



Survey Report

Women Empowerment Project Survey 2009

Bakanje VDC, Solukhumbu

25 Oct. to 3 Nov. 2009

By Namgyal Jangbu Sherpa

Bakanje Women Empowerment Project (WEP) 2009

Meeting introduced by Papa Kurt, Chairman of Himalayan Project Denmark (HP)

Meeting Led by Namgyal Jangbu Sherpa, G. Secretary Himalayan Project Nepal (HIPRON)

Meeting assisted by Ambika Maharjan, Administrative Officer of HIPRON

Interpretation is done by Rinji Sherpa, student of grade 12.

In Bakanje the position of female is below than their male counterparts. The slogan for gender equality and women's rights brings tension in the society, which are socially backward. Due to the existing social, cultural and economic system, situation of the majority of women in Bakanje VDC is very miserable. They are deprived of basic human rights like education, health, nutrition, involvement in social activities etc. In addition, their literacy rate in comparison to men is very unsatisfactory. Most women spend their time with household chores, care of children and agricultural activities. No effort has been made to improve condition of women in the field of literacy, motivation, confidence and capacity building, skill develop training in women rights and responsibility, saving and cooperative for income generation activities.

Himalayan Project Nepal (HIPRON) is a non-profit Social organization, founded in March 2007 in cooperation with and initiation of Himalayan Project Denmark (HP-DK), working in Education, Health, Social Empowerment and other infrastructure development in Upper Solu, Solukhumbu District, eastern part of Nepal. This organization is officially registered with District Administration Office, Kathmandu, under the ministry of Home affairs and affiliated to Social Welfare Council, Lainchaur, under the ministry of Women, Child and Social Welfare. Ever since its establishment, HIPRON has an office in Lazimpat-2, Kathmandu with 3 office staff and 7 board members

Bakanje Women Empowerment Project is a project that seeks to empower women of Bakanje VDC by providing skills training to help women make supplemental income, achieve economic independence if they seek it, build confidence, and strengthen their voices. HIPRON conducted survey in autumn 2009 to identify the real basic problem being faced by women of Bakanje VDC. This Survey Report provides basic information about their interest and problem

Our operating premise is that improving health, hygiene, nutrition, social and economic for women improves societies as a whole. The HIPRON seeks to identify change agents, build community for reform around key issues affecting women's status, and promote internal efforts to identify and solve problems.

Objectives

- To identify the status of Bakanje VDC Women in health, hygiene and nutrition
- To know their interest and cooperation in WEP
- To know more idea about the problems of Bakanje VDC Women

Methodology:

Group meeting and open discussion

(Discussion through small sub group division over the issues and voluntary answer)

Women were invited for the *Women Empowerment Project Survey* without regard to caste, age, or ethnic group, though the focus is on women in the rural villages. Women Empowerment Project Survey also strived to gather all women on occasion for mutual support, networking, idea-generation, and clearer communication.

Agenda for meeting was forwarded 2 days in advance.

WEP Meeting in Kenja

Location: Health post Yard

Date 27, October, 2009

Time: 2 PM – 4PM

Participant: 40

Agenda for Meeting:

1. Health, hygiene and nutrition condition of Kenja women
2. Giving ideas and suggestion for HP on how Kenja women can be helped to improve their daily life in the family and community

Respondent

Total respondents: 11

5 women responded on health, hygiene and nutrition issue

6 women responded on giving ideas how HP can help women to improve their daily life in the family and in the community

On the issue of health, hygiene and nutrition, **Jan Kumari Basnet** one of the members of Mother Group opinioned that many of the woman, as well as herself, has a health problem related to female, they have trend of keeping secret when these sorts of disease is seen. Their lack of knowledge and traditional thought have played vital role behind this.

Kreshna Kumari Khati one of the members of Mother Group responded that she has headache problem for long time but there is no medicine available in the Kenja Health Post. Her family is poor and she hasn't been able to afford for treatment. She wants medicine is available in the local health post for the people like her. She is also having pure drinking water problem. There is very poor drinking water system in her village, sometime she uses to have rotten frog and snake in her water pipe.

