengthen their capacities.

In addition to structural discrimination, harmful practices and traditions remain widespread in Jumla and Tatopani Rural Municipalities. Among the most damaging are child marriage, domestic violence, reproductive health challenges, excessive female workload, and the practice of Chhaupadi (isolation during menstruation). These practices perpetuate cycles of exclusion and significantly hinder women's empowerment. Despite Nepal's federal governance structure, women-friendly programs have yet to be effectively implemented, and meaningful progress in women's capacity building remains limited. One of the major challenges deeply rooted in Jumli society is the lack of women's empowerment. Women face severe discrimination due to traditional practices and norms. To overcome these problems, it is urgently necessary to make strong efforts to develop positive thinking and create awareness. While it is not easy to eliminate traditional beliefs and practices instantly, step-by-step efforts can reduce harmful values and customs, leading to a more equitable society. Similarly, in Jumla and Tatopani Rural Municipalities, various harmful customs and practices negatively affect women and children. Among the most prevalent and serious are child marriage, domestic violence, reproductive health issues, excessive female workload, and the Chhaupadi custom. These practices significantly hinder the advancement of women.

This program is designed to reduce discrimination and promote equality in the roles of men and women. It focuses on improving women's access to and control over resources, developing positive thinking, and bolstering support to reduce gender-based violence. Recognizing this, a Women's Empowerment Programme has been launched with the financial support of Tatopani Rural Municipality and in partnership with SARBODAYA Nepal Nepal Jumla.

3.1.PROJECT GOAL

To empower women by reducing discriminatory values, harmful practices, and by strengthening women's capacity.

3.2. OBJECTIVES

- To transform discriminatory family, household, and community practices into equitable systems between women and men.
- To enhance the capacity of women in Tatopani Rural Municipality.
- To make this municipality a model so that people in other rural municipalities of the district can learn and be inspired.

3.3. PROJECT COMPONENTS AND TARGET BENEFICIARIES:

During the one-year period from 1 January, 2024, to 15 July 2025, marking the project has reached to following target beneficiaries. This initiative empowers women by transforming discriminatory family and community practices into equitable systems. It focuses on enhancing the capacity of women in Tatopani Rural Municipality. To support establish this municipality as a model, inspiring learning and positive change across the district.

Key Components	Target Groups:	Reached-out beneficiaries
<ul style="list-style-type: none"> • Women Empowerment for gender Equality. • Sexual Reproductive Health Right of Women and girls. 	<ul style="list-style-type: none"> • Women and adolescent girls in rural communities. • Local government officials and health workers. 	<ul style="list-style-type: none"> • 360 women's in rural area • 2 men's groups (30 men) • 132 Girl club's members /adolescent)



Figure 11: Group photo of the interactive and orientation program on menstruation and Chhaupadi practice.



Figure 12: Group photo of the 2-day training on positive thinking transformation.

3.4. Major Activities Progress

Table 4: Completed Activities Progress

Name of Activities	Unit	Gender		Total	By Ethnicity				Remarks
		Female	Male		Dalit	Janajati	B/Chettri	Others	
Social Behavior Changes (Positive Thinking activities)	Persons	360	0	360	113	0	227	0	
Gender Based Violence and traditional harmful Practice awareness interaction	Persons	360	30	390	79	0	311	0	Girls and Women's
Reproductive health and Mensuration hygiene and sanitation	Persons	492	30	522	245	0	277	0	Women and Girls and Male members
Total		1212	60	1272	437	0	815	0	

3.5. Key Results

- 360 women were trained in social behavior change communication and are now committed to peer learning within their households and the wider community.
- 360 women and 132 girls were skilled up in making sanitary pads and received them. This initiative has fostered the understanding that using pads is necessary for promoting a culture of respectful menstruation.
- 30 men have committed to supporting women by sharing their workload, promoting gender equality, and redefining roles and responsibilities within households and society.
- 360 women and 132 girls are now advocating to reduce gender-based violence and are raising their voices within the community.
- 360 women and 132 girls have gained increased awareness of Sexual and Reproductive Health and Rights (SRHR) and menstrual hygiene. They are now leading advocacy efforts among other village women and girls to promote these rights and hygienic practices.



Figure 13: Group photo after the pad distribution, including the RM Chairman.



Figure 14: Distributing sanitary pads, RM President Mr. Nanda Prasad Chaulagain.

4. Project Title : Women Empowerment For Sustainable Development (WESD).

4.1. Project Introduction

Based on experiences of FRL-Sarbodaya in Jumla, has developed this project proposal. FRL and Sarbodaya Nepal Jumla have been implementing "Women Empowerment and Livelihood Improvement" project (WELI-Phase 1 to 3) and "Gender Equality and Women Farmers Support" (GESI) program in Jumla since 2013. Jumla represents one of the least developed and Gender inequality, food insecure mountain districts in Nepal. In many rural municipalities, such as Tila, Tatopani, and Gothichaur, the social, economic, and political condition of women is not good. Women work more than men and are responsible for most income-generating agricultural activities while contributing 80% of domestic work.

Due to the load of work and lack of balanced diet, women have been suffering from different diseases; such as uterus prolapse, problems linked to reproductive system, and asthma. Women get married at very young age and have problems during childbirth, thus worsening the infant mortality rate and their feeble health condition. They don't have access to resources and money, and their opinions about major issues (e.g. child schooling, money investment) are not taken into consideration at the household and community level. Even if they generate income through farming (crops, legumes, vegetables, and livestock), it is men who use and manage the money women make.

The project aims to engage, train, and motivate women to uplift their social, economic, and political status. It intends to improve their health, enhance their participation in the decision-making process, gender equity and social inclusion to empower women, with the continuous support of the social mobilizers. and money management, and ensure equal rights. This project will be implemented in new wards in the three mentioned rural municipalities (ward n.1-2 in Gothichaur, ward n.7-8 in Tatopani, and ward n.4-8 in Tila) to support new female groups and new beneficiaries who have never been assisted by Sarbodaya Nepal Jumla.



Figure : 11 Group Photo of 16 days campaign of against women violence

4.2. Project Goal:

To improve the social, economic, and political condition of women in Jumla district in order to reduce gender inequality and empower women through improving their livelihoods, food security, and Nutrition.

4.3. Objectives:

- To improve the livelihood of women farmers in selected wards in the rural municipalities of Tila, Tatopani, and Gothichuar through promotion of kitchen gardens and improved agricultural 4.2.production technologies;
- To enhance women farmer income generation through commercialization of their products;
- To improve women health condition, with specific attention to reproductive and menstrual health, by conducting campaigns and providing treatment services;
- To enhance women capacity to participate in household's social activities decision-making process.

4.4. PROJECT COMPONENTS AND TARGET BENEFICIARIES:

4.4. 1. Gender equality and women empowerment

For the women's empowerment and gender equality component, the project will pursue a ward level strategy and will support a capacity building activity for six ward committees after carrying out an assessment of their capacity. The project will support the judicial and the social services committees through training and information events that will involve their members. The project staff and the GF will closely collaborate with these committees. For each ward, the project will select the most motivated and capable Gender Facilitators (GF) who will be oriented about the change of strategy (from group and settlement to ward level) and about the campaign for the elimination of GVB, domestic violence, chaupadi, and child marriage that will be implemented in 2024. In each ward, the project will work through four GF who will organize meetings on gender equality issues in the villages of the wards where such initiatives are most needed.



Figure 16: Review workshop with local leader for women and girl issues assessment



Figure 17: Joint monitoring program with local authorities in Guthichaur Mayor, vice- chairman SNJ Board team.

