

Focus on enhancing your skill, opportunities will knock at the door



I am Asmita Magar. I am 23 years old. I live in Chyangsar-ward no.8 Solukhumbhu. I have completed my intermediate in Education. We are six members in our family. My mother, elder brother, sister in law, my niece and nephew. My father is no more. My brother works in Kathmandu.

I am a shareholder of the cooperative as well. In addition to that, I am also the secretary of the main cooperative committee and farm manager of the cooperative. I am very grateful towards my community for trusting me with so many responsibilities that I have been given. I have been performing it with all my capacity and diligence. I have also been part of many trainings that has helped me to enhance my skill. Some of the trainings I have attended are 4

days training on first aid provided by Red cross in 2017, 3 days veterinary training provided by Ward, 7 days capacity building training provided by Dudh Kunda Municipality, 5 days account keeping training by SWI and supported by Roots for life at Kathmandu and 5 days ECO-PAD making training at Hasera by SWI supported by Roots for Life.

After attending account keeping and book keeping training from SWI it has helped me to keep all financial records and book keeping of the cooperative. There has been a U turn in my life after attending 5 days eco-pad making training. I am very much interested in sewing as I had taken 6 month training on sewing before which was organized by ward. This was a wonderful opportunity to learn more. During the five days training we had learned about making eco pads of design simple pad, day pad and long pad. We were 5 of us in the training. The trainer was very much impressed by our



quick learning zeal. At present, we are certified trainers of eco pad making. Immediately after the training, we had purchased all essential materials for pad making with support from Root for Life and SWI and started making pads. With our efficiency an individual can make 12 simple pads per day. On the other side, we had just had a conversation with the mayor and vice-mayor of the municipality about buying the eco pads from us. They are very much impressed by the quality and finishing of the pad. Therefore, they have agreed to buy pad from us. This is one of the remarkable achievement for us and for the project. This skill will continue for a long time and we can network and market our skills

in so many places within Solukhumbhu and other districts too.



At, last I am very thankful to Carola, Root for Life and SWI for such wonderful opportunities which we can continue for a long time with all our skills and knowledge.