



My Journey with the WAWCAS Program

By Sima Kunwar, Local Program Leader, WAWCAS Nepal, and Sangeeta Shrestha, Founder and Program Director, WAWCAS Nepal.

My name is Sima Kunwar, and I began my journey as a Local Program Leader (LPL) in 2022. Stepping into this role, I was fresh, prepared with enthusiasm but lacking experience. I was born and raised in Lamjung and I am now 24 years old. I have a bachelor's degree in business studies (BBS). Our family consists of eight members: my parents, grandparents, and four siblings. We belong to a poor family, and my father is an alcoholic, which has made life challenging. Growing up as the daughter of a drunkard

was not easy. Our financial situation was not good, and socially, people did not treat us well. This made me fearful of talking to others. Our family faced both economic and mental hardship. I was very scared of my father; he would often scold me and my siblings.

Despite these difficulties, my mother worked incredibly hard. She was the one who ensured we went to school and college. I am very proud of her. Our small house was ruined during the earthquake, worsening our financial crises. The COVID-19 pandemic added to my frustration and stress.

However, I got a chance to become a LPL of the WAWCAS Program through the Slisha organisation. When I heard that I was selected, I informed my mother, and we cried together with joy and relief, hoping that my worries would soon vanish.



The training was tough because I was so scared to speak in front of others. But thanks to the encouragement, motivation, and teaching style of our Program Director, my behavior and leadership skills improved day by day. After three months of training, I felt like a new person.

During this intensive training period, I studied both a range of specialized WAWCAS manuals and countless and invaluable tools developed by the organisation. From mastering effective communication techniques to understanding the tones of body language and speech, I explored details of human interaction. Moreover, I collected insights into the art of analyzing individuals and tailoring my approach accordingly. A fundamental aspect of this training was learning to uphold the dignity and significance of women in every interaction. Upon the conclusion of the formal three months of training, my real training started in the field, where new lessons and challenges unfolded every day. Reflective practice became my compass, as I diligently reviewed and learned from each experience.

One of the most rewarding aspects of my work is training and informal discussions with the WAWCAS members and their families. Initially, they doubted me due to my young age and inexperience, but I persevered, earning their trust through dedication and sincerity. Today, I take immense pride in the bonds of trust. I have formed and worked with five WAWCAS groups where 122 women are involved. Two groups have been exited and are running smoothly. As of now the repayment of the members are 97.56%.



When I noticed the changes in women's lives, I felt so proud, and I respect and value myself as we learn during the training. The most significant change to highlight is that they have transitioned from dependency to independence. They now value punctuality, can speak confidently, and understand the importance of saving money and minimizing unnecessary expenses. Most importantly, they believe in themselves and have made a strong commitment to not rely on their husbands only.

Furthermore, my interactions with children have opened new views of learning and growth. Facilitating sessions with them has been a revelation, providing me with fresh perspectives and insights. The most important changes are that they started to make their schedule and follow accordingly, became aware of a balanced diet and made a menu accordingly, started saving in their piggy bag, and became more creative through scrapbooks.



Participating in both the team-building workshop and the residential women's workshops has truly lifted my spirits. Though I could not join the monumental women's event in Tanahun back in 2023 due to Dengue fever, glimpsing through the numerous photos, I still feel the pain of missing out on such an incredible gathering. Engaging in LNGO workshops has been a joy, both as a participant and as a facilitator for some of the content. Witnessing the transformative changes in women's lives fills me with pride and reinforces the importance of self-respect and self-value that we garner from these inspiring training sessions. Now, I truly believe that anything is possible if you are committed. My father has also changed a lot. I am now supporting my mother, and I can bring smiles to her face. Last year, I got married, and my husband, who is working abroad, is very supportive.

I am grateful for the opportunities that have come my way and for the positive changes in my life. Every day becomes an opportunity for learning and growth. One of my biggest learnings during the three months of training is to believe in myself, always be willing to

learn, be positive, and act positively. Have an attitude that I can do it. Yes, every day I am following this so that I can stand during ups and downs.....



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](#)