

Family of the Month: August 2026

Ganga's Journey to Independence

A story of reintegration, resilience, and the lasting impact of the Educare Family Program

Admitted to the Educare Family Program: 2024
Successfully Re-integrated: June 2026



When Bahini Educare Foundation (BEF) welcomed Ganga BK into the Educare Family Program in 2024, she was a widowed mother carrying an unbearable weight on her shoulders.

She had lost her husband, who took his own life out of desperation and hopelessness to overcome his personal misery. Ganga struggled to feed four children, they faced severe food-insecurity and a lack of the most basic needs. She survived on seasonal agricultural labour that barely covered a single day's meal. Every day was a choice between today's survival and tomorrow's uncertainty.

Today, just two years later, Ganga's family has reached a remarkable milestone.

In June 2026, following careful assessment and months of preparation, BEF formally re-integrated her family. Direct material support has now ended, not because the family no longer matters to us, but because they have achieved what every Educare Family deserves: stability, confidence and the ability to move forward on their own.

Our relationship, however, has not ended. We continue to visit the family. Educational support for the youngest daughter remains in place, while mentoring and technical guidance for Poultry farming, and emotional support continue as part of our commitment to ensuring lasting success.

This is part of our social sustainable development.

Family Profile

Name of Applicant: Ganga B.K. (Mother)

Beneficiaries Current Status:

- Binita B.K.: Grade 12 graduate, completed professional hospitality training, preparing for Nepal Army recruitment
- Binod B.K.: Self-employed in local transportation and welding
- Bibek B.K.: Serving in the Nepal Army
- Bibisha B.K.: School-going (*education support continues*)



A Childhood Defined by Hardship

Ganga was born into a poor Dalit (low caste) family in Dhampus, Kaski. Like many girls from marginalized communities, education never became part of her future. Survival always came first.

After her arranged marriage in 2002, she hoped life would become easier. Instead, it became harder. Her husband struggled with alcohol addiction. Whatever little he earned disappeared into drinking, leaving Ganga to carry almost the entire responsibility of raising their children alone. Despite her efforts, poverty tightened its grip. To top of it, her alcoholic husband committed suicide in 2020. Overnight she became mother, father, provider and protector to her 4 children. Basic needs were hardly met, school fees, clothing, healthcare and nutrition became distant. Her sons both had given up school by the time we embraced this family. Fortunately, Ganga's story did not end there.

BEF Walked Beside Her

When Ganga entered the Educare Family Program in 2024, our objective was never simply to provide assistance. Our goal was to help her rebuild her family's future. Together, we worked on immediate needs while preparing for long-term independence.

The family received:

- *Educational support*
- *Food and nutritional assistance*
- *Healthcare support*
- *Counselling and emotional care*
- *Regular home visits*
- *Individual mentoring*
- *Future planning and livelihood guidance*

Little by little, the atmosphere inside the family changed. Fear was replaced by confidence. Uncertainty slowly gave way to opportunity.

Every Child Found a New Direction

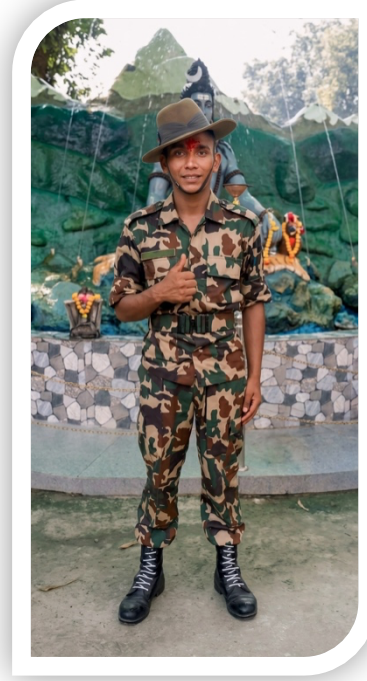
Transformation did not happen overnight. It happened through hundreds of conversations, encouragement during setbacks, and the unwavering determination of a mother who refused to give up. Today, each of Ganga's children is moving confidently toward adulthood.

Her eldest son, Binod, chose to remain in his community. After learning welding, he gradually built practical skills and recently invested in a second-hand jeep that now provides regular income through local transportation.

Her younger son, Bibek, joined the Nepal Army in 2025 after months of encouragement and preparation. Today, he proudly serves his country while contributing to the family's financial security.

Her eldest daughter, Binita, completed Grade 12 and, through BEF's network, enrolled in a professional hospitality training programme. She later worked as Election Police, gaining valuable work experience and confidence. She has now successfully passed the physical examination for Nepal Army recruitment and is preparing for the written and medical examinations.





Her youngest daughter, Bibisha, had previously dropped out of school. Through patient counselling and regular follow-up, she returned to the classroom and is now continuing her education with renewed confidence. BEF continues to support her education even after the family's reintegration, ensuring she completes her schooling without interruption.

From Assistance to Enterprise: Social Sustainable Future

Perhaps the greatest transformation came through our Sustainable Futures Initiative.

One of the greatest challenges facing organizations like ours is ensuring that families do not remain dependent on long-term support. This is precisely why BEF introduced the Sustainable Futures Coordinator.

After careful assessment, Ganga became one of the first beneficiaries selected for our poultry enterprise pilot.

Through this initiative, BEF provided:

- Professional poultry orientation
- A poultry shed
- 25 Giriraj (local breed) chicks
- Feed and veterinary supplements
- Continuous technical supervision
- Regular mentoring and business guidance



The results exceeded expectations. Within months, Ganga successfully completed two production cycles, with a gross income of approximately NPR 40,000 from each batch.

Rather than spending all the income, she reinvested her profits to expand the business. She has 35 chickens in her breed currently.

Today, poultry farming has become the family's primary and sustainable source of income.

A Successful Reintegration

By June 2026, it became clear that Ganga's family had reached a new chapter. The household now enjoys multiple sources of income. Her children are educated, employed or pursuing promising careers. The family's financial resilience has improved significantly.

Most importantly, Ganga no longer wakes each morning wondering how she will feed her children.

For this reason, BEF formally concluded direct material support, a decision carefully prepared over several months and discussed openly with the family. They were informed at least 3 months before about the re-integration process.

Reintegration is never about withdrawing care. It is about celebrating success.

Today, BEF continues regular home visits, technical guidance, emotional support and educational assistance for Bibisha because sustainable empowerment is a journey, not a single event.

Why Her Story Matters

Ganga's journey represents far more than the success of one family. It represents the future of the Educare Family Program.

Our vision has never been to create dependency. Our vision is to walk alongside vulnerable families until they can confidently walk on their own. Every family that reaches self-reliance creates space for another family still trapped in violence, hunger and hopelessness. Every successful reintegration proves that compassionate, comprehensive and long-term support can break the cycle of poverty.

Ganga is no longer simply a beneficiary. She is living proof that when opportunity is combined with determination, resilience and compassionate support, lives can be transformed.

This is the impact your generosity makes possible. This is sustainable development

It's simple.
It's simply BEF.



Surendra, Raymond & Team
Bahini Educare Foundation

