

OUR SUCCESS STORIES

Part III



असल छिमेकी नेपाल
Asal Chhimekee Nepal

THE SOCIAL INITIATIVE OF POKHARA CHRISTIAN COMMUNITY

PUBLISHER

Asal Chhimekee Nepal (ACN)

Simpani, Pokhara-1, Nepal

Post Box No : 263

Phone No : 977 61 572516, 584159

Website : www.acn.org.np

Email : info@acn.org.np

PUBLISHED

May, 2025

DEAR READERS !

Stories of Transformation presents inspiring stories of individuals overcoming difficult and vulnerable situations, leading to wider changes in their families and communities. The book emphasizes Holistic Transformation, encompassing physical, economic, social and understanding (spiritual) aspects of life. The concept of transformation is not just about external success but profound inner change, leading to fullness of life. Transformation is a process that requires patience, self-awareness, deep reflection, and proactive effort, it is facilitated by the external agents but should be emerged from within the person.



The book highlights real-life examples of transformation seen in individuals. The authors share their experiences of being part of this journey, celebrating the progress and the hope that these stories offer.

To contribute selflessly to the betterment of the lives of marginalized and vulnerable people, the Pokhara Christian Community, a coalition of 61 churches, founded Asal Chhimekee Nepal (Good Neighbor Nepal) in 2003. This organization continues to serve communities with dedication, embodying its mission through humble acts of change. The book recognizes and expresses gratitude to the people featured in the stories, the leadership team, communities, local authorities, partner organizations, and all who have contributed to the transformation effort.

Through these narratives, the book provides knowledge, encouragement, and inspiration, showing how transformation is a process that turns even the most challenging circumstances into opportunities for growth and success.

Rajendra Kumar Adhikari (Raju)

Executive Director

TABLE OF CONTENTS

Ray of Hope.....	1
Opportunity to Become A Businesswoman	2
Fiona's Confidence	3
Moving Forward Together	4
Rupesh's Determination.....	5
One Stream, Many Hopes	6
Dream has No Limits	7
Helped to Help Others	8
Motivation Matters	9
Hope of Materials.....	10
Role Model- Namuna	11
Uttam's Inspiration	12
Desire to Study.....	13
Home for Homeless.....	14
With My Own Income.....	15
Toilet- Enhanced My Dignity	16
A Friend During Crisis	17
Value of Identity.....	18
Sustained Hope.....	19
Shattered to Sheltered	20

RAY OF HOPE

Mina Devi Bishwakarma, a resident of Sugouli Tole, Ward No. 2, Palhinandan Rural Municipality, West Nawalparasi district, became a mother at a young age. She has only one daughter, who cannot speak or hear. Her husband went abroad for foreign employment with the hope of improving the family's financial condition and to pay for their daughter's treatment, but later he lost contact with the family.

With no support for her daughter's treatment and needing to manage household expenses, Mina Devi started working hard as a daily laborer. Sadly, instead of helping her, people of her village started questioning her character. But she didn't give up. She believed that even in difficult times, one can live with dignity, and she kept trying. Eventually, she got the chance to join a family business training organized by Asal Chhimekee Nepal. After taking the training, she said, "My life has changed." She became very motivated.

With the small amount of money she earned from daily labor, she opened a small grocery shop in her village. She started selling items like salt, oil, soap, spices, snacks, chocolates, biscuits, and even chatpat (street food). Now, from the income of the shop, she is able to run her household well and even save some money.

Meena Devi says, "Since I opened my shop, I've been able to take care of my family's expenses and provide special education for my child. I can also manage the household work. The same community that once questioned my character now respects me. I am very thankful to Asal Chhimekee Nepal for helping me to move forward from my difficult village life."



OPPORTUNITY TO BECOME A BUSINESSWOMAN

Bindu Devi Yadav, (46 years old) lives in Pusouli Tole, Ward No. 6 of Sarawal in West Nawalparasi. She supports her family of five through farming. Bindu Devi really enjoys taking care of cows, buffaloes, and chickens. In her childhood she used to take care of them because of compulsion, now she feels very close to the animals. She treats them like her friends and shares her happiness and sorrows with them.

