



Passing on the Gift



Accountability



Sharing and Caring



Sustainability and Self-Reliance



Improved Animal Management



Nutrition and Income



Genuine Need and Justice



Gender and Family Focus



Improving the Environment



Full Participation



Training, Education and Communication



Spirituality

Heifer's Values – Based Holistic Community Development Model:

Years of experience of working with communities has taught Heifer some valued lessons. It is by embracing this knowledge that Heifer has been able to help millions of families all over the world lead dignified lives and help other families achieve the same. Heifer's success is defined by the families who are happily sustaining themselves doing what they do best; raising livestock and growing food.

Heifer's 12 Cornerstones are a collage of values that leads the way to sustainable way of life. In a sense, it reiterates the **societal values and norms** inherent in every community. These values form the foundation on which stands Heifer's **Values – Based Holistic Community Development (VBHCD)** model. Heifer believes that the communities it works with have **unlimited potential** and that proper **nurturing and guidance** will unravel this potential.

One part of VBHCD, the **livestock and farming**, ensure that families have food and enough resources for necessities like health and education. The other part, **training and education**, leads to aware and empowered individuals and communities. The VBHCD is guided by the community's vision for the future and puts the **power** to achieve it in their hands using the livestock and training as the tools for its all-round development.

VBHCD flourishes in the lateral partnership of all parties involved called the Triadic Partnership Model. The country program, the NGO partners and the project participant all have equally important roles to play in the **equation of VBHCD**. Transfer of knowledge and ideas, co-mentoring, co-monitoring, backstopping and feedback are all the components of a successful partnership that lead to a successful project and hence to **vibrant communities**.

Heifer's 12 Cornerstones:

The first Cornerstone – Passing on the Gift (POG) is at the heart of the 12 Cornerstones. Under this Cornerstone each project participant who receives gifts of livestock agrees to pass on an offspring, or the equivalent, as well as the training and skills acquired to another community member in need. This creates a ripple effect, transforming communities while building solidarity. In passing on the gifts to others in need, the project participants attain a great sense of dignity and self-esteem. And the receiving families in turn feel a deep sense of gratitude. The process of POG benefits an increasing number of families making it possible for resources, knowledge and skills to be spread within and among communities.

Hattiban, Lalitpur–15, Post: GPO Box 6043, Kathmandu, Nepal
Tel: 977-1-5250554/5250841 | Fax: 5250873, info@hpinepal.org.np |
www.heifernepal.org | www.heifer.org

Today, **millions** of people who were once **hungry** will be **nourished** by milk, eggs and fresh vegetables.

Families who for generations knew only poverty will be **building new homes** and **starting businesses**.

Children who once headed out to the fields to do backbreaking work will be heading into schoolrooms to **learn to read**.

Communities in the course of their social and economic development will be sensitive towards **sustainability** and **caring for the earth**.

And people who never thought they'd be in a position to help someone else will be experiencing the **joy of charitable giving**.

How is this possible?

With **Heifer's** proven approach – almost 60 years in the making – to helping people obtain a **sustainable** source of food and income and care for the earth.



Printed: July 2010



Here's how Heifer works:

Born into a family of untouchables, Sudhamiya faced the atrocities of poverty and caste discrimination. As a woman she was also the victim of the severe gender-based restrictions, forbidden to step outside the boundaries of her house and to engage in un-womanly activities like earning money. Landless and without opportunities Sudhamiya saw a ray of hope in the buffalo she received from Heifer. With the help of the animal management trainings things started to go well. Milk was abundant for her family and the excess would sell for good money. With the support from her husband, she leased land to grow vegetables and lentils. Soon there was enough money to buy a piece of land. They built a small hut and her family finally moved from the cow's shed where they had been living. Her buffalo, goats and vegetable farm bring in enough income to send her 2 daughters and 3 sons to school. Life has changed a lot in the 2 years since she received the buffalo but Sudhamiya still covers her head with a the end of her sari, the way her traditional values requires her to. It no longer bounds her ambitions for a better life for her family.

Ever since our founder, Dan West, came up with the idea of "not a cup, but a cow," Heifer's approach to providing global assistance to struggling countries has been characterized by long-term sustainable development.

Heifer has worked within communities of 128 countries, to empower them with the economic means - such as livestock, training and other resources - to rebuild their families, their communities and their hope for sustainable futures.

Heifer started work in Nepal in 1993. Since its formal inception as a country office in 1997 Heifer Nepal has directly helped more than 46,000 families.

This is Heifer's sustainable approach to ending hunger and poverty – one family, one community at a time. It's not temporary relief. It's not a handout but a hand up. It's about empowering people by equipping them with skill, knowledge and resources. It's securing a future with generations of people who have hope, health and dignity.

