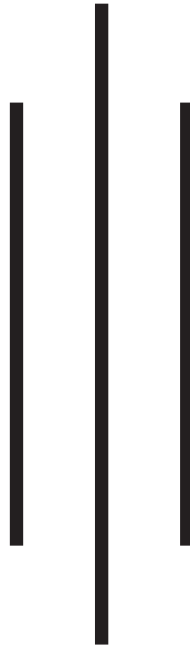




**An innovative Lab of
'Shared Prosperity and Happiness'
A Proposal/Appeal to Contribute/Invest**



**Barpak Sulikot Rural Municipality – 08,
Jarang, Gorkha.
2023**



Brief view of the center (under development)



Beautiful view of the Gorkha Massif/ Manasalu from Swaa Gamiya site.

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1. ABOUT SWAA GAMYA, AND THE MODEL PROJECT

Swaa Gamyā (स्वां गम्य) is the model Social Business (not-for-profit-sharing) established in the year 2020 during tough time of Covid-19 pandemic with an aim of creating an innovative center in the rural villages so as the exasperated and arid rural life rejuvenates.

Compounding ‘**Gamyā**’, from ancient Sanskrit language which means ‘...is attainable or reachable’, with ‘**Swaa**’ from indigenous Gurung/Tamu language that closely translates to ‘*happiness, joy*’ makes **Swaa Gamyā** literally means ‘*Happiness is Attainable or Reachable*’.

We imagine a center where indigenous arts, craftsmanship, life skills, and culture be appreciated, preserved, and transferred to new generation; eastern philosophy of life, and spirituality be taken into account; and development of science and technology in the western world be utilized, and acknowledged so as our villages become livable, joyous, and prosperous.

We call this innovation **A Lab of ‘Shared Prosperity and Happiness’** through amalgam of Indigenous, Eastern, and Western Knowledge.

1.1 Rationale of the Project Development:

Vibrant, lively, and the most beautiful villages just three decades back are now apathetic, and arid due to various national and global implications and complications. Large populations of senior citizens, once the most productive in the arduous terrain, are now impotent, and left almost unsupported. Young population migrate significantly to the city centers, and even far abroad seeking jobs, and financial wellbeing. Younger generation are forced to live in cities in the cover of providing better education to their kids. All these activities break the cycle of lively and vibrant village life. And, meanwhile our senior citizens live in misery in the villages. Those who could migrate to the city through their offspring’s financial wellbeing are not enjoying their life in the cities, hence many of them suffering from depression.

Thus, Swaa Gamyā is envisioned by few brilliant minds working in various sectors to support the people living arduous life in remote rural villages with the least facilities, and exposures to modern developments from around the world.

1.2 Vision of the Project:

Develop a model of vibrant, joyous, happy, and prosperous rural life through integrated facilities/activities so as exasperating life in the villages rejuvenates. Create an innovative lab of ‘**Shared Prosperity and Happiness**’.

1.3 Mission of the Project:

Swaa Gamyra envisions a sustainable and environment friendly model of ‘Shared Prosperity and Happiness’ that will: enhance joyful, and respectful life of senior citizens through various activities and facilities; promote and transfer indigenous skills, craftsmanship, arts and culture; promote healthy, prosperous, and balanced life for all in the rural villages. To fulfill this mission, Swaa Gamyra establishes a well-facilitated day centre for senior citizens; operate a state of the art multi-media advance facility hall; integrates library and resource center for all ages; works to preserve indigenous arts, crafts, and culture. And, operate in a sustainable and financially viable way through the income from various activities, multi-dimensional farm, and a tourist facilities.

1.4 Goals and Objectives:

- Establish recreational, educational, and luxurious well-facilitated senior citizen day center to make life of senior citizens of rural villages joyful, respectful, happy, and comfortable.
- Run a well-facilitated multidimensional hall and resource center; library and a small IT lab to train youths and children on various skills, and connect villages with the world.
- Preserve and promote indigenous knowledge on various life skills, arts, and culture and introduce foreign arts and skills to villagers through Arts and Culture Center.
- Conduct various trainings, seminars, and interactions related to education, health and arogya, gender, philosophy, arts and culture, environment and participate in knowledge productions.
- Integrate agriculture -through multidimensional and multipurpose farm established in the center - with, education, tourism, and health/arogy and showcase a sustainable model of social business of its kind.
- Develop a model lab of ‘Shared Prosperity and Happiness’ through amalgam of indigenous, eastern, and western knowledge.

