

# STORIES OF CHANGE

## परिवर्तनका कथाहरु



**CIVIL SOCIETY SUPPORT PROJECT ON RIGHT TO FOOD**  
**खाद्य अधिकारका लागि नागरिक सहायता परियोजना**



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CARE Nepal

# MESSAGE

CARE Nepal has been implementing a Civil Society Support Project on Right to Food (in short; RtF Project) since 1st July 2013 with the financial support from DANIDA through CARE Denmark. The project has a national coverage but has extensively been working in Siraha, Udayapur and Okhaldhunga districts. The strategic partners of the project are National Farmer Groups Federation (NFGF), Community Self Reliance Center (CSRC), National Land Rights Forum (NLRF) and Right to Food Network (RtFN) (*RtFN was a strategic partner in first phase*). A consortium of LIBIRD has been working with the project as knowledge partner on climate change adaptation. The impact groups for the project are small holder and landless farmers with a focus on women and other marginalized groups.

The issue of food security is not only the question of availability of food, but it is also related to entitlement of food and land. Discriminatory social practices leading to exclusion and non-participation is an underlying cause of food insecurity because it prevents, especially women from marginalized backgrounds, to access and own productive resources such. Thus, RtF Project aims to support civil society organisation (CSOS) to become more representative, inclusive, legitimate, accountable and effective in order to demonstrate new ways of addressing food insecurity and required policy responses through engagement with the government which will contribute to the realization of the Right to Food.

We are very pleased to share you a Change Stories, which reflects the voices from the field and local communities with whom we are working. This collection of change story is the reflection of CARE and its partners' work in the communities highlighting how marginalized women, landless farmers and smallholder are being able to change their lives. The book showcases some of the successes that the project achieved in the life of the project.

We would like to express our thankfulness to the contributors of this book, especially the marginalized women and smallholder farmers who shared their stories of change and provided their consent to publish their photographs and stories. We are equally thankful to the partners, government officials, VDC secretaries, agriculture technicians and local resource persons for their contribution. Thanks also goes to CARE Denmark, and entire Right to Food Project team for your inspiration and continuous efforts to bring the voices of the impact group.

We hope you will enjoy reading the stories of change how the marginalized has struggled to bring change in their life and others.

**SUSTAIN Program Team**  
**CARE Nepal**



## Model Contract Farming: From Subsistence to Commercial Farming

**“No wages any more, we work hard to earn cash”** – this has, by now, been a slogan of Dalit Women Farmers Group. Once members of the group started selling vegetables and getting money in cash, this *Musahar* settlement with 40 households seems to have all the vigour and enthusiasm for farming.

The members of the group had, all along, been working on daily wages in the fields owned by other people. However, they have presently started taking on lease the plots of land for growing vegetables, working day and night and contributing towards making the contract farming a reality. They are predominantly engaged in agricultural work but all of them are landless people. Contract farming was started in April, 2015 with support from Right to Food Project, CARE Nepal being implemented by the National Farmers Group Federation (NFGF) in 6 and 7 ward of Bhagawanpur VDC in Siraha. Contract farming is being carried out through Dalit Women Farmers Group for upliftment of *Musahar* community in coordination with District Development Committee (DDC), District Agriculture Development Office (DADO), District Livestock Services Office (DLSO), Bhagawanpur

VDC, NFGF and Local Initiatives for Biodiversity, Research and Development (LI-BIRD).

The 40 members of group have taken 2.6 hectare of land on lease for a period of ten years on the condition that the rent will be Rs. 2,200 per 0.03 hectare per annum. For each household 0.06 hectare of land has been allocated. Similarly, two motor pumps with its accessories and five sprayers were made available to the group by the NFGF and Bhagawanpur VDC. The group has bought a mini tractor with grant assistance received from DADO. DDC of Siraha has contributed towards construction of a collection center. The group has been growing vegetables such as cauliflower, brinjal, onion, potato, garlic, cucumber, green peas, cabbages etc. and are selling in a local market. It is reported that the households engaged in vegetable farming have succeeded in earning Rs. 5,000.- at minimum and Rs. 60,000.- at maximum.

This contract farming has set an example of how farming can be developed into a primary occupation through provisions of irriga-

tion, technical know-how, quality seeds, fertilizers etc. and turn it into a commercial farming. Moreover, it is very much encouraging for all who have been involved in this project to learn that farmers in Bhadaiya and Ganeshpur VDC have replicated it in their group. The Government of Nepal has recently addressed the issue of contract farming in its policy. However, there is a need for making it more systematic and productive. It calls for support from all stakeholders from their respective fields.

### जीविकोपार्जनको आधारबाट व्यावसायिकतातर्फ फड्को मार्दै: नमुना करार खेती

**“ज्याला मजदुरी होइन अब, आफ्नो परिश्रम, आफ्नै हातमा नगद”** - दलित महिला कृषक समूहको आवाज बनेको छ, यो अहिले । तरकारी बेचेर नगद हात पर्न थालेपछि, करार खेतीमा संलग्न भएका ४० घर-परिवार भएको मुसहर बस्तीमा अहिले खेती-किसानी गर्नका लागि छुट्टै जोश र जाँगर देखिन्छ ।

