



STORIES OF HELAMBU

Efforts to rebuild families and community.

STORY 1

Aasha Ram Tamang is the elder son of 74 years old Shanta Ram Tamang. Shanta Ram Tamang is a physically challenged person, who hurt his back when he was a child, but never got cured. Aasha Ram Tamang lives in a joint family of 11 members including his 85 years old mother, his father, wife and 7 daughters.



They had migrated from the rural part of Helambu to Gyalthum bazar, selling all their lands in search of easy life. They owned a 2-storey house in the bazar and around 1 acre of land. The lands would produce them enough income to feed every family members and educate the daughters. However, this happy family was disrupted by the flood of 15th June 2021. The property they lost was worth millions of rupees. The flood literally turned them homeless.

Nothing remained intact. Their house and all of their land was taken away by the river, and compelled them to return to the place from where they had migrated. They have now acquired land to build the house from the rural municipality.

When asked about all these, Aasha Ram Tamang's wife said, "We consider ourselves lucky to have survived such disaster. I had never seen Melamchi River flowing that far and high in my whole life. We migrated to the market area with a hope of prosperous and easy life, but everything turned into vain. We have lost all our property, house, rice stock and the source of income. We don't know what to do next. Our life has turned upside down. At such time of suffering, you have built us a place to live, and we cannot thank you enough for that. We are very grateful. Thank you."

STORY 2

Loknath Lamichhane used to reside in a well-built house in Gyalthum bazar with his family of 5 members. 38 years old Loknath Lamichhane lived with his wife, a son and 2 daughters; all his three children are students. The house was right beside the main road, so the value of the land was great in



terms of price. The main income of the family was agriculture, and was just enough for fulfilling their basic needs and education of children. Loknath Lamichhane also participated in Cash for Work Scheme and earned some money to fulfil their basic needs.

His wife while talking to us said, “We have nothing left now. The flood occurred like a dream. The flood of 15th June took our land from us. We had 2 ropani of land in Dhungrebazar, and it was our main source of income. We used to harvest about 11 quintals of rice per year from that field. Then, the next flood of 31st July took away our home. We were awake and watching the incident of flood sweeping our house away at 12 at the night. It was a dreadful experience, and we could not retrieve any of our belongings. We stayed at tent for almost 2 months, and as cold was increasing and Dashain was approaching we moved to the old cottage. We had shifted to market after earthquake, and sadly we hardly lived in that place for 2 years. Everything was ruined, and we thought we could never have a house of our own again. But thanks to you and Sowers Action, we have one now. Thank you”.

STORY 3

Sancha Man Tamang was leading a peaceful life with his wife and two children in Gyalthum-04, Helambu till the day of 31st July 2021, when his life took a turn of a full circle.

Sancha Man used to work in the Melamchi Water Project, one of the most ambitious projects of Nepal. He used to earn fairly



adequate for his small family, and had a decent place to live in Gyalthum bazar. But, the flash flood took away his house and his job, putting the family into a pool of sorrow.

Sancha Man Tamang's wife while talking to us said, "One day we had a concrete house in this bazar, which was worth rupees 5 Million and the other day my family was homeless. The flood swept away everything we owned, and even my husband's job. The flood destroyed the place he used to work at, so he won't be getting that job back anytime soon. We are having difficulties to earn living now. My husband was depressed and was in dilemma on how to earn. He was emotionally unstable. We had received your emergency relief earlier, which really helped us in our bad phase. But, we had never thought we would receive the house. As soon as we got the news that we were recommended by ward office for the house, we started searching for the land. We got this land with the support of the rural municipality. We were worried about meeting our ends, but thanks to your cash for work opportunity my husband could earn some amount. The amount will help us to fulfil our needs for some time now. This generosity of you people have shown that humanity still exists. I would like to thank Sowers Action for great support in such pathetic circumstance. This support plays vital role in coping the flood situation in my life."

STORY 4

One of the Melamchi flood victim, **Krishna Murari Lamichhane** is a resident of Shera, Helambu rural municipality. Melamchi flood left him with hardship. He belongs has a small family with his wife and 2 small children. He is teacher by profession. They used to own a 2- storey house in



the bazar area, and a large plot of agricultural field of 3 ropani by the side of main road of Helambu. They had given a flat of his house and the whole land on rent, which gave them a fair income.

