

Rural Health Development Programme Nepal - EcoHimal

Case Study: Income Generation Program for Disabled Community Members

“I am able to stand on my own feet.”

This is the personal statement of Dhan Kumari Khatri, tailor and member of the disabled association in Bakachol, Nepal.



Dhan Kumari Khatri
Photo: EcoHimal

I would like to thank EcoHimal Nepal and its facilitators for providing the opportunity of three months' sewing and tailoring training. I had a strong desire to learn sewing and tailoring skills before but had not found any trainings and was passing my days staying home without doing anything. As a disabled woman with only one leg I was living a dependent life in the community. For a poor and untrained woman like me EcoHimal appeared as guidance by selecting me for that training and thus giving disabled first priority.

In the initial phase of training, I was nervous and hopeless. But there was a determined spirit in me and I started to build hope inside. I had no idea about knitting buttons, handling a machine, folding clothes and cutting them. But after one month, I started to feel a little bit more confident in handling a sewing machine and scissors than before.

As the result of that training, I now work mostly for lady customers sewing and hope to take another training for learning more and giving service to people.

There was no alternative for living and earning money before and I had a very miserable life. Now, I earn money by sewing the clothes of community people. The training provided by EcoHimal has made my life useful and established the basis for supporting myself in the future. Now I can live my life without the help and support of others.

Now, I can sew the clothes though I feel difficulty in cutting. Compared with the past, after EcoHimal's contribution, "I am able to stand on my own feet". I am very happy that I learnt to sew and earn money though I am a disabled. Now I start to think that I can live myself depending on my skill and sewing capacity. There is no tension regarding my life and I have increased my willpower to learn more skills through such trainings.

Dhan Kumari was interviewed by Sangita Shakya, Health Programme Officer, EcoHimal Nepal, in December 2011. www.ecohimal.org