

## Case study 1

### ***Sewing skills as a supporting tool for managing household expenses***

**Shanta Poudel**, a 52 year old female, lives in Hanspokhari community of Rupa Rural Municipality Ward No. 7 with her husband, mother-in-law, 1 son, 3 daughters and 2 grandchildren in a joint family.

Family income in a rural area such as Hanspokhari is very low. Rural people hardly receive any new clothes, only once every two years at a festival time due to the cost of clothing and stitching. Very few people in the community have sewing skills, so the cost of sewing is expensive. Shanta said, she had to go to town to sew clothes which not only raised sewing costs but also vehicle costs.

Shanta took part in the Basic Sewing Training of the project for three months and gained basic knowledge and skills of sewing. A sewing machine, iron, scissors and other necessary materials were provided to her. Now, she has started a sewing career with the support she gained from the project. The clothes she is able to stitch now are a blouse, a Cholo, a shirt, a pair of pants, a dress, falls and school attire for boys and girls.

Many villagers nowadays come to her to sew their clothes. However, at the beginning, it was challenging to gain trust of the community. There are not many people who trust a new person to sew their clothes, but she is trying to demonstrate confidence and professionalism so that consumers can be satisfied with her. Now, here customers are increasing every day.

Her husband and family are happy and motivated by her income which brought happiness to the family. She gladly said, *"I have a good saving after managing the household expenses. My monthly income is around ten thousand rupees (€ 80,-). I am very happy with the income-generating training of the project and I want to thank the Red Cross Society for initiating the project and the Unica Foundation for providing financial support."*