



IMPACT STORY

FROM STRUGGLES TO SUCCESS: Mrs. Malika's Dairy Transformation

Mrs. Malika, a 58-year-old resident of Beshkapa Turkmenia village in the Imam Sahib district, Afghanistan, has become a symbol of resilience and empowerment through the AWARE project. The daughter of Mohammad Tahir and wife of 72-year-old Haji Allah Nazar, Mrs. Malika is a mother to one son and six daughters. Her journey from struggle to success is a testament to the transformative power of knowledge and opportunity.

OVERCOMING CHALLENGES

Before becoming part of the AWARE project, Mrs. Malika faced significant hurdles in keeping her small dairy in operation. With only one cow and limited resources, she struggled to produce enough dairy products to meet her family's needs.

Through the support of NSDO trainers, Mrs. Malika learned how to better care for her cows, from proper housing to disease prevention. These skills enabled her to take out a loan and buy an added cow, boosting her dairy production and laying the foundation for a brighter future.



“ When the NSDO organization came to our village for a survey, they selected me as a member of the existing dairy group. This marked the beginning of a positive change in my life.” **Mrs. Malika**

BUILDING A THRIVING DAIRY BUSINESS

As her dairy production increased, Mrs. Malika and her husband decided to launch a small business. Haji Allah Nazar began selling Malae (cream), a local ice cream made from their cows' milk. Meanwhile, Mrs. Malika honed her skills in producing various dairy products, including curd, butter, yogurt, cream, and butter oil. The family's improved economic standing can be attributed to several NSDO-led training courses:

- **Financial Literacy:** Essential calculation skills helped Mrs. Malika manage her small business effectively and address financial challenges.
- **Life Skills:** These lessons enhanced her ability to manage relationships and navigate life's difficulties.
- **Dairy Management:** Comprehensive training in supporting cows and preparing diverse dairy products greatly expanded her ability.

REAPING THE REWARDS

Today, Mrs. Malika's herd has grown from one to four dairy cows, including two milking cows. She now produces 15 to 20 liters of milk daily, selling each liter for 20 Afghanis. Additionally, she earns significant income from other dairy products, such as buttermilk (500 Afghanis per liter), curd (350 Afghanis per kilo), and butter (120 Afghanis per kilo). These products are highly sought after in local markets, providing the family with a stable and sustainable income.

EMPOWERMENT AND GRATITUDE

The success of her dairy business has brought immense satisfaction and a new sense of empowerment to Mrs. Malika. She proudly supports her family and enjoys an improved quality of life. *"Thanks to the NSDO organization and their dedicated team," she says, "in both hot and cold weather, they have worked tirelessly to teach valuable lessons to women in need, from village to village. Their efforts have empowered many women, including myself, to stand on our own feet and build better lives for our families."*

A CALL FOR CONTINUED SUPPORT

Mrs. Malika's story exemplifies the profound impact of the AWARE project. By equipping women with the skills, resources, and confidence needed to thrive, the initiative has transformed lives and fostered economic independence. To sustain and expand this success, ongoing support from donors is crucial. Together, we can empower more women like Mrs. Malika to achieve lasting change.