Lalit Dahal other member of the Mother Group has very serious problem of Uterine Prolaps. She visited Alka hospital in Kathmandu for treatment but it was so expensive that she had to go back without having any treatment.

Goma Jogi, other member of the Mother Group, has problem of not having proper toilet and drinking water facility and that has caused spreading diarrhea and other communicable disease. She is living ½ Km away from public water tap. She is very poor and can't afford to have those facilities.

Dil Kumari Pradhan, other member of the Mother Group, stated that she has problem of joint pain but hasn't visited any Doctor.

On the issue of giving ideas how HP can help Woman of Kenja in their daily life in their family and community, Secretary of the Mother Group **Mrs. Kanchhi Sherpa** opinioned that their livelihood can be uplifted in the family and community through skill develop training like sewing and weaving, and cooperative system for instance cooperative goat keeping, cooperative chicken keeping, cooperative shop. She reasoned that no one women of Kenja can solely invest in such income generating activities and introducing cooperative is the best thing to help them.

Vice-Chairwoman of the Mother Group **Juma Tamang** stated that HP should help Kenja woman in opening the cooperative shop. She opinioned that women should engage more in business rather than any other field like farming or goat keeping for their income generation, she reasoned that Kenja is a small place and there is no sufficient area for god keeping, farming or chicken keeping.

Umma Rai other member of the Group expressed her loneliness in the society; her four sons are not in contact. She is a small tea shop keeper.

Ram Kumari Basnet, treasurer of the Mother Group furnished idea of skill development training for women to uplift their condition in the family and community. She reasoned that skill is most for the women for better income generation.

Ang Pemba Sherpa, other member of the Mother Group and tea vendor suggested us support for cooperative shop, she believed that Kenja woman can improve their life through cooperative system.

Ang Furwa Sherpa joint Secretary of the Mother Group also has a suggestion for HP to support in different cooperative system like: Cooperative goat keeping and chicken keeping (those who has land), Cooperative shop (those who are interested in business)

WEP Meeting in Chhimbu

Location: Jangbu's Yard, behind the house

Date 29, October, 2009

Time: 9AM – 11AM

Total participant: 16

Agenda for Meeting

Health hygiene and nutrition

How Chhimbu Progressive Women Group (CPWG) can be develop and expand.

Give us idea how HP can help you in your daily life in the family and community

Respondents

Total respondents 16

8 Responded on health, hygiene and nutrition issue

2 responded on how to develop and expand Chhimbu Progressive Women Group (CPWG)

6 responded on giving ideas how HP can help Chhimbu women to improve their daily life in the family and in the community

On the issue of health, hygiene and nutrition, **Sanchi Thami** member of the CPWG has expressed lack of knowledge on health, hygiene and nutrition. She wishes to have awareness training on these issues. They have been using open space for toilet and drinking water hasn't reached their house.

Sanchi Maya Thami, chairman mother group has expressed that most of the women health problem is deteriorating by poor drinking water facility, open toilet, bad kitchen and lack of knowledge about food.

Nisa Tamang, member of CPWH, stated that there Chhimbu woman has no knowledge of health hygiene and nutrition at all.

Bishnu Maya Tamang, Chairwoman of Chhimbu Progressive Woman Group, has opened that lack of food and ignorance are the major problem of the health and hygiene in the area. Due to it health and hygiene are not their priority. Health awareness among Chhimbu woman and modernizing agriculture system of Chhimbu to produce sufficient food are equally important. Beside that poor drinking water and open toilet causes several diseases in the family.

Kanchhi Sherpa member of mother group stated that due to the lack of proper drinking water causes diarrhea among the people and bad kitchen causes serious problem of eye and lungs. It is the general problem of all women throughout the village she said.

Renuka Thami other member of CPWG said that poor sanitation is due to shortage of water. Lack of knowledge to use of toilet is major challenge of hygiene. Nutrition is very poor they eat what is available with them. They have no idea about food balance.

Kesi Thami other member of the CPWG said that lack of food for the family, shortage of drinking water, open toilet and bad kitchen are their problem. These problems can't be avoided unless poverty is rooted out.

