

Family of the Month: January 2026

From Misery to Self-Reliance: Indra Maya's Journey of Empowerment



2016



2025

Our support for this family began in 2016 and concluded in 2025.

When Bahini Educare Foundation first met **Indra Maya B.K.** in 2016, she was a single mother, living in misery and insecurity, standing at the edge of exhaustion. Burdened by loss, poverty and overwhelming responsibility, she was struggling simply to keep her family together.

Today, in 2025, she stands in a very different place: confident, self-sufficient, and no longer in need of our support. Her journey reflects exactly what the **EduCare Family Program** was designed to achieve: *Not dependency, but empowerment, strength and self-reliance, and inclusion.*

Family Profile

Name of Applicant:

Indra Maya B.K. (55 years)

Address:

Lekh Nath-14, Kaski

Beneficiaries Current Status:

- Sanju B.K. (Married)
- Anju B.K. (Married)
- Roshan B.K. (25 years, son, carpenter)
- Samjhana B.K. (20 years, Grade 12 completed & employed)
- Bipana B.K. (19 years, Grade 12 completed & employed)



Indra Maya in 2016

A Childhood Shaped by Poverty

Indra Maya was born in a village, into a poor, landless, low-caste family with eight children. Her parents worked as day labourers from early morning until late at night, yet it was never enough. Food insecurity was constant, and survival was the family's daily reality.

In Nepal, land means wealth, and the absence of it means bondage, exclusion and exploitation. For centuries, people belonging to the lower casts, were not entitled to own land. Since a couple

of decades ago legislation has changed and they can acquire property, but being illiterate and confined to the lowest work, for the majority of them land is not affordable.

As the eldest among five daughters and three sons, responsibility fell on her at a young age. Education was never an option and she remained illiterate. Instead, her childhood was consumed by household chores and farm work.

At just sixteen, she was married off in an arranged marriage to Yuvraj B.K. from a nearby village. Like many girls of her generation, her life followed a familiar path: *early marriage, early motherhood, and years of unending labour and hardship.*

She gave birth to five children: Four daughters and one son. Life was hard, but the family managed to survive, one day at a time.

When Illness Turned Life Upside Down

Her husband worked as a daily wage labourer, earning just enough to keep the household afloat. When he developed serious kidney problems, their fragile stability collapsed. Every rupee earned or saved was spent on medical treatment. The family borrowed, pleaded, and relied on community support but it was never enough. Since they couldn't afford to pay for the indispensable dialysis, her husband died at a young age.

Indra Maya was left alone with five dependent children, no property, no savings, and no steady income. The community helped her build a small one-room shed on shared land, where all six lived together in constant food insecurity, struggling to meet even their most basic needs. The hardship was overwhelming and the two eldest daughters were left with no other choice but to get married.

Recognizing the family's extreme vulnerability, community elders referred Indra Maya to Bahini EduCare Foundation through one of our local network partners.

BEF Steps In: Support with Purpose

After careful assessment and multiple home visits, BEF welcomed Indra Maya's family into the **EduCare Family Program**. We began by addressing immediate needs, always with a clear long-term vision.

Our support included:

- Providing education for the children.
- Providing staple food and assure nutritious meals
- Providing clothes and hygiene items
- Providing health insurance and support for her hand surgery
- Guiding her to open a bank account and build savings
- Counselling her daughters to continue education and avoid early marriage
- Encouraging and supporting her younger daughters into decent employment after completing Grade 12

Indra Maya worked relentlessly. With our advice and guidance, her son Roshan at the age of sixteen, trained as a carpenter and now he is making a decent living, aiding to the family's income.

Her two daughters, Samjhana and Bipana resumed education and completed their studies up to grade XII (higher secondary level). We facilitated their employment in a hotel. With our guidance and financial-literacy advise, they learned to save part of their income. Gradually their situation improved and with a collective effort. the family moved to a **three-room home**: a symbol of stability and hope they never thought possible.



Roshan at work



Where She Stands Today

In 2025, Indra Maya's life tells a powerful story of transformation.

- ❖ Two elder daughters are married, settled and raising families of their own.
- ❖ Her son is trained and making a living as a carpenter.
- ❖ Her two youngest daughters have completed Grade 12 and with our support are now working in hotels in Lakeside, making a decent living.
- ❖ A tight knitted family, all her children contribute to the household, significantly improving the family's standard of living.

From misery and uncertainty, to hope and security with our support Indra Maya and her children made the transition from poverty and exclusion, to inclusion and decent living.



A Confident Exit, A True Success

Once the family reached self-sufficiency, BEF formally concluded its support in 2025. The transition was planned and communicated clearly over six months, ensuring the family felt confident, prepared, and secure.

This is not an end: it is a milestone!

Her journey proves what is possible when comprehensive support is paired with trust, patience and belief in a woman's strength.

From loss and uncertainty to confidence and independence, Indra Maya has rebuilt a safer and more dignified life.

They are no longer dependant on external support, and they have become valuable and respected members of the community.



Why Her Story Matters

Indra Maya's journey reminds us that the vicious cycle of poverty and exclusion can be transformed into a virtuous cycle of empowerment and self-sufficiency. With comprehensive, all-encompassing support, households can move from survival to stability and eventually to independence!

In **2025 alone**, six of our **"EduCare-Families"** reached the **stage of sustainability**. Each one of them in their own right and by their own choice.

These families have already been replaced and six new families are now in turn receiving a chance to shape their own future in security and independence.

This is our job, this is our commitment: Thank You for walking by our side!



It's simple.
It's simply BEF.

With warm regards,

Surendra, Raymond & Team
Bahini Educare Foundation