Unfortunately his land with a capacity to grow about 18 quintals of rice vanished with Melamchi River during the flood. Their house is still on the edge of the river, half tilted towards the river. Their happy and content family was left homeless in no time.

“Life suddenly became hard with no home to live, no electricity and connectivity to the outer world. You might have seen that destructed house, half tilted towards the river on your way here. Yes, that’s my house. I go to see it sometimes, and I return with nothing but pain. We had to flee from our own house and live in tent, in a fear of death. We had no food, light and shelter, when you had arrived with your emergency response. My salary is not enough even to fulfil our basic needs. We were worried about where to take our children. Renting places to live would be expensive, and out of our capacity to pay. To build this house, we are supported by the rural municipality for the land. We are indebted to all of you, who have supported us in our bad days.” Said Krishna Murari Lamichhane.

The family of Krishna Murari Lamichhane is very happy and feel relieved to have a shelter from Sowers Action. He appreciated our immediate response which had given them a quick relief.

STORY 5

Farmer by profession, **Laxmi Lamichhane** is the wife of Sudip Lamichhane. Sudip Lamichhane is 31 years old and used to drive a bus in Melamchi-Kathmandu route. But, after the devastating flood, Sudip Lamichhane decided to take a break from driving, and stay with family to take care of them. Laxmi and Sudip have two



sons. They owned a house in Gyalthum bazar and 4 ropani plot of agricultural land. The productivity of land was good, and used to produce around 25 quintals of rice. But, the flood destroyed both their house and land completely.

Sudip Lamichhane was tending the house, while we reached there. So, we talked with Laxmi Lamichhane and she said, “I was making the dinner on the night of 15th June, my sons were doing their homework and husband was watching TV. We suddenly heard a huge sound like a bomb blast. We then ran away leaving everything behind. It was like a bad dream. Everything was destroyed in a moment. We then moved with our neighbors to a common tent. There was scarcity of food, water and we were living without electricity. My husband left his job to take care of our family. We had no income and no place to live. You people had come with emergency relief then. We had never thought you would return with such a huge help like house. When our life had gone dark, you came as a beam of hope. We are really grateful for your support. We are very pleased to have this shelter. It has given us a relief. Thank you very much.”

STORY 6

Chandra Bahadur Thapa, a 65 years old, is a resident of Shera, Helambu rural municipality, Sindhupalchowk district, I. He belongs to an extended family with 5 members in his family. His sons are drivers. Their financial condition is poor and they had difficulties to fulfill their daily basic requirements. According



to him he bore loss of 2.5 million rupees. The flood washed away his land and his house collapsed. He lost all the household materials, 3 anna land as well as his 4 storeyed house located at Dhungri bazar. Now, his house has been built on a land designated by the rural municipality.

He said, “We had already left our home when the flood occurred. We got the information from our neighbors and people residing in upper stream of the river that the level of water had increased, thus we left our house and all the belongings to save our lives. From 15th June onwards we had no other thing to do, except watching the river and praying that our homes were saved. I thought of going in the house, and retrieving my belongings. But everyone suggested not to do so as it was full of danger. Finally on the night of 31st July, my house was swept away by the river. We were not financially sound before the flood also, but now situation has turned worse. This is the second time I have lost my house. First was during the earthquake. But this time, it is worse. I had been living in the tent as I did not have money to pay the rent. I did not even have a land to build a house, when I was listed to get a shelter. I have got this land to build the house from the government. I was depressed at the beginning, but now I am happy that I am still alive.”

He is very pleased to have the shelter. He thanked the donors and everyone involved for his house construction. He was also involved in the work of construction of his house and got paid. The earning will be enough to support his family for at least a month.

STORY 7

A resident of Gorekhola-4, Helambu rural municipality of Sindhupalchowk district, Ramesh Tamang, a 48 year old, is living with a joint family with 6 members. He is one of the victim of the flood that occurred on 15th June. They were living happily with their family. But unfortunately, the flood



destroyed their property and took away their happiness leaving nothing behind.