In agreement with the ward committees and with the RMs, the project staff will decide what activities to conduct in order to eliminate domestic violence. The intention is to convince the RMs to launch a village campaign in the six selected wards to advocate the elimination of GBV and distribute education materials to encourage people to avoid such violent behaviors. In this regard, the project also intends to involve teachers and students and raise awareness of gender issues, gender inequality, domestic violence, and child marriage in three schools. The possible activities will be: theater representations on gender violence, poetry and sing a song contest on domestic violence and child marriage, and school meetings with parents-teachers' committees.

The project aims to foster male engagement and participation in project activities to support women empowerment and stop domestic violence. In each ward, a man will be designated as gender equality champions (GEC) and supervise the local men's group. Moreover, the project intends to work directly with girls and boys. A child group will be formed in each ward. A gender facilitator will conduct the child group's meetings, providing information on women's rights, gender equality issues, and menstrual health, and discussing with them how to eliminate domestic violence and child marriage.

4.4.2. Health component and Sanitation

The health component (reproductive and children's health) is going to be based on a ward-level strategy in order to allow the project to intervene where the need is most felt. As in the case of the GF, for each ward the project will select four FCHVs who have shown their motivation and capacity. The 24 FCHVs will receive a training on the health problems in which the project intervenes but also on health issues (especially menstrual health) revealed by a rapid assessment that will be conducted in the selected wards. The survey will also identify the settlements and villages that have a particularly poor health profile. The relationship between the FCHVs and the local health centers in the wards will be reinforced and a health expert will conduct the orientation for the FCHVs. The project will organize a workshop in each RM on childcare and nutrition. One FCHV and the health post in charge will guide the workshops: this collaboration will strengthen the interface with the health services.



Figure 18 The Tatopani Mayor observing greenhouse support in Tlatoani



Figure 19 Green House support in Guthichur RM for off seasonal vegetable production

4.4.3. Income Generation for Women Empowerment

In 2024, the project team will form 8 groups of about 25 women farmers in each Rms. The HHs included in the groups will be selected on the basis of a number of criteria that can assure an acceptable horticultural production, such as household land (2 ropanis minimum). The groups will be supported with various training and inputs for bean and vegetable cultivation to improve their agricultural production. They will receive an intensive training on compost farming, one on kitchen garden management, and two on marketing and packaging to foster women's participation in commercialization processes and to teach them how to interface with buyers. The district agricultural development office (DADO) or the municipal JTA will dispense these training, two organizations Sarbodaya has already worked with.

Furthermore, the project will support the realization of six water retention ponds (two in Gothichaur, two in Tila, and two in Tatopani) in those places where access to water is more difficult, and provide plastic materials to build little greenhouses to support off seasonal vegetable production.

4.5. Major Activities Progress

Table 5: Completed Activities of Progress

Name of Activity	Unit	By Gender		Total	By Ethnicity			Remarks
		Female	Male		Dalit	Janjati	B/Chetri	
Outcome no 1 Gender Equality and Social Inclusion								
16th Word women day celebration march 8	Persons	349	36	385	56	12	317	
word Level meeting for the man group	Persons	8	84	92	12	3	77	
Village level Campaign Program	Persons	552	191	713	50	0	663	
GF. GEC Refresher Training	Persons	23	7	30	3	0	27	
School Level Program	Persons	155	204	359	35	13	311	
Ward committee Capacity building Program	Persons	9	16	25	5	1	19	
Training For the Man Group	Persons	11	76	87	9	1	77	
incentive Distribution 2nd Quarterly	Persons	47	7	54	3	2	49	
Day celebration Teej	Persons	420	180	601	110	0	491	
word Level meeting for the man group	Persons	37	50	87	9	1	77	

Name of Activity	Unit	By Gender		Total	By Ethnicity			Remarks
		Female	Male		Dalit	Janjati	B/Chetri	
Outcome no 1 Gender Equality and Social Inclusion								
incentive Distribution 1st Quarterly	Persons	47	7	54	3	3	48	
Outcome No 2: Income Generation and Agriculture								
Selection farmers for kitchen Garden	Persons	432	0	432	32	13	387	
Kitchen Garden Training	Persons	216	0	216	27	0	189	
Kitchen Garden Seed Support	Persons	216	0	216	27	0	189	
Agricultural Production and Orientation	Persons	215	1	216	5	13	198	
Import support for Agricultural production	Persons	215	1	216	5	13	189	
6 Ponds for farming	Persons	81	13	94	15	3	76	
Training for compost Farmer	Persons	215	1	216	33	14	169	
Outcome No 3: Girls Education and Empowerment								
Life Skill Training	Persons	26	0	26	6	1	19	
Peer Education training to Adolescents girls	Persons	23	0	23	6	2	15	
Orientation on MHM harmful practices	Persons	25	13	38	10	0	28	
Capacity enhancement and mobilization for Disaster Risk	Persons	30	0	30	7	0	23	
Exposer Visit in inter district level for girls club members	Persons	31	10	41	6	2	33	
Interaction with parents of children	Persons	30	3	33	5	3	25	
Outcome No 4: Health and Sanitation								
FCHVs Refresher Training	Persons	24	0	24	3	0	21	
		3437	900	4308	482	100	3717	

4.6.Key Result and Success:

4.6.1. Gender Equality & Women Empowerment:

- 24 Gender facilitator held 192 meetings in the groups level and capacited to 5123 members on gender equality, reducing domestic violence, chhuapdi reduction and workload reduction.

- According to women bite the male are supporting to women work and participation on key decision making at major issues in the society.
- The male and other people are encouraging in women participation on training, workshops, different type of user committee and political representative for meaning full participation in their community.
- The GF Find the 16 domestic violence case and facilitate to solution 11 case and 5 refer in rural municipality level.
- Integrated among women in the village for advocacy women and child issues in the village level.
- The man groups members (GEC) are supporting to women campaign and easy to facilitation for violence justice and taking advocacy in the village.

4.6.2. Health : Sexual Reproductive health and Right:

- The FCHVs are organized the 192 meeting in groups in 6 wards.
- The FCHVs find 34 uterus problem of women and facilitation for treatment to hospital.
- 231 women's screening uterus prolapse case in to UP camp in Tatopani and Guthichaur RMs
- From the camp find the 11 women's have symptom of Cancer.
- 4 women took the support form project on the uterus prolapse.
- The people are aware on Infant, child and other people health and hygiene.
- The women are maintaining hygiene every day during the mensuration period.

4.6.3. Income Generation for Women Empowerment (Agriculture Farming):

- Capacity building of 600 HH on agriculture input support and kitchen garden management.
- The commercialization agro production for 400 HH for agro farming and adaptation on new technologies.
- Capacity building of 39 farmers on market management and generating of income in village level and also farmers goes to able on self-market management link with traders and local business people.
- Capacity building and material support to 81 farmers for off seasonal vegetable production in 3 RMs



Figure 12 : The chain (Rally) program during the village campaign in the village level

5. Title of Project: COMDESK (Phase 4) and SGP OP8 Programme Landscape Strategy Development

5.1. Background and Context

The Tamor Landscape Strategy Planning Project, implemented by Sarbodaya Development for Campaign Nepal under the UNDP–GEF Small Grants Programme (SGP), represents a consultative initiative designed to guide sustainable landscape management in Nepal. Unlike community-level livelihood projects, this project functions as a strategic consultancy-type intervention that focuses on developing a comprehensive landscape-level framework. The project covered surveys and consultations across Dhankuta, Terhathum, Barahakchhetra, Tinau Landscape, Lamjung (Madi and Marsyangdi Landscapes), and Jumla (Patarasi and Gothchure Municipality). Through stakeholder meetings, expert consultations, and community workshops, the project emphasized integrated approaches that link biodiversity conservation, cultural preservation, and sustainable livelihoods.