Bindu Devi doesn't know how many animals she raises. Before, she used to raise goats just out of her own desire, not to earn money. However now, she raises

them for business purposes. She loves her animals so much that it's hard for her to sell them, but she knows she must do that to support her family.

Even though Bindu Devi raised her cattle with a lot of love, many of her cows and buffaloes died recently. Seeing this, sometimes she felt like quitting animal farming. But the members of her local group advised her not to give up and suggested she attend training on animal farming. This training was very helpful for her. She learned many important things and also got financial support. Because of this, she gained more confidence and interest in continuing the business.

Now, she is known as a good businesswoman in this field. This month, she earned 15,000 rupees by selling one goat.

Bindu Devi says, "This business training has helped me a lot. I am very thankful to my group and Asal Chhimekee Nepal for guiding women like me, living in rural areas, a way to earn income from home."



FIONA'S CONFIDENCE

Fiona Magar is a 12 years old girl studying in class 6. She lives in Kaseri, Pokhara with her parents. She is a quiet girl and doesn't like to mix with people much. One day, she found out that there was a Child Club in her locality. Her family noticed that she spent most of her free time watching TV, so they encouraged her to join the club to learn something new.

As Fiona came to the club because of her parents, she couldn't easily talk with friends at first. She was shy and

scared, so she often stayed at the back. But as time passed, she joined many activities and learned why the club is important. Slowly, she started to enjoy going to the club.

Some time ago, she got a chance to represent her club in an inter-child club quiz competition. This was new for her, but very helpful. She said, "At first, I was very scared because I had no experience. But later, our team won first place. This made me realize that hard work and effort are important, and there is no need to be afraid."

Now, she is not only active in the child club but also has an important role as class captain at school. She says, "I used to be too shy to stand in front of people, but now I even took part in a singing competition at school and won third place. I have gained the confidence and courage that I can do this and I'm worth it."



MOVING FORWARD TOGETHER

In many villages in the Terai region, people still believe that women should stay at home. They think only men; husbands or sons, should go outside and take part in community work. Because of this, many women have no confidence. They think they can only do housework and nothing more. This was the situation in Palhinandan-3, Parsiya. Most women there were poor, uneducated, and stayed inside their homes.

But things started to change. The women saw that in nearby villages, women had made groups and were doing good work. So, 20 women in Palhinandan formed their own self-help group called the Shital Group.

They started by saving just 20 rupees each per-month. This small step gave them hope. Slowly, they learned how to keep records, save money, and take small loans. They used the money for farming and other small work. Some women started earning money and felt more confident.

Now, members like Maya and Sarita have officially registered the group. They also get support from the government. These women, who once stayed at home, are now strong and active in their village. The Shital Group shows that, when women work together, they can do great things, even without formal education.



RUPESH'S DETERMINATION

In Nepali society, people with disabilities are often looked with pity and disrespect. Rupesh Thapa, a 38 years old from Nareshwar, Gorkha, is changing that view. Though he looks physically strong, he lives with intellectual and speech disabilities. Some in his community call him “useless” or “slow,” which hurts him deeply. But Rupesh chose not to give up, instead, he used their words as motivation.

His life began to change when he joined a disability-focused program run by Asal Chhimekee Nepal through his local ward office. He took part in a two-day poultry farming training and received 14 chicks along with basic supplies.

Rupesh worked hard, and within 45 days, he sold the grown chickens for about 16,000 rupees. With that money, he proudly bought school supplies for his daughters. When they told neighbors, “Our father bought us these,” Rupesh couldn't hold back his tears of joy. The community, too, began to see him differently.

Encouraged, he reinvested his earnings to buy 50 more chicks and now plan of raising 100 chickens. Rupesh is not just building a small business, he is rewriting the story of how people like him are seen in the society.



