

## **WAWCAS Newsletter, July 2024**

Two stories of empowered WAWCAS Women.

*By Sangeeta Shrestha, Founder and Program Director, WAWCAS Nepal.*

This Newsletter captures two important stories of empowered WAWCAS women.

Binita Rai joined WAWCAS in early 2022, and she told her story to WAWCAS from February 2022 to May 2023 - with assistance of her trainer Aliza Khapangi. Binita lived in Katmandu with her husband and young daughter, and she had a profitable business with various food items. However, she eventually decided to move her family back to her village and parents, who are old and in need of assistance. The story below is a short update of her experiences at her new location. It shows that Binita has gained personal, business and financial capabilities allowing her to re-establish herself, her family and her business at another location far from Katmandu – outside the support system of WAWCAS. Another example of the sustainable impact of the WAWCAS Program.

The second story is the story of Sarmila Sedhai, who has been in the WAWCAS Program for the last year. She tells us of some of the family challenges associated with her entering the program – challenges that many WAWCAS Women experience in the early phase. But due to an impressive drive and determination, these women act and initiate some dramatic changes in their life.

Enjoy your reading.

---

### **Binita Rai – updates from Sunsari**

After reaching my parents' home in Sunsari, my mobile phone started having issues and it couldn't be repaired at the local mobile shop. As a result, I lost contact with everyone. It became difficult for me to get in touch with my office and Aliza, my trainer in Katmandu. However, Aliza made every effort to find me by contacting my friends, brothers, and relatives. The search for me continued.



One day, Aliza got my husband's number and talked to him. He gave me her number, and I was thrilled to be able to talk to her again after a long time. After leaving Kathmandu, I finally had the chance to share the bittersweet experiences I had been through, which I couldn't share with Aliza before.

We took a break from planning and began searching for a good and affordable school for our daughter. Meanwhile, my husband and I had a family meeting to discuss our business plans. We talked about where to start the business, what to do and how to do it.

After our meeting, we decided to settle in Ithari Jhumka, located in Sunsari. It's a convenient location for our daughter's school, and we won't have to walk much. Additionally, it's easy to take our parents to the hospital if they fall ill.

We rented a room for a while, but later we found good, productive and affordable land to rent for business purposes. We built a temporary house on the land and now it's time to plant vegetables. Currently, we are preparing the ground for that. In the next few days, we will begin planting. I am planning to build a farm for pig and goat farming business and also set up a snack and grocery shop in my temporary house.

I want to express my sincere gratitude to those who have supported and encouraged me, as it has enabled me to become self-sufficient. I assure you that I will keep you updated on my progress from time to time.

Thank you.

---

### **Sarmila - My determination**

Namaskar, My name is Sarmila Sedhai. For one year I have been member of WAWCAS Group No. LA-01-93 in Ramchok Chiti. I am grateful for this opportunity to share my experiences and challenges with all of you.



I got married at a very young age, and as a daughter-in-law, I was expected to do all the household chores, including taking care of goats and buffaloes, grazing, and attending fairs. In our society, it is considered the duty of a daughter-in-law to do all the work, no matter how much she works. Unfortunately, this work often goes unnoticed and unappreciated. My husband never realizes or notices how much time I spend working. He also told me that as an uneducated woman, I must do all the work. When I ask for money, he tells me that he has already given it to his parents and that I have to request it from them. I am dependent on others, my work goes unrecognized, and my voice is never heard.

Then Slisha organization came into my life. When I heard about the organization and the WAWCAS Program, I realized it was good for women like me, as it provided training, support, and resources. I decided to stay in the group because I believe that if I want to move forward in my life, I must take action and do something, even if it means facing some challenges.

During that early time, WAWCAS trainer Pabitra came to visit me at home. I consulted with my mother-in-law to participate the WAWCAS program but unfortunately, she was not very supportive. Pabitra tried to convince her several times, but not totally convinced.

Despite the setback, I decided to take part in a WAWCAS Group training program with the goal of growing my own business. The training was very informative, and I learned a lot of valuable skills such as the importance of working in a group, the need for savings, time management, handling responsibilities, reducing expenses to increase income, and how to develop a business plan.

After completing the 7-day Training, I was able to apply the knowledge gained to my business and I observed positive results. I also shared what I learned with my mother-in-law, children, and husband. However, in the beginning, my mother-in-law used to tell her daughters that I participated in the training and did not work for my family as was my duty. This made my elder sister-in-law angry and she questioned me why I wasn't doing all the household chores.

However, since I started earning money from my business, I have noticed a change in my mother-in-law's behavior towards me. Earlier, she used to ask me if the tea was ready, but now the tables have turned. As I work outside, doing chores like cleaning the house and taking care of the goat shed, I now ask my mother-in-law if the tea is ready. Moreover, I have been attending discussions, meetings, and training sessions, and I share what I learn with my family. This has a positive impact on my children, who have stopped looking at their mobile phones and started doing their own work.

Despite my family's reluctance to let me leave the house, I managed to become a member of WAWCAS with the help of our trainer. Through a 4-day livestock training program, I learned how to take care of animals and even gained knowledge on home remedies. My newfound skills came in handy when a neighbor's goat fell ill, and I was able to teach them how to create and manage home remedies to help the goat recover. Since then, my neighbors have advocated for me to participate in more trainings.



I am thrilled that I decided to become a part of the WAWCAS Program. Now, my mother-in-law and husband encourage me to participate in the training, learn new skills, and share my knowledge with them. This experience has given me a better understanding of many things. I have learned that with determination, one can find solutions, and my self-confidence has increased as a result. Additionally, I have come to realize that if I work hard and do my best, my family will always offer me their support.

End

---

### **More Stories from the WAWCAS Women and Their Children**

Every month, three WAWCAS women add a new blog to their story on the WAWCAS website. And also, one of our many Child Groups upload a monthly story. You can get insight into the daily struggles and happy moments in the lives of these women and children by clicking the link below.

[Meet the Women and Their Children • Wawcas International](#)