Dil Maya Thami other member of the Woman Group has problem of not having enough food for her daily life. They are eating food to survive not for good health. She has no knowledge of the hygiene. Bad oven has consumed lot of fire wood and produce lots of smoke which cause severe problem to the eye and lungs. She said each and every Thami family is using kitchen room for many purpose as they have no separate room for eating and sleeping.

On the issued how Chhimbu Progressive Women Group can (CPWG) develop and expand, **Sarkini Thami** member of the Group opinioned that more training on sewing and weaving can help to develop CPWG, 2-3 more sewing machines are needed to work in effective way.

Nisa Tamang other member of CPWG opened that more cooperation among women to develop CPWG.

On the issue of giving ideas how HP can help in their daily life in their family and community, **Shanchi Laxmi Thami** advised us that creating opportunity of regular work in income generating activities in the community will help in their daily life in the family and in community, chicken and goat keeping, and community shop are potential for that.

Nisa Tamang, Sanchi Maya Thami, Sharkini Thami, Bishnu Maya Tamang, and Renuka Thami have similar ideas to get help in goat and buffalo keeping, they reasoned that there are sufficient land for that.

WEP Meeting in Sagar-Bakanje

Location: Health post Yard

Date 31, October, 2009

Time: 9AM – 11AM

Participants: 25

Agenda for Meeting

Health, hygiene and nutrition

Suggestion to make health post better functional

Bakanje Women role in improving the standard of School and benefit they can get from

Giving ideas how HP can help in improving women life in the family and community.

Respondents

Total respondents 12

4 Responded on health, hygiene and nutrition issue

All women jointly responded on how to make existing health post better functional

3 responded on Bakanje Women role in improving the standard of School and their benefit from school.

5 responded on Women role in improving the standard of school of Sagar-Bakanje and their benefit.

On the issue of health hygiene and nutrition, **Susma Sherpa**, Health worker of Sagar-Bakanje health post says that she can give very simple treatment for women but she can't deal with severe problem of the women. She also says that her hospital is lacking medicine and staff for the better treatment. No staff is willing to live at health post due to the lack of the facility.

Many women have a problem related to female health but they don't like to expose it rather they like to cover it up. Female health awareness is very important to make them come out of it.

About hygiene, she says nobody knows the impact of having poor hygiene due to the lack of knowledge. For the nutrition only few people have cows for milk for the family. Climate in Sagar-Bakanje is very unfavorable and land is not productive so agriculture product of the each house hold in Sagar-Bakanje is just enough for half a year and they have to supply from outside for rest of the period. So malnutrition is one of the major problems seen especially in low-caste family.

Mingma Doma Sherpa says that women are mostly engage in household work. They have been grinding flour by hand which consumes lots of time and makes them full of tire. Some women have to fetch up water from far distance as there is no water supply around. So women have no time to think about health. Less agro based product and consumption of hard labor has created problem for women health. Being all day busy in field and busy in house hold job at night is very tiresome for women. Lack of toilet is another problem of the women which has made sanitation worsens.

Mingmar Lhamu Sherpa School teacher says that no woman has knowledge on health hygiene and nutrition so their health hygiene and nutrition is very low. She says most of the Bakanje women have no knowledge about use of toilet and clean drinking water. They need to be given full of awareness in these issues. Some sorts of training on health, hygiene and nutrition should be run to make them aware on those issues.

Kali Thami says that every family has very basic problem of health, hygiene and nutrition. Lack of awareness, poverty and traditional thought are the major factor. Having lack of clean drinking water, poor sanitation of not having proper toilet, lack of balance food has caused numerous health problems in every family.

Sabita Gimire (Bika) says that parents of the school, teaching staff, School management committee, mother group and students have equal responsibility to the school. Women of Sagar-Bakanje can contribute for the betterment of the school by regular monitoring the teacher, students and class, administration. Women also can coordinate to create better cooperation among all stakeholders to standardize the level of education.

Mingma Lhamu Sherpa a teacher of Dakchu Primary School says that mother group of Sagar-Bakanje can cooperate with teachers and parents as woman is a part of the society but women alone can do nothing.

Susma Lal says that for the better education parents, students and teacher should stop blaming each other and own up the responsibility of their part and take an action accordingly.