अरूको खेतमा ज्याला मजदुरी गर्दै आएका त्यहाँका ती समुदायले जग्गा भाडामा लिई आफ्नो मिहिनेत र पसिना बगाएर करार खेतीको परिकल्पनालाई मूर्त रूप दिन थालेका छन् । २०७२ साल वैशाखमा राष्ट्रिय कृषक समूह महासङ्घ नेपाल द्वारा सञ्चालित खाद्य अधिकार परियोजना, केएर नेपालको सहयोगमा सिरहा जिल्लाको भगवानपुर गा.वि.स. वडा नं. ६ र ७ मा गठन भएको दलित महिला कृषक समूहमाफत करार खेती सुरुवात गरिएको थियो । मुसहर समुदायका महिलाहरूलाई प्रवर्द्धन गर्नका लागि महासङ्घको पहलमा जिल्ला विकास समिति, जिल्ला कृषि विकास कार्यालय, जिल्ला पशु सेवा कार्यालय, भगवानपुर गा.वि.स तथा महासङ्घ र ली-वर्ड संस्थाको समेत समन्वय तथा सहयोग रहेको छ । उनीहरूको मुख्य पेशा कृषि कर्म नै हो तर ती समूहका सदस्यहरू भूमिहीन छन् ।

सहभागी समूहका ४० सदस्यहरूले ४ विघा निजी जग्गा १० वर्षका लागि प्रतिवर्ष प्रतिकट्टा रु. २,२००/- तिर्ने गरी उनीहरूले जग्गा भाडामा लिएका छन् । प्रतिघरधुरी बराबर २ कट्टा पुग्ने गरी ४ विघा जमिनको व्यवस्था गरिएको छ । महासङ्घका तर्फबाट पानी तान्ने विद्युतीय मोटर २ इन्च २ थान, बोर्डिङमा लगाउने हेड १ थान, तार ६ क्वाइल र प्लाष्टिक लुज पाइप ४० केजी त्यस

समूहलाई उपलब्ध गराइएको छ । त्यसै गरी गा.वि.स. भगवानपुरका तर्फबाट ५ थान स्प्रेयर उपलब्ध गराइएको छ । जग्गामा जि.कृ.वि.का.को प्राविधिक सहयोगमा तरकारी खेती लगाइएको छ । जि.कृ.वि.का.को अनुदानमा समूहले १२ अश्वशक्तिको मिनि पावर ट्रयाक्टर खरिद गरेको छ । वर्षमा ३ बाली खेती लगाई विशेष गरी तरकारी जस्तै: काउली, भन्टा, प्याज, आलु, लसुन, काँका, हरियो मटर, बन्दा आदि माफत हालसम्म प्रतिपरिवार न्यूनतम ५ हजारदेखि अधिकतम ६० हजारसम्म आमदानी गर्न सफल भएका छन् । जि.वि.स. कार्यालय सिरहाको सहयोगमा सङ्कलन केन्द्र बनेको छ । नजिकैको स्थानीय हाट-बजारमा उनीहरूले आफ्ना उत्पादन बिक्री गर्दै आएका छन् ।

सिँचाई, प्रविधि, प्रविधिक ज्ञान, गुणस्तरका वीउ, मल आदिको समुचित व्यवस्था गरी कृषि कर्मलाई मुख्य पेशाको रूपमा स्थापित गर्दै कृषिलाई व्यवसायतर्फ उन्मुख गराउन सकिन्छ, भन्ने उदाहरण बनेको छ, भगवानपुरको करार खेती । भदैया र गणेशपुर गा.वि.स.का कृषक समूहले यस सिकाइलाई आफ्नो समूहमा लागू गरेका छन् । हाल नेपाल सरकारले नीतिगत रूपमा समेत सम्बोधन गरिसकेको यस करार खेतीलाई अभि व्यवस्थित र उत्पादनमुखि बनाउनु जरुरी देखिन्छ । यसका लागि सबै सरोकारवालाहरूले आ-आफ्ना क्षेत्रबाट यथोचित योगदान पुऱ्याउनु आवश्यक छ ।





## A Ray of Hope- Story of Tetri Devi Ram

Tetri Devi Ram is a 46-year old woman from Dhangadhi Municipality- 11 of Nainpur, VDC Siraha. She has a family of twelve members. Her husband works as a laborer in a local brick factory and she too works as an agricultural laborer. She is the vice-chairperson of Dina Bhadri Village Land Rights Forum (VLRFF) which has been organising and mobilizing landless people for the last ten years.

During this period, she took part in a number of rallies that were taken out throughout the country. These rallies were organized with the objective of exerting pressure on the government to address the issues of landless people. With the help of the project, Tetri Devi Ram was provided with the opportunity of taking part in a training course on advocacy. Since then, she has developed confidence in public speaking. This has resulted in her now also being a member of the local village committee. She is called upon frequently to address the local issues.

Through the group's advocacy, the rate of daily wages has increased from Rs 150.- to Rs 500.- She also shares how the group is fighting to overcome the atrocities of landlords through advocacy. According to her the most significant change for her after joining the group is that they are, by now free, from bonded labour i.e. *Haruwa Charuwa* as it is locally known.

In spite of all these advocacy efforts, Tetri Devi is not satisfied with the role of political parties because they are not supporting the cause of landless people. Apart from it, she sometimes feels that she is disadvantaged for being a woman and the one who comes from the Dalit community as well.

Despite of all this, Tetri Devi manages to keep her spirit high: “The project has made me enthusiastic and given me hopes for the future. Before implementation of the project I was a bit pessimistic about my life”. Now, she has been encouraged to make herself involved in social activities and has managed to make herself a respectable person in the village. Apart from it, she can now feed her family twice a day without much difficulty.

