

## The Inspiring Journey of Kamalawoti Paasi



*Kamalawoti and her child, Laxmi. Photo © Helen Keller Intl*

In the heart of Mayadevi Rural Municipality–1, Kapilvastu District, Kamalawoti Paasi has emerged as a beacon of resilience and transformation through the Transforming Lives Through Nutrition program. With her husband working abroad to support the family, Kamalawoti shoulders the responsibility of managing her household and farming leased land to sustain their livelihood.

Her journey with Transforming Lives began during a critical moment—her young daughter, Laxmi Paasi, was diagnosed with Severe Acute Malnutrition (SAM), indicated by a MUAC (Mid-Upper Arm Circumference) measurement of just 112mm. Recognizing the urgency, the team promptly provided Laxmi with Ready-to-Use Therapeutic Food (RUTF) to support her rapid nutritional recovery. Regular follow-ups ensured close monitoring of Laxmi's condition, while Kamalawoti received counseling and support to help her stay consistent with the treatment plan.

Gradually, Laxmi began to recover, regaining her energy and vitality. Her MUAC has improved to 127mm, marking her full recovery and a return to a normal nutritional status. This transformation was made possible through the combined strength of Transforming Lives' nutrition-specific interventions and Kamalawoti's unwavering dedication.

While caring for her daughter, Kamalawoti also became actively involved in the nutrition-sensitive components of the program. She received a nursery grower kit, including seeds and materials to cultivate diverse, nutrient-rich vegetables at home. She learned to grow crops without harmful pesticides, creating a safer and healthier environment for her children.

These efforts not only improved the family's food security and dietary diversity but also laid the foundation for long-term health and resilience. Fresh, pesticide-free vegetables from her home garden have become a regular part of the family's meals, enriching their nutrition and reducing health risks.

Kamalawoti stands as a powerful example of what integrated nutrition programs can achieve. She is committed to continuing her healthy practices—growing vegetables, maintaining hygiene, and prioritizing her family's nutrition. Inspired by her daughter's recovery, she now plans to sell surplus vegetables at the local market, turning her garden into a source of economic empowerment.

Kamalawoti's story is more than a tale of recovery—it is a testament to the lasting impact of Transforming Lives. Through comprehensive support, the program has enabled her not only to save her child's life but also to build a healthier, more sustainable future for her entire family.



*Kamalawoti harvesting her crops. Photo © Helen Keller Intl*