

**ASHABHUMI ONGOING JOURNEY**

**Food grown with care carries the energy of the land, the hands, and the intention behind it. When we grow consciously by taking care of the soil, respecting nature's rhythm, and avoiding harmful chemicals, we create nourishment that supports not just the body but also the wellbeing of the planet. Each seed planted with awareness becomes a quiet act of love and responsibility, reminding us that true health begins with how our food is grown.**



## Organic soap making training in the community



Our nurser teaching us



Ashabhumi Nepal has begun a five-day community training in Melamchi, Sindhupalchok, bringing together 30 local participants to learn the modern and traditional craft of soap making using locally available natural resources.

Soap is something every household uses daily yet making it by hand connects us to nature, self-reliance, and community well-being. Through this training, participants are not only learning a practical and eco-friendly skill, but also exploring how to turn it into a small local enterprise.

We sincerely hope that community members will carry this learning forward, continuing to make and share their own natural soaps steps long after the training ends.

At Ashabhumi Nepal, we believe that real change begins with small, meaningful steps. reviving local knowledge, building practical skills, and empowering communities toward a more sustainable future.



Soap made from different ingredients such as turmeric, honey, tulsi, alovera

Join us in our initiative to support farmers in rural areas of Nepal



Homemade soap with view from Ashabhumi

**Ashabhumi Nepal- rooted in balance**

In the rush of modern life, it's easy to forget to watch sunrise and sunset, planting and harvest. Work is tangible; you can see the seeds you sow grow into food that sustains families. The soil teaches patience. The seasons teach acceptance. Nature reminds us that growth cannot be rushed, and not all outcomes can be controlled.

In cities, success is often measured in numbers — income, sales, followers. In rural life, success is measured in something less visible but more lasting: harmony with nature, community bonds, and the quiet satisfaction of a food grown well.

Living close to nature is not about avoiding progress; it's about remembering that true progress includes balance between work and rest, taking and giving, speed and stillness.

As the world races ahead, maybe we need to pause and ask: What if the "slower" way of living is actually the wiser one?



Herbal preparation for soap making



Herbal preparation for soap making



Cultivating onion in our farm



Mushrooms are being grown at our farm

**YOUR DONATION WILL MAKE A DIFFERENCE. HELP US IN OUR JOURNEY**

Please visit [www.ashabhumi.org](http://www.ashabhumi.org) to know more and support our initiatives



**Ashabhumi Nepal Family during dashain festival**

**Ashabhumi Nepal extends warm wishes to everyone for a joyful festival season. Dashain, one of Nepal's most significant festivals, is a time for families and communities to come together, sharing blessings from elders and love from the younger generation. As we celebrate, let us embrace the spirit of positivity, blessings, love, and compassion. May this festival inspire us all to contribute to creating a just and compassionate world, where kindness and understanding prevail. Wishing you all a harmonious and prosperous Dashain filled with joy and togetherness**



**Ashabhumi Nepal Nursery with fruits seedlings**