2. VARIOUS SECTIONS OF THE CENTER, ACTIVITIES, AND FACILITIES

2.1 Well Facilitated Day Center for Senior Citizens

This is one of the most important and primary section of the project and model of social business. Senior citizens of the region/villages who are lonely and need some activities/facilities to make their life happy and lively will benefit the most. The Day Center aims to entertain senior citizens during day time.

There are two main building blocks with various sections and facilities, open space, resource center, and even farm to actively enjoy their daytime.



Block A of Senior Citizen Center (Physiotherapy, Doctor's Clinic, Sauna, and Indoor facilities)



Block B of Senior Citizen Center with Audio Visual Rooms, Office, and open space for meetings.

Facilities/Activities in the center are:

- Yoga and meditation
- Outdoor activities for mental and physical stimulations
- Outpatient physiotherapy facility
- Hot water Bath and Sauna facility
- Doctor's clinic
- Experiences and knowledge/skills sharing
- AV Rooms for 10-12 people each
- Work/spend time in the farm for active life, and others.



Along with this center, there is a model toilet of its kind in the village that is accessible to all genders, and capabilities. There is clean, and hygienic canteen to cater lunch/snacks.



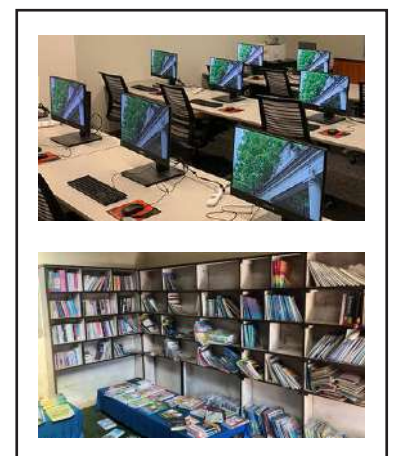
2.2 Multi-Media Hall and Library/Resource Center

The Multipurpose-Multimedia Hall will function as a training centre of entrepreneurship development and professional skills, leadership trainings, career trainings, and also to organize various meetings, discussions, and conferences on issues ranging from local to national and international.



There will be section of IT Lab, Library and Resource Centre to conduct various academic and non-academic trainings, and activities such as production and transfer of knowledge from around the world. Library with books and online resources for students/teachers/researchers on the subjects ranging from history, literature, politics, philosophy, economics, arts to science and technology buttress to our better future.

Likewise, IT lab/center provide villagers good exposure and communication with outer world that ensure better knowledge of global developments, and trends.



View of proposed Library building and IT Center

2.3 Arts, Crafts and Culture Center

This small section helps to protect, preserve, and transfer indigenous skills, arts and craftsmanship knowledge available to new generation. And, equally help to nourish with skills, art and crafts from other parts of the world. In this sections there will be few separate building blocks for different activities.



Three separate buildings like this has been planned for different programs/activities

2.4 Multi-Purpose, Multi- Dimensional Farm

The farm which covers large parts of the project area is another important section of the project. The purpose of the farm is to introduce various plants, fruits; prepare a tour site; sell farm products; showcase the processing techniques; and support the cause of supporting senior citizens, students, and youths of the villages through various activities, facilities, and programs. The farm has various sections as:

- **Vegetables, and Herbs Garden:**

In this section we plan to grow various vegetables, and herbal plants using both traditional/ indigenous practises, and modern technologies.



- **Fruits Garden:**

Fruit garden comprises multiple fruits available/possible this geographic region.



- **Animal and Livestock Farm**

In this section as well we keep different animals, and livestock in small numbers of each.



A visit to farm can be enjoyable, fun and educational. We design the farm to suit school children's excursions, and as per their syllabus.

Educational Features/Activities in the Farm

- Animal Husbandry
- Conservation of environment
- Plant pollination
- Fruits, vegetables & nutritional value
- Farm Ecosystem
- Learn about composting & propagation
- Flora and fauna
- Medicinal herbs, plants, trees & more.



2.5 Accommodation and other Facilities/Activities for Tourism Development

We have accommodation facility in unique setting and design for 30-40 visitors per day. There will be standard room accommodation, and tented accommodation that cater rural experiences. Group of size 30-40 persons can enjoy residential conferences, meetings, seminars and similar programs.