ONE STREAM, MANY HOPES



Nesa, a 36 years old hardworking mother from Rampurwa village, lives in a family of 14. Every day was a struggle, not just with field work and household chores, but with a deeper worry: **water.**

Her family had no tap at home. The village pond was dirty and unsafe, and the only public tap nearby was poisoned with arsenic.

Drinking that water made her children sick: diarrhea, stomach pain, endless fatigue. She watched helplessly as her little ones suffered, knowing she couldn't afford clean water or medical care.

Nesa's heart ached. "I could bear it, but what about my children? How could I protect them?" she wondered.

Then hope arrived. Joining a local savings group supported by Asal Chhimekee Nepal, she learned help was near. Soon, a clean water tap was installed right outside her home.

Tears filled her eyes the day fresh water flowed. "We no longer have to choose between water, food, or medicine," she said, her voice shaking. "This tap saved my family's life."

That single drop of clean water washed away years of pain, bringing health, hope, and a chance for a better future.

DREAM HAS NO LIMITS



Jivandev Pokharel, 53, from Pokhara-29, Kaski, is the head of a family of five. His main income comes from farming, but due to weather and other challenges, it was often not enough to support his family.

Living far from the city, Jivandev faced frequent electricity problems. Calling an electrician was difficult, so he tried fixing things himself. Over time, his interest in electrical

work grew. He thought, "If someone taught me properly, I could do this job well." Still, doubts crept in: "I'm old, my eyesight isn't good, can I really learn? Will anyone believe in me?"

Despite this, he stayed positive. One day, he learned about a free electrical repair training offered by Asal Chhimekee (Good Neighbor). Gathering courage, he applied and was selected. After completing the one-month course, Jivandev earned new skills and a certificate.

Now, he fixes electrical problems from home. His age and experience make people trust him. Proudly, he says, "There's no age limit to dreaming. If you have a dream and work hard, it can come true."

HELPED TO HELP OTHERS

Rabina Gautam, 21, works as an Auxiliary Health Worker at a health post in Beni. Though she is trained as a Health Assistant, she believes that serving the community is her true duty, and the smiles of the people are her greatest reward.

Rabina grew up in the city and never imagined working in a rural area where conditions are tough. When she started to work at the health post, it was just a small room without enough medicines, equipment and staff. Some days had few patients; other days were crowded with dozens. Despite this, Rabina never complained and said, "Where there is hope, there is always a way to serve."

Her biggest challenge was finding enough time to listen to each patient, as many felt health workers didn't take their concerns seriously. Rabina also struggled to meet everyone's needs.

Things improved when Asal Chhimekee Nepal built a new health post with better facilities, a separate consultation room, and proper medical tools.

Now Rabina proudly says, "I can fully use my training and skills to serve people the right way."



MOTIVATION MATTERS

Dilmaya Susling lives in Arkhala, a beautiful but remote hilly village in East Nawaparasi. The area is full of natural beauty, but the farmers have been using old farming methods for many years because they don't have access to modern technology. The rough land, lack of facilities, and limited knowledge make life very hard for the people there.

Dilmaya grew up in this environment. Since childhood, she has worked in the fields, taken care of goats, and helped her family by farming paddy. Her family has four members. Even though they worked hard

in farming and animal care, they did not have enough knowledge or the right tools. Because of this, their harvest was usually small.

In this situation, Dilmaya found out that training was being given in the village. After receiving training in the village, Dilmaya started using what she learned. She used organic fertilizer made at home, and the results were very good. Her neighbors also saw that her crops grew better, so they asked her what she was doing differently. She smiled and said she was not using any chemicals but following the training methods and using homemade fertilizer.

This improvement made her farm a good example in the area. The change gave her motivation and hope to do more. Dilmaya says if you have the right skills and methods, you don't need to go far to work hard and succeed.



HOPE OF MATERIALS



Savina Khatun is 12 years old and lives in Pusouli, Sarawal Rural Municipality, West Nawalparasi, with her small family. Being the first child of her parents, she helps her mother with cooking and other small household chores. Savina studies in class 7 at a nearby Madrasa school. One day at her school, everyone was called to join a program. It felt like a fun

time for the children to play, but it was more serious than that.