He was living in a house worth about 10 million rupees in the place named Dhungri Bazar. The flooded Melamchi River took away his home, as well as his field of 6 aana. All together the property worth around 15 million rupees was destroyed. He thought his house would be safe, as it was not near to the river. But, the opposite happened. The next morning there was no house, there was sand, and debris everywhere.

Talking to us he said, “We could not do anything to save our house. We were in miserable condition. We thought we won’t be able to survive this loss. I did not have any land to build the house with your support too. Then the local government allotted us with this land. At first no one came forward for help. Government also has been passive towards helping the victims to recover. I was not hoping to get any help from anyone. But you supported us twice. First with the emergency relief and now with this house, agricultural tools and work. How would we thank you? This selfless service of our donors and you have encouraged us to carry on with our lives. There are many people requiring your help right now. I wish you people all the good luck to do such wonderful works.”

STORY 8

Sanu Tamang is a resident of Gyalthum-4, Helambu Rural Municipality, Sindhupalchowk district. Farmer by profession, Sanu Tamang used to rear some goats for living. He lives with his wife and two children.



Following the flood of 15th June 2021, they had left their home to save themselves from the possible danger. He had left his wife and children in his relative's house, and lived in a makeshift shelter looking after his goats. Their house was far from the river bank and so, they had hoped that the flood won't reach their home. But the contrary happened on the night of 31st July. The river came roaring and took away his and his neighbors' houses turning the place into a sand bank. It looked like there was no settlement before. They couldn't retrieve any of their belongings from the house. The house was built in 4 aanas of land (app. 1369 sq. ft.). It was worth around NPR 7 million and now that's vanished.

Talking to a team member of VCN he said, "I used to work hard to educate my children and look after my family. I didn't have much land to farm on, but rearing goats would produce a good income for my small family. We were satisfied, and were thinking of buying more goats. But the flood took away everything. I was worried about where to keep my family. But, the help from Sowers Action and VCN arrived. We are really happy and grateful. I had a barren land, which was not useful earlier. Now, I have built the house in the same place. I was relieved that I at least had that land. Otherwise I don't know what I would have done. I don't have enough words to thank you people. We are indebted to you forever. I could also earn some money through your cash for work program. I will use that earning to buy 2 baby goats."

STORY 9

Fifty one years old **Jit Bahadur Tamang** is a resident of Gyalthum, Helambu. He has a family of five including his wife, 2 daughters and a son. They were a happy family, having enough to eat and living in a safe home.



But the flood of 15th June 2021 changed everything. Their world

was toppled, when the Melamchi River took away everything they had. He owned a 2-storey concrete house built in an area of 3 aanas (1026 sq. ft.). The property was worth around 10 million rupees including the land and the cost of construction of house. That 10 million was washed away by the river in moments in front of his eyes.

They were rendered homeless by the flood. They were living in tent. There was no income, and it was difficult for them to earn their food. Most of the time they were eating the food that they got in relief. They were one of the families receiving the emergency relief materials from VCN. Jit Bahadur Tamang was getting depressed with every passing day. He had 5 mouths to feed, and look after, but was not able to fulfil their basic needs also.

When selected as one of the recipient of shelter, he was again worried, because he had no land to construct the house. The rural municipality in coordination with ward office allotted the land for construction of Jit Bahadur's house. He also worked for our Cash for Work Scheme and has earned some money to take care of his family's basic need.

When asked about his feeling by the team of VCN he said, "You have helped us, when we had nothing. So I am very happy and thankful towards you and Sowers Action."

STORY 10

Fifty three years old **Malangai Tamang**, was a resident of Shera, Gyalthum. He used to live with his daughter, son-in-law and a grandson in 3-room concrete house in Gyalthum bazar. He owned another 5 aanas (app. 1711 sq. ft.) of land in the same area, where they used to have a poultry farm. They used to supply poultry meat to different hotels in Helambu. They had a decent earning, and were happy together.



However, the flood of 31st July 2021 destroyed everything they had from their house, farm and their business. Around 8 million rupees worth of property was lost, rendering them homeless and jobless. They were staying in tent with a small child during those rain and heat when we had provided them with the emergency relief materials.

