



NEPAL

"Partnering for Values-based Development"

# HEIFER INTERNATIONAL-NEPAL

newsletter

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## Measuring The Means

Since 1993 until Dec 2002

√ 2,567 families benefitted from Heifer Project Nepal gift of animals.

√ Livestock Distributed as:

Goat	3,837
Water Buffalo	185
Pig	138
Rabbit	158
Sheep	30

Training (Person days)\*

1. Technical & Management\*\*

a) HPI-N Conducted-	4,768
b) Project Partner Conducted-	27,175

2. Non formal education

a) Adult literacy-	26,160
b) Value Based literacy	8208

Total 66,311

\* It includes all training conducted by HPIN and project partners since 1993. It is calculated in person days.

\*\* It includes cornerstones, animal husbandry and health, group management, gender, justice, environment - ecology, personal leadership development, TOT, PSRP, NFE facilitator etc.

√ 222 girls supported for their schooling since 2000.

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## Across the Political Border

"We have built a stronger relation of sharing and caring with Heifer India team," said members of Heifer Project International (HPI) Nepal team who had visited HPI India Program on March 19-29, 2003. They further added that the visit provided a good opportunity for cross country team building between India and Nepal and helped to strengthen the existing relationship between the two countries.

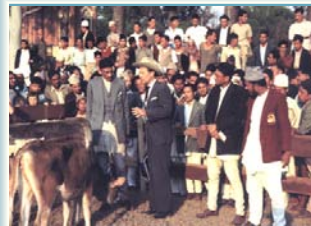
The exchange visit was an inspiration of the Heifer Cornerstone - Sharing and Caring, which emphasizes on sharing what we have with others, whether it be in kind or in the form of skill, knowledge and experience. The main objective of this exchange visit was to share and learn from each other's experience. Under this program both the countries staffs make exchange visits to each other's countries followed by similar visits by project partners and project participants. Both the country programs have successful projects and are known for their high impact.



Similar socioeconomic conditions in these bordering countries provide ample ground to integrate strong points from each other and work with more strength to achieve the mission of Heifer in alleviating hunger and poverty and caring for the earth.

During the visit the Nepal team handed over to the India team a gift made by the project participants by collecting a fistful of rice from every meal of one month. The story and the desire of the Nepalese beneficiaries to assist poor families in India were very touching, and made the two teams feel a sense of belonging to the same family. Funds raised while celebrating HPI Nepal staffs' birthdays were also added onto the gift. The Heifer India beneficiaries greatly appreciated this gift.

Both countries felt that this exchange visit contributed in enhancing a feeling of love and care across the political border. 🐾



from the album of HPI Nepal

March 24, 1958 Rev. Cobb presenting to the Nepal Minister of Agriculture - the shipment. In black coat is Mr. Gurung and in red coat Mr. Janaki Pradhan, incharge of shipment.

Photo source: Mr. Larry Thie

## Women Professionals in the Land Use Sector (WPLUS)

At the request of Dr. Nirmala Parajuli, fifth apprentice of HPI Nepal and secretary of the Association of Women Professionals in the Land Use Sector (WPLUS), Dr. Bidur Pakhrin and Dr. Dilip P. Bhandari of HPI Nepal conducted a one-day workshop to share the Participatory Self Review and Planning (PSRP) technique with intellectuals affiliated to WPLUS. In addition to discussing the importance of values and cornerstones and their application in ongoing project activities in Nepal, the philosophy of PSRP and its significance in all spheres of life was extensively discussed. The participants reflected on the values of WPLUS as an organization and selected three of the twelve cornerstones, Accountability, Full participation and Training and Education, which they agreed were relevant to them.

These indicators were assessed by the participants in groups and it was decided to prepare an action plan in the forthcoming meeting. All participants realized the relevance of Heifer Cornerstones in personal as well as professional life. At the end of the workshop, they felt that a lot more was needed to be done through WPLUS and committed themselves to work for those in need.



The participants greatly appreciated the strength of Heifer program and the philosophy it applies while working in the community and thanked Heifer for sharing the wonderful technique of PSRP. 🐾

## Golden Talent Award - 2003



### Indicating the Impact

“I feel jealous seeing the success of Heifer Project. It is really ahead in women empowerment and creating awareness”, remarked Dr. Shubh Narayan Mahato, Director General of Department of Livestock, Ministry of Agriculture and Chief Guest of the ceremony while handing over the award to Radhika.