### आशाको किरण - तेत्रीदेवी रामको कथा

तेत्रीदेवी राम अहिले ४५ वर्षकी भइन् । उनी धनगढी नगरपालिका ११, नैनापुर सिरहाकी बासिन्दा हुन् । उनको परिवारमा १२ जना सदस्य छन् । उनका श्रीमान् स्थानीय ईटा कारखानामा मजदुरी गर्दछन् । उनी आफैँ पनि कृषि मजदुरका रूपमा काम गर्दछन् । उनी दिनाभद्री भूमि अधिकार मञ्चकी उपाध्यक्ष पनि हुन् र उनी विगत १० वर्षदेखि भूमिहीन किसानलाई सङ्गठित पार्ने एवं परिचालन गर्ने कार्यमा तल्लीन छिन् ।

बितेका १० वर्षमा भूमिहीनका सवालहरूको सम्बोधनका लागि देशका विभिन्न भागमा सञ्चालित दबावमूलक अभियानहरूमा तेत्रीदेवी सक्रिय रूपमा सहभागी भएकी छिन् । परियोजनाको सहयोगमा सञ्चालित जन वकालत तालिमले उनमा समूहका अगाडि उभिएर आफ्ना भनाइहरू राख्ने क्षमताको

विकास भएको छ । परिणामस्वरूप उनी अहिले पनि स्थानीय समितिमा सदस्य छिन् र स्थानीय सवालहरूलाई सम्बोधन गर्नका निमित्त गरिने छलफलमा उनलाई आमन्त्रण गरिन्छ ।

समूहले गरेको ज्याला वृद्धि अभियान (पैरवी) का कारण दैनिक ज्याला रु. १५०/- बाट बढेर रु. ५००/- पुगेको छ । पैरवीको माध्यमबाट कसरी साहूको अत्याचार बाट मुक्त हुन सकियो भन्ने अनुभव बताउँदै उनी भन्छिन्, “मेरा लागि समूहमा आवद्ध भएपछिको महत्वपूर्ण परिवर्तन भनेको हरुवा-चरुवाबाट मुक्त हुनु हो ।”

पैरवी गर्दागर्दै पनि राजनीतिक दलहरू भूमिसम्बन्धी सवालहरूमा सकारात्मक छैनन् । दलित, अनि महिला भएको कारणले पनि आफ्ना आवाज सुनाउन विभिन्न कठिनाइको सामना गर्नुपर्दछ । यस्तो अवस्थामा पनि उनले आफ्नो मनोबल उच्च राडेकी छिन् ।

“परियोजना शुरु हुनुभन्दा पहिले ममा जीवनप्रति चिन्ता थियो । परियोजनाले ममा जीवनप्रति आशा जगाएको छ,” उनी भन्छिन् । परियोजनाले उनलाई सामाजिक क्रियाकलापमा सरिक भएर सम्मानित जीवन बिताउन प्रोत्साहन गरिरहेको छ । अब उनी धेरै कठिनाइविना नै परिवारका लागि दुई छाकको जोहो गर्न सक्दछिन् ।



## Discovering Empowerment- Story of Manju Dhamala

Manju Dhamala is a 36-year old woman from Katari Municipality-6 in Udayapur district. The primary source of livelihood for her family is wage labor. Her husband works as a wage laborer at Surat in India. In addition, she has some livestock, another source of living for her family. Her family owns 0.53 hectare of land, out of which 0.13 hectare is inherited.

Manju is a member of Suryamukhi Village Land Rights Forum (VRF) established in 2003. She has been associated with it for the last two years. Since her association with it, she got the opportunity to participate in a number of training courses on agriculture, advocacy and empowerment. She was trained on maize and mushroom farming, usage of pesticides like Malathion. She also took part in a study tour to Gaighat to be familiar with irrigation system and received seeds of cereals at a subsidized price and vegetables free of charge from the District Service Centre. This tour was organized by National Farmers Group Federation (NFGF). "Once I was associated with the Farmers Group, I came to know about the role of Agriculture Service Center along with the facilities it provides".

Now, after the intervention of NFGF and its program, she says, "I have no hesitation to speak what I have in my mind". She often visits Agriculture Service Center and gets information about its upcoming services. With the seeds made available by the Service Center, she doesn't have to buy any vegetables. She grows herself in her commercial vegetable farming. Once she, along with other members of the group, was provided with an opportunity to participate in a training course on mushroom farming. Upon completion of the training, they have initiated collective mushroom cultivation. The group has also collective saving fund with monthly contribution of Rs. 100 from each and every member of the group. In case any member of the group is in need of money, he/she can take a loan from it. Manju has taken loans from the fund for investment on agricultural inputs as well as on education of her children.

"Now, I am not shy to ask for what I am entitled and can discuss with government officials frankly," Manju remarked happily. "I have some saving which I may spend on education of my children. I am exposed a bit to outside world. That is why I am not scared to interact with people even they may not be known to me."

## सशक्तीकरणको खोजी : मञ्जु धमलाको कथा

मञ्जु धमला अहिले ३६ वर्षकी भइन् । उनी उदयपुर जिल्लाको कटारी नगरपालिका वडा नम्बर ६ मा बस्दछिन् । दैनिक ज्याला मजदुरी नै जीविको पार्जनको उनको मुख्य स्रोत हो । उनका श्रीमान् भारतको सुरतमा मजदुरी गर्दछन् । यसबाहेक उनले केही गाईवस्तु पालेकी छिन् र घरको दैनिक काममा नै उनको बढी समय बित्ने गर्दछ । उनसँग १६ कट्टा जग्गा छ जसमध्ये ४ कट्टा उनले पुर्खौली सम्पत्तिको रूपमा प्राप्त गरेकी हुन् ।

मञ्जु धमला सूर्यमुखी कृषक समूहको सदस्य पनि छिन् । यो समूहको स्थापना सन् २००३ मा भएको हो र उनी यस समूहमा विगत २ वर्षदेखि सक्रिय रूपमा आवद्ध छिन् । यस कृषक समूहमा आवद्ध भएपश्चात् उनले कृषि, सशक्तीकरण, पैरवी आदि विषयमा तालिम प्राप्त गरिन् । उनले कृषि विषयमा मकै तथा च्याउ खेती, विषादिहरूको उचित प्रयोग आदि विषयमा प्राविधिक तालिमहरू दिइन्, जिल्लाको सदरमुकाम गाईघाट गएर सिँचाइका लागि सहयोग माग गरिन् र महासङ्घको सहजीकरणमा सेवा केन्द्रबाट बीउ-विजनहरू प्राप्त गरिन् । उनले केही बीउ ५० प्रतिशत अनुदानमा र अन्य तरकारीको बीउ सेवा केन्द्रबाट पैसा नतिरीकन पाइन् । उनी भन्छिन्, “कृषक समूहमा आवद्ध भएपश्चात् मात्र मैले कृषि सेवा केन्द्रले गर्ने काम र दिने सेवाको बारेमा थाहा पाएँ ।”