The Community Development and Knowledge Management for the Satoyama Initiative (COMDEKS) was launched in 2011 as a flagship program recognizing that human-influenced natural environments, known as Socio-Ecological Production Landscapes and Seascapes (SEPLS), are crucial for both ecological health and human well-being (UNDP, 2011). The core philosophy of COMDEKS recognizes that human-influenced natural environments, known as Socio-Ecological Production Landscapes and Seascapes (SEPLS), are crucial for both ecological health and human well-being, encompassing diverse uses from farming and fishing to forestry.

COMDEKS operates by channeling small-scale financial resources directly to Indigenous Peoples and Local Communities (IPLCs) and civil society organizations (CSOs), empowering local actors to implement projects tailored to their specific contexts. This direct funding mechanism empowers local actors to implement projects tailored to their specific contexts and needs. The objectives of these projects are multifaceted, aiming to enhance local livelihoods, conserve biodiversity, address the impacts of climate change, and support the preservation of local cultures and traditional practices. By integrating these diverse elements, COMDEKS seeks to strengthen the overall resilience of SEPLS, encompassing both their ecological integrity and the socio-economic vitality of the communities dependent on them. A critical pathway for achieving this resilience is through the enhancement of local governance and participatory decision-making processes, ensuring that communities have a direct voice in the management of their natural resources. Beyond direct project implementation, COMDEKS places significant emphasis on knowledge management, actively collecting and disseminating successful local initiatives and lessons learned to facilitate broader adoption and scaling up globally.

The program has evolved through several phases. The first two phases of COMDEKS, funded by the Japan Biodiversity Fund (JBF), were implemented from 2011 to 2018 by UNDP through the GEF Small Grants Programme (SGP) (UNDP-GEF SGP, 2018). Phase 1 was implemented in

Makawanpur district in Nepal, however, phase 2 and 3 are not implemented in Nepal. Phase 3, initiated in 2020, expanded upon previous achievements by examining options for the institutional and financial sustainability of SEPLS. This phase focused on strengthening knowledge, sharing experiences, implementing policy dialogues, and providing inputs towards the development of the post-2020 Global Biodiversity Framework (GBF). The current iteration, COMDEKS Phase 4, launched in December 2022 at the CBD COP15, represents a continued commitment to these goals. This phase aims to further expand and ensure sustainable biodiversity management, enhanced governance, and livelihood activities within SEPLS over the period of 2023 to 2027. Its strategic intent is to catalyze and drive integrated local actions that directly contribute to the implementation of the Kunming-Montreal Global Biodiversity Framework (K-MGBF), particularly targets related to the conservation, restoration, and sustainable use of biodiversity. Additionally, COMDEKS Phase 4 supports the implementation of National Biodiversity Strategies and Action Plan (NBSAP) at the country level through locally led initiatives.

Nepal's diverse topography—ranging from lowland Terai regions at barely 60 meters above sea level (asl) to high Himalayas exceeding 8,800 meters—presents unique challenges and opportunities for landscape-level conservation. This remarkable elevation gradient creates a mosaic of ecosystems that house exceptional biodiversity while facing increasing pressures from climate change, land degradation, and socio-economic challenges. The country's biodiversity significance is evident in its 118 ecosystem types, over 11,000 plant species, and nearly 900 bird species, many of which are endemic or threatened. Nepal ratified the Convention on Biological Diversity (CBD) in 1993, demonstrating its commitment to global biodiversity goals. The program's evolution and its explicit focus on "restoring landscapes" through community-based projects that promote biodiversity conservation, ecosystem restoration, and sustainable development underscore a proactive, interventionist approach rather than merely passive protection. This signifies that COMDEKS aims to actively reverse environmental degradation and build resilience, integrating human well-being directly into the ecological framework. This emphasis on restoration represents a significant policy shift, moving beyond simply preserving existing natural areas to actively engaging in ecological recovery, which necessitates different types of interventions and partnerships focused on rebuilding degraded systems.

5.2. Goal of the Study

The main goal of the project is to formulate a strategy for sustainable landscape management that:

- Balances biodiversity conservation with livelihood security.
- Promotes inclusive and participatory governance at community and provincial levels.
- Integrates traditional ecological knowledge with modern scientific practices.

5.3. General Objectives of Study:

To develop a comprehensive and inclusive landscape management strategy that effectively tackles environmental challenges while promoting sustainable development and improving the well-being of local communities in Nepal. This strategy will be developed through a participatory process that integrates the objectives of SGP OP8 and the CPLS Programme.

5.4. Specific Objectives of Study :

- Develop a comprehensive and inclusive landscape management strategy: This will involve a participatory process that incorporates the knowledge and perspectives of various stakeholders, including indigenous communities, women, and marginalized groups.
- Conduct thorough baseline assessments of selected landscapes: These assessments will utilize both traditional knowledge and modern scientific methods to understand the ecological, social, and economic dynamics of the selected landscapes.
- Establish a strategic framework for implementation: This framework will align with national priorities and global environmental objectives, ensuring that the strategy contributes to broader conservation and development goals.
- Enhance landscape diversity and ecosystem integrity options: This will be accomplished by identifying (a) sustainable biodiversity, (b) resource management practices, such as agroforestry, sustainable agriculture, and community-based forest management, and (c) green economy opportunities based on the available resources in the selected landscapes.



Figure 13: Landscape of Tilla river basin view from Horticulture Research center Rajikot Jumla

5.5. Description of the Project Components

Strategic direction and prioritization	Landscape understanding and prioritization	Description of Project Activities	Landscape Baseline	Community level / Stakeholder & Expert Consultations	Knowledge Management
<ul style="list-style-type: none"> Identified priority landscapes across Nepal's physiographic regions, ensuring the representation of critical ecosystems and biodiversity hotspots. Developed a draft strategy outline 	<ul style="list-style-type: none"> Identified priority landscapes across Nepal's critical ecosystems and biodiversity hotspots. Developed a draft strategy outline 	<ul style="list-style-type: none"> Stakeholder mapping Landscape selection Multi-stakeholder consultation for landscape prioritization 	<ul style="list-style-type: none"> Prioritized landscapes Analyze existing data, including relevant policies, Field assessments to capture ground realities and indigenous knowledge. Baseline data collection 	<ul style="list-style-type: none"> Organized high-level consultations with the Ministry of Tourism, Forests, and Environment (MoTFE), provincial officials, and subject experts Developed a scientific and participatory framework for identifying landscape priorities. 	<ul style="list-style-type: none"> Technical reports and policy briefs for stakeholders Visual documentation (photos, videos, info-graphics) GIS maps showing environmental resources Web-based portal linking with existing SGP Integration with existing government knowledge management systems