### HPI Nepal Program Vision Statement

HPI Nepal Program vision slogan is “In Partnership, Let’s Build Happy Community by Alleviating Hunger and Poverty”

....HPI Nepal has a vision that HPI-HQ, His Majesty’s Government of Nepal, donors, partners and project participants recognize it for its efficient and effective program.

(Updated: October 2001)



“Radhika was ready to leave her husband for the sake of our women’s group”, said Laxmi Shrestha, member of Parijat Women’s Group, Imadol, during the Golden Talent Award presentation ceremony on April 1, 2003. She added “We feel that this award has not only been won by Radhika, but by our whole group. It is a matter of pride for all of us.

“Radhika Subedi, 34, had only known life of poverty and hardship. Her husband was about to plunge into a second marriage as Radhika had not been able to bear him a son. Knowing that addressing the mental poverty of her family was more important as compared to their economic poverty, she sought help of her Village Development Committee chairperson. At her request, a group of women of her community started to receive non-formal education. Radhika’s attempt to bring about a positive change in her community was met by scorn from her family members. Radhika didn’t give up, with full determination she requested an NGO, Women’s Awareness Group (WAG) for assistance. Heifer Nepal, through WAG, provided the women with two goats/sheep each and gave them related training. After attending a training on Gender Justice and Heifer Cornerstones, her husband gradually started to cooperate with her. This change encouraged Radhika morally and gave her new strength in her endeavor. Radhika has earned a significant income by raising poultry and growing vegetables in her kitchen garden. At her initiation, she and her group members together have graveled the dirt road and lain water pipes to bring drinking water to her village.

Thanks to the income from her goats, poultry and cow milk, her family has better nutrition today. She has also been able to save enough to construct a small four room brick-walled house. Radhika has been able to do all this because of her sheer to determination and her realization of

the necessity bring about a change. She has been a true inspiration to other.



Ganga Devi Khanal lives in Parasnagar, Chitwan, with a happy family. Her husband provides full support and encouragement in all her endeavors. She has five goats, two buffaloes, a cow and a vegetable garden. With the income from selling surplus milk and vegetables, she sends her two sons to school. Life has changed for her - the endless efforts have finally paid off. While sharing her success stories with the Heifer Nepal team, her voice suddenly choked, as she saw her husband serving the guests tea. Wiping tears that had welled up in her eyes, she remarked, “It is so satisfying to see him helping out and supporting me in everything I do.”

Poverty, lack of cooperation from her husband and deep-rooted male domination in her family plagued her past life. The crop yield from their small piece of land was too little to fill their stomachs. A comfortable home and an education for their children were beyond her dreams.

In 2000, Ganga Devi learned about the participation of women in development activities in Gitanagar. Inspired by this, she formed a group of twenty five underprivileged women, with herself as president. A gift of two goats and related training from HPI Nepal resulted in a steady income for her and thus greatly increased her self confidence. Gradually her husband changed his attitude towards her and her group activities. She passed on a gift of three goats along with the knowledge gained from various trainings to other needy women in her community. With ever increasing desire to strengthen deprived women like her, she helped to form four more women’s groups in her community and continues to share her knowledge and experiences with them. She has provided a piece of land to her group to

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## Competition for a Cause



The Creativity Club of Budhanilkantha School, comprising of a group of fourteen senior students, organized an inter-school art competition involving twenty different schools within the Kathmandu Valley. The entries of the competition were put up for an exhibition cum sale at the NAFA Art Gallery, Naxal. It was decided to

donate the proceeds of the sale for a good cause.

“We chose Heifer International because we like the idea of “Passing on the Gift””, said the club members. “We are happy to be able to reach out and help, and are further encouraged to do so upon coming to know that our efforts will only be the start of a chain; a link will be added each time the gift is passed on.”

Mr. N. P. Sharma, Principal of Budhanilkantha School, handed over a gift of NRs. 13,000/- (174 US\$) on behalf of the club to Dr. Surya Laxmi Bajracharya of Heifer International Nepal on

February 17, 2003 in the school hall during the weekly Monday assembly.

