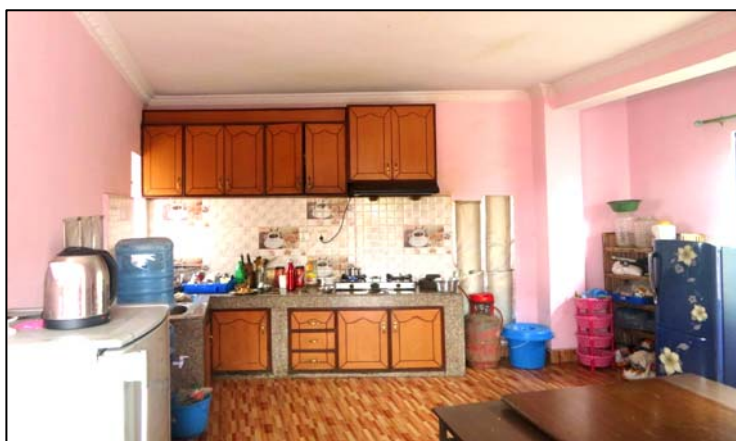




Pratiksha Single Women Transition Shelter



A consistent prayer for a long time has been answered recently. Since most of the single women have very limited income and struggling for their daily breads, it has been very difficult for them to participate in the skill development training programs. Now, we have become able to start a residential skill development training program "*Pratiksha Single Women Transition Shelter*" where eight selected needy single women can stay and participate in the various skill development training schemes, counseling and therapeutic workshop sessions. Once a single women selected for this program, she can stay with at the shelter for maximum of two years. By the end of the program, she will have a employable or self-sustainable skill which will empower them and help to lift-up their dependent family and live a dignified life in the society.

Tailoring Training

With the support of Rise and Shine Nepal Ms. Tara Tamang and Binita Magrati are doing basic course of stitching and sewing training for six month. After completing this basic course, they can continue for the advance training as well. We have a hope that after the training, they will be able to earn by working for the related job or commence their own tailoring business as well.



Vermicomposting and Rooftop Gardening



Many Single women are interested in agriculture, and supporting for the agriculture production is one of the continuous activities that Rise and Shine Nepal has been doing. We have conducted a one-day vermicomposting and terrace gardening training for the our Pratiksha Single Women Transition Shelter participants and single women from our agriculture program on 16th August. Mr. Puskar Acharya and Mr. Puspa Raj Acharya had taught about how to prepare vermicomposting and manage home

spaces for the rooftop or terrace garden by producing vegetable.

Pratiksha Single Women Agriculture Farm

Pratiksha Single Women Agriculture Farm is an initiation of Rise and Shine Nepal, where a group of twenty single women from Pratiksha Saving & Credit group has started an organic agriculture farming in Godavari, Lalitpur. Rise and Shine Nepal will be facilitating for the marketing and other trainings and technical supports.



“Empowering Single women through Skill Development Program” is one of our main strategy to lift up the single women from their vulnerability to establish the dignified life in the society.

Exposure Visit

There are many exemplary single women who are risen from their vulnerability to a dignified life. Many single women can learn and be motivated by seeing their struggle and success. On 4th June 2019, we organized an exposure visit to Ms. Laxmi Sharma's office who is known to be first female



tempoo (auto-rickshaw) driver of Nepal, and now a successful entrepreneur. Her life story and struggles from the age of twenty-three has encouraged and motivated our single women. She is made-up of wonders, wonders in the sense she has been involved in almost every possible occupation and jobs to feed her children. She is a woman who was once abandoned by her own husband at the young age.

Vision Casting

Vision casting, networking and coordination among the like minded groups and potential local partners is a continuous activities that we are carrying out. During this e-update periods, Executive Director Mrs. Sabina Chamling has shared about the ministry of Rise and Shine Nepal.



Sabina Chamling during the vision casting at Kathmandu Theological Institute

Louder than words !



Sewing cloths at tailoring training center



Agriculture exposure visit at Kapan



Single women group follow-up at Harisiddi



Single women working in farm



Tailoring participants follow-up



Single women group reform