“राष्ट्रिय कृषक समूह महासङ्घले सञ्चालन गरेको कार्यक्रममा सहभागिता जनाएपश्चात् मात्र मैले लाज नमानीकन बोल्न थालेकी हुँ,” मञ्जु धमलाले भनिन् । आजभोलि उनी निरन्तर कृषि सेवा केन्द्र जान्छिन् र उपलब्ध सेवा तथा सुविधाका बारेमा जानकारी लिन्छिन् । सेवा केन्द्रबाट प्राप्त गरेको बीउको कारणले गर्दा अब उनले कुनै पनि बीउ किन्नुपर्दैन किनभने उनले त्यसपछि आफ्नै बीउ उत्पादन गर्न थालिन् र व्यावसायिक रूपमा तरकारी खेती गर्न थालिन् ।

समूहका सदस्यहरूसँगै लिएको च्याउ खेतीको तालिमपश्चात् समूहसँग मिलेर सामूहिक च्याउ खेतीमा पनि उनी संलग्न भएकी छिन् । सूर्यमुखी कृषक समूहको आफ्नै बचत कोष छ । यस कोषमा हरेक सदस्यले प्रत्येक महिना रु १००/- जम्मा गर्दछन् । यसरी समूहमा जम्मा गरेको कोष कुनै सदस्यलाई आवश्यक पर्दा ऋणका रूपमा लगानी गरिन्छ । मञ्जु धमलाले पनि नियमित बचत गर्दछिन् र आवश्यक पर्दा समूहबाट ऋण लिन्छिन् । यसरी लिएको ऋण उनले कृषि औजार, अन्य कृषि सामग्री तथा छोराछोरीको पढाइमा लगाउँछिन् ।

“अब म कुनै पनि सरकारी कर्मचारीहरूसँग आफ्ना हक-अधिकारका बारेमा कुरा गर्न वा कुनै सेवाको माग गर्न डराउदिनँ,” मञ्जु खुशी हुँदै भन्छिन् । “तरकारी खेतीबाट गरेको बचत म छोराछोरीको शिक्षामा खर्च गर्न चाहन्छु । यस समूहमा आवद्ध भएर घरभन्दा बाहिरको संसार पनि देख्ने मौका पाएँ । यसबाट मेरो डर हराएको छ ।”





## Successful initiation of Dalit Musahar community in Vegetable Farming

People from *Musahar* community all along had been working on daily wages in the fields owned by other people. A few households had nominal land but they did not bother about growing some crops in it. Then, the concept of introducing vegetable farming to the *Musahar* community was raised and discussed. After rigorous discussion, *Musahars* from Musaharnia, Bhangbari and Nipane located in Golbazaar-3 of Siraha district showed their interest in farming. At present, *Musahars* from 63 households have been engaged in commercial farming. Growing vegetables has not only helped to enhance their livelihood but also brought about changes in the way of their life and culture.

The commercial vegetable farming in the *Musahar* community was started in January 2017 with support from Right to Food Project, CARE Nepal being implemented by Community Self Reliance Centre (CSRC) and Forum of Justice and Equality Campaign (FOJEC) in district level with the objective of raising social status of *Musahars* and empowering them. The Musahar household (beneficiaries) have been selected from four settlements. Accordingly priority was given to the interested households with single woman, poor, unemployed and those marginalized people willing to contribute their labour.

Once 63 households were ready to grow vegetables in 4.1 hectare of land was arranged for it and each household was given 0.06 hectare of land for farming. The land was taken on lease and its rent ranged from Rs. 1,750.- to 3,000.- 0.03 hectare per annum. Five families who had their own land were provided with assistance other than the land. Through the hard work of *Musahar* households, seeds of brinjal and chillies were sown by April 30, 2017. The households engaged in vegetable farming had earned the amount that ranged from Rs. 1,500.- to Rs. 3,220 by selling chillies and brinjals till July 12, 2017. After noting the progress of *Musahar* community in vegetable farming, the government representatives has appreciated it as an exemplary work. Further the Local Development Officer (LDO) also stressed that governmental agencies had to come forward to change the status of *Musahars* with wider dissemination. There is a possibility of enlisting support for this project at the local and district levels. If we can move ahead with definite plan, then LDO along with local agencies are also committed to provide support.

## व्यावसायिक तरकारी खेतीमा दलीत मुसहर समुदायको सफल प्रयास

अरूको खेतमा ज्याला मजदुरी गर्दै आएका मुसहर समुदायले आफ्नो मिहिने तर पसिना बगाएर तरकारी खेतीलाई व्यावसायिक रूप दिन थालेका छन् । सिराहाको गोलबजार नगरपालिका ३ मुसर्निया, भाडबारी र निपानेका ६३ मुसहरहरू व्यावसायिक तरकारी खेतीमा लागेका छन् । उनीहरू दैनिक जीविकामा राहत मात्र होइन, जिउने कला र संस्कारमा समेत परिवर्तन भइरहेको महशुस गरेका छन् उनीहरूले ।

