

Family of the Month: May 2026

A Family from Despair to Hope

Sita BK Family Profile

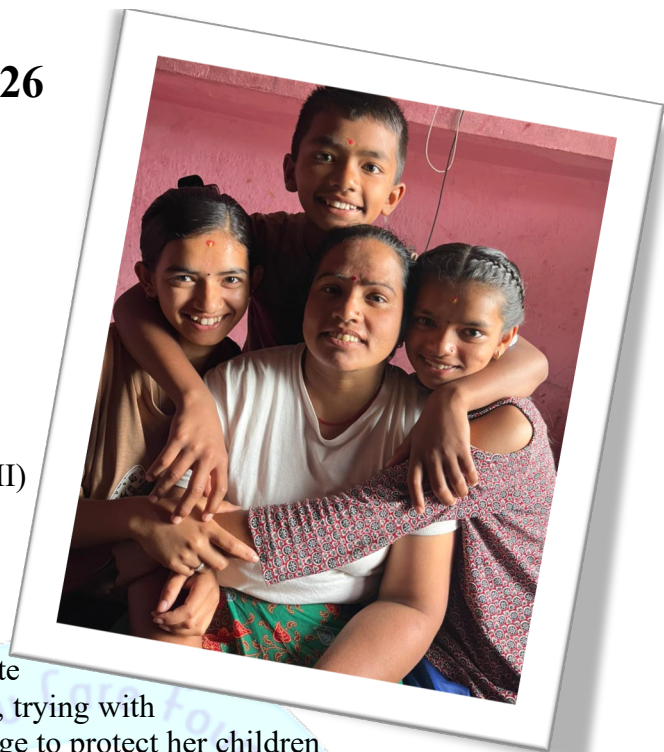
Admitted on: January 2026

Mother:

Sita BK (39 years)

Children:

- Sanshila BK (23 years daughter, married)
- Rachana BK (18 years daughter, Grade VIII)
- Ankita BK (15 years daughter, Class IX)
- Ayush BK (12 years son, Class VI)



When Bahini Educare Foundation (BEF) first met Sita BK in 2025, she was a desperate mother living in a fragile shed near Pokhara, trying with the very last ounce of her strength and courage to protect her children from hunger, violence, exclusion and the worst forms of exploitation.

Like many women from Nepal's most marginalized communities, her life had long been overshadowed by domestic abuse, social discrimination, and extreme poverty. Today, although her struggles are far from over, there is finally a sense of hope inside her small home. Her children are continuing their education, her daughter has begun professional skills training, and Sita no longer feels completely alone in her fight for survival.

Her story reflects the painful reality faced by countless women across Nepal, women trapped in abusive marriages, abandoned without protection, and left to carry the burden of protecting and raising children entirely on their own.

At the same time, it reflects the deeper purpose of BEF's Educare Family Program: not simply to provide temporary relief, but to create pathways toward safety, education, confidence, dignity, and ultimately independence from the suppression and hopelessness imposed by poverty and social exclusion.

A Childhood Shaped by Poverty

Sita was born into a poor family of bonded farmers, where life revolved around bare survival. She grew up with five siblings and, like many girls from marginalized communities in rural Nepal, education was never truly considered a possibility.

Despite these circumstances, she managed to study until Grade 5 before being forced to leave school to help her family with farming and household responsibilities.

At just 15 years old, still a child herself, she was married off against her will.

Over the years, she gave birth to four children: three daughters and one son. Like many women in Nepal, motherhood came early, while affection, security, trust and a true sense of belonging remained painfully absent throughout much of her life.

Violence Inside the Home

From the beginning, Sita's married life was marked by humiliation and abuse.

Her mother-in-law and sisters-in-law constantly insulted her for not bringing dowry and for what they described as a "lack of life skills." Emotional abuse slowly escalated into physical violence.

After the birth of her daughters, the pressure became unbearable. Her husband and his family blamed and abused her because they desperately wanted a son. Even after Ayush was born, the violence did not stop.

Instead, it became worse.

In 2016, her husband returned from foreign employment with no savings and heavy debts. Frustrated and angry, he became addicted to alcohol and increasingly violent.

While Sita worked tirelessly in other people's fields to feed the family, her husband spiralled deeper into addiction, aggression, and jealousy.



Then came the night that changed everything.

A Brutal Attack No Mother Should Ever Endure

One day, during a violent outburst, Sita's husband attacked both her and their daughter, Rachana, with a *khukuri* (a sharp traditional Nepali knife).

The attack nearly cost them their lives.

Sita suffered deep wounds to her hand and required multiple stitches. Rachana's injuries were even more severe, requiring sixteen stitches and emergency treatment. The hospital bill alone exceeded NPR 60,000, an unimaginable amount for a family already struggling simply to survive.

The physical wounds eventually healed. The emotional trauma did not.

Living in Fear

For the past two years, Sita has lived separately from her husband and is still waiting for a formal divorce.

Yet even in separation, fear continues to dominate her life.

She struggles to sleep at night, terrified that her husband may return and harm her or the children. She rarely allows her children to go outside alone. Even when she goes for daily labour work, she tries to move only with groups of trusted women for safety.



Today, Sita and her children live in a rented room in Hemja, paying NPR 4,000 per month in rent. She survives through daily wage labour in other people's fields, but the income is unstable and barely enough to cover food, rent, school expenses, and the most basic necessities.

BEF Steps In: Protection, Care and Opportunity

Recognizing the family's extreme vulnerability, Bahini Educare Foundation welcomed Sita and her children into the Educare Family Program.

Our support focused not only on immediate relief, but also on restoring stability and creating opportunities for a safer future.

BEF began support through:

- *Educational support for the children*
- *Food and basic household support*
- *Health care and emotional support*
- *Counselling and guidance*
- *Protection and regular follow-up care*

But we also understood that long-term safety requires long-term empowerment.



Building a Sustainable Future

As part of our growing commitment toward sustainability and self-reliance, BEF coordinated with ***Opportunity Village Nepal***, one of our local network partners, to enrol Sita's daughter, Rachana BK, in a six-month professional tailoring training program.

BEF additionally supported:

- Transportation costs
- Uniform and training materials
- Ongoing encouragement and follow-up

For a young girl whose childhood was overshadowed by violence and fear, this opportunity represents far more than vocational training.

Growing up in fear, rejection and emotional neglect, as many of our beneficiaries do, often leaves deep invisible scars. Children raised in such environments frequently carry feelings of shame, inferiority, anger, distrust and hopelessness into adulthood. Their stolen childhood becomes a breeding ground for fear rather than freedom.

At BEF, our all-encompassing approach goes beyond material support. We believe care must also include affection, understanding, patience, and emotional safety. Step by step, we help children and mothers rebuild trust in themselves and in others so they can rediscover confidence, joy, and the courage to dream again.

Rachana is progressing remarkably well and has shown strong motivation and enthusiasm in learning new skill.

Sita says emotionally: “I hope this training will help Rachana earn a regular income and make our family’s future better.”

For the first time in many years, the family is beginning to imagine a future beyond mere survival.

**It’s simple.
It’s simply BEF!**

With warm regards,

Surendra, Raymond & Team
Bahini Educare Foundation