On the issue of how HP can help in improving their daily life in the family and community **Susma Sherpa** says woman should be engage more in outdoor income generating activities. For that now concept of income generating activities should be introduced in the community like greenhouse. Bakanje is too cold place for vegetable farming and green house can be an option for better production of vegetable.

Chicken and goat farming can be good option cash income as well as fast growing but women need be facilitated.

Water mill should be built instead of hand mill, hand mill is too much time and labor consuming and women can save time and labor through water mill.

Sabita Gimire has a different idea than that of Susma Lama. She says all the women should be given skill develop training so that they can be dependent on their own skill. It is quite important to make women believe in their own skill in this age. Social awareness is another part of the woman life.

Lhakpa Doma says that she has a problem of drinking water which has made her daily life very difficult.

Anita Tamang wants to keep goat farming for the better income but her family hasn't been able to invest. She is just looking for helping hand.

Yangzi Sherpa says that clean drinking water hasn't yet reached to every household. There are some few household which needs to be connected to drinking water supply.

Bakanje Mother Group has a joint wish to have introduced modern toilet project for better sanitation. Cooperative goat farming and skill develop training for better income, more over they want water flour mill which save lots of their time and energy.

On the issue of making Bakanje health post better functional, all the participated women suggested living quarter facility for the health worker and at least one of the staff should be made available for emergency service. Due to the lack of the facility no health worker is willing to live in Bakanje village. There is 3 staff with one health worker, one health assistant and peon. Bakanje women are ready to give sufficient labor donation for creating such facilities.

WEP Meeting Sagar-Danda

1 November, 2009

Location: Temple Yard

Date 1 November, 2009

Time: 9AM – 11AM

Participants: 22

Agenda for the Meeting

Health, hygiene and nutrition

Giving ideas how HP can help

Respondents

Total respondent 8

6 responded on Health hygiene and nutrition

2 responded on giving ideas on how HP can help Sagardanda women to improve their daily life in the family and community.

Harka Maya Basnet, retire woman volunteer says that Sagardanda womans' main problem on health, hygiene and nutrition is a lack of awareness. According to her no woman is aware on any of above issues. Poverty, illiteracy and traditional thought are the main factor of women being unaware about their health, hygiene and nutrition. They have been continuing practicing traditional agriculture system and each household produce food for only half year. For the rest of the period they have to go out to seek the labor job and supply food from outside.

Health of the women is relatively very poor due to smoking, careless and irregular food consumption. Condition of sanitation is very low due to lack of proper toilet and garbage management.

Rada Basnet, women volunteer opinioned that health of the all families is affected by poor sanitation around the house, open toilet and bad condition of kitchen. Lack of consciousness of the family invites diseases. Lack of the food is another source of diseases she said. No people of the Sagardanda have enough food and food quality is very low.

Om Kumari Basnet expressed that women of Sagardanda has no idea what nutrition is and it does for health. Having many children and less food is the biggest problem of the women in Sagardanda she said. She reasoned that lack of knowledge is the main cause for not maintaining sanitation and not having proper size of the family of each house hold.

Gita Sharma says no household has proper toilet in the village and all are using open field for toilet. They have no idea what hygiene and nutrition are and what that does for health.

Kalpna Bastola says health, hygiene and nutrition condition of the Sagardanda women is very critical and they are the major problems of the women and which have caused for women miscarry, prolaps and problem in uterus and so on and for the children malnutrition, but no women of Sagardanda is co-operating each other to come out of it due to the lack of unity among them. So some sorts of awareness training program which might help them work together to come out of the problem.

Indira Basnet says all people of Sagardanda people have been practicing open field toilet and that is the major challenges for health and sanitation. So, modern Toilet should be introduced for the better sanitation.

Rada Gimire suggested us to help in Chicken farming and water mill projects; she believes that these two projects can bring huge changes in women daily life in the family and community, she reasons that Chicken farming is small investment and it gives fast income, she also reasons that by water mill all village women can save lot of time and energy. All women of Sagardanda have been using hand mill for grinding flour which consumes lots time and energy. She says that it is very boring and tiring and especially when they are tired after all day hard work in the field.