Migma Tamang, the son-in-law of Malangai Tamang said, “Everything I owned has gone. My house, land and farm now exist in papers only. I don’t know what to do next. I was stressed and depressed after the disaster. I couldn’t eat, sleep and rest properly. I was anxious of having to start everything from scratch. However, Sowers Action’s help through VCN came as a blessing. I have now got a home, where my old father-in-law and young son can live safely. I didn’t have land, but got one with the help of our local government. That’s a huge support for us, but your help has filled me with motivation. Thank you.”

STORY 11

51 years old **Subai Tamang** is the sole earner of the family. He has to look after his parents, wife, a son and his daughter-in-law. His son and daughter-in-law are students. Before flood, they used to live in Dhungri Bazar. They also owned 1.5 ropani of agricultural field. They lost the property worth around



20 million rupees due to the flood. Subai Tamang is a construction worker. The money he earns barely is enough to meet his family's needs.

Talking to our team he said, "We were in our home during the flood. Our neighbors warned us and told us to leave the house. We left everything behind, and were thinking that the flood won't reach our house. But, it did. This flood has brought huge financial hardship upon my family. My earning is not enough for them. It hardly covers our food expenses. My parent's health is deteriorating and I have children to educate. Government also seemed inert to help us. It was your generosity that you helped us with food packages earlier and now with this house. I am very happy and satisfied. I earned some money during the construction. That will help us too. So, thank you very much. Now I have a roof over my head and I feel safe. I am very happy and I want to thank you from my core of heart for working selflessly for the good of humanity. Now we have a place to call home, and my family also are safe. Please keep supporting others who are in need." He was smiling and was satisfied.

STORY 12

Working as a security officer, **Tika Prasad Lamichhane** never thought that a dreadful flood would wash away every penny he had earned till the 35 years of his life. He used to live in Baluwa in ward no. 4 of Helambu Rural Municipality. Fortunately, none of his family members were hurt during the flood. He has 6



members in his family. The family used to have a 3 storey concrete house worth of around rupees 8 million and 4 ropani of agricultural land. Overall, they lost about Rupees 30 million worth of property.

Talking to our team he said, “We feel there is the absenteeism of support from local government. We ran out alive, but had nowhere to go. Neither we had food to eat nor did we have shelter to stay. In such terrible situation we had got your emergency support. Now we have a roof over our heads, space and privacy, a place to call home, some relief from fear and anxiety caused by the flood, somewhere to gather our few belongings, and a foundation to build upon when the time will be right. We had a great relief.”

He was so grateful and hoped to get further support in the future.

STORY 13

Apsara Lamichane, is the wife of Leknath Lamichhane. She is a 41 years old woman and a resident of Helambu rural Municipality, Sindhupalchowk district. She has a nuclear family with 4 members. Her husband, Leknath Lamichhane, is a teacher and they have 2 sons. She was also one of the



beneficiaries of the Emergency Relief Response in Helambu after the flash flood. Before the flood, she was living in a home with 6 rooms which was situated at Dhungri Bazar. Now they have shifted to Bista tole in the shelter supported by Sowers Action.

She said, “We were having dinner then, suddenly, I heard a hysterical screaming. Then I looked outside, where my neighbors shouted at us to come out immediately and, the flood was about to wash away house. That situation was so fearful! We ran away immediately from our house.”

The flood swept away her house as well as her 7 ropani land worth approx. Rupees 25 million. She seemed to be depressed and hopeless. After the flood, they stayed in an open shelter, and then, took shelter in a barn. She said, “In such pathetic situation, we were provided shelter by you. I thank the lord for hearing our prayers! He sent us the help that we needed. God bless this organization and, we wish you further progress and success. Now, we have a comfortable shelter to be safe. This is all because of Sowers Action and VCN. I am happy and satisfied with this shelter. This support means a lot. I want to thank you from core of my heart.”

She seems to be happy and she expresses as she had great relief. And wish that others in same distress receive similar support as well.