२०७३ साल पौषमा सामुदायिक आत्मनिर्भर सेवा केन्द्रद्वारा सञ्चालित खाद्य अधिकार परियोजना, केएर नेपालको सहयोगमा न्याय र समानता अभियान मञ्चमार्फत मुसहर समुदायमा तरकारी खेती सुरुवात गरिएको हो । ६० परिवारलाई लक्षित गरेकोमा, एउटै बस्तीमा सम्भव नभएपछि ४ वटा बस्तीबाट प्रभाव समूह समेटेर छनौट गरियो । जस अन्तर्गत रोजगारीका विकल्प नभएका, श्रम लगानी गर्न सक्ने, विपन्न, एकल महिला र इच्छुक परिवारलाई प्राथमिकतामा राखियो । तरकारी खेती गर्न ६३ परिवार तयार भएपछि प्रतिपरिवार २ कठ्ठाका दरले ६ विघा ३ कठ्ठा जग्गाको प्रबन्ध गरियो । यसमध्ये ५ घर-परिवारहरूको आफ्नै जग्गा भएकाले उनीहरूलाई जग्गाको कुतबाहेक अरू सहयोग उपलब्ध गराइयो । वार्षिक भाडा प्रतिकठ्ठा रु. १,७५०/- देखि ३,०००/- सम्म तिर्ने गरी जग्गाको व्यवस्था गरिएको छ । (सरकारी कर र दस्तुरसमेत गरी) । वैशाख १७ गते योजनाअनुसार भन्टा र खुर्सानी रोपियो ।

उक्त तरकारी खेतीबाट आषाढ २८ सम्ममा प्रतिपरिवार कम्तीमा रु. १,५००/- देखि ३,२२०/- सम्म आम्दानी लिइसकेका छन् । मुसहर समुदायबाट गरिएको यो अनुकरणीय कामको अवलोकन पश्चात स्थानीय विकास अधिकारीले यस्ता उदाहरणीय कामको जानकारी सरकारी निकायसम्म नपुगेका भन्दै मुसहरहरूको अवस्था फेर्न सरकारी निकायले पनि सहयोग गर्नुपर्ने कुरामा जोड दिए । सहयोग

गरिरहेका संस्थाहरूले सहयोगलाई निरन्तरता दिनुपर्ने र योजना तयार पारेर हामीसँग छलफल गर्न आएमा सहयोग गर्न आफू र स्थानीय निकाय पनि तयार रहेको बताए ।





**“There is no such thing that a woman cannot do”**

Indra Kumari Pakhrin, aged 50, is a member of Jhirhari Farmers Group of Siraha. In the village where she lives, the climate is very dry and the villagers have to live without electricity. Under such circumstances, it is challenging to cultivate the land and also to get even motivated for it. However, thanks to the support provided by the National Farmers Group Federation (NFGF). Indra Kumari Pakhrin has achieved good results from her fields and has regained her motivation.

Before she became a member of the farmers group, she did not have much to do. However, she has been weeding out her garden and participating in meetings for the last two years these days. In the past, she could feed her children with their own harvest for six months annually. Now the harvest lasts the whole year. The remarkable improvements brought about are due to the knowledge she got about new and improved seeds. She has also learnt a lot about her rights. One of the achievements for her from the knowledge she had acquired has been that she is getting mushroom seeds from the District Agriculture Development Office (DADO). She

has gained all this important knowledge by being a member of her local farmers group which is supported by the NFGF.

Being a member of the local farmers group, Indra Kumari Pakhrin has developed a new outlook towards herself and other women as well. “No woman should confine herself to household chores only. They have to look around and realise that there is nothing that a woman cannot handle,” she says confidently. Now, she does not have to buy food. The money thus saved goes to the family saving and is used for the treatment of family members or for payment of expenses for education. Now, she is assured that she does not have to go to local money lenders and pay the exorbitantly high rates of interest. She now knows that she can take good care of her family and she thinks of her bright future.

“The training courses that I had the opportunity to attend have motivated me. Now I know that I have the capacity to improve my own life”.

## “महिलाले गर्न नसक्ने कुनै काम छैन”

५० वर्षकी इन्द्रकुमारी पाख्रिन भिरहरी कृषक समूह सिराहाको सदस्य छिन् । उनी बस्ने गाउँको मौसम सुक्खा छ र त्यस गाउँमा विद्युत्को सेवा पनि पुगेको छैन । सुक्खा हुनु र विद्युत् पनि नहुनाले गाउँमा जग्गा सिँचाइ गर्न र खेतीपाती गर्न थप समस्या भएको छ । कृषक समूह महासङ्घलाई धन्यवाद छ, जसको कारणले गर्दा इन्द्रकुमारीमा खेतीपाती गर्ने थप ऊर्जा भरिएको छ ।

यस कृषक समूहको सदस्य हुनुभन्दा अगाडि दिउँसो केही काम हुँदैन थियो तर गत दुई वर्षयता उनी आफ्नो करेसाबारीमा काम गर्ने र समूहका बैठकहरूमा सहभागी हुने गर्दछिन् । विगतमा इन्द्रकुमारीको आफ्नो खेतवाट भएको उब्जनीले आफ्नो परिवारका लागि ६ महिना मात्र खान पुग्ने गर्दथ्यो तर आजभोलि उनको आफ्नै खेतको उब्जनीले वर्ष दिन खान पुग्छ । यो सबै उपलब्धि उनले नयाँ तथा उन्नत जातका बीउहरूको प्रयोगका बारेमा प्राप्त गरेको जानकारी र सो ज्ञानको उपयोग गरेको कारण सम्भव भएको हो । उनले कृषकका हक-अधिकारका बारेमा पनि समूहमा आवद्ध भएपश्चात् ज्ञान र सीप हासिल गरेकी छिन् जसको कारणले गर्दा जिल्ला कृषि विकास कार्यालयवाट च्याउको बीउ पनि सहयोगस्वरूप उनले प्राप्त गरेकी छिन् । “यो सबै कुरा