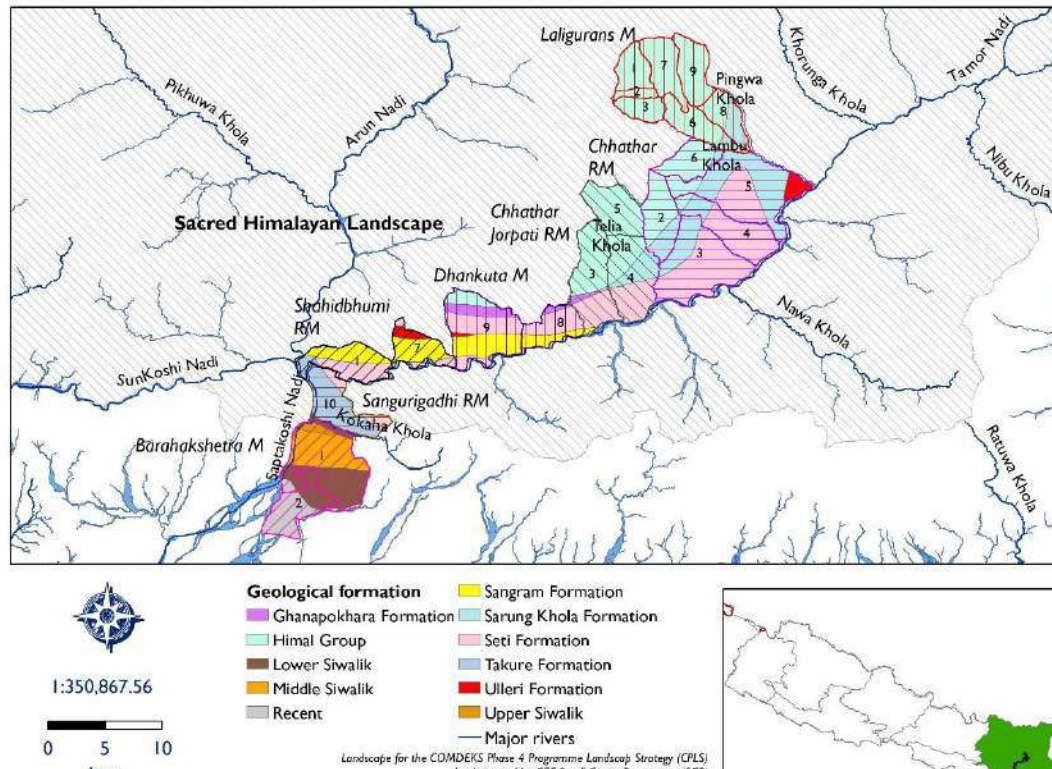


Figure 14 Geological feature of the Lower Tamor Landscape

5.6. Integrated strategy and implementation framework:

- The final step concentrates on developing and finalizing an integrated strategy that encompasses both CPS and CPLS objectives. Based on the comprehensive insights gathered, a draft strategy document will be prepared that outlines clear strategic directions, implementation approaches, and monitoring frameworks. This document will specifically address the four key outcomes identified in the COMDEKS framework: enhanced landscape diversity, sustainable biodiversity management, improved livelihoods, and strengthened governance. The draft strategy will undergo rigorous review processes, incorporating feedback from multiple stakeholders including the SGP National Steering Committee, COMDEKS Advisory Committee, GEF-SGP UNDP Country Office, and key community representatives.
- Validation workshops will be organized where the final strategy will be presented to stakeholders for endorsement, ensuring broad ownership and commitment to implementation. These workshops will also serve to build understanding of the strategy among potential grantees and partners, laying the groundwork for effective implementation.
- The final strategy document will include detailed implementation modalities that build on Nepal's existing institutional structures, including local governments under the federal system and community-based organizations.