STORY 14

Twenty seven years old **Sushila Chaulagain Lamichanne**, is the wife of Rajesh Lamichhane. They are a resident of Gyalthum-04, Helambu Rural Municipality. Her family is one of the many victims of flood in Melamchi River that occurred in the rural municipality on 15th June and 31st July 2021. They have a joint family



of members. Her husband Rajesh Lamichhane is a driver and she used to look after the house. Initially they had their home in Baluwa, which was damaged severely by the flood. It is not safe to live there anymore. Along with this their 2 ropani land worth rupees around 10 million, was swept away by the flood. Only Rajesh Lamichhane earns in the family now, and that earning is not enough for the family of 6 mouths to feed.

She said, “We were living in a tent after the flood but there was water leakage from the top of the tent. Our clothes also started to decay. The situation got worst. We were having very hard time. My child suffered from cold and fever. We had scarcity of food. I was and still am so anxious about the condition. But now that we have got this shelter, which is comfortable and safe half of my worries have vanished. I am very happy and grateful to for your support. Thank you for that food you gave us immediately after the flood, and this house. I still light the house with the solar light you had provided.”

STORY 15

One of our beneficiaries, 50 years old **Juthe Sunar** is a resident of Helambu rural municipality, Sindhupalchowk district. He belongs to an extended family with 7 members in his family and his entire family depends on him financially. He earns his living by making iron tools such as sickle, hoe in his



locality. They didn't have their house of their own and used to live in rent initially. Then, they bought a land with all of their earnings, and built a 2 rooms shelter, which was washed taken away by the flood. There was a loss of around 1.5 million rupees of property. They lost all their belongings as well.

Talking to our team he said, “We had faced a lot of difficulties to build that house. It took me all my life to earn the money for that land and house. But, all my hardships went in vain. Sometimes I feel stupid. If we had remained in that rented place, maybe we would not lose our home. But, you gave us a place to call our home, and also helped us earlier during the flood. I am happy knowing that someone's got our back. Thank you very much. My grandchildren got a warm place to grow up. I don't know when we will be able to build a concrete home, but for now we are satisfied. I also worked during the shelter construction and earned some money. Thank you for that also.”

STORY 16

Yagaar Tamang is a 64 years old woman living in Gyalthum-04, Helambu. She use to live in Dhungrebazar with her son, daughter-in-law and granddaughter. The flood swept away everything else except some clothes and utensils. The flood swept away her 5 anna land, her house and 2 ropani agricultural field, summing up to about 15 million rupees.



Talking to us she said, “I was in hospital during the flood. My children were here in the house till 15th June 2021. As the level of river started rising, they ran away to save their lives. I was devastated to learn about the flood. We were hoping that flood wouldn’t damage our home. But, it did. We lost all our property. In this old age I became homeless. When I was discharged from the hospital, I lived with my family in a tent for about 3 months. Cold was making it difficult for me to pass the days. In such time of distress, we have received home. What could be a better news than that? I am very happy and I want to thank you on behalf of my family that you chose to help us. Most of our neighbors have suffered. If you could help them too, it would be very nice.”

STORY 17

35 years old **Ashish Tamang** has taken the responsibility of taking care of his father-in-law Tarsing Tamang. They used to live in Baluwa, Gyalthum in a 2 rooms concrete house. The house and the land on which it was built, was only the property they had. It was worth around 3 million rupees. Ashish Tamang is



a welder and the sole earner of the family. When the flood destroyed their house and land, they were left homeless.

Aashish Tamang said, “We had never seen Melamchi River like that. It was roaring and appeared like it would destroy everything in its way, and it did. Thank God we got time to run away. I have 2 children, a wife and an old father-in-law to take care of. But, at that time we had no food, clothes and place to stay. It was a pathetic situation. We lived in a tent for a month, and then took a room on rent. 5 people living in a same room was very difficult, but we had no other choice. But now we have a home, and we don’t need to worry about paying rent every month. The land is given to us by the government. Furthermore, I worked in the construction too, so I have saved some money. How would we thank you for such good deed? We are very grateful towards our donors and you. Thank you very much.”