An organization called Asal Chhimekee Nepal had brought WASH hygiene kits and was running a health awareness program. All the students, including Savina, took part. For them, this awareness was not a big thing, but when she saw the hygiene kits, that caught her attention.

Savina said, "We had heard about cleanliness before and were listening again. I used to wash my hands, but it was hard to get WASH material supplies. We could buy them in the market, but it was difficult to provide enough food for the family, and who will buy these, this was a problem. I was very happy when they gave us hygiene kits, toothbrushes, toothpaste, soap, and towels."

Through this program, she received hygiene kits and other items. She was very thankful to Asal Chhimekee Nepal and said she will teach her brothers, sisters, and parents about health and use these materials regularly. She hopes everyone will keep using them.

ROLE MODEL- NAMUNA

Namuna (changed name) was born into a poor family. With a large family of 8 members, it was very difficult for them to get enough food to feed the whole family. When Namuna was young, her family experienced a lot of difficulties. To help them, Namuna worked as a helper in catering and earned 500 rupees a day. With that money, and being influenced by bad company, Namuna started smoking cigarettes, and slowly this grew into using stronger drugs like marijuana and brown sugar (heroin).

Because of her drug use, Namuna stopped going to school. Soon, it became hard for her to work and earn money, so Namuna and her friends began stealing to get money for drugs. Namuna got married to someone who also used drugs. Because of that, Namuna's family faced many problems and had to move out.

Namuna says, they couldn't even afford food or basic things and couldn't work properly because of addiction. This forced her into difficult situations to survive.

Time passed, and Namuna had children but faced many struggles. She tried to stop using drugs many times but couldn't succeed. One day, some people from a rehabilitation center called Nawajeevan met Namuna and invited her to the residential treatment program.

Since that day, Namuna has not looked back and has stayed clean from drugs for 20 years. Now, Namuna works at a sewing training center and lives a drug-free life.

Namuna feels very happy and thankful because Nawajeevan gave her a new life and skills to live well.



UTTAM'S INSPIRATION

Uttam Gurung (37) from Siranchowk village in Gorkha, grew up surrounded by green hills. Unlike many young people dreaming of cities or working abroad, Uttam wanted to stay and help children in his village. Seeing little children struggle to walk long distances to school, some even crawling because their legs were weak, broke his heart. He felt a strong need to act, knowing if no one helped these children, who would?

Uttam became the head teacher of the village's small primary school. Then, the 2015 earthquake destroyed the school building, classrooms collapsed, walls cracked, and books were buried. Despite this, children kept coming to learn, sometimes sitting outside under the sun.

Refusing to give up, Uttam spoke with villagers, officials, and organizations for support. Because of his persistence, Asal Chhimekee Nepal helped build a new, safe school with chairs, tables, learning materials, toilets, and clean drinking water.

Uttam and other teachers, received training in English, child-friendly teaching, and digital tools. Today, Uttam says, "This change happened because of Asal Chhimekee Nepal." Teachers and parents agree, saying, "Without Uttam Sir's dedication, this transformation wouldn't be possible." His care has given hope to the whole community.