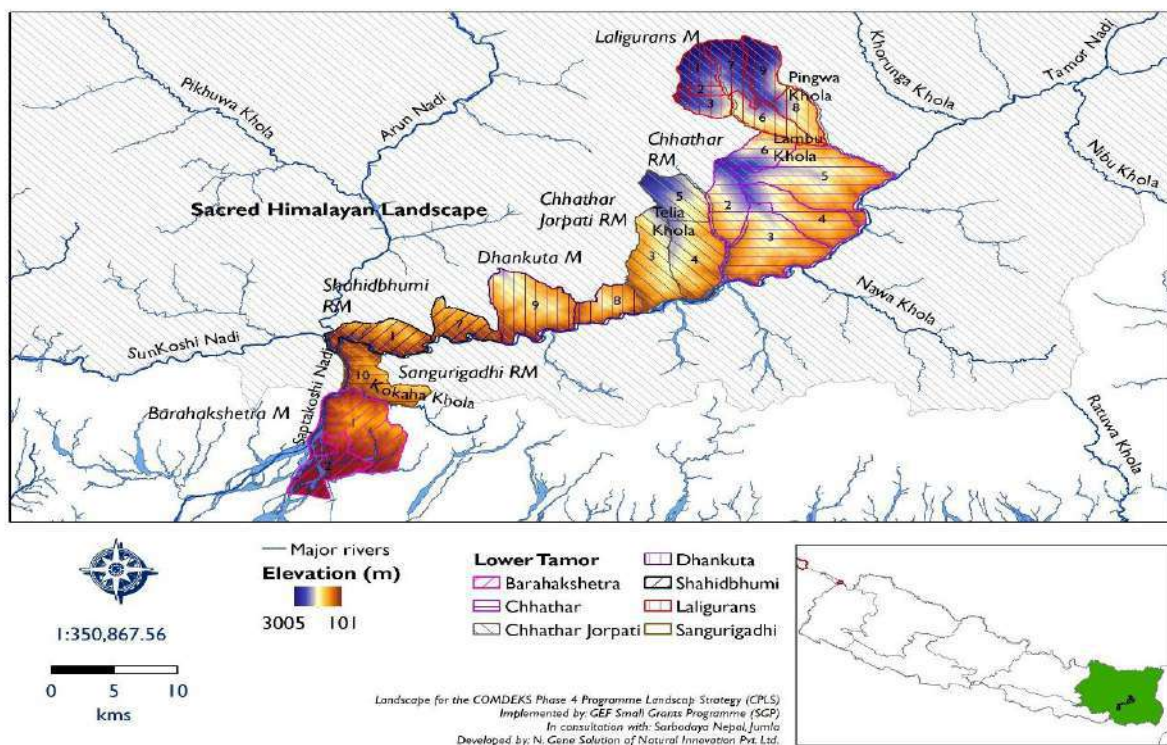


Figure 15: Elevation gradient of the Lower Tamor Landscape

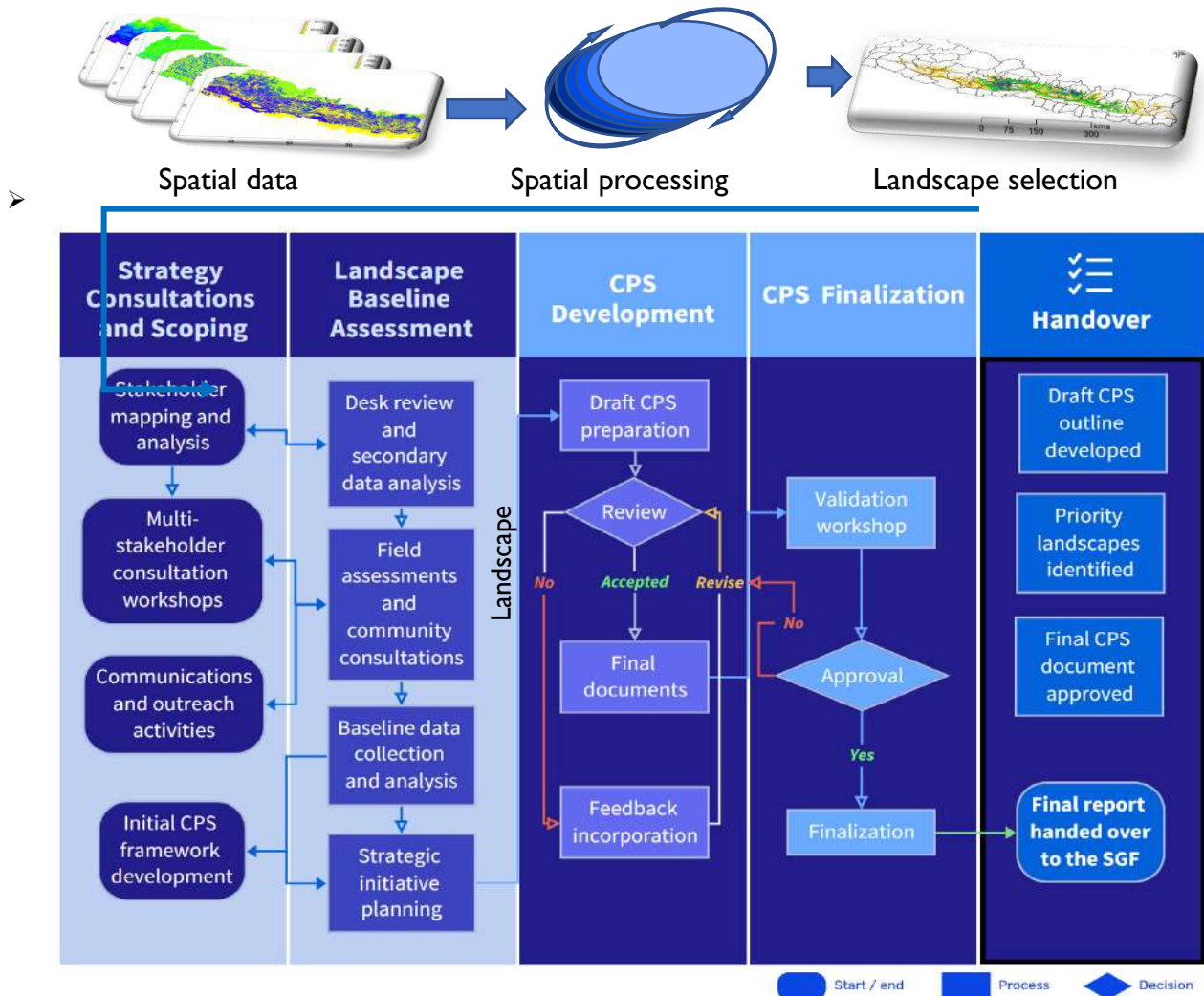


Figure 16: Methodological approach to the CPLS and CPS development

- A robust monitoring framework will be developed that enables tracking of progress while incorporating both traditional knowledge systems and standardized indicators of success. This framework will specifically address the measurement of landscape resilience, biodiversity conservation outcomes, improvements in community livelihoods, and strengthening of governance systems. The monitoring plan will include clear guidelines for data collection, analysis, and reporting, ensuring that project impacts can be effectively tracked and documented.

5.7. Conclusions and Recommendations

The Lower Tamor Landscape presents exceptional opportunities for demonstrating integrated conservation and sustainable development approaches under COMDEKS Phase IV. The comprehensive analysis reveals a region of immense ecological and cultural significance that faces complex but addressable challenges requiring coordinated interventions across multiple sectors and governance levels. The ecological significance of the landscape demonstrated

through its function as a biodiversity hotspot harboring 32 rhododendron species and serving as a critical wildlife corridor linking Terai lowlands with eastern Himalayas, provides compelling justification for conservation investment (Shrestha & Joshi, 1996). However, the apparent paradox of increasing tree cover nationally while forest growing stock declines from 178 m³/ha to 164 m³/ha reveals that conservation strategies must address forest quality and health rather than simply area-based metrics (DFRS, 2018). This finding suggests that COMDEKS interventions must prioritize comprehensive sustainable forest management that addresses socio-economic drivers of degradation while promoting alternative livelihoods and energy sources.

The analysis highlights critical vulnerabilities stemming from the climate change-water-livelihood nexus, with drying springs directly impacting agricultural productivity and food security throughout the landscape. This pattern underscores urgent needs for integrated water resource management strategies including spring revival, climate-smart irrigation systems, and watershed restoration that can build hydrological resilience while supporting agricultural intensification and livelihood security. Human-wildlife conflict emerges as a particularly complex challenge that exemplifies tensions between conservation success and livelihood security, with primates and other species causing 30-50% seasonal crop losses that drive out-migration and create negative feedback loops undermining both agricultural productivity and conservation capacity (Adhikari, R.C. 2018). Effective conflict mitigation requires moving beyond simple deterrent approaches to establish "coexistence economies" where communities perceive tangible benefits from wildlife presence through improved compensation mechanisms, livelihood diversification, and wildlife-based economic opportunities.

The baseline survey reveals concerning disconnects between ecological health and perceived human well-being, with communities reporting moderate livelihood and governance stability despite underlying ecological degradation. This pattern suggests that current well-being may depend on depleting natural resource bases, representing "ecological debt" that threatens long-term sustainability and requires interventions that explicitly link human prosperity to ecosystem regeneration and health. Significant disparities in SEPLS indicator performance by gender and social group indicate that systemic inequalities actively hinder equitable participation and benefit distribution, requiring interventions that move beyond superficial inclusion to address root causes including unequal resource access and promote leadership development among marginalized groups, particularly women and ethnic minorities. The comprehensive legal framework and decentralized governance structure in Nepal provide enabling environments for COMDEKS implementation while presenting coordination challenges across multiple institutions and governance levels. The dual nature of decentralization means that while local governments possess constitutional authority for land use planning and natural resource management, they may lack technical capacity, financial resources, or institutional systems necessary for effective implementation. Cultural embedding of conservation within indigenous communities provides

powerful foundations for sustainability, suggesting that interventions should actively empower traditional governance structures and knowledge systems while ensuring that conservation efforts remain culturally appropriate and locally driven rather than externally imposed.

5.8. Recommendations:

1. The program must adopt a truly holistic approach, recognizing the indivisible nature of ecology and culture. Interventions should be designed to simultaneously enhance biodiversity, restore ecosystem services, and improve human livelihoods, ensuring that progress in one area reinforces others.
2. Develop and implement highly targeted, gender-sensitive livelihood programs that specifically address the compound vulnerabilities of marginalized groups, such as Dalit women. This will ensure equitable benefit-sharing and prevent the exacerbation of existing social inequalities.
3. Focus on strategies that enhance agricultural productivity without sacrificing agrobiodiversity. This includes promoting ecologically sound practices like agroforestry, forest-fungi system in the community forests, and integrated farming, supporting local seed banks, and providing incentives for the cultivation of traditional, climate-resilient crop varieties.
4. Develop and scale up a multi-pronged human-wildlife conflict mitigation strategy. This should combine habitat restoration, effective deterrents, robust agricultural insurance schemes, and livelihood diversification, alongside strong community engagement to foster genuine coexistence and reduce retaliatory killings.
5. Establish and sustain multi-stakeholder coordination platforms involving all levels of government, community-based organizations, and development partners. This platform is essential for integrated planning, resource allocation, and implementation, ensuring synergy and maximizing program effectiveness.
6. Actively translate on-the-ground successes and lessons learned into policy-relevant formats (e.g., policy briefs, analytical case studies). Systematically disseminate this knowledge to influence broader national and sub-national policies and practices, ensuring that successful local initiatives contribute to wider development agendas.
7. Widespread deforestation, erosion, and forest fires cause landslides and habitat loss, displacing wildlife. Implement large-scale afforestation, enforce anti-logging regulations, and establish wildlife corridors with community-based conservation programs to stabilize ecosystems and protect biodiversity for long-term health.
8. Unsustainable free grazing and illegal herb collection are depleting forest resources and valuable medicinal species. Establish rotational grazing systems, enforce regulated

harvesting protocols, and promote community-led conservation with nurseries to allow for natural regeneration and sustainable use.

9. Irregular precipitation and droughts significantly reduce crop yields, impacting food security. Promote climate-resilient techniques, invest in small-scale irrigation and water-harvesting technologies, and support drought-resistant crops to mitigate the severe impacts of these erratic weather patterns.
10. The District Forestry Sector Plan must be based on resource maps to manage NTFPs sustainably for poverty reduction. Regularly train forest user groups in sustainable cultivation, harvesting, processing, and marketing to optimize production without jeopardizing resources.
11. Pesticide use disrupts ecosystems, while their ban without alternatives reduces output. Strictly enforce the pesticide ban, promote organic farming with bio-pesticides, and introduce integrated pest management strategies alongside disease-resistant local varieties to balance ecology and productivity.
12. Abandoning resilient traditional crops like foxtail millet reduces agricultural resilience, halving production. Establish community seed banks, promote indigenous varieties through incentives, and prioritize government programs for their research and preservation to enhance food security and biodiversity.
13. Decreasing NTFP production and market prices reduce household income. Support sustainable cultivation, improve value chains for high-value products like apples and walnuts, and establish fair pricing mechanisms to boost local economies and enhance collector income.
14. Heavy machinery in rivers decimates fish populations, while hailstorms damage apple crops. Prohibit destructive river work using bio-engineering, and implement agricultural insurance schemes with natural calamity relief funds to protect aquatic life and provide farmer financial stability.