कृषक समूहको सदस्य भएका कारण सम्भव भएको हो,” उनको धारणा छ ।

स्थानीय स्तरमा कृषक समूहको सदस्य भएर इन्द्रकुमारी आफैँका लागि तथा अरूका लागि पनि नयाँ पहिचानसहितको कृषक महिला बनेकी छिन् । यति छोटो समयमा उनले गरेको प्रगति देखा महिलाले गर्न नसक्ने कुनै पनि काम नहुने रहेछ भनेर गाउँलेहरूले राय व्यक्त गर्दछन् । पहिले खाने कुरा किन्नुमा हुने खर्चबराबरको पैसा उनले आजभोलि बचत गर्ने गरेकी छिन् । यस बचतलाई उनले आपत् परेको बेलामा अस्पताल जान वा केटाकेटीहरूको शिक्षाका लागि चाहिएको बेला खर्च गर्ने योजना बनाएकी छिन् । अब उनले स्थानीय साहू-महाजनहरूबाट उच्च ब्याज दरमा पैसा ऋण लिन पनि छोडेकी छिन् र नियमित रूपमा गर्ने गरेको बचतले भविष्यमा पनि सहयोग पुग्ने आशा उनको छ । उनी अब आफ्नो परिवारको राम्रो स्याहार-सुसार गर्न सक्ने कुरामा ढुक्क देखिन्छिन् ।

“कृषक समूह महासङ्घबाट प्राप्त गरेको तालिमले मलाई उत्प्रेरित गर्‍यो र आफ्नो जीवन आफैँ सुधार्न सकिने रहेछ भन्ने विश्वास ममा जागेको छ,” इन्द्रकुमारीको भनाइमा ढुढता प्रकट हुन्थ्यो ।





## Collective Agro farming for livelihood

Thirty-five member families of Durga Village Land Rights Forum (VLRf) from Piprapradha VDC in Siraha started collective vegetable farming for livelihood in April 2016. They have collectively leased a total area of 0.5 hectare of land. The District Land Rights Forum (DLRF), Siraha made cash contribution of Rs. 30,000 to the VLRf as an encouragement. This money was used to leasehold the land and buy vegetable seeds adding farmers' own investments.

Farmers who are involved in this collective farming are landless people who were previously working as agriculture labor. This practice made them united to have a similar vision towards economic progress and better future.

In the last one year, farmers have produced vegetables like bitter-guard, pumpkin, guard, lettuce and okra. According to Mr. Gauri Shankar Das, the president of Durga VLRf, the farmers have collectively earned Rs. 75,000.- in the last three months.

"We are determined to convert the uncultivated fallow land into green fields with our hard work", Mr.Gauri Das said with full confidence.

## जीविकोपार्जनका लागि सामूहिक खेती

दुर्गा गाउँ भूमि अधिकार मञ्चका ३५ परिवारले सिराहा जिल्ला, पिप्रादह गा.वि.स. मा सामूहिक तरकारी खेती शुरु गरेका छन् । उनीहरूले सामूहिक रूपमा ०.५ हेक्टर जग्गा भाडामा लिएर खेती शुरु गरेका हुन् । यस कार्यका लागि जिल्ला भूमि अधिकार मञ्च सिराहाले उत्प्रेरणास्वरूप रु. ३०,०००/- प्रदान गरेको थियो । उक्त रकम जग्गाको भाडा र तरकारीको बीउ खरीद गर्न सहयोग होस् भन्ने हेतुले प्रदान गरिएको हो ।

सामूहिक खेतीमा आवद्ध सबै कृषकहरू भूमिहीन हुन् र यसमा आवद्ध हुनुभन्दा अगाडि सबै जना कृषि श्रमिकको रूपमा कार्य गर्दथे । सामूहिक खेतीले उनीहरूलाई सामाजिक रूपमा एकताबद्ध हुन र आर्थिक प्रगतितर्फ उन्मुख हुन थप मद्दत पुऱ्याएको छ ।

गत वर्ष उनीहरूले तीते करेला, फर्सी, लौका, साग र रामतोरिया उत्पादन गरे । दुर्गा गाउँ भूमि अधिकार मञ्चका अध्यक्ष गौरीशङ्कर दासका अनुसार कृषकहरूले गएको ३ महिनामा सामूहिक खेतीबाट ७५,००० आम्दानी गरेका छन् ।

गौरीशङ्कर दास आत्मविश्वासका भन्छन्, "हामी दिलोज्यानका साथ बाँझो जमीनलाई उत्पादनले हराभरा बनाउन प्रतिबद्ध छौं ।"



### Elderly couple makes Joint Land Ownership Certificate

Tulasi Chaudhari, 88 and his wife Ishworawati Chaudhary, 77 from Triyuga, Deuri obtained Joint Land Ownership Certificate (JLO) on January 13, 2016 with support from the District Land Rights Forum (DLRF) Udaypur. The DLRF mobilized community leaders by launching a campaign going from door to door in order to raise awareness about the importance of Joint Land Ownership Certificate.

It was during the campaign that Tulasi Chaudhary came to know about the importance of land ownership certificate. He immediately went to the Udaypur District Land Revenue Office and requested the officials to help him in obtaining Joint land entitlement. He was discouraged by the officials over there saying that the elderly couple would not be able to wait in a long queue and complete all the procedures required for it. But Tulasi was deter-

mined and visited the office next day for it. Finally, Tulasi was able to obtain the certificate with the support of DLRF Udaypur.

"Even if I die, my wife will have some form of security because of land ownership certificate and rest of the family members will not be able to look down on her because she has something with her," Tulasi explains the reason for why he was so keen in getting the certificate. "I am very happy. I had never expected that I would get the land ownership one day despite I have been working in the land all throughout my life."