STORY 18

Devi Raman Lamichhane is a 53 year old man is a resident of Ward No. 4, Chilauneghaari, Helambu rural municipality, Sindhupalchowk district. He has a family of 6 members with wife, two sons, daughter-in-law and a granddaughter. Teacher by profession Devi Raman Lamichhane has lost around 6



ropani agricultural land and a house worth above 20 million rupees in the flood of 15th June 2021.

He said, “It was devastating yet the strangest event to have occurred till now in this area. We had never witness such scale of devastation by this river in previous days. We were helpless, and could do nothing to save our house and lands. We watched our house till it was covered by the debris brought by flood at 12 am at night. We prayed to God, and counseled ourselves that it was meant to happen. We lived in my brother’s cottage for some months. Not having our own place was really worrying us. You arrived with help in the time when there was nothing with us. You gave us food then and now have worked hard to make these houses for us. I bless you people for more progress, and success. May our donors and you help more people in need, and you grow larger and larger. We still don’t have enough food to eat. With our lands turned to sand banks, we have very less work to do now. I wish government and organization like you come up with more programs to rebuild the infrastructures. I wish we won’t have to live in constant fear of disaster. But, I am really grateful from the core of my heart.”

STORY 19

Jhalak Pandit Chhetri is a farmer by profession. He has 2 sons, his old father and wife in his family. Before flood they used to earn fairly enough for the family of 5, which has now changed completely. They are struggling to meet their ends after the flood. They used to have 4 houses which used to



harbor 16 shops. They used to earn a good amount of money from those shop rent. The houses have now vanished underneath the debris brought by the flood. Jhalak Pandit has lost around 20 million rupees worth of property during the flood.

Talking to our team he said, “We were lucky to escape alive, and we got place to stay in our relative’s house. But, losing everything has killed our dreams, and made us afraid. We cannot sleep properly recalling the moment of that devastation. It was a complete wreck havoc. I have no work now. I am still figuring out what to do next. Till now we have been supported by our relatives, but we won’t be able to survive with that for much long. We are trying to bounce back. However your help in such time of distress in our life has arrived as a gift from the almighty. For last 5 months we were constantly moving from one relative’s house to others’ to stay. That burden has now removed from our shoulders all because of you. Thank you very much. I remember we had received solar lights, tarpaulins and foods from you earlier. Thank you for that also.”

STORY 20

Ganga Kumari Khadka is a housewife. Before the unfortunate flood, she used to spend most of her days tending to her old father-in-law, other family members and looking after her crops. She was happy in her little world, and had never thought that her family would be homeless someday.



Talking to us Ganga Khadka said, “They say I will turn 50 next year, so maybe I’m 49 years old now. In these 49 years of life, this year was the most difficult one for me to survive. I witnessed disappointment and fear in my family, and there was no way I could prevent it. I felt helpless and stressed. We used to own 3 small houses and were building a new house for more than 15 million rupees, and all of them were destroyed by the flood. Everything was ruined, and we could not take out any of our belongings. For all these months we had no place to stay and were staying in a temporary shelter, but now we have got our home, only because of you and the donors. I spent last 5 months in anxiety and terror due to the loss. But, now as we have our home I’m feeling much better. I am very happy. I thank you people a lot, and may you grow larger and larger in coming years.”

STORY 21

Resident of Dhungribazar, **Thuli Tamang** is more than 70 years old. She has 2 daughters in her family and their children. They used to own a 4 rooms house in Dhungribazar, through which the river flows now. Thuli Tamang had never even imagined that someday she will have to run away from her own house.



“We were at the house on the day of 15th June 2021. At about 8 pm in the night we heard people screaming, and when we checked what was happening, our neighbors shouted at us to run. We along with our neighbors ran away that night, and at midnight the flood destroyed our house. For around a month we kept changing our place of stay to due to fear. We kept running almost every night then. After a month my daughters rented 2 rooms and we stayed there. It was hard for them to pay rent, and manage for our basic needs. Now as we got the home we they won’t have to worry about paying rent monthly. I have gotten relief from a huge tension. I used to fear of dying and leaving behind my daughters without a place to stay. That fear of mine has now gone. Thanks to you people. I wish more people in need would get help as we did in coming days.” Said Thuli Tamang.