Sita Karki's interest is quite interesting; she is more interested in modern organic vegetable farming. She believes that she can create better income through vegetable production as it is cash crop.

WEP Meeting in Chhiringkharka

Location: Emmergency Clinic yard

Date 3, November, 2009

Time: 9AM - 11AM

Participant: 40

Agenda for meeting

Health, Hygiene and nutrition

Selection of the women candidate for health training for working at Emergency Clinic

Giving ideas how HP can help in Chhiringkharka women in their daily life in the family and community

Respondents

Total respondents 16

10 responded on health, hygiene and nutrition

6 responded giving ideas how HP can help women to improve their daily life in the family and in the community

On health hygiene and nutrition issue **Som Maya Tamang**, student of grade 12 says that People of Chhiringkharka keep busy themselves in field and cowshed and they don't find time for their health and hygiene. They don't know how important to have sound hygiene is. But most of the people have no problem with nutrition as they produce sufficient food for themselves. Only few low-cast people can't produce sufficient and they have a problem of nutrition.

Samdel Lama, a farmer, says that drinking water is the biggest problem in the area. In monsoon they are forced to consume contaminated water by flood and in winter water goes dry and people have to fetch water up from long distance. It has causes lots of hygienic problem in the family. Moreover women of Chhiringkharka need a training how they to keep sound hygienic in the family and around.

Dolma Lama, teacher of a primary school, says concept of using toilet and discourage of using open field for toilet is very necessary for women. She advised separate toilet for women so that they feel safe and comfortable to use it, it might encourage women. She says Chhiringkharka people have nutrition problem not because of lack of food but lack of knowledge of food consumption. People have bad habit of careless and irregularities on food consumption. So, knowledge of importance of hygienic and regular food for health is necessary for them.

Kanchhi Thami one of the farmers says that level of health, hygiene and nutrition is very low in the society of Thami and Biswakarma. Poverty and lack of the facility is the main reason behind that. Having pure drinking water and toilet is major problem for people in Patale village (Chhiringkharka), People have no separate kitchen in the house and that causes several problems of eye and coughing. People of the area are backward and they need help to come out of the problem they are facing.

Chhokpa Sherpa says no people are concerned about their health, hygiene. Most people are not taking bath and only few are doing once every two to three months. For nutrition they are lacking knowledge on food consumption, what is healthy food and what is not.

Budha Thami has lot of problem of having nothing at all. She works for other and living in very small hut.

Gunji Maya BK, 50years farmer tried to tell some thing but couldn't tell any thing about health, hygiene and nutrition.

Som Maya Thami says that she is living in small village nearby Chhiringkharka where there are 5 house and they have a problem of water shortage. They are hardly get water for drinking and cooking but they don't wash cloths or take a bath. She says she have normal food but no idea about nutrition.

Kanchhi Sherpa says she has enough food and knows that quality of food is very important for good health. She also knows about hygiene and she trying to keep hygienic.

Tenji Doma Lama wants better facility of the water and toilet system. She hasn't got any problem with health, hygiene and nutrition but she has problem flour mill. People are practicing hand mill for grinding flour which is very hard for them.

Name selection of women for working at Emergency Clinic

Name	Grade	Age
Som Maya Tamang	12	20
Diku Sherpa	12 days training for health volunteer	55
Tenji Doma Sherpa	12 days training for health volunteer	18
Kanchhi Thami	literate	30
Dolma Sherpa	SLC	36
Lhaku Sherpa	5 class	

How HP can help to improve your daily life in the family and in community.

Kanchhi Thami is very much interested in goat farming and tea garden and she believes she can increase her family income through it. But she needs facilitating support for that.

Som Maya Thami is more interested in sewing and weaving but also she is interested in Tea gardening and goat farming. She wishes HP to help for tea gardening and goat farming.

Dolma Sherpa is only interested in producing local tea but she suggests mother group should for goat farming. She wants HP support on that.

Deku Ama says she is interest in goat keeping and tea farming; she wants HP to help her in this field.

Santa Maya Thami and **Suku Maya Thami** are interested in goat farming because she believes that goat farming is very good idea in place like Chhirinkharka. She says Goat farming is the fast income giving with low investment.

Report completed in Kathmandu on 6th December 2009