DESIRE TO STUDY

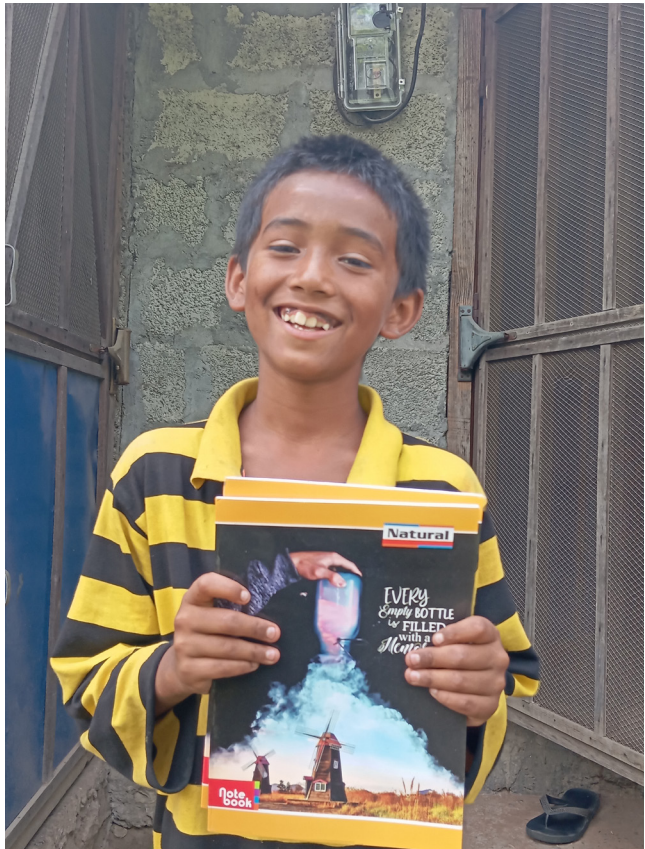
Everyone wants to walk holding their father's hand or to ride on their father's shoulders. But Shankar could only dream of that. When he needed his father the most, his father abandoned him and his family. His mother tried to give him all the love she could, but it was never enough. Shankar felt empty without his father.

Because his father was gone, his mother had to take care of everything alone, which made Shankar very sad.

Buying new clothes was a big thing; sometimes, when they couldn't even afford to buy a

pencil, it negatively impacted Shankar's mind. He used to sit alone and couldn't concentrate in class. His teacher noticed and shared about his situation with ACN. After that, ACN provided basic school supplies like uniforms, school fees, books and stationery. Receiving the basic items he needed for school felt like a dream to Shankar. He was very happy knowing he could study without worrying about money.

Now, Shankar is studying in grade 2. In his free time, he plays with his friends like before. His mother is also very happy and thankful to the organization, after seeing that Shankar's face has become bright and happy again.



HOME FOR HOMELESS

Dhan Bahadur Budha, a 40 years old man from Ward No. 5 of Gaumul Rural Municipality, has a family of four. He works in agriculture, but the crops he grows only last for about three months. For the rest of the year, he works in others' fields or carries loads to earn money for food and household expenses.

On the 24 January , 2023 , an earthquake damaged part of his house. The remaining parts of his house also have cracks and are unsafe. Because of the risk, his family is forced to stay in a temporary hut made from plastic and straw.

Due to this difficult situation, Asal Chhimekee Nepal supported Dhan Bahadur's family with the materials needed to build a temporary shelter. The materials included, one bundle of 10-feet-long tin sheet, three bundles of 8-feet-long tin sheet, one bundle of 5-feet-long tin sheet and other construction materials.

Using the materials, Dhan Bahadur quickly built a temporary shelter and is now living in it. He said: "Thanks to the materials we received, we could build a place to stay right away. It would have been very difficult without this support. I'm very thankful to everyone who helped us during this hard time."



Materials distribution in coordination with Local Government & INF

WITH MY OWN INCOME ...

Himal Basyal (20) lives in a family of 8 members. Because of financial problems, he had to leave school when he was young. Later, he went to India for work. But the work and salary there were not as expected, so he returned home after 2 years.

While staying at home, he heard about a free skill training in electrical house wiring provided by an organization called Asal Chhimekee Nepal. He applied without wasting time and was selected.

Now, he is working in different cities doing house wiring. He

says, "I am working and also supporting my family. From my first earning, I bought a mobile phone for Rs. 15,000, which I never thought I could buy myself." He feels

the skills he learned changed his life from darkness to light.

"I'm happy that I can stay and work in my own country. I'm very thankful to the organization for giving me such a life-changing training opportunity," he adds.



TOILET- ENHANCED MY DIGNITY

She is a single woman, and on top of that, her house didn't have a toilet, Hamidun Nesha and her family faced a lot of problems when they needed to go to the toilet. During the day, they either had to go to a faraway river or to the fields, or wait until it got dark. Because of this, women from the other village used to carry water at night and go to the fields. This brought the risk of snake and insect bites, and it also took a lot of time. During the rainy season, there wasn't even a proper place outside to relieve themselves. As a result, they had to hold it in, which led to health problems.