STORY 22

54 years old **Somar Tamang** has an extended family of 14 members. He used to have an 18 pillared 3 storey house with 8 rooms in Gyalthum-04, Helambu, which was destroyed by flood on 31st July 2021.



Talking to our team he said, “We are not originally from here. We migrated here in Gyalthum to get an easy life. I thought that it would be easier to educate my children here in bazar, so I sold all the properties owned by my ancestors and bought the land. I then built the house in 2013. I also had took a loan during that time, which I am still paying. Before flood we used to earn some money through rent to pay off the mortgage, but now we have no way to pay that money. We are in a very difficult situation. We don’t have any land remaining now. After I heard that we were getting a house from you, I was worried about not having the land to build the house. Thankfully the government managed the land for us. I would never be able to build a house without your help, as I am dealing with lot of difficulties right now. So, I want to thank you and the donors for helping us through this trauma. I am happy to have a place where my family can stay and feel safe. We had received your emergency relief also, so thank you for that too. I hope that other people in similar problems get help as we have got. Thank you and god bless you.”

STORY 23

53 years old **Goma Dungal** used to live with her sons and daughter in law, in Chanautey bazar. They used to own two houses, one was a 2 storey house and another was a 1 storey concrete house. 10 shutters of 2 houses were rented to shops of different kinds and they used to earn



about 40,000 rupees a months through the rent. But now the houses are nowhere to be seen in their original place. They have been buried under the sand by the flood.

“The houses were my elder son’s earning of 10 years. He had gone on foreign employment, and built those houses. 10 years of hard work of my son vanished just in seconds. We lost about 20 million rupees worth property during the flood. Our agricultural land was also swept away by the river. I was on our goat shed on the night of 15th June 2021. My younger son came, and hurried us to escape. My goat shed didn’t survive the flood either, 2 of our goats were carried away by the river. We lived in my daughter-in-law’s sister’s house for some time then. My elder son has now returned due to the pandemic, and my younger son do not have a job to earn. I don’t know what will we do now, but I am happy that we are alive and together. Also now we have got a house to live on, and we are safe for now. Thank you very much for this house. Give our thanks to the donors’ too.” told Goma Dungal.

STORY 24

40 years old **Guna Maya Dangal** is single handedly looking after her old parents and her children. She is a single mother. The family used to live in Chanautey Bazar in their 1 storey concrete house before the flood. They used to own agricultural fields too. Now, they do not have house, and the fields have also disappeared with the flood. They have shifted to the house supported by Sowers Action now.



Talking to us Guna Maya said, “I lost my husband few years back. I was taking care of the family without the support of anyone. Things had gotten better, and we were doing well in the family. I used to farm, and the produce from the fields were enough for our small family. My children are studying. We were happy to have each other’s back. But the flood has taken away everything from us. We lost the property of about 20 million rupees. We escaped the flood, but ran away without taking anything from our home. We took shelter in a relative’s house then. We had also received emergency relief from you. I was worried of having to live in other’s house for long time, but as you provided the house for us, we were relieved. My parents are also happy to have our own home now, and my children are trying to focus on their studies. I could have never built a house of our own anytime soon. So thank you very much. I wish the donors and the organization all the success.”

STORY 25

Saraswati Tamang is a 29 years old woman having a family of 3 members in Majhitaar, Helambu. Gita Karki is the mother of Saraswati Tamang. 52 years old Gita Karki is currently staying with her daughter as they are going through some difficult phase after the flood. Her daughter Saraswati Tamang



is the sole earner in the family. Their financial condition was already weak before flood and now it has turned worst.

Talking to us Gita Karki said, “Saraswati has a family of 3 members. They had a house of mud and stone in Chanautey bazar, which was washed away by flood. Other than that they did not have any other property. Their house was the only thing they used to own, and now they don’t have it too. They do not have good financial condition to build a new house. Right now they are looking for new jobs that will pay better, but they haven’t found one. My son-in-law worked for the construction of house and have earned some money during this time. The support for house has come like a boon to my daughter and her family. We thank you people from the core of our heart for this support. My little grandchild will now have a safe place to grow. We are really grateful and wish that you will be able to help more people in need in coming days.”



Humanity, Inclusion and Development

Act-First is our Strategy



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