We hereby appeal you to generously contribute in this noble cause, and project.

3. PROJECT LOCATION, AND POPULATIONS WHO BENEFIT

Our first model project is located in a beautiful rural village of Barpak-Sulikot Rural Municipality in Jarang facing the majestic Himalayan range of Mansiri or Gorkha Himal massif or often called as Manasalu Range. And mesmerizing Annapurna Range is in front of the site.

Situated at an elevation of approximately 1,050m from sea-level, this place has wonderful moderate and temperate weather. In a hot summer day, temperature goes up to 30-32 Degrees Celsius, and in a cold winter day falls down to approximately 8-10 Degrees. So, the weather round the year is beautifully mild.

Swaa Gamyia is well connected to major cities of Nepal. From Masel and Ghyampeshal junctions, both lies in the Pushpalal Madhya Pahadi Highway, is less than 5 Kms.

Distance from major cities to Swaa Gamyia is as below:

From Kathmandu (federal capital) to Swaa Gamyia	- 156 to 160 Km
From Pokhara (Provincial Capital and Regional Int'l Airport)	- 123 to 125 Km
From Chitwan National Park, Bharatpur, and Narayangarh	- 90 to 110 Km
From Gautam Buddha Int'l Airport, Sonauli (Nepal-India border)	- 204 to 210 Km
From Birgunj, and Raxaul (Nepal-India Border)	- 230 Km (approx)

Swaa Gamyia serves primarily to people living in rural villages, senior citizens, and marginalized communities. More than 60,000 people living in the region benefit directly through this project. Beside villages, we serve to urban population of Nepal and visitors from around the world.

Number of people who benefit directly from the project is as below:

Name of Rural Municipality	Wards	No. of people who get direct benefit (approx)	Remarks (village and town that can get benefit directly)
Barpak-Sulikot	1-8	25,390	
Dharche	4 & 5	4,464	Laparak, Gumda and surrounding
Ajirkot	1, 4 & 5	8,691	Ghyachok, Simjung, and Muchchok
Siranchok	5,6,7 & 8	11,989	Choparak, Gankhu, Srinathkot, Jaubari
Arughat	5,6,7 & 8	9,060	Aruarbang, and Arupokhari,
Bhimsen Thapa	1,2 & 5	7,891	Masel, Tandrang, Baguwa and vicinity
Total		67,485	

Source: National Census 2011, CBS.

Furthermore, people from Palungtar, and Prithvinarayan municipalities can equally benefit directly. Indirectly in a long run, we believe that millions will benefit.

Swaa Gamyia focus to contribute towards the global aspiration of equitable, fair, and just world society. Among 17 goals of sustainable development to be achieved by 2030 some are: No Poverty, Zero Hunger, Good health and Well-being, Quality Education, Gender Equality, Clean Water and Sanitation, Clean Energy, Reduced Inequalities, Sustainable Communities.

And, we try to contribute on goals like **Well-being, Gender Equality, Economic Growth, Reduce Inequalities, Sustainable Communities, Climate Action, Life on Land, and Responsible Production and Consumption.**

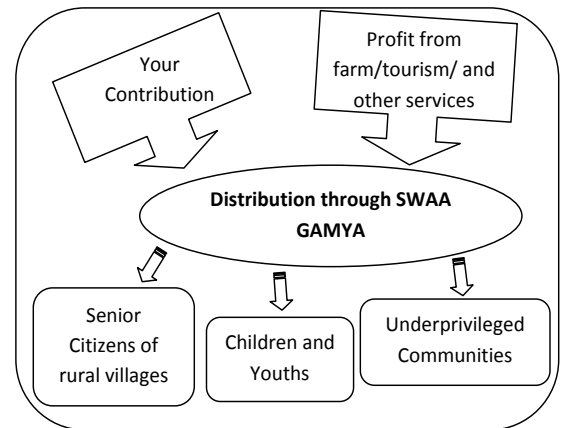
4. AN APPEAL TO CONTRIBUTE/INVEST, AND BENEFITS

How your contribution is an investment ? and How will you get share/benefit from the project ?

As we mention above, through your contributions, we aim to serve directly to large numbers of senior citizens from remote rural villages, marginalized communities, youths, children, school kids with less or no exposures to modern facilities. The project further helps to make villages and rural life happy, joyful, and livable. Thus, we call your contribution and support as an INVESTMENT to rural population, remote villages, and towards the welfare of the larger society.