Protect Title: Girl Education and Social Behavior Change Project.

Patarasi Rural Municipality is a remote area within Jumla District, the provincial capital of Karnali Province in Nepal. Despite this status, the municipality remains one of the most underdeveloped regions in the country. The majority of its population lives below the poverty line, and livelihoods are precarious.

The local economy is primarily based on subsistence agriculture. This, combined with the deeply entrenched patriarchal social structure, places a disproportionate burden on girls. They are responsible for nearly all domestic and agricultural labor, often working 11 months of the year. Son, as the dominant figures in society, typically contribute very little to these tasks.

This heavy workload, coupled with poor nutrition, a lack of healthcare especially during early age and child marriage and a general absence of personal agency, leads to significant health problems for girls and women. Furthermore, the male-dominated culture has historically denied women and girls opportunities for education, skill development, and personal growth. This lack of access to knowledge and resources reinforces gender inequality, which is also evident in the discrimination girls face in participating in community development initiatives and sharing household responsibilities.

To address these issues and promote gender equality and economic empowerment, a Three-year program was launched in Tila, Tatopani, Guthicharur and Patarasi Rural Municipality. This initiative, focused on business training and vegetable production, was jointly funded by the Italian Foundation (F) and Femi Sarbodaya Nepal Jumla, under their "Youth Camp" project. The program, specifically targeting Wards 8 of 4 Rural Municipality, also aimed to support adolescent girls and help reduce the prevalence of child marriage, encourage career development, Promote mensuration hygiene in the community.

6.1. PROJECT GOAL

To spread awareness and empower targeted girls aged 12 and above and under 18 years of age, to instill fearless self-confidence in them.

6.2. OBJECTIVES

- To improve the quality of education for girls from disadvantaged communities.
- To eliminate child marriage, to improve personal careers.
- To enable girls who are deprived of schooling to fulfill their parental responsibilities.

6.3. PROJECT COMPONENTS AND TARGET BENEFICIARIES:

During the one-year period from 1 January, 2024, to 15 July 2025, marking the project has reached to following target beneficiaries. This initiative empowers girls by transforming discriminatory family and community practices into equitable systems. It focuses on enhancing the capacity of girls in Tatopani, Tila, Guthichaur and Patarsi Rural Municipality. To support establish this municipality as a model, inspiring learning and positive change across the district.

Key Components	Target Groups:	Reached-out beneficiaries
<ul style="list-style-type: none"> Girls education for gender Equality. Social Behaviour change and Reproductive Health Right of girls. 	<ul style="list-style-type: none"> adolescent girls in rural communities. Local government officials and health workers. 	<ul style="list-style-type: none"> 285 girlss in rural area of 4 rual Municipality of Jumla District.

6.4. Major Activities Progress

Table 6: Completed Activities of Progress

Name of Activities	Unit	Quant ity	Gender		Total	By Ethnicity				Remarks
			Girls	Boy		Dalit	Janajati	B/Chettri	Others	
Enhance life skill of the girls members	Events	7	285	0	285	93	11	181	0	
Gender Based Violence and traditional harmful Practice awareness	Events	11	285	0	285	93	11	181	0	Girls and Women's
Reproductive health and Mensuration hygiene and sanitation	Events	8	285	0	285	93	11	181	0	Women and Girls and Male members
Total			285	0	285	93	11	181	0	

6.5. Key Results

- The girl club 285 member's capacities on gender equality and social inclusion.
- The girl club aware to school student and capacitate to other student in the school.
- The child club, girls club both are participated on school extra activities and aware persona carrier and other issues.
- Aware to 8 secondary school student on managed the west things surround of school and household in their student.
- Capacity build of girls club members, GF and FCHVs for community hygiene, plastic management and then are make action plan for management and cleanness in the community.
- The girl club members capacitate and started for advocacy on bad taboos and serotypes in the community.
- The girl club member's parents have been changes on behavior with girl then before.



Figure 27: Group photo of the interactive and orientation program on menstruation and Chhaupadi practice.



Figure28: Participants of Positive thinking and changes Training.

Financial Highlights

Sarbodaya Development for Campaign Nepal Chandannath-4, Jumla, Nepal

STATEMENT OF INCOME AND EXPENDITURE For the year ended on 32nd Ashadh, 2082 (16th July 2025)

<u>Particulars</u>	<u>Notes</u>	<u>For the period ended 32nd Ashadh 2082</u>	<u>For the period ended 31st Ashadh 2081</u>
INCOME			
Income Resources	4.8	20,649,131	10,536,62
Financial Income	4.9	-	-
Other Income	4.1	-	-
Total Income		20,649,131	10,536,62
EXPENDITURE			
Program Expenses	4.11		
<i>Personnel Expense</i>		5,266,642	
<i>Program Expense</i>		15,351,224	7,246,60
Capital Expenses	4.13	-	-
General Administrative Expenses	4.14	56,500	3,195,63
Depreciation	4.1	71,578	94,39
Total Expenditure		20,745,944	10,536,62
Net surplus/(deficit) before Taxation		(96,813)	-
Income Tax Expenses		-	-
SURPLUS/(DEFICIT) FOR THE YEAR		(96,813)	-


Kalpana Shahi
Finance & Admin Officer


Menaka Regmi
Treasurer


Kamalraj Khatri
Executive Director


Narayani Chaulagain
Chairperson



CA. Prakash Kumar Khad
P. K. K. & Associa
Chartered Accountant

Date:
Place:

Annex – 1. Success and Case Study

The River of Hope: Panchalakshmi's Second Chance at Life



Panchalakshmi Bohora's life, beginning in Gothigaun, Jumla, took a challenging turn with her marriage at sixteen to Diplal Bohora. Overnight, she was thrust into the demanding role of a daughter-in-law, tasked with managing a household while navigating the exacting expectations of her husband and mother-in-law. When the family faced hardships, particularly a decline in their agricultural production, Panchalakshmi became the scapegoat. Branded as incompetent, the blame solidified into a brutal reality of daily physical and sexual violence from her husband, a cruelty in which her in-laws eventually became complicit.

For three agonizing years, this abuse was her relentless shadow, eroding her spirit until despair convinced her that life was no longer worth living. One fateful day, overwhelmed by the relentless torment, she sought an end in the cold waters of a nearby river. Her survival hinged on the desperate intervention of a vigilant friend, who pulled her back from the brink. This critical incident did not remain a secret; it reached the ears of Junchaya Aidi, a dedicated facilitator with Sarbodaya Nepal Jumla. Recognizing the urgency, Junchaya swiftly organized a formal intervention.

A team comprising a gender facilitator, a local public representative, and a social worker visited Panchalakshmi's home. In a decisive discussion, they confronted the husband and mother-in-law with the devastating consequences of their actions. The mediation was a watershed moment. Faced with external accountability and counsel, the family members were compelled to see the truth. In a pledge that marked a profound turning point, they provided a written commitment to end all violence immediately. This commitment was not just words on paper. Gradually, almost imperceptibly at first, positive change began to blossom within the household walls. The abuse ceased, replaced by a tentative, then growing, mutual awareness and respect. Today, Panchalakshmi speaks of a home filled with a peace she had never known. Her children now study effectively in a harmonious environment, and the family's economic condition has seen improvement. Notably, her mother-in-law has become appreciative, and her husband actively prioritizes her well-being.