### ज्येष्ठ नागरिकको हातमा संयुक्त जग्गाधनी लालपुर्जा

त्रियुगा न.पा. देउरी निवासी ८८ वर्षीय तुलसी चौधरी र उहाँकी ७७ वर्षीय श्रीमती ईश्वरावती चौधरीले जिल्ला भूमि अधिकार मञ्च, उदयपुरको सहयोगमा २०७२ साल पुस २९ गतेका दिन संयुक्त जग्गाधनी लालपुर्जा प्राप्त गरेका छन् । संयुक्त जग्गाधनी लालपुर्जाको महत्व बुझाउनका लागि जिल्ला भूमि अधिकार मञ्च, उदयपुरले विभिन्न सचेतना शिविर, घर-दैलो कार्यक्रम सञ्चालन गरेको थियो । यस कुराको जानकारी तुलसीले पहिलो पटक भूमि अधिकार मञ्चमार्फत नै थाहा पाएका थिए ।

लालपुर्जाको महत्व थाहा पाउनासाथ तुलसी चौधरी संयुक्त जग्गाधनी लालपुर्जा बनाउनका लागि निवेदन पेश गर्न जिल्ला भूमिसुधार कार्यालय पुगे तर कर्मचारीहरूले तपाईं वृद्ध भएको हुनाले लाइनमा बस्न र अन्य प्रक्रिया पूरा गर्न सक्नुहुन्छ भन्दै उनलाई फर्काइदिए । उनलाई जसरी पनि संयुक्त लालपुर्जा बनाउनु थियो । यसै दृढताको कारणले गर्दा उनी पुनः अर्को दिन कार्यालय गएर भूमि अधिकार मञ्चको सहयोगमा अन्ततः उनले संयुक्त लालपुर्जा प्राप्त गरे ।

"यदि म मर्ने भने पनि यसबाट मेरी श्रीमतीको केही हदसम्मको सुरक्षा हुन्छ किनभने उनीसँग सम्पत्तिको अधिकार हुन्छ । अर्को महत्वपूर्ण कुरा, यदि बुढेसकालमा केही पनि छैन भने परिवारका अन्य सदस्यले पनि वास्ता नगर्न सक्दछन् । यसकारण पनि म संयुक्त जग्गाधनी लालपुर्जा बनाउन चाहन्थेँ," यसको महत्वका बारेमा थप प्रकाश पाउँ उनले भने । "आज म धेरै खुशी छु । मैले मेरो पूरै जिन्दगी भूमिमै बिताएँ तर पनि मसँग जग्गाधनी लालपुर्जा होला भनेर मैले सोचेको पनि थिइँनँ ।"



## Story of a progressive entrepreneur

Punya Mata Dhamala, a smallholder farmer of Katunje-07, Okhaldhunga has been a member and treasurer of Sunaulo Village Land Rights Forum (VLRG) since 2011. She is recognized for maintaining transparency and accurate record keeping in the VLRG. She is an active member in the VLRG. She attends meetings regularly and shares her learning from different training courses she received from District Land Rights Forum (DLRF), Okhaldhunga.

According to Punya Mata, the training she received on vegetable farming in 2012 was very important for her. She started commercial tomato farming in March, 2012 in the ancestral land of her husband. The production was good and so was the profit. She is now hoping to expand vegetable cultivation. She also proposed to cultivate round chillies (*akbare khursani*) at a meeting in the VLRG. This idea was accepted and approved soon. The DLRF

Okhaldhunga, which has been closely watching her success, provided some pepper seeds and drums and she planted 150 pepper plants in her field. She has been earning Rs. 48,000 every year from pepper farming. Punya Mata has been supporting her family through commercial vegetable farming for the last four years now. She feels that her involvement in the VLRG has enabled her in public speaking and developed leadership skills as well.

“Through the VLRG, I realised that I could be an entrepreneur with the skills I already had. I needed motivation and capacity building training, which I received appropriately from the DLRF” said Punya Mata. She recalls the difficulties she had faced as a labor earning wages daily before she started vegetable farming. “But now things have changed for me. I am independent and can educate my children on my own,” she added.

## प्रजातिशील उद्यमीको कथा

ओखलढुङ्गा कटुन्जे-७ वस्ने पुण्यमाता धमला साना किसान उद्यमी हुन् । उनी सुनौलो गाउँ भूमि अधिकार मञ्चको सदस्य र कोषाध्यक्ष पदमा सन् २०११ देखि छिन् । उनले गाउँ भूमि अधिकार मञ्चको हिसाब-किताबको अभिलेख पारदर्शी, व्यवस्थित र सही प्रचलित प्रणालीअनुसार राख्दै आएकी छिन् । उनी नियमित रूपमा बैठकमा सहभागी हुन्छिन् र जिल्ला भूमि अधिकार मञ्चबाट प्राप्त विभिन्न तालिमहरूबाट हासिल गरिएका सिकाइहरूका बारेमा मञ्चका सदस्यहरूका बीचमा विचारहरूको आदान-प्रदान पनि गर्दछिन् ।

पुण्यमाताका अनुसार सन् २०१२ मा तरकारी खेतीसम्बन्धी प्राप्त गरेको तालिम उनका लागि बहुतै महत्त्वपूर्ण थियो । उनले सन् २०१३ को मार्च महिनादेखि श्रीमानकै पुख्र्यौली जग्गामा व्यवसायिक गोलभेंडा खेतीको शुरुवात गरेकी थिइन् । त्यसको उत्पादन राम्रो भएको थियो र आम्दानी पनि राम्रै पाइन् । उनी अहिले तरकारी खेती बढाउनेबारेमा आशावादी छिन् । उनले गाउँ भूमि अधिकार मञ्चमा अकबरे खुर्सानी खेतीका लागि प्रस्ताव गरिन् । उनको प्रस्ताव तुरुन्त स्वीकृत पनि भयो ।