Swaa Gamyia is **not-for-profit sharing** company. We conduct business transactions, charge for our products and services such as facilities for senior citizens; conduct meeting, conferences, seminars and provide space; farm products; and tourist facilities such as farm tour, hike, accommodation etc., and make profit out of such transactions.

Yet, as we are not-for-profit sharing company, all profits from our business transactions will be distributed to community, and make sure that the profit goes to members from underprivileged communities, youths and children of remote villages, and senior citizens of rural areas where such facilities are not yet imagined. For this, we provide all our services either for free or with nominal charges according to their economic, social, and other status.



Your contribution touches thousands-millions of life.

We kindly appeal you to contribute in this noble cause. Your contributions build infrastructures, and be helpful to setting up initial facilities. Besides your self-satisfaction, and happiness after contributing in this project, we offer small token of appreciation to your invaluable contribution as below:

Amount invested or contributed (in NRs)	% Discount on products / services*	2 Nominees** to use facilities/ services	Appreciation Letter	Your name in the Contributors' List at project site
Above 25,000/-	15% for 7 Years	Yes	Yes	Yes***
From 10,000 to 24,999	12% for 5 Years	Yes	Yes	Yes
From 5,000 to 9,999	10% for 5 Years	Yes	Yes	Yes
Up to 4,999	No	No	Yes	No

* Multiple farm products, and services available to purchase after two years.

** We create your unique ID to recognize you once you make contribution. But, you can nominate two other family members/relatives/friends to use the discount in your absence.

*** You can name entire building under you, your corporation office, or organizations if you contribute/finance to build entire building.

5. COST/BUDGET ESTIMATES OF SOME FACILITIES/BUILDINGS

Title/Project		Unit	Unit Cost	Total Cost (Rs)
(A) Senior Citizen Day Center and facilities	Block A: Physiotherapy, Doctor's Clinic, Sauna, Indoor Activities, and others	1		1,38,24,800.00
	Block B: AV Rooms, and Office	1 (3 Rooms)		1,02,96,000.00
	Initial Setup of facilities and equipments			32,00,000.00
Total				2,44,40,800.00
(B) Multipurpose Hall, Library, and Resource Center	Library Building construction	1		63,34,958.00
	IT Lab (10-12 Computers)	1		---
	Multipurpose Hall Construction	1		50,63,790.00
	Materials for initial set up	few		20,00,000.00
Total				1,33,98,748.00
(C) Arts, Crafts, and Culture Center	Arts, Craft Center building			64,10,000.00
	Purchase of various materials for initial setup	Few		10,00,000.00
Total				74,10,000.00
(D) Toilet and Sanitary	Public Toilet A (Near Senior Citizen Center)	1		41,80,000.00
	Toilet B (Near Hall/Library)	1		22,00,000.00
Total				63,80,000.00
(E) Multi-purpose and Multidimensional Farm	Vegetables and Herbs		To set up farm for the first phase, and purchase various farm equipments	40,00,000.00
	Fruits			
	Animals, Bee, and Others			
	Materials and equipments for initial set up			
(F) Accommodation and Tourism development	Develop tourism infrastructures and facilities		Make fruit farm, walkways, information kiosk, and others	35,00,000.00
	Accommodation		Not yet calculated	-----

(F) Staffs, Office Furniture and Other Administrative expenses of first 2 years	Security officers (2), Driver (1), and project supervisor (1)	3 + 1 (for 2 yrs)	16,000 & 24,000 p/m	18,72,000.00
	Manager and Accountant	2 persons	30,000 & 24,000 p/m	14,04,000.00
	Office equipments and furniture	few		15,00,000.00
	Jeep and Motorcycle	1+1		50,00,000.00
	Water and Irrigation mgmt.			25,00,000.00
	Electricity and Internet			15,00,000.00
	Fencing			18,00,000.00
	Survey, Design, and other preparation			15,00,000.00
	Website and Database preparation			3,00,000.00
	Overhead cost and Tax			14,00,000.00
Total				1,87,76,000.00

We appreciate your kindness, contribution/investment to rural people, our ambitious yet noble plan of rejuvenating rural life, making people and life joyous, and happy in the villages. We wish you a joyous, prosperous, and happy life ever.

Thank You.