Also, she told us, "When people defecated in open spaces, the waste would mix with water and come near the house. It made it hard to cook or drink clean water. We even had to drink dirty water and sometimes suffered from diseases like cholera.

Now, with the help of Asal Chhimekee Nepal, we have a proper toilet. After the toilet was built, my lifestyle has become much easier. I'm very thankful to Asal Chhimekee Nepal for their support."



A FRIEND DURING CRISIS



Sanju Pun Magar lives in Aathbiskot Municipality- 12, Rukum West. She is 26 years old. Her family includes her husband and two children, four people in total.

On July 15, 2024, heavy rain caused a big landslide in Sanju's village. Many homes were destroyed, and some people even lost their lives. Everyone was scared and worried about how to survive.

During this hard time, a good team from Asal Chhimekee Nepal came to help the village. Sanju felt very emotional and said that these people were like protectors, helpers, and friends to her and her village. Their help gave them hope and strength.

Sanju will never forget this help and thanks Asal Chhimekee Nepal very much.

VALUE OF IDENTITY



In some parts of Nepal, there is lack of education, poverty, and discrimination based on caste. Life in villages is difficult. In one village near the Indian border in southern Nepal, there lives a 40 years old woman named Anita BK. In her village, people face caste discrimination and women suffer a lot. Many girls get married very young and don't get the chance to go to school.

Anita was married off in her childhood, and because her family didn't have land to farm, she worked on other people's fields to support her family. Her husband worked in a brick factory, but he spent all his earnings on alcohol, so it was hard for Anita to run the

house.

In her community, many people did not know about their rights or the importance of citizenship. They thought having citizenship didn't matter if there was only one person in the family with it. They felt it didn't help with food or anything else, so they didn't care much about it.

Even at 40 years old, Anita didn't have any official documents or citizenship. Because she earned very little money, she felt frustrated that she needed papers to do work she knew how to do. She wondered why a piece of paper was so important.

When an Asal Chhimekee Nepal team came to teach them about rights and citizenship, Anita joined the training. She learned a lot and asked her husband to get his citizenship. Now, Anita has become an inspiration for other women like her, showing them a path to change.

SUSTAINED HOPE

Dilmati has been living with her family in Kagbeni, Mustang, for the past 23 years. They have rented some land and work as daily wage laborers. On August 3, 2023, a devastating flood disrupted their life completely. The flood that came at night destroyed all their belongings. They were left homeless. Except for the clothes they were wearing, they lost everything. In this difficult situation, Asal Chhimekee Nepal gave them relief supplies that could last for one month, which made them very happy. They said, "Our main source of income is the tourists who come here. Without tourists, it has been very hard to survive. Asal Chhimekee Nepal have been very helpful. They helped us in our time of need. Now, we hope to start earning again slowly."



SHATTERED TO SHELTERED

Phulmaya Chepang lives permanently in Bandipar, Ward no. 1, with her two daughters and one son. One daughter studies in grade 11, another daughter studies in grade 9 at a nearby government school, and her son left his studies while studying in grade 6.

Phulmaya earns daily wages to survive. She also works on farming when she can. They do not have enough land for farming and the small amount of crops they grow can only feed the family for a few months. The rest of the time, it is hard to meet basic needs.

This year, their house was damaged by landslides during the rainy season. Because of this, they faced problems with shelter, gas, and clothes. Their house was damaged and unsafe to live in.

Phulmaya dreamed of building a safe house, but due to financial problems, her dream was unrealized. Local leaders included her damaged house in a list for help, which gave her some hope.

At this time, Asal Chhimekee Nepal helped them by providing building materials like sheets and poles to rebuild the damaged house. This support was a big help for them to rebuild their safe home.

Phulmaya is very thankful to Asal Chhimekee Nepal for helping her family fulfill their dream of having a safe home.