जिल्ला भूमि अधिकार मञ्च, ओखलढुङ्गाले उनको सफलतालाई एकदमै नजिकबाट अनुगमन गरिरहेको थियो । अकबरे खुर्सानीको बीउ र ड्रमहरू पनि यसले उनलाई उपलब्ध गरायो । उनले यस खुर्सानीका १५० वटा विरुवाहरू आ-आफ्नै खेतमा लगाइन् । उनले यस खेतीबाट प्रतिवर्ष रु. ४८ हजार आम्दानी गरिरहेकी छिन् । उनले आफ्नो व्यावसायिक तरकारी खेतीको माध्यमबाट विगत ४ वर्षदेखि परिवारलाई सहयोग पुऱ्याउँदै आएकी पनि छिन् । उनले गाउँ भूमि अधिकार मञ्चको संलग्नतामा सार्वजनिक ठाउँमा बोल्ने र नेतृत्व गर्ने सीपमा क्षमता अभिवृद्धि भएको महसुस गरेकी छिन् । उनलाई गाउँ भूमि अधिकार मञ्चको माध्यमबाट उद्यमशील सीप पनि आफूसँग रहेको अनुभव उनले गरेकी छिन् ।

“उत्प्रेरणा तथा क्षमता अभिवृद्धिसम्बन्धी तालिमको आवश्यकताको महशुस मैले गरेकी थिएँ । त्यो अवसर जिल्ला भूमि अधिकार मञ्चबाट मलाई प्राप्त भयो,” पुण्यमाताले बताइन् । “तरकारी खेती शुरु गर्नुभन्दा पहिले ज्यालादारी मजदुर का रूपमा आफूले भोगेको दुःख सम्झिन्छु । तर अहिले आएर सबै कुरा मेरा लागि परिवर्तन भइसकेका छन् । म स्वतन्त्र छु र आफ्ना बाल-बालिकाहरूलाई शिक्षा-दीक्षा दिलाउन सक्छु ।”





**“I am now a recognised and respected person in my community”**

During the last few years, Galo Devi Chaudhary has become a known personality in her community. It is not only the neighbours who are interested in positive changes she has brought about in her life but also the local radio stations which are keen in broadcasting the story of her success.

Galo Devi Chaudhary is 35. She is a member of Jana Kalyan Farmers Group of Siraha. When somebody makes significant progress, it rarely goes unnoticed. However, she does not mind the attention she is getting from the people in her community. She is happy to inspire other women to become independent of their husbands in the manner she has achieved. “In the past I always had to ask my husband for money, but now I earn myself and also decide myself how I want to spend it”.

Galo Devi Chaudhary in the past used to perform household chores and spend her time. She now utilizes her time in the day doing work in the field. In the field, she weeds and looks after growing vegetables in her own small farm. She sells the greater portion of the vegetables and makes money out of it. She has used the money thus earned in buying additional land, build her house and pay for the tuition fee of her children. None of this would have been possible if she had not participated in a train-

ing course in vegetable farming. She had got this opportunity as she happened to be a member of the local farmers group. She would not have been the happy person as she is today without the support from the National Farmers Group Federation (NFGF). “I make myself money now. My needs are fulfilled and that makes me happy.”

### अहिले म गाउँमा संमानित व्यक्तित्वको रूपमा चिनिएको छु

केही वर्षयता गलोदेवी चौधरी आफ्नो गाउँमा चिनिएकी महिलाको रूपमा स्थापित भएकी छिन् । उनको जीवनमा आएको परिवर्तनप्रति छिमेकीले पनि चासो राखेका छन् । स्थानीय रेडियो पनि उनीसँग कुरा गर्न चाहन्छन् ।

गलोदेवी चौधरी अहिले ३५ वर्षकी भइन् । उनी जनकल्याण कृषक समूह, लहान-१८ की सदस्य हुन् । अप्रत्याशित रूपमा भएको प्रगति अरूलाई आखिर थाहा भई नै हाल्छ । आफ्नो प्रगतिप्रति समाजले देखाएको चासोमा उनको कुनै गुनासो पनि छैन । गाउँका महिलाहरूलाई पनि आफूजस्तै, श्रीमान्बाट स्वतन्त्र महिलाको रूपमा, स्थापित हुन अभिप्रेरित गर्न पाउँदा उनी खुशी छिन् । “पहिले पैसा चाहिँदा सधैं श्रीमान्सँग हात फैलाउनुपर्दथ्यो । अब म आफैं कमाउन सक्ने भएकी छु र कमाएको पैसा केमा खर्च गर्ने भन्ने कुराको निर्णय पनि म आफैं गर्दछु ।”

घरघन्दामा नै व्यस्त हुने गलोदेवी चौधरी आजभोलि खेतीवारीमा व्यस्त हुन थालेकी छिन् । उनी खेतीको रेखदेख र तरकारीको गोडमेल गर्दछिन् । तरकारीको बेचबिखनबाट उनले राम्रो आमदानी गरेकी छिन् र सो आमदानीको उपयोग थप जमिन जोड्न, नयाँ घर बनाउन, केटाकेटीको बोर्डिङ्ग स्कूलको शुल्क तिर्न गरेकी छिन् । स्थानीय कृषक समूहको सदस्य भएर तरकारी खेती तालिम नपाएको भए उनले यीमध्येका कुनै पनि काम गर्न सक्ने सम्भावना नै थिएन । राष्ट्रिय कृषक समूह महासङ्घबाट सहयोग नपाएको भए उनी अहिलेको जस्तो खुशी हुन सक्दैनथिन् ।

“आजभोलि म आफैं कमाउँछु । मेरा आवश्यकताहरू पूरा भएका छन् । म खुसी छु,” उनी आफ्नो अवस्थसँग सन्तुष्ट देखिन्छिन् ।





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