Transformed from a victim into an empowered advocate, Panchalakshmi's journey has come full circle. With the sustained support of Sarbodaya Nepal Jumla, she has channeled her resilience into a noble cause, becoming an active and successful participant in a campaign to promote literacy through informal education. Her story is no longer just one of survival, but a powerful testament to the possibility of change, raising crucial awareness throughout her community and proving that violence is never an acceptable fate.

Cultivating Success: Kamala Shahi's Journey from Wage Laborer to Agri-Entrepreneur



Ms. Kamala Shahi, a 31-year old mother of three from Topla village in Jumla, life was defined by the relentless cycle of subsistence farming. Though her family owned five acres of land, their approach was traditional, growing vegetables only for personal consumption and a mix of crops that generated a minimal annual income of just NPR 30,000 to 40,000. The food they produced lasted for only six to eight months, forcing Kamala and her parents to spend the remainder of the year as wage laborers to cover necessities like their children's education, clothing, and shelter. This financial strain isolated her, preventing participation in community gatherings and any hope of saving or investing.

Kamala recognized that a change was necessary. She had a vision: with the right training on commercial vegetable farming and modern technologies, she could transform her family's land into a viable business. She aspired to grow crops based on market demand, increase production, and finally achieve financial stability. This hope became a reality when she received crucial support from Sarbodaya Nepal Jumla and the Italian Foundation. The intervention marked a decisive turning point. Kamala was equipped with the knowledge and skills she had longed for. She learned advanced agricultural techniques, how to identify profitable crops, and strategies for year-round production. Embracing this new knowledge wholeheartedly, she shifted from farming merely for survival to farming for profit. She began strategically planning her planting seasons on their five acres, focusing on high-demand vegetables and continuing to cultivate resilient indigenous crops like quinoa and kaguno (Foxtail Millet).

The results were transformative. Within a year, Kamala's annual cash income skyrocketed to between NPR 100,000 and NPR 150,000. This new prosperity has fundamentally changed her family's life. She proudly states that she no longer needs to borrow money during lean periods. The financial security has granted her not only economic freedom but also the confidence to engage actively in her community. Filled with gratitude for the support from Sarbodaya and the Italian Foundation, Kamala now looks to the future with ambition. Buoyed by her success, she plans to expand her operations by renting additional land in the coming fiscal year. Kamala Shahi's story is no longer one of struggle, but a powerful testament to how targeted support and personal determination can cultivate not just crops, but lasting change and opportunity for an entire family.

Sowing Seeds of Change: Dhanalakshmi's Journey from Isolation to Agri-Entrepreneur

The Paribartan Mahila Group was formed in Nuwakot village, Tila Rural Municipality Ward No. 4, with the facilitation of Sarbodaya Nepal and the in-kind support of the Italian Foundation. The group has 25 members, and its aim is to make women economically, socially, and mentally capable.

Sarbodaya Nepal has conducted various awareness programs, skill development trainings, and women's empowerment programs in Jumla. These programs are designed to spread awareness about self-reliance, social issues, and the dangers of superstition. The greenhouse vegetable farming program initiated by the group has been particularly successful, bringing positive changes to the members' living standards. The transformative story of one member, Dhanalakshmi Chaulagain—a 34-year-old married mother of two exemplifies this success.



Before joining the group, Dhanalakshmi's life was very difficult. Financial constraints made it challenging to meet her family's basic needs and educate her children. Her husband was forced to seek employment in India. Dhanalakshmi was introverted, confined to her home, and held back by the superstitious and traditional thinking prevalent in her society.

After Sarbodaya Nepal began its programs in the village, Dhana laxmi participated and found the courage to change her path. With the help of the 25-member Paribartan group and Sarbodaya Nepal Jumla, a greenhouse was constructed, and vegetable seed operations began. Dhanalaxmi emerged as a model member. She started producing carrots, radishes, tomatoes, cucumbers, onions, and coriander. Although initial production was small, her continuous efforts and the group's support led to a significant increase in yield.

Now, they produce seasonal vegetables and sell them in the market. Dhanalakshmi, who once struggled with household expenses, now earns between 15,000 and 20,000 rupees per month. She participated in 8 different type of short training and to support to him materials for startup kitchen garden for vegetable productions. As a member of the Paribartan Group, Dhana laxmi's involvement in greenhouse farming has brought her economic improvement, confidence, and social change. Today, she inspires other women in the village to become self-reliant. True to its name, the Paribartan Group has succeeded in bringing visible positive change to its members' lives.

We would like to express our heartfelt gratitude to Kamal Raj Khatri, Executive Director of Sarbodaya Nepal Jumla, who prepared this case study under the Sustainable Development Program for Women Empowerment.

The Kailash Women Group: From Seclusion to Self-Reliance in Dungri Village

In the remote village of Dungri in Jumla, a quiet revolution began in March 2025 with the formation of the Kailash mothers' group. Facilitated by Sarbodaya Nepal, the group brought together 25 women whose lives were defined by isolation and rigid tradition. In the beginning, the meetings were marked by a palpable silence. The members, accustomed to being unheard, were shy and reluctant to participate, often unable to even introduce themselves. Their world was confined to the walls of their homes, where they bore the sole responsibility for all housework and childcare, their days dictated by harmful practices that had been normalized for generations.

Among the most oppressive of these traditions was the practice of menstrual exile. During their periods, women were forced to stay in rudimentary sheds outside the home, isolated from their families for up to seven days. They were prohibited from attending any community meetings and were denied nutritious foods like milk, curd, and fruit, based on deep-seated superstitions. This systemic disempowerment was reinforced by a culture that excluded them from decision-making and financial matters, cementing their status as secondary members of the household.



The turning point came through the consistent and patient efforts of Sarbodaya Nepal's monthly programs. These meetings, which included awareness workshops, discussions, and orientation programs, became a crucial sanctuary for dialogue. Slowly, the women began to share their experiences and consider alternatives to the burdens they had always carried. The first signs of change emerged in the domestic sphere. Husbands and sons began to understand that the women's workload, particularly during menstruation, was unjust. The practice of *Chhaupadi* saw a dramatic decline, reduced from a week to a single day in many households, as families recognized its harm. Men started actively sharing chores, motivated by the understanding that excessive physical burdens could lead to serious health issues, including uterine problems.



This domestic shift ignited a broader transformation in community life. The women of the Kailash group emerged from the shadows of their homes to claim their space in the public sphere. Their participation surged in community institutions; they gained representation in the Village Forest Users' Committee and became active in political parties. The most striking example of this new agency is member Maya Shahi, who shattered local barriers by being elected as a ward president. The women who were once forbidden from speaking now voice their rights confidently during Women's Day and Teej celebrations.

The group's raised consciousness has systematically challenged other harmful norms. Awareness that discrimination between sons and daughters is wrong has taken root, leading to a decline in the practice. The use of sanitary pads has been adopted, replacing unhygienic alternatives. Perhaps most significantly, the understanding that child marriage has devastating long-term consequences is now widespread, leading to a measurable reduction in the practice. Asmita Shahi, the group's chairperson, reflects that the organization "opened the eyes of women," providing vital knowledge about their rights to both mothers and fathers. This sentiment is echoed by Mahendra Shahi, a local educated figure, who notes that women are now seen as human beings with a right to rest and a full life. The Kailash group, true to its name which evokes a sacred and majestic peak has journeyed from a place of confinement to one of empowerment, proving that lasting change begins when women find their collective voice.

From Seasonal Scarcity to Year-Round Harvest: Laxmi's Victory Over the Himalayan Climate

In the remote Himalayas of Patarasi Rural Municipality, Ward No. 1 of Jumla, farmers experience a short growing season for crops and vegetables due to the cold winters, limiting them to subsistence farming. However, Laxmi has successfully tackled these challenging geographical and climatic conditions. Born in 2024, B.S. in Sayala Gadigaun, she started her journey struggling to feed her family, but she has since become a local icon of agricultural success and an inspiration within her community. She was not growing vegetables.



