

Family of the Month: February 2026

From Suppression to Freedom: Mina Pariyar's Journey

Toward Independence

Family Profile

Name of Beneficiary: *Mina Pariyar (40 years old mother)*

Daughters:

Asmita Pariyar (18 years, Class IX)

Prashmsha Pariyar (10 years, Class V)

Address: *Vimad, Tanahun*

When Bahini Educare Foundation (BEF) first met Mina Pariyar in early 2025, she was a fragile single mother living in a small rented room in Vimad, Tanahun.

Her life had been shaped by poverty, domestic violence, and profound personal loss. She struggled daily to feed her children and protect them from the violence that had become normal in their lives.

Less than six months later, her home tells a very different story. Her daughters now attend school regularly. Laughter has replaced fear. And Mina is building her own source of income with hope and confidence.

Her journey reflects not only personal courage, but also, BEF's commitment to moving beyond emergency relief toward long-term empowerment through the *Sustainable Futures Initiative*.



A Childhood Without a Voice and Without a Choice

Mina was born in a small village into a poor Dalit family of nine children, three brothers and six sisters. Her father worked as a day labourer, and her mother toiled from early morning until late night to feed the family. With so many mouths to feed, education was a luxury her parents could not afford for all their children. Mina was allowed to study only up to Grade 5 before being pulled into household responsibilities and survival work.

At the age of 18, she entered an arranged marriage with Kot Bahadur Pariyar from Ghiring, Tanahun. At first, she believed she had found stability. But within six months, her life turned into daily suffering.

Years of Violence and Fear

Mina soon realized her husband was not the man she had hoped for. He was addicted to alcohol, leaving the household without enough food or basic necessities. Dowry demands began, and her in-laws joined in harassing her for only bringing a goat, when they expected at least a buffalo.

Her husband became increasingly violent and abusive.

Mina recalls quietly:

“He used to drink and beat me every day. Once, he even tried to strangle me and kill me with a sharp weapon. I spent many days locked in a room, crying alone.”



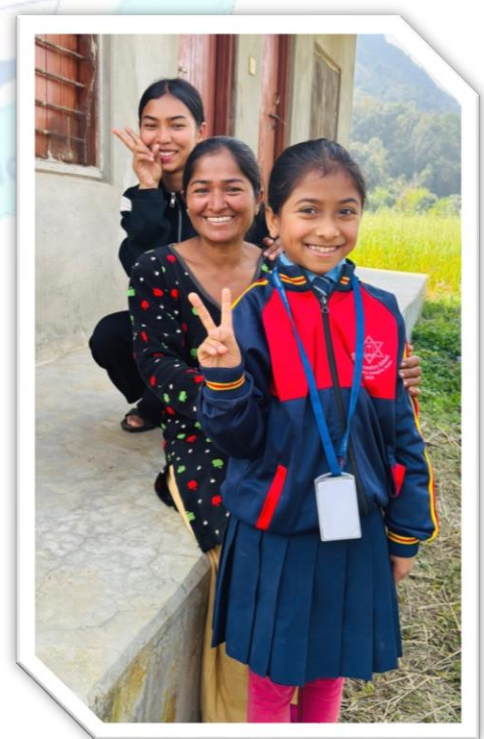
He sold everything of value to buy alcohol and never cared for the family’s wellbeing. Mina gave birth to three children: two daughters and a son. Tragically, her son drowned in a river and died at the age of 13.

Instead of standing by his family, her husband blamed Mina for the loss and soon began living with another woman. The emotional trauma was unbearable.

Overwhelmed by violence, betrayal, and grief, Mina’s mental health collapsed. In desperation, she attempted to take her own life. Fortunately, her parents intervened in time, arranged medical treatment, and helped her move into a small rented room.

Mina filed for divorce, but her husband repeatedly avoided court hearings and disappeared. For the past six years, she has lived separated from him, raising her two daughters alone.

Her daughters grew up without a sense of belonging and with very low self-esteem. For them, being born girls in extreme poverty felt like a curse. Their childhood was filled with fear, hunger, and uncertainty.



BEF Steps In: Care with a Vision

In September 2025, Bahini Educare Foundation welcomed Mina’s family into the Educare Family Program. Initial support focused on restoring stability and dignity through:

- Education support for both daughters
- Health care and nutritional guidance
- Staple food support
- Clothing and hygiene materials
- Counselling and emotional care

Slowly, the girls returned to school with confidence. Their faces changed from despair to smiles. For the first time in years, Mina and her daughters began to hope again and believe in a better future.

Sustainable Futures: Turning Support into Independence

With the introduction of BEF's **Sustainable Futures Initiative**, Mina's story took a decisive turn from survival to self-reliance.

Through group meetings and individual counselling sessions on:

- Entrepreneurship
- Financial literacy
- Savings culture
- Self-reliance

Mina was selected as one of five mothers to receive support for a ***Tiny Business Initiative***.



A poultry expert was invited to train the mothers in basic poultry care and management. Mina received:

- A chicken cage
- 25 chicks
- Chicken feed and vitamins for three months
- Regular follow-up visits and technical guidance



Today, her chicks are growing well, and soon she will begin selling them and generating her own regular income.

Mina says with pride:

"This will be my regular source of income. I want to continue this and stand on my own feet."

For the first time in her life, she is not only surviving. She is planning.

A Mother Reborn

Today, Mina is visibly transformed. She smiles more. Her daughters attend school regularly and speak about dreams instead of fear. Their home, once a place of darkness and despair, is now filled with hope, laughter, and light.

BEF invested approximately €300 in setting up Mina's tiny poultry business. This is not charity. It is an investment in the future of Mina and her daughters and in their path toward independence.

This initiative shortens the time families depend on aid and allows BEF to bring new families in crisis into the EduCare Family Program.

Why Her Story Matters

Mina's journey shows why BEF hired a *Sustainable Futures Coordinator* and why the Educare Family Program is evolving into a truly sustainable model of support.

This approach:

- Protects children through education
- Empowers mothers through income generation
- Breaks the cycle of dependency
- Builds dignity and resilience



We believe in sustainability over dependency and partnership over isolation. With participatory and concerted action, change is possible. Mina's family is living proof of this.

Looking Ahead

To expand this Tiny Business Initiative to more vulnerable mothers in 2026, BEF requires approximately €5,000 in additional funding. This seed funding will allow more families to move from crisis to self-reliance and create long-term stability for their children.

We humbly invite our donors and partners to support the Sustainable Futures Project and help us multiply stories like Mina's. <https://goto.gg/39774>

This is the spirit of the EduCare Family Program.

Not only to support families in crisis, but to help them rise.

Not only to survive, but to become self-reliant.

It's simple.
It's simply BEF!



With warm regards,
Surendra, Raymond & Team
Bahini Educare Foundation



"Before, we were so poor, we couldn't even afford to eat chicken once a month. Now, we have 25 Chickens and we are feeling so rich", proclaims Mina with a happy smile on her face!