Dr. Bajracharya thanked the club and spoke about Heifer Project, the history and progress of the Girl Child Education Program of Heifer Nepal. She informed the entire student and staff body present on how the money would make a difference in the lives of school-age children in rural parts of the country who are deprived of the opportunity due to financial disability. She read out a letter to Heifer Nepal from Sarada Chaudary, a student who had gotten a chance to attend school under this Program. In her letter, Sarada mentioned how her elder sisters, who themselves were uneducated, recognized her desire for an education and worked extra hours to send her to school. After the seventh grade, however, even they were unable to support her and she was forced to quit. It was then that she received a scholarship from Heifer Nepal which gave her renewed hope for a bright future.

Not a word was spoken as the letter, in Sarada’s own words, was read out. Students and teachers alike were deeply touched, and were glad in having been able to make a contribution in making a difference. ✨

## Program Possibilities

### Integration of Youth in Community Development project

- ✓ Education
- ✓ Group Development
- ✓ Youth
- ✓ Gender

### Integrated Community Development Project

- ✓ Income
- ✓ Environment
- ✓ Women
- ✓ Capacity Building

### Women Empowerment Project

- ✓ Women
- ✓ Income
- ✓ Capacity Building
- ✓ Self-reliance



### Indicating the Impact

“Suddenly the prevailing paradigm changed after treating healer’s goat successfully. The healer himself started to refer me for animal treatment.”

-Bir Bahadur Gurung

## From Heifer International Nepal Country Director

Dear Friends,

Heifer’s work in Nepal dates back to 1950s when it shipped improved breeds of cattle, sheep, pig and poultry. These animals were maintained at government farm as nucleus breeding stock to improve the production potential of native species through cross breeding. In 1970s, Heifer provided Cattle and Buffalo semen through FAO for artificial insemination in dairy animals.



The modern era of Heifer Project began in 1993 by providing gift of goat to 25 families in Gitanagar, Chitwan. In 1995, Heifer commissioned second project with the gift of Murrah buffalo heifers to 39 poor families of Gurung Gaun village of Nuwakot district. Encouraged with the success of these pilot interventions, Heifer established country office in Nepal in 1997 and expanded its activities. Until December 2002, Heifer has assisted 2,567 families by sharing livestock and knowledge for sustainable holistic development of the communities.

Heifer’s work has made visible impact in the lives of people. Some of the indicators of this impact are:

- Sustainable improvement in nutrition and income of participant families
- Increased knowledge, skills and empowerment of community members, and
- Influence on the policy, practices and behavior of others

Heifer project participants have not only achieved 100 percent passing on the gift of animals and skills to other needy families, many of them have also become donor to Heifer to initiate similar projects within the country as well as abroad. Impressed by the impact of Heifer’s work, Ratnanagar Municipality awarded a financial grant to Heifer to implement project in Ratnanagar. Likewise, Department of Livestock Services has adopted Heifer’s “Passing on the Gifts” model as its official development tool in all the 75 districts of the kingdom. Several international organizations working in Nepal in the field of poverty alleviation have increasingly been showing interest on Heifer’s development approach. Heifer continues to be irresistible influence to others through its good work in alleviating hunger and poverty and caring of earth.

Heifer Nepal would like to thank you all for helping it to carry out its mission. We have a long way to go. Your partnership is critical in this effort.

Thank you and warmest regards

Sincerely,

Dr. Mahendra N. Lohani



## Improved Animal Management

When hungry people have means to feed themselves, they will not go without food again - Heifer Project International started its journey with this belief in 1944. And supporting this belief HPI Nepal has been providing food and income-producing animals and training to impoverished families. The gift of Heifer animals helps families in need to feed themselves, increase their incomes and care for the environment.

Prior to giving animals to families, the families receive training on animal management and health, which enable them to take good care of the animals received. Heifer believes in humane treatment to the animals, so to ensure this HPI Nepal has been providing Village Animal Health Worker (VAHW) training to a local person in each of its project areas. VAHW Training is a 15-day intensive course designed to provide skill-based training for leader farmers aiming to assist poor, rural farming families in livestock management and health care. A follow up is done 6-12 months after the training and the trainees take a skill test in order to attain national recognition.

In February 2003, HPI Nepal conducted a workshop for its 15 VAHWs. In the workshop the VAHWs shared their experiences from the field.