Before joining the WE change project, for generations, she had been growing traditional crops like potatoes, barley, buckwheat, and Beans. The yield was nearly sufficient to sustain them for four to six months in a year. Her husband goes to India for an income source in the winter seasons for the livelihood of the family. Her family didn't consume or sell vegetables. Her family didn't support vegetable production. So, Laxmi knew that to change her family's future, she had to break from tradition. Through the launch of the We Change Project, she joined the group members and gained knowledge of commercial vegetable farming. She received vegetable seeds and modern techniques, such as a greenhouse and farming tools for protecting the seedlings from the drought and cold climate of Jumla district. She received training on seedbed preparation, composting, and bio-pesticides for pest management. With the initial support, she converted a portion of the land into a plastic tunnel and planted her first crops of leafy vegetables, cabbage, and Pumpkin. She faced technical challenges and continually battled against the cold. But Laxmi didn't lose their power. She continues to consult with our Junior Agriculture Technician.

Nowadays, she was able to shift to commercial vegetable farming, increasing her annual income from NPR 15,000–20,000. She has been growing vegetables for about 8-9 months in a year inside the tunnel, ensuring a steady income and breaking the cycle of the season. Her work did not bring financial security, but it also improved access to fresh, nutritious vegetables for her family. Her whole family was engaged in vegetable farming, and her husband stopped going to India for employment. Laxmi now advocates for vegetable farming in her village, promoting sustainable, profitable agriculture and inspiring others to adopt similar practices.

Reclaiming Her Home: Manakali's Courageous Path to Ending Domestic Abuse

For 45 years, Manakali Budha's life in the steep terraces of Patarasi, Jumla, was a relentless cycle of hardship. By day, she labored alone on her land, growing potatoes, maize, and beans in a struggle to feed her children. By night, she faced a different kind of struggle: the anxiety of her husband Himal's return from his seasonal migrant work in India. His earnings were irregular and insufficient, and what little money he brought home was often spent on alcohol. Manakali endured verbal and physical abuse, financial neglect, and the overwhelming burden of raising their children alone. With no education or knowledge of her rights, and a community bound by traditional norms that ignored such suffering, she silently blamed her fate.



A turning point arrived when Sarbodaya Nepal Jumla began working in her village. A social mobilizer, Rebika Sunar, invited Manakali to join a women's group. Initially, she participated passively, sitting silently during monthly meetings where topics like women's legal rights and domestic violence were discussed. The concepts were new and daunting. But through consistent participation and Rebika's gentle encouragement, a transformation began. Gathering immense courage, Manakali finally broke her silence and shared her painful experiences of abuse with the group. This confession triggered a decisive, collective response. The social mobilizer, a gender facilitator, and the entire group mobilized to support her. They engaged in thoughtful discussions on how to address Himal's addiction and abusive behavior. It was a challenging process; convincing a man clouded by addiction to change required patience and a compassionate approach. The group, along with Manakali, continually appealed to his sense of responsibility as a husband and father, reminding him of the man he once was.

Gradually, this persistent intervention yielded results. Himal began to reduce his alcohol consumption. As he did, the abusive behavior ceased. Today, the Budha household tells a story of renewal. Himal, now mentally healthier, has stopped migrating to India and works alongside Manakali on their farm. He contributes his earnings directly to the family and treats Manakali with respect. They now make financial decisions together as partners. From a life defined by fear and isolation, Manakali has found her voice and, with the support of her community, rebuilt her family on a foundation of dignity and mutual respect.

Ending the Cycle of Migration: A Mother's Success in Sustainable Agriculture



Chandrakali Budha, a 31-year-old educated mother from Lorpa village in Jumla, faced a constant battle against food insecurity. Like many in her community, her family relied on traditional agriculture, growing potatoes, maize, and buckwheat. However, the annual yield from these crops was only sufficient for three to four months, generating a meager income of NPR 15,000 to 45,000. This chronic shortfall created a cycle of hardship, forcing the men in her family to migrate to India or risk hunting for NTFPs in high-altitude forests to survive the lean months. The family could not afford to borrow money, and providing for their children's education and basic needs was a persistent struggle.

The turning point arrived when Chandrakali joined an agricultural initiative supported by Sarbodaya Nepal Jumla, FEMI, and the FRL Foundation. This intervention provided her with the essential tools for change: access to high-quality vegetable seeds, a greenhouse for protected cultivation, and comprehensive training in modern techniques. She eagerly learned about plastic mulching to conserve water and bio-pesticides for organic pest management. Empowered with this new knowledge and resources, Chandrakali boldly shifted from subsistence farming to a commercial model. She began cultivating high-value vegetables not only on her own land but also by renting additional plots. This strategic move dramatically increased her production capacity and income. Within a year, her annual earnings soared to between NPR 100,000 and 150,000.

This new financial stability has transformed her family's life. The income ensures better education for her children and covers household expenses without the previous anxiety. Chandrakali notes that vegetable production is not only a superior source of income for fulfilling daily needs but also guarantees her family's consumption of fresh, nutritious food. Most significantly, the reliable income from their land has ended the need for dangerous migrant work, keeping the family united and secure. Chandrakali's success is a powerful example of a broader shift in rural Nepal. Her story demonstrates how targeted support can catalyze a change from mere survival to sustainable prosperity. By embracing commercial vegetable farming, she has not only empowered herself economically but also become a role model, encouraging other women and youth in her community to see agriculture as a viable and profitable future.

Breaking the Chain: A Adolescent Girls' Club's Intervention Stops Child Marriage and Empowers a Community

Miss. Smriti Rokaya is a 16-year-old girl from Lhigaun, Ward No. 2, in Tila Rural Municipality. She was born on the 8th of Ashad, 2066 BS. Her family, which includes her father Dhan Bahadur Rokaya, her mother Kali Rokaya, and six members in total, faces significant financial challenges. Their main source of income is agriculture. Smriti is currently a tenth-grade student. Due to her family's economic weakness, she often lacked essential supplies like paper, books, pens, and a proper school bag. Despite these hardships, she was determined to study well and accept the realities of her situation.



While attending school, a boy from her village proposed marriage to her. Smriti, however, had aspirations to continue her studies, build a future for herself, and become an advocate for aggrieved girls and women in her community. The boy persisted, daily professing his affection and insisting that Smriti was his life partner. This relentless attention made Smriti feel helpless and began to create problems in her family life and studies, causing her academic performance to decline. A turning point came in the month of Magh, 2081 BS, when Sarbodaya Nepal Jumla implemented the Kishori Education Program for women's empowerment. A group was formed, and Smriti was selected as its president. Through the program's monthly meetings, Smriti and other members learned about crucial topics such as reducing domestic violence, self-defense, legal rights, and personal development. They were also taught practical skills for protection. Empowered with this knowledge, Smriti first tried to reason with the boy. She reminded him that they were both young and immature, and she explained that marriage before the age of 20 is considered child marriage, which is illegal in Nepal. However, the boy ignored her appeals and continued his advances.

Ultimately, Smriti sought help from the local police. The boy was called to the police station for a discussion, where he was given a formal legal warning and made to write a letter promising not to harass her again. After this intervention, the boy stopped his unwanted behavior. Smriti now reports that she is free from stress, her studies have improved significantly, and her grades are higher than before. She attributes this positive change to the Kishori Club formed by Sarbodaya. She reflects that without the club's support, she cannot imagine what her life would be like today.

This experience has not only made Smriti more aware but has also empowered the entire club. The members now actively campaign to reduce violence in their village and help bring justice to others. Smriti extends her heartfelt thanks to the Italian Foundation, Buddhist Union Italy, and Sarbodaya Nepal for providing her with this life-changing opportunity.

बार्षिक प्रतिवेदन २०२५



सर्वोदय विकासका लागि अभियान नेपाल, जुम्ला