Mr. Bir Bahadur Gurung, VAHW of Jyamire, Tanahun, shared a very interesting story. In his village resided a traditional animal healer, who used to treat sick animals. Normally, people in his village preferred to take their animals to the animal healer rather than seek his assistance. This posed a big challenge for him. However one night the healer quietly came to Gurung’s house and requested him to treat his goat. Unable to believe his ears, Gurung did not say anything. Rather he successfully treated the healer’s goat that was suffering from pneumonia. The news of this incident spread in the village. Suddenly the prevailing paradigm changed. The healer himself started to refer Gurung for animal treatment.

Other VAHWs share similar stories, thus motivating each other. They are proud to be able to serve their communities. VAHWs are a big asset for animal recipients in the village. They create awareness on animal management and also conduct regular animal health check-ups.

The service of VAHWs is within the affordability of livestock raising farmers in villages. In this way Heifer enables local people to address their own needs, thus reaching out to people in a sustainable way, in terms of animal management and health. 🐾

HPI  
CORNERSTONES  
FOR JUST AND  
SUSTAINABLE DEVELOPMENT



PASSING  
ON THE GIFT



ACCOUNTABILITY



SHARING  
AND CARING



SUSTAINABILITY  
& SELF-RELIANCE



IMPROVED  
ANIMAL  
MANAGEMENT



NUTRITION AND  
INCOME



GENDER &  
FAMILY FOCUS



GENUINE NEED  
& JUSTICE



IMPROVING THE  
ENVIRONMENT



FULL  
PARTICIPATION



TRAINING &  
EDUCATION



SPIRITUALITY

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cultivate vegetables and crops as well as for demonstration and trial of various grasses and fodder. She has also raised her voice against drinking liquor, gambling and other activities causing social and domestic unrest. Her leadership in environment protection by discouraging use of plastic bags and promoting bio gas is also much

appreciated. Those around her have greatly benefited from her knowledge, experience and resources.

Ganga Devi's dedication and firm determination were appreciated by HPI Nepal with the Golden Talent Award - 2003. 🐾

### Read to Feed®

30 students of Lincoln School, Rabibhawan, decided that they wanted to make a difference. And they did. Together they raised 60,470.00 NPR (US\$ 806) by participating in a Read to Feed® Program. Students on their own found family and friends who were willing to sponsor each book they read, or alternatively, each unit of time they spent reading. The money they collected through the read-a-thon was then handed over to HPI to purchase farm animals for Heifer Project beneficiaries.



hunger and poverty issues, and makes them realize that age is not a limiting factor in helping to solve these problems. Students participating in the program encounter a new found satisfaction on being able to help others and at the same time are encouraged to develop their reading habits.

Read to Feed® is an educational tool of HPI in which students and their parents are motivated to do their bit in alleviating hunger and poverty. It gives students a simple way to directly address

Such was the experience of these young students of Lincoln School. They discovered how their gift of farm animals could change the lives of hungry and needy families and bring hope in their lives. Through Read to Feed®, these students found a 'window' to the world - through which they could not only glimpse reality, but also bring forth and witness hope. 🐾

### Voices from the Field



'Sow, produce, reap and share', said women of *Nari Uthan Samuha* and *Mahila Jagaran Samuha*, Shantichowk, Chitwan as they handed over a fistful of *rajma* bean seeds to women of Itahari Dairy Buffalo project who were in Chitwan on a study tour. The women in Chitwan had initiated plantation of the beans as a group activity and had derived multiple benefits. The beans added to their families' nutrition and the sale of any surplus added to their savings. The women shared their story with the visitors, encouraged them to reap similar benefits and asked them to pass on the seeds of their produce to women elsewhere too. 🐾



"I would like to give some of my land to Pragatishil women's group to build a training room." said 36 years Mr. Buddhi Bahadur Biswakarma, Value-based Literacy Program (VBLP) facilitator of Tanahu district. The villagers were stuck in awe hearing that he donated 1027 sq ft. of land from his total property of 16428 sq ft and the women were thrilled and expressed their deep gratitude. The rich hearted Buddhi Bahadur is running VBLP class for 21 women for 9 months. Recalling the classes in open air in cold windy mornings he proudly added, "Heifer Cornerstones made me realize that development starts when we start to share and care."

Now the women have built a small thatched room on the land and enjoy morning classes